We Found That...

On average, people were less satisfied with their work-life balance when they were in a relationship (vs. when single). However, they reported higher life satisfaction overall and just as high career satisfaction when they were partnered (vs. when single).

And That...

When comparing partnered and non-partnered individuals at a single time point, partnered individuals scored higher on both satisfaction with their work-life balance and their life overall.

In Short

Although entering a romantic relationship may improve your satisfaction with life overall, the presence of a highly interdependent relationship can make it hard to maintain a satisfactory work-life balance. The findings of this paper also suggest that cross-sectional comparisons may not allow for such insights.