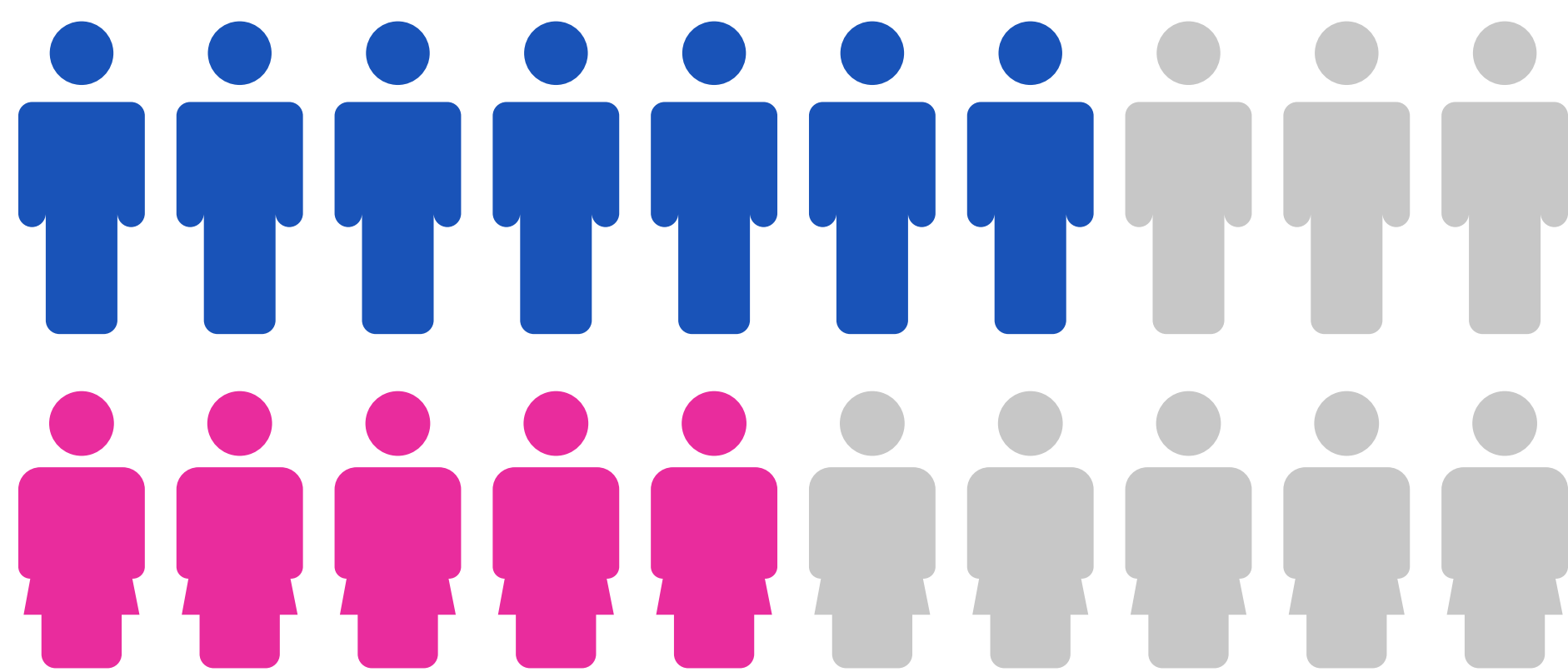


# Who Is the Happiest?

Differences in relationships perceptions: males vs females aged 50+

Feeling understood: males vs females



"My partner understands my feelings a lot"

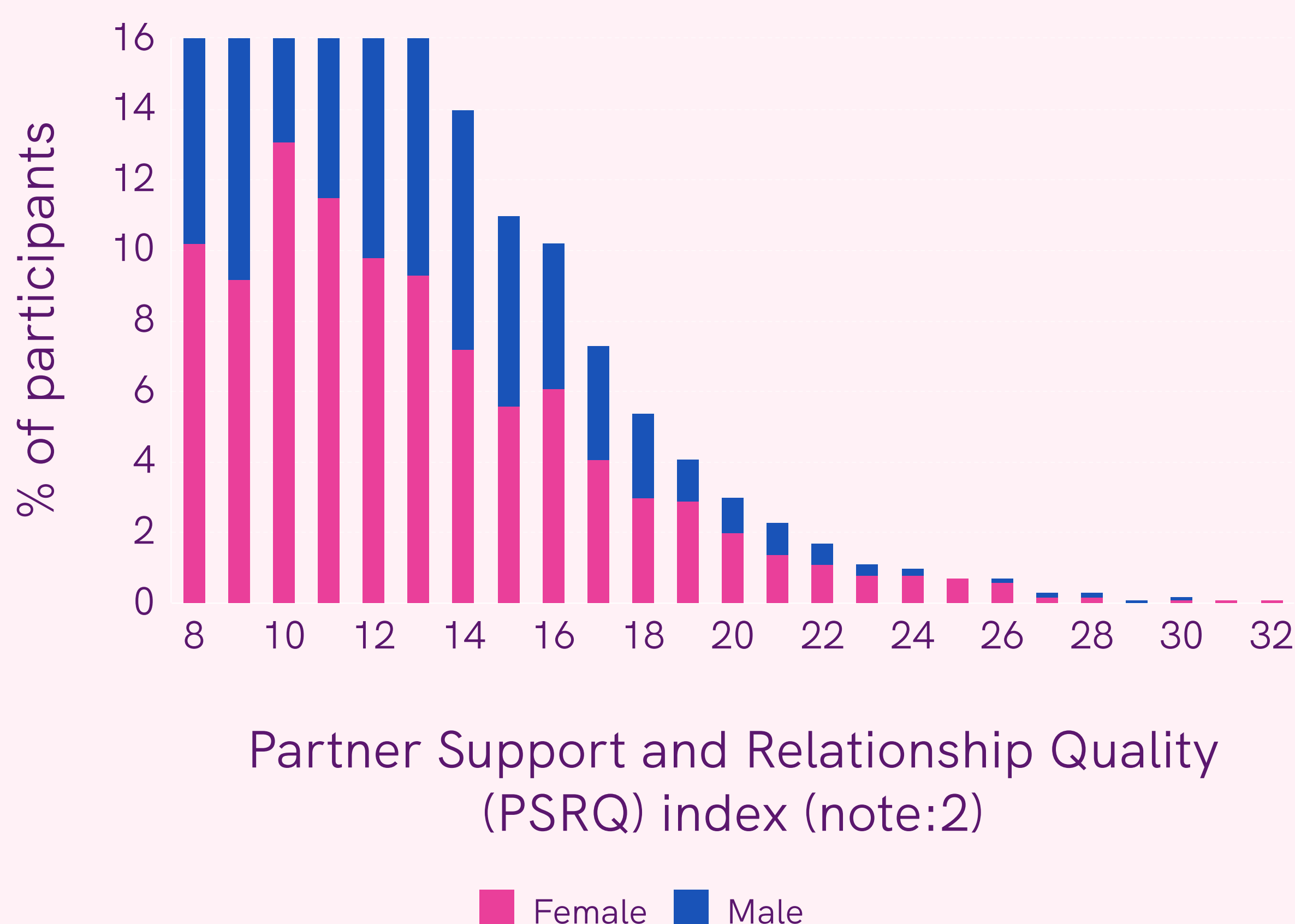
7 out of 10 males express feeling understood by their partners, where only 5 out of 10 females report a similar opinion.

(Base: Note 1)

## Males have excellent relationships

Males report higher quality and more robust support within their relationships compared to females. (Base: note 1)

PSRQ Score Distribution: Male vs. Female



## To conclude:

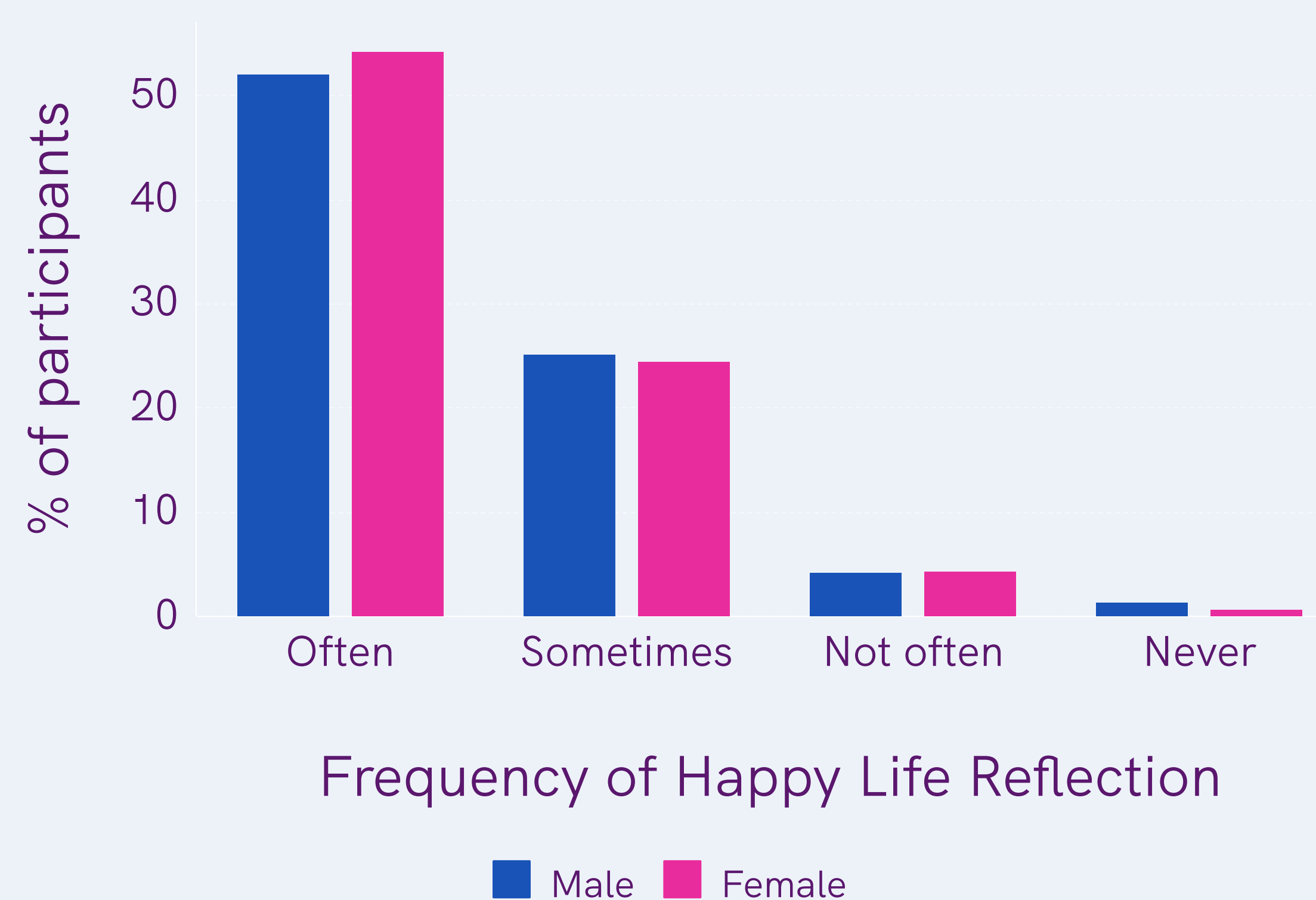
- Males reported higher levels of support and understanding than females. However, both reported equal happiness in life.
- It is recommended to promote open communication and encourage emotional expression for improved balance in results and relationship dynamics.

However

## Happiness in life

Gender lines blur for happiness in life. **Both** reports are nearly identical frequencies in **assessing their happiness level in life**. (Base: Note 1)

Happiness Reflection: Male vs. Female Participants



**Data source:** Banks, J., Batty, G. David, Breedvelt, J., Coughlin, K., Crawford, R., Marmot, M., Nazroo, J., Oldfield, Z., Steel, N., Steptoe, A., Wood, M., Zaninotto, P. (2024). English Longitudinal Study of Ageing: Waves 0-10, 1998-2023. [data collection]. 40th Edition. UK Data Service. SN: 5050, DOI: <http://doi.org/10.5255/UKDA-SN-5050-27>

**Note 1:** Base: 4298 male and 5368 female living in the UK aged 50+.

**Note 2:** PSRQ index includes 8 questions that capture various aspects of partner support, reliability, emotional connection, and communication within the relationship. PSRQ ranges between 8 (better relationship) and 32 (less support and lower quality relationship).