

Athletes And Divorce: What Are The Ten Causes Of These High Net Worth Divorces?

The divorce rate for the general US population is about 50 percent. Professional athletes average about 70 percent. Why does this happen? Here are ten reasons.

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There are a number of studies that indicate that professional athletes divorce at a significantly higher rate than does the general population. These studies were mentioned in Sports Illustrated and in The New York Times.

While the divorce rate among Americans is approximately fifty percent, pro athletes divorce at a rate that is approximately seventy percent.

Most of these studies have focused on marriages involving a male athlete married to a female. Perhaps this is because there are simply more male athletes than there are female athletes in the United States.

“There is probably a need for research on the marriages of professional female athletes as this might add to the understanding of these relationships,” says Dr. Jay Granat.

According to Jay P. Granat, Ph.D., Psychotherapist, Licensed Marriage And Family Therapist, Author and Founder Of www.HighNetWorthDivorces.com “There are eleven reasons that might explain the high rate of divorce among professional athletes.

1. Elite athletes spend a great deal of time and energy developing their physical skills. Consequently, some of them fail to develop the kind of interpersonal and relationship skills which are required in order to have a successful marriage.
2. Athletes are under pressure to perform well in every game. This pressure to perform can create a lot of stress for some competitors and they can experience anxiety and depression regarding the way they play. Prolonged anxiety and depression can produce conflicts in relationship.
3. Some athletes love media attention. Others find this kind of scrutiny to be quite burdensome. Being in the public eye frequently and losing one's anonymity can be stressful for some professional athletes.
4. The travel that is part of professional sports can be grueling for the athlete and for the athlete's spouse.
5. When an athlete gets traded, his family may be uprooted. This can be a source of significant conflict and significant marital stress.
6. Some players acquire huge sums of money at a very young age. Managing success and fame can be difficult for a young person.

It is interesting to note that a high percentage of well paid athletes get into financial difficulty due to poor money management and bad financial planning. A couple that was once wealthy and becomes impoverished can have a very tough time adjusting to and managing a different lifestyle.

This change in status can disrupt a marriage.

7. An injury can impact the athlete's earning potential and his life very rapidly. When injured, some athletes experience significant depression and anxiety. These kinds of mental illnesses, if untreated, can cause a couple to end their relationship.

8. Being faithful and monogamous can be challenging when a man is on the road and is approached by groupies who want to connect with the "athlete-celebrity."

9. Young women seeking fame and fortune might prey upon athletes and marry them for the wrong reason.

10. Athletes can get accustomed to being the center of attention in high school, on campus and in the city in which they play.

It can be hard for some athletes to get this kind of constant adoration from their spouses.

"Over the years, many spouses of professional golfers, football players, baseball players and basketball players have reached out to me because they were worried about their husband's declining performance and potential loss of their high incomes and the lifestyle that went along with it," according to Dr. Granat.

Attorneys, forensic accountants, mediators and other professionals who handle high net worth cases can now be listed on www.HighNetWorthDivorces.com.

Professionals can comment on this article, obtain exclusive listings for their practice in their county and can feature their articles, videos and books on the site.

For more information, go here.

<http://www.highnetworthdivorces.com/join/>

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