Effects of Cohabitation on the Individuals and Couple

Sound research suggests that couples contemplating cohabitation should exercise extreme caution given the negative effects such an arrangement has upon the individual, the relationship and any conceived children.

- Cohabitation with a romantic partner has become common in recent decades. This meta-analysis examined the link between premarital cohabitation and marital stability ($k = 16$) and marital quality ($k = 12$). Cohabitation had a significant negative association with both marital stability and marital quality.  

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