

Covid restrictions cause friction for UK couples as pandemic pressures take their toll on the nation's romantic relationships

UK relationships* are suffering:

51%

of UK adults who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.

52%

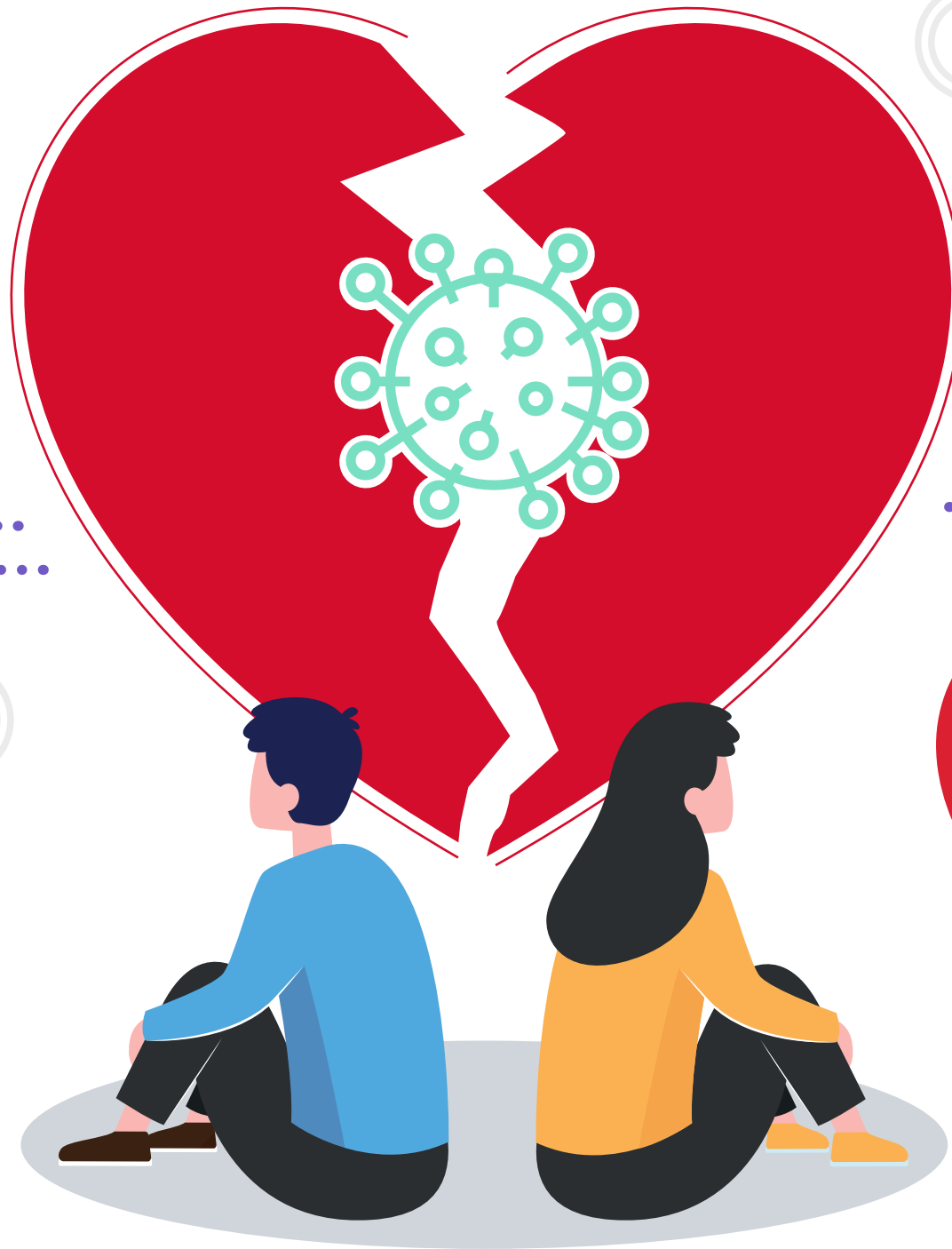
of females who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.

63%

of 35-44 year olds who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.

64%

of Baby Boomers (55+) claim that coronavirus and lockdown have not had a negative impact on their relationship.



The negative impact of lockdown on love:

18%

of couples stated their own or their partners financial difficulties or money worries as the reason for why their love has cooled during the pandemic.

27%

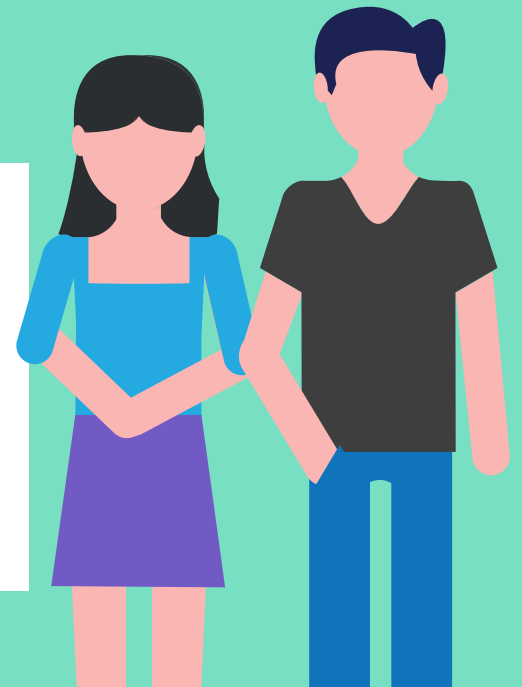
of couples aged 35-44 years old responded that the pressure of home schooling has had a negative impact on their relationship.

19%

of UK couples said loneliness and isolation, caused from being away from friends and family, has had a negative impact on their relationship.

50%

of the Gen Z'ers stated loneliness and isolation, caused from being away from friends and family, has had a negative impact on their relationship.



5 steps to consider if your relationship is proving a challenge:



Consider using the services of a counsellor.



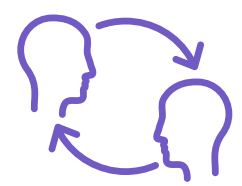
Maintain communication with your partner.



Spend time with close friends or family members - it's always helpful and healthy to discuss your feelings.



Take time out and do something 'for you', go for a run or a long walk with the dog.



All relationships require give and take.

*In a relationship includes couples who are married, in a civil partnership, living together and in a relationship but not cohabiting

Research commissioned by Stephenson Solicitors LLP and conducted by YouGov. Total sample size was 2,162 adults, of which 1,424 were in a relationship. Fieldwork was undertaken between 15th and 16th September 2020. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

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