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## 10 Health Benefits of Being in a Relationship

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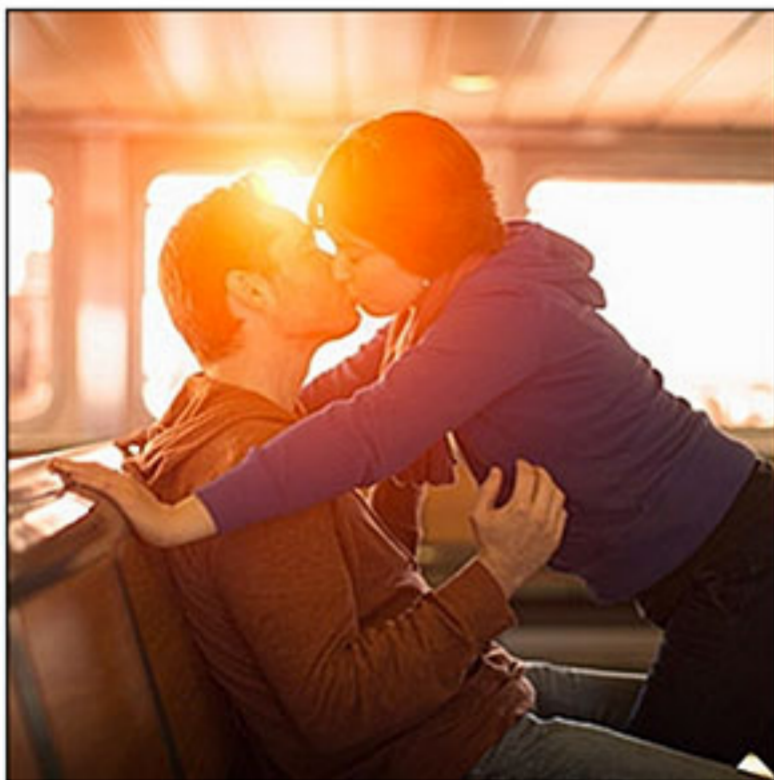
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### Increased Dopamine and Testosterone

1 of 10

PREV

NEXT



Credit: Steve Prezant / Getty Images

New relationships offer some particularly enthralling health boosts. In men, a new romantic partner can trigger the release of testosterone and dopamine, chemicals that can contribute to feelings of lust, attachment, and happiness — they also help your body recover and feel good. Unfortunately, this love high doesn't last. "Your brain chemicals cannot sustain that kind of behavior," says **Christine Milrod**, PhD, sexologist. From a health perspective, fledging partnerships confer some benefits but for significant effect, long-term relationships deliver more.

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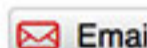
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[« Back to main page](#)



### Longer Lifespan

2 of 10

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Credit: Getty Images

Numerous **studies** have found that married men live longer than those who never married or those whose marriages ended. One potential reason is that married men tend to tone down their lifestyle once they partner up. Compared to women, single men live more hazardous lives to begin with.

“Men are more likely to drink a lot, drive fast, get in fights, and take all kinds of health risks,” says **Debra Umberson**, professor of sociology at University of Texas, Austin. This means, when they marry, there’s a big difference between the way they acted as single men and the way they act as part of a couple. “They’re not

just going to care about the other person’s life but they’re going to care about their own because of the other person,” says Milrod.

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### Emotional Support

3 of 10

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Credit: Peter Zelei / Getty Images

Another potential reason why men get more from long-term relationships than women is that it makes a greater difference in their emotional support network. Women are more likely to have numerous people they can turn to for emotional support, whereas men are more likely to depend solely on their partners, say both Milrod and Umberson. Emotional support has a very positive effect on psychological health through making people feel cared for and listened to. It also aids people in reaching difficult physical goals, like quitting smoking or losing weight.

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