

Relationship Indicators 2024

Cost of living



5.6mil

Australians (27%) are experiencing cost of living **pressure** on their relationship

#1

Cost of living was the most reported **relationship pressure** in the past 6 months

2.5mil

Australians (1 in 6) say cost of living is their **greatest** relationship pressure

Cost of living pressure disproportionately affects people:

35%
Aged between 25 and 44 years

44%
With children under 15 years of age

37%
Living with a disability

34%
With long term physical health or mental health conditions

32%
Carers

Cost of living pressure affected wellbeing:

37.6%

reported feeling **very lonely**



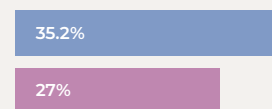
52.5%

of people were **satisfied** with life



35.2%

of people were **distressed**



Key: ■ Experiencing cost of living pressure. ■ General population

Those experiencing cost of living pressure also experienced other pressures:

64%
Money problems

54%
Division of childcare tasks

50%
Fear

49%
Social media use

46%
Gambling

We have two neurodivergent children and minimal family support, with cost of living and school issues, put pressure on us.
- Female, 35-44 years