Relational databases can be quite helpful, they allow data to be simple and uncluttered, but problems car arise when all the data is in a single table. This can create duplicates and make your database less effective.

In a relational database data is only stored once, so if you have several tables with repeating data a relational database will have zero copies. This also makes it easier to delete or modify details., since the records are linked the other entries will show the change as well. You can also run complex queries using SQL.

There are also disadvantages as well. Performance can be slowed if you have too many relationships running at once, this can cause one to need to spend more money and a more powerful machine. A single broken key would cause the whole database to crumble and it could take a long time to find the problem.

Overall, a relational database will save time later on once you get everything set up but can hinder progress in the beginning. Anytime data is being repeated it is a great idea to use a relational database.

Sources:

http://www.snscourseware.org/snsct/files/CW\_58a12bf48d8c7/Advantage%20&%20disadvantage%20of%20relational%20database.pdf