



LIVING SINGLY - A HEALTH HAZARD?

More and more of us are living without a partner these days but is this good for our health? Researchers from Warwick University in the UK would say no. For a decade they have studied 10,000 people in Britain and their results indicate that single men are about 10% more likely to die over the next 8 years than those who are married. For single women the prognosis was worse the risk was closer to 15%.

Yvonne Allen, psychologist and founder of Australia's leading introduction service since 1976 agrees that being in a long term relationship is great for our health as long as we choose a partner wisely. She says, "many people come to Yvonne Allen and Associates because a marriage or relationship did not have a strong foundation of compatibility and was damaging to their well being".

"Until recently, research suggested that living singly was positive for the health of women but not for the male of the species", says Allen. However times have changed. It seems that the lifestyle that many young single women lead nowadays can place them at even more risk than males. Highly stressed careers, high alcohol consumption, poor or erratic eating patterns and multiple sexual encounters can prove lethal for both sexes who lack the balance to life that a good relationship brings.

While there are people who enjoy living solo, Yvonne Allen says that not being able to find a partner is a problem that can cause symptoms of depression for many singles in all age groups. "It seems crazy that there are so many eligible singles on the look-out but not finding each other. Everything is so fast-paced and superficial", she exclaims.

What's the answer? Allen suggests that anyone who is single should take some time out to think about their lifestyle and how this reflects what really matters to them. "If they would like to be in a good relationship it is well worthwhile considering what this really means to them. Whether or not they want to find a partner, many a single who stops and takes stock, is likely to realise that they need to create a more balanced and healthy way of life".