

When Did Marriage Become So Hard?

February 14, 2018

No one will deny that marriage is hard. In fact, there's evidence it's getting even harder.

Eli Finkel, a social psychologist at Northwestern University, argues that's because our expectations of marriage have increased dramatically in recent decades.

"[A] marriage that would have been acceptable to us in the 1950s is a disappointment to us today because of those high expectations," he says.

The flip side of that disappointment, of course, is a marriage that's pretty amazing. Those of us who can meet the high expectations of modern marriage, Finkel says, may find "a level of marital fulfillment that was out of reach until pretty recently."