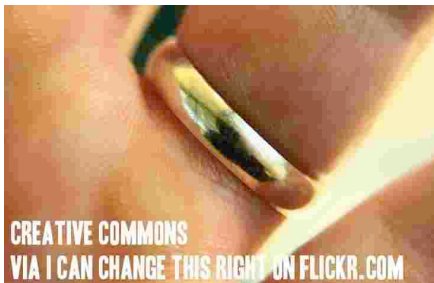


## Unhappy marriages can break the heart

21st November, 2014



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A new study shows that people in unhappy marriages have a higher risk of getting a broken heart. A bad marriage is

riskier for older women. They get more heart disease than men because of the stress of being in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress of being in an unhappy marriage has a big impact on the health of our heart. Dr Lui said one reason for older women having more heart problems is because they are generally more caring. A wife is more likely to provide support and care for her sick husband than the other way round. Also, if a wife is sick and cannot look after her husband, she can get stressed about this.

Dr Lui's team studied the health of 1,200 married men and women aged 57 to 85 over a five-year period. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time with or apart from their partner. They also asked if they could trust and rely on their spouse, and whether their spouse asks them to do too many things and is unfair. The doctors looked at the quality of the marriages to see who was happy and who was not. They then compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher blood pressure.

Sources: *MedicalDaily / DailyMail / Independent*

## Writing

It is more stressful being married than being single. Discuss.

## Chat

Talk about these words from the article.

*unhappy marriages / broken heart / riskier / stress / impact / caring / sick / husband / health / couples / quality / free time / heart attacks / depressed / blood pressure*

## True / False

- An unhappier marriage gives men more health problems. T / F
- The study is from Cambridge University in the U.K. T / F
- A researcher said husbands are a little more caring than wives. T / F
- A wife can get stressed if she is too ill to look after her husband. T / F
- The study looked at 1,200 married people in their 40s and 50s. T / F
- The couples were asked about how much time they spent together. T / F
- Researchers compared the quality of marriage to heart attacks. T / F
- Unhappily married people were more overweight. T / F

## Synonym Match

- |               |               |
|---------------|---------------|
| 1. risk       | a. mostly     |
| 2. impact     | b. sad        |
| 3. generally  | c. care for   |
| 4. likely     | d. time frame |
| 5. look after | e. depend     |
| 6. period     | f. chance     |
| 7. quality    | g. overweight |
| 8. rely       | h. probable   |
| 9. depressed  | i. effect     |
| 10. obese     | j. condition  |

## Discussion – Student A

- Is marriage more difficult today than it was in the past?
- How much time should a married couple spend together?
- What are the biggest things married couples argue about?
- What roles do husbands and wives have in a marriage?
- What would you do if your marriage gave you health problems?
- How important is it to talk about marriage problems?
- What one piece of advice would you give a married couple?
- What questions would you like to ask the doctors?

## Phrase Match

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. have a higher risk           | a. wrong                      |
| 2. A bad marriage is riskier    | b. period                     |
| 3. being in a relationship gone | c. apart from their partner   |
| 4. a big impact                 | d. round                      |
| 5. the other way                | e. on the health of our heart |
| 6. over a five-year             | f. strokes                    |
| 7. marital                      | g. of getting a broken heart  |
| 8. time with or                 | h. pressure                   |
| 9. heart attacks and            | i. quality                    |
| 10. higher blood                | j. for older women            |

## Discussion – Student B

- What do people need to do to stay happy in a marriage?
- What do you think about what you read?
- Why are women more affected by bad marriages?
- What things make a marriage go bad?
- How can couples repair a bad marriage?
- Are wives more caring than husbands?
- Why aren't husbands as caring as wives?
- What experiences do you have of a broken heart?

## Spelling

- A bad marriage is esirirk for older women
- They get more heart essdiea than men
- being in a esrthaiopnli gone wrong
- has a big pticam on the health
- they are eylgnaler more caring
- more likely to provide ptusopr
- over a five-year doperi
- questions about their marital uatyqli
- hehrtwe they spent free time
- rely on their upsseo
- domecrap this with the number...
- had higher blood rsrepsue

### Answers – Synonym Match

1. f	2. i	3. a	4. h	5. c
6. d	7. j	8. e	9. b	10. g

## Role Play

### Role A – A kiss

You think a kiss is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a "Thank you" or a compliment.

### Role B – A present

You think a present is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a kiss, a "Thank you" or a compliment.

### Role C – A "Thank you"

You think a "Thank you" is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a kiss or a compliment.

### Role D – A compliment

You think a compliment is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a "Thank you" or a kiss.

## Speaking – Love

Rank these with your partner. Put the best ways a spouse can show his/her love at the top. Change partners often and share your rankings.

- |                   |                            |
|-------------------|----------------------------|
| • a kiss          | • say, "You make me happy" |
| • buying presents | • go for a walk together   |
| • thank them      | • share the housework      |
| • hold hands      | • say, "You look nice"     |

### Answers – True False

a	F	b	F	c	F	d	T	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.