

RESEARCH ON DATE NIGHTS

Date Nights Can Improve Your Marriage

The National Marriage Project, located at the University of Virginia, published a report called, **The Date Night Opportunity: What Does Couple Time Tell Us About the Potential Value of Date Nights?**

The authors of the report write that the social–science literature suggests at least five ways in which date nights may strengthen marriages.

1) **Communication** – date nights give spouses an opportunity to discuss things that are important to them.

2) **Novelty** – date nights help couples engage in novel activities that break the routine and help avoid taking the relationship for granted.

3) **Eros** – date nights allow spouses to engage in romantic activities with one another and increase their sexual satisfaction.

4) **Commitment** – date nights strengthen the commitment by fostering togetherness and signaling to others that the spouses take their relationship seriously.

5) **De–stress** – date nights allow spouses to enjoy time with one another and relieve the life stress they experience.

The authors of the report write in their conclusion: "The Date Night Opportunity finds that couples who devote time specifically to one another at least once a week are markedly more likely to enjoy high–quality relationships and lower divorce rates, compared to couples who do not devote much couple time to one another."