

Poll finds 74% of U.S. marriages assessed as ‘Healthy,’ with ‘Convictional’ Christians reporting the highest levels

Focus on the Family Study Also Finds 21% of Unions are in Crisis

COLORADO SPRINGS, Colo/July 21, 2025 – “Convictional” Christian couples, those who actively practice their Christian faith, are found to have the highest levels of self-reported “healthy” marriages of any subgroup analyzed, according to a poll by Focus on the Family.

The study, *Focus on the Family Reports: Marriage Health in America*, surveyed more than 3,800 Americans and recorded respondents’ self-assessments of their marriages. The poll found that “Convictional” Christians score higher than any other group surveyed on 32 aspects of marriage that speak to matrimonial health, ranging from taking responsibility for mistakes to compassion toward each other, from trust to financial management.

“What our research found is that married couples who act on their faith together — those believers our researchers call ‘convictional Christians’ — have healthier, more flourishing marriages,” Jim Daly, president of Focus on the Family, explained. “The data is stark: ‘Convictional’ Christians are nearly twice as likely as non-Christians to avoid a marital crisis.”

To that end, the research found that 25 percent of non-Christians surveyed said their marriages were in crisis, while only 13 percent of ‘convictional’ Christians said the same. Twenty-two percent of “Nominal” Christians and 17 percent of born-again Christians said their marriages were in crisis.

“One of the most encouraging things to come out of the study for us,” Daly added, “is that the results affirm the ingredients that make up a good marriage we’ve been helping our constituents prioritize and practice for nearly 50 years.”

While this study revealed a broad range of findings across different marriage areas, a handful of survey results offered particularly meaningful insight:

State of Marriage Health

74% of marital relationships in the U.S. may be considered as “healthy.” Christians—particularly those practicing their faith, such as “Convictional” Christians -- were found to be the healthiest (82%).

This is based on Focus on the Family’s seven-point marriage health scale, in which respondents rated their marriage as either “healthy” or “very healthy.” (Using the CSI-4 scale, 71% of marriages are “healthy” while 29% are “unhealthy.”)

Divorce

The Marriage

Health in America survey found that 10% of respondents are currently divorced while 23% have been divorced “ever” -- with “Convictional” Christian respondents having the lowest risk.

State of Crisis

21% of marriages may be considered in a state of “crisis”—where the couple is pursuing divorce or considering divorce or just have no hope for the marriage. “Convictional” Christians were found to experience the lowest rate of a crisis state.

The *Marriage Health in America* study categorizes a marriage as being in crisis if a respondent:

- Thought/spoke/fantasized about separation or divorce;
- Pursuing separation or divorce;
- A feeling of hopelessness in their marriage ever getting better; or
- An absence of love and trust in the marriage

Influences on Marriage Health

Respondents suggested that marital areas including trust, love for each other, respect for each other, sexual intimacy, and communication (listen to each other) are the top five “drivers” affecting a healthy marriage. Statistical modeling techniques further revealed that feeling close to each other and having an emotionally healthy spouse were also strong drivers of relationship health

Most Common Marriage Problems

The top five marriage problems that all couples are facing are: sexual issues, stress, busy schedules, health/medical issues, and financial struggles. Among “unhealthy” marriages, the top five are: sexual issues, stress, lack of emotional intimacy, loneliness/loveless marriage, and communication problems. Regardless of being healthy or unhealthy, sexual issues or lack of sexual intimacy is the biggest challenge facing couples regardless of faith.

Flourishing and Marriage Health

Respondents who are “flourishing” in life are more likely to report being in “healthy” marriages than those respondents who are “not-flourishing” (89% vs. 69% respectively).

Seeking Marriage Help

Only 21% of married couples in the US have sought help for their marriage in the past 12 months. Among those in unhealthy marriage relationships, only 14% sought a moderate amount of help or more, while among those in a marriage crisis state, only 17% sought a moderate amount of help or more.

Attitudes Towards Marriage

For singles, marriage may be losing its appeal, with just over half of single, never-married respondents (56%) stating “I want to get married someday.”

Focus’ Daly said the report’s mix of findings to celebrate as well as those to be concerned about helps paint a robust and realistic picture of the health of the institution upon which society is built.

“We believe these findings will help us better understand the 74 percent of people who consider their marriages healthy, and also better support the significant 26% of those who would describe their marriage as troubled, in-crisis, or anything less than healthy,” he said.

“I believe this national survey offers valuable insights for those who, like Focus on the Family, want to see the institution of marriage strengthened and restored as an indispensable contributor to the future health of our nation and its families.”

To download the full report, visit: [Marriage Health in America: A State of the Family Study Report](#)