

Number of Divorces Spike in March and August

VOCABULARY WORDS

1. Spike /spīk/ a sharp increase in the magnitude or concentration of something.
Example: The oil price spike was a result of the war in Ukraine.
2. Peak /pēk/ reach a highest point, either of a specified value or at a specified time.
Example: Its popularity began to peak.
Bookings and flights began to peak during this season.
3. Anticipation /anˈtɪsəˈpɑːʃ(ə)n/ the action of anticipating something; expectation or prediction.
Example: His eyes sparkled with anticipation.
4. Transition /trənˈziːʃ(ə)n, trənˈsiːʃ(ə)n/ the process or a period of changing from one state or condition to another.
Example: Students in transition from one program to another need to attend the orientation.
5. Optimism /ˈɒptəˈmɪzəm/ hopefulness and confidence about the future or the successful outcome of something.
Example: She is always full of optimism and never gives up.



Couples should put more effort into their marriage just before March and August each year. Sociologists have identified **spikes** in the number of divorces in these two months. Researchers from the University of Washington analyzed data for divorces filed in the U.S. between 2001 and 2015.

The scientists found that over this 14-year period, divorce rates **peaked** in August, after the summer holidays, and in March, after the Christmas and New Year holidays. Some researchers said the divorces could be because of money problems caused by the winter and summer holidays.

Researcher Julie Brines suggested that couples felt stressed and down when the excitement of holidays was over. She said: "People tend to face the holidays with rising expectations."

She added: "[Holidays] represent periods in the year when there's the **anticipation** or the opportunity for a new beginning, a new start, something different, a **transition** into a new period of life. It's like an **optimism** cycle." Couples usually spend more time together during holidays. This may actually make tensions worse rather than bring people closer together.

DISCUSSION

1. Why do so many marriages end in divorce?
2. Who suffers the most from a divorce?
3. What do you think of the idea that marriage is forever?
4. What is your advice for a successful marriage?
5. Why do couples need to spend some time apart?