

**eharmony Survey Results**

**Definition of a healthy happy relationship – November 2022**

* 97% of respondants agreed that trust, honesty, or respect was important for being both happy and healthy in a romantic partnership.
* The top traits were closely followed by loyalty (69%), communication (66%) and kindness (63%).
* 82% of respondents agreed that to achieve happiness and health, you need to feel comfortable expressing your opinions and concerns to your partner.
* Maintaining a healthy relationship also requires making time for fun and spontaneity according to 72% of Aussies.
* It was noted by 69% of respondents that a happy, healthy couple wouldn’t restrict each other from being friends with someone; demonstrating the importance of maintaining independence in a partnership.

**Men v Women**

Men and women do differ slightly when it comes to getting down to the nitty-gritty of what a happy, healthy relationship looks like in practice.

* 68% of women verse 48% of men believe that couples would spend time away from their phones when they’re with each other.
* 48% of women believe happy and healthy couples spend time apart, compared to 27% of men
* 34% of women are more likely to need the approval of their friends and family in a relationship, while only 16% of men seek the same approval
* One thing 52% of men and women can agree on is that having sex often would be typical of a happy, healthy relationship.

**Generational divide**

Similarly, the generations don’t always see eye to eye when it comes to exactly what a happy, healthy relationship looks like.

* 55% of Gen Z and 48% of millennials think spending time with each other’s families is an integral part of top tier relationship, compared to only 34% of Gen Y’s and 38% of Baby Boomers
* 78% of baby boomers think a vacation together is a sign of a connected couple, whereas only 60% of Gen Zs agree
* 82% of Australian boomers agree its normal to have arguments, but resolving them is key, while 30% of Gen Zs would say the same.
* Every generation can agree that happy, healthy relationships laugh a lot with a similar amount of Gen Zs, Millennials, Gen Ys and Baby Boomers agreeing (66%, 69%, 67% and 67% respectively).

**Celebrity examples**

When which relationships respondents perceive to be happy and healthy, respondants answered with the below.

* Prince William and Kate Middleton – 45.6%
* Hugh Jackman and Debora-Lee Furness – 44.8%
* Nicole Kidman and Keith Urban – 44.3%
* Blake Lively and Ryan Reynolds – 34.7%
* Chris Hemsworth and Elsa Pataky – 33.2%
* Isla Fisher and Sacha Baron Cohen – 24.2%
* David and Victoria Beckham – 21.4%
* Prince Harry and Megan Markle – 17.7%
* Zendaya and Tom Holland – 15.1%
* Beyonce and Jay Z – 7.2%
* Will Smith and Jayda Pinkett Smith – 6.7%
* Matty J and Laura Byrne – 6.4%
* Megan Fox and Machine Gun Kelly – 2.1%



Media release For immediate issue

**Throw away the dictionary; Aussies define love for themselves**

* Dating app eharmony’s latest research has identified how Aussies define a happy, healthy relationship
* Almost every respondent (97%) agreed that trust, honesty, and/or respect is important for being both happy and healthy in a romantic partnership
* The majority (82%) of respondents agreed that to achieve happiness and health, you need to feel comfortable expressing your opinions and concerns to your partner
* Of those polled, almost half (46%) said that royal couple Prince William and Kate Middleton embodied the definition

Aussies define a happy, healthy relationship as a relationship that is trusting, honest and respectful according to dating app eharmony’s latest research.

Almost every respondent (97%) agreed that trust, honesty and/or respect was important for being both happy and healthy in a romantic partnership. The top traits were closely followed by loyalty (69%), communication (66%) and kindness (63%).

**The ideal relationship**

Indeed, a happy, healthy relationship is something most Australian couples strive for, and according to the majority of those in a relationship (85%), regularly spending time together is essential to achieving it.

When identifying a healthy, happy relationship, it’s also important that both parties feel safe communicating. Of those in a relationship, the majority (82%) of respondents agreed that to achieve happiness and health, you need to feel comfortable expressing your opinions and concerns to your partner.

Maintaining a healthy relationship also requires making time for fun and spontaneity according to almost three-quarters (72%) of Aussies. Showing that you can’t give up “dating” once you’ve established your connection.

It was noted by 69% of respondents that a happy, healthy couple wouldn’t restrict each other from being friends with someone; demonstrating the importance of maintaining independence in a partnership.

**Men v. women**

Men and women do differ slightly when it comes to getting down to the nitty-gritty of what a happy, healthy relationship looks like in practice.

When it comes to spending time together, almost two-thirds of women (68%) believe that these couples would spend time away from their phones when they’re with each other, while less than half of men (48%) agree.

Ironically, while women prioritise attention when together, they are also more likely than men to think that healthy, happy couples spend time apart, with roughly half (48%) agreeing, compared to only a quarter of men (27%).

Women (34%) are also more likely to need the approval of their friends and family in a relationship, while only 16% of men seek that same approval to be happy.

One thing that more than half of men and women (52%) can agree on is that having sex often would be typical of a happy, healthy relationship.

**Generational divide**

Similarly, the generations don’t always see eye to eye when it comes to exactly what a happy, healthy relationship looks like.

Younger Aussies, Gen Z and Millennials, are more likely to think spending time with each other’s families is an integral part of these top-tier relationships (55% and 48%). This is compared to only 34% of Gen X’s and 38% of Baby Boomers, who don’t see it as necessary to hang out with their in-laws.

Baby Boomers also don’t seem to agree with the youngest generation, Gen Z, when it comes to how happy, healthy couples spend their time together. Four out of five (78%) Boomers think a vacation together is a sign of a connected couple, whereas only three out of five (60%) Gen Zs would agree.

Similarly, four out of five Aussie Boomers (82%) agree that it’s normal to have arguments, but resolving them quickly is key, while only a third of Gen Zs would say the same.

Every generation can agree that happy, healthy relationships laugh a lot with a similar amount of Gen Zs, Millennials, Gen Ys and Baby Boomers agreeing (66%, 69%, 67% and 67% respectively).

**Celebrity examples**

Of those polled, almost half (46%) said that royal couple Prince William and Kate Middleton embodied their definition of a happy healthy relationship, perhaps front of mind after the recent coverage of the royal family.

But it’s not just the future King and Queen that embodied the definition. Indeed, the top three couples who ticked the boxes included Hugh Jackman and Deborah Lee-Furness (45%), and Nicole Kidman and Keith Urban (44%).

Interestingly, amongst a selection of international couples, Aussie stars took out three of the top five spots, with Chris Hemsworth and Elsa Pataky coming in at number five (33%).

Of the couples in the provided list, Megan Fox and Machine Gun Kelly came in in last place, with only 2% of respondents agreeing that the infamous couple appeared happy and healthy.

**eharmony psychologist Sharon Draper comments:**

“It’s pleasing to see that Australians are so united on what defines a healthy relationship. Those core values of trust, honesty and respect are the foundations of what makes a relationship successful, they define how you treat one another and also how you hopefully set a benchmark for how you expect to be treated yourself.

“Sex and laughter also showing as a consistent across generations and genders is such a positive in the relationship values. These two components are hugely important in the long-term success of a couple and also build on those foundations of trust, honesty and respect.

“It is interesting to see that the data reflects what we long suspect about women looking for validation and support regarding their romantic relationships from outside parties, such as friends and family, while men tend to keep it within the confines of the partnership.

This can be difficult for couples to navigate at times, as sometimes men would benefit from being able to talk to others about their feelings, while the outside noise for women can also pollute their own thinking when it comes to their significant other.

The key is to find a balance which is supportive for both people, so they can bring the best version of themselves to their relationship and in turn know what they want to be happy.”

**– ENDS –**

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**Research methodology**

Unless otherwise stated, the new research was conducted by Pure Profile on behalf of Soda Communications in October 2022, among a nationally representative sample of 2,000 AUS adults (18+).

**About**[**eharmony.com.au**](http://www.eharmony.com.au)

eharmony launched in 2000 with a clear vision: to create more lasting love in the world. The experts at eharmony use an intelligent Compatibility Matching System (CMS) to match singles, according to 32 bespoke dimensions of compatibility. These are powerful indicators of relationship satisfaction. On average, every 14 minutes someone finds love on eharmony. [www.eharmony.com.au/tour](http://www.eharmony.com.au/tour)