



## DISCUSSION & REVIEW QUESTIONS:

- After Ms. Chen discusses the difference between living together and marriage, she points out that, “The problem with so many dating relationships is that people enter them with completely different understandings of what the ideal outcome should be. He wants X and she wants Y. And it’s easy to get distracted and fooled by superficial compatibility. They’re thrilled they both like kombucha, kayaking and karaoke on the weekends. That’s all great, but when do you get down to the stuff that really matters over the long run? Stuff like: Marriage. Family. Faith. And values.” Why do you think that it is the case that people often have such wildly different expectations for what dating should be or should lead to? Explain. What do you think Ms. Chen means by the phrase ‘superficial compatibility?’ Why do you think that people ‘often get distracted and fooled by superficial compatibility?’ Explain. Do you agree with Ms. Chen that what matters in the long run is the substantive stuff like marriage, family, faith, and values? Why or why not?
- Ms. Chen goes on to share with us that, “I have no doubt the reason so many women get stuck in dead end relationships is that it has become taboo — or, to be precise, not politically correct — for a woman to articulate what she really wants.” How might a woman first go about figuring out what she wants in a relationship? Explain. Why do you think that it is often socially unacceptable for a woman to clearly express what she wants in a relationship? Explain.
- Piggybacking on this last point, Ms. Chen further notes that women tend to crave marriage for, “ ... three reasons: Protection. Commitment. Love. Nothing wrong with wanting those things. It is something women have wanted, and great societies have valued, for thousands of years. It is something men still want too. Little wonder- study after study shows that those in good marriages are happier, healthier, even wealthier than those who are not. Like anything you want, you have to work toward it. And anything that isn’t moving you toward your goal is a waste of time.” Why do you think that there is a direct and demonstrative correlation between good marriages and a good quality of life? Explain. Do you agree with Ms. Chen that dating without working towards a goal is a waste of time? Why or why not?
- Later in the video, Ms. Chen states, “Ask anyone who has taken the plunge and they’ll tell you- living together and marriage have little in common. It’s sort of like the difference between living in a country and being a citizen of that country. The latter, with its commitment, obligations, and expectations, means a lot more.” What might some other meaningful and practical differences between living together and being married be? Why do you think that being married means significantly much more? Explain.
- At the end of the video, Ms. Chen concludes that, “...a good rule of thumb: [is to] think about the kind of relationship you want as much as you think about what kind of career you want. I’m not anti-career. I’m just pro-relationship. Specifically, pro-marriage. Because when you get it right, that’s the best relationship there is. And it starts with the first date.” Why would thinking about what type of relationship you want to have be so important to your life? Do you agree with Ms. Chen that marriage is the best relationship there can be, and that it starts with the first date? Why or why not?

## EXTEND THE LEARNING:

### CASE STUDY: Marriage

INSTRUCTIONS: Read the article “Marriage Makes People Happier, New Study Finds,” then answer the questions that follow.

- What can being married have a lifelong positive effect on? How did a spouse also being a best friend affect the overall happiness of couples? What did researchers suggest about the happiness of coupledness? In previous studies, what did married couples report in regards to life satisfaction? Who are Shawn Grover and John Helliwell, and what did they examine? What did they find? What did they find in regards to married people and the u-shape relationship between happiness and age? What do marriage partners offer when happiness begins to decline? On average, how much greater are the benefits when a spouse is also a best friend?
- Considering all of the benefits, why do you think that marriage does not appeal to some people? Do you think that marriage should appeal to most people? Why or why not? Do you think that substantive dating, viewed by both partners as progressing towards marriage, should be valued more in society? Why or why not?
- In what way does information in the article support points made in the video? Do you think that Ms. Chen would view this article as support for her main point? Why or why not?



# QUIZ

## DATING: DON'T WASTE YOUR TIME

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- 1. Women should date with what purpose in mind?**
  - a. casual flings
  - b. having fun
  - c. hook ups
  - d. getting married
  
- 2. Instead of love and looking toward marriage, living together can unfortunately be based sometimes on less serious considerations like\_\_\_\_\_.**
  - a. lack of other opportunities
  - b. desire for a roommate
  - c. the inability to afford a single apartment
  - d. all of the above
  
- 3. Those looking for a good marriage are looking for someone who wants to build a shared life.**
  - a. True
  - b. False
  
- 4. What is the problem with so many dating relationships?**
  - a. People tend to share too much too soon.
  - b. Attractiveness isn't a big enough factor.
  - c. People become too engaged in their phones instead of each other.
  - d. People enter them with completely different understandings of what the ideal outcome should be.
  
- 5. The stuff that really matters over the long run in relationships is \_\_\_\_\_.**
  - a. family
  - b. faith
  - c. values
  - d. all of the above



# QUIZ - ANSWER KEY

## DATING: DON'T WASTE YOUR TIME

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[https://www.vice.com/en\\_us/article/8xvx8a/marriage-makes-people-happier-new-study-finds](https://www.vice.com/en_us/article/8xvx8a/marriage-makes-people-happier-new-study-finds)

# Marriage Makes People Happier, New Study Finds

**The effects lasted well into old age.**

by [Jesse Hicks](#)  
Dec 27 2017, 8:25am



Peter Dazeley/Getty Images

According to a new study, being married can have a lifelong positive effect on people’s well-being, including helping them weather the drop in life satisfaction that comes with middle age. Based on data from a pair of UK surveys, the study found that happiness was even higher among couples who saw their spouse as their best friend. Long-term monogamous couples who’d never gotten married saw similar benefits, and researchers suggest that the happiness of coupledness comes from its unique form of lifelong friendship.

Studies have already shown a link between marriage and happiness, with the married reporting significantly higher life satisfaction than those who are single, separated, divorced, or widowed. But that could simply mean that happier people are more likely to get married. People who marry tend to have more friends, have greater satisfaction with their careers, and be better educated—all of which could lead to greater happiness apart from marriage. As one study put it, “Does marriage make people happy, or do happy people get married?”

Meanwhile, other research has suggested that while there's an uptick in happiness at the beginning of a marriage, people report eventually returning to pre-marriage levels of self-satisfaction. That'd suggest that once the honeymoon's over, people start to drift back into the same old dissatisfactions.

To clear up this picture, Shawn Grover and John Helliwell of the Vancouver School of Economics in Canada turned to the two aforementioned UK surveys. The British Household Panel Survey (BHPS) collected information from about 30,000 people between 1991 and 2009, while the United Kingdom's Annual Population 2011 to 2013 Survey, had more than 328,000 participants. Using this combined dataset, researchers examined the relationship between marriage and friendship

They found that married people were generally more satisfied with their lives than their single peers, and that their happiness was more than just newlywed bliss. It went beyond the honeymoon phase, extending into old age.

“Even after years the married are still more satisfied,” Helliwell said in a statement. “This suggests a causal effect at all stages of the marriage, from pre-nuptial bliss to marriages of long-duration.”

In one comparison, they looked at the u-shape relationship between happiness and age: Younger people tend to be happiest, followed by a decline into middle age, and ending with another increase in happiness as people get older. Both married and unmarried people follow that pattern, but among the married the dip around middle age is less severe.

When happiness begins to decline, the researchers suggest, marriage partners offer unique support during life's challenges. For partners who are also best friends, the benefits to well-being can be even greater. “The well-being benefits of marriage are much greater for those who also regard their spouse as their best friend,” Helliwell said. “These benefits are on average about twice as large for people whose spouse is also their best friend.”

Of course, those results are drawn from data gathered in the UK, and may not hold across every society. But they do suggest there's something to be said for marrying your best friend—or simply coupling up with them for the long term.