

What are the effects of alcohol abuse on marital satisfaction and quality?

- ***Marital distress.*** Alcohol abuse increases the feelings of marital distress. Individuals in marriages in which one or both spouses is an alcoholic report higher levels of marital distress or trouble than do married individuals who are not married to alcoholics.
- ***Anger.*** Marital satisfaction is related strongly to a couple's ability to communicate effectively. But heavy alcohol use is associated with more negative and hostile communication, more expressions of anger, and less warmth and unity in the relationship. These factors decrease a couple's satisfaction in their marriage and create greater tension.
- ***Everyday family responsibilities.*** Alcohol abuse decreases marital satisfaction because it decreases the drinking spouse's ability to participate in everyday household tasks and responsibilities. This inability leads to greater stress on the non-drinking spouse and decreases satisfaction in the marriage.
- ***Psychological distress.*** Alcohol abuse increases the psychological distress of the non-drinking spouse. An adult's alcohol abuse also is related to children's increased social, emotional, behavioural, and academic problems, which, in turn, leads to more stress in the family and less marital satisfaction.