



Contact:
Kevin Derkash
Phone: 970-948-0889
Email: kevin.derkash@ketchum.com

An Unexpected Upside of the Pandemic: 85 Per Cent of the Canadian Couples Who Spent More Time Together Last Year Are Happier

Amidst a pandemic, eharmony's inaugural "The Happiness Index: Love and Relationships in Canada" reports 70 per cent of those in relationships were glad they had someone to be with during the COVID-19 pandemic

Toronto, ON – 2020 changed everything. Despite the circumstances, 85 per cent of Canadian couples who reported spending more time together last year ended up being happier in their relationship. Seven out of 10 were glad they had someone to be with during quarantine. All of this data is courtesy of “The Happiness Index: Love and Relationships in Canada” a national report commissioned by eharmony, the ‘Here for Real Love’ dating platform, and conducted by Harris Interactive.

It’s been more than a year since the pandemic altered lives in countless ways, and it’s no surprise that during that time Canadians increasingly worried about its impact on their finances and well-being, as well as their personal relationships. With couples facing this journey together, qualities such as emotional support, happiness and intelligence became coveted commodities – the three most desirable traits in a relationship.

"The results of the Happiness Index support what we stand for at eharmony — while many aspects of our lives have changed over the past year, we see the human need to find love and be loved endures," said Gareth Mandel, Chief Operating Officer at eharmony. "We've seen this in the number of people who have met, virtually dated and found meaningful relationships on eharmony these past months, and it's reassuring that the majority of couples who have been in relationships throughout the pandemic have seen those relationships deepen and strengthen despite the unique uncertainties and challenges presented."

Compared to their American counterparts, Canadian couples report focusing more on quality time than sex in their relationships (66 per cent vs. 53 per cent). However, this may be why only 43 per cent of Canadian couples say they are very happy with their sex life while 59 per cent of American couples claim to be.

With so many couples cohabiting, the study examined happiness and home – a place where 84 per cent of couples have spent more time over the past year. There are signals that spending substantially more time in a shared home can improve a relationship, with many spending significant time and energy on home reorganization (49 per cent) and redecoration (34 per cent).

The data also suggests a strong correlation between age and the perception that home upgrades will improve mental well-being. Millennials and Gen Z are most likely to agree with this belief (54 per cent).



The desire for more space is stronger among younger people too (45 per cent of those 21-34 years old vs. 23 per cent of those 55+ years old).

"Given that most of us are spending more time at home than ever before, people are finding new and innovative ways to manage their well-being there, whether it's carving out an exercise area or creating a personal sanctuary," Mandel said. "Mental wellness is crucial. When people feel their best, it not only benefits them, but also everything they do and everyone they interact with in their daily lives."

Optimism and uplifting results from this study clearly does not diminish any of the negative impacts experienced in 2020, but it does highlight some of the potentially overlooked positive impacts of the pandemic on love and relationships. Experiencing or having a meaningful connection with a partner has never been more desired or appreciated, and eharmony's Happiness Index spotlights that truth.

Key takeaways from the 2021 study include:

Sex Life

While sex is an important part of Canadian relationships, most couples focus more on quality time.

- 54 per cent of couples who have sex daily report being very happy in their relationship.
- 66 per cent of couples focus more on quality time than sex, compared to 5 per cent that focus more on sex and 29 per cent that focus equally on both.
- Almost half (46 per cent) of 21–34-year-olds say the last year has had a positive impact on their sex life compared to 34 per cent of those aged 35-54 and 25 per cent of those aged 55 years or older.

Personal Space

With more people spending additional time at home, both couples and single people are looking for ways to make the most of their existing spaces.

- 48 per cent say spending time together in their house has been good for their relationship.
- The desire for more space is stronger among young Gen Z and Millennials (45 per cent) than Baby Boomers (23 per cent).
- 45 per cent say having a more organized home would help most with happiness.
- 23 per cent of Millennials and Gen Z say they can't get away from their partner/spouse in a shared space, while only 12 per cent of Baby Boomers say this.

Politics

Politics is a hot topic but more than half never argue about it with their partner.

- 71 per cent of couples discuss politics at least once a week.
- 83 per cent of couples who do argue about politics do not feel it's harmful to their relationship.
- One-third (34 per cent) of those 55+ years old discuss politics with their partner on most days compared to only 18 per cent of those 35-54 years old and 14 per cent of those 21-34 years old.

Mental Health

As the months went on, the year presented couples with countless new challenges, impacting how they communicated, set boundaries and tuned in to one another's needs and well-being.

- 32 per cent of people believe their relationship has had a positive impact on their mental health.



- Millennials and Gen Z are most likely to believe this (44 per cent of those 21-34 years old compared to 28 per cent of those 35-54 years old and 25 per cent of those 55+ years old).
- Women are more likely than men to say they deliberately spend time alone (46 per cent vs. 39 per cent).
- Men, more than women, say their partner doesn't regularly do anything to annoy them (35 per cent vs. 25 per cent).

To learn more about the "The Happiness Index: Love and Relationships in Canada," visit <http://bit.ly/happyinlove2021-ca> and join the conversation on Facebook, Twitter and Instagram using #happyinlove.

About "The Happiness Index: Love and Relationships in Canada" Report

"The Happiness Index: Love and Relationships in Canada" 2021 report was commissioned by eharmony and conducted by Harris Interactive. This is the first year eharmony has conducted the Happiness Index survey in Canada. It was fielded online between January 8-18, 2021 and surveyed 1,039 participants. Participants (both heterosexual and LGBT) qualified if they were aged 21+ and were married, cohabiting or in a committed relationship. Results were weighted to be nationally representative by age, gender and region.

About eharmony

Los Angeles-based eharmony has helped over 2 million people find real love. As one of the original dating platforms, eharmony has been at the forefront of creating meaningful relationships based on its innovative Compatibility Matching System. The company operates in the United States, Canada, the United Kingdom and Australia. For more information visit <https://www.eharmony.ca/> or download the app available on both [iOS](#) and [Android](#).

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