

Prepare High School Students for Being Parents in the Future

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Abstract

Family is the foundation of national construction and the unit that constitutes the state. Teenagers are the key reserve army for national construction, economic development and social progress. High school students are in a teenage at the critical stage of psychological and physical development. Parents, schools and society are required to build a good education environment for teenagers, promote their sexual physiology and sexual psychology education, educate them to form the correct marriage & family concept and correctly handle the relationship with the opposite sex, eliminate the negative effect of sexual liberation in network culture and western culture, in order to lay a good foundation for high school students to become qualified parents and build a harmonious family.

Keywords

High school students; Views of marriage & love; Parents.

1. Introduction

High school students are in a critical period of learning cultural knowledge and shoulder the important responsibility of building a better society in the future. It is also a critical period for the development of sexual psychology and sexual physiology, and an important stage for the formation of correct views of marriage & love and family. This will partly affect the structure and development of the future marriage and family in the society. All parties involved should prepare high school students for being parents, deal with the unstable teenage views of marriage & love and the diverse social love & marriage status, analyze the main causes and develop comprehensive guidance methods, and help the teenagers to establish correct views of marriage and family.

2. Views of Marriage & Love of High School Students To Build a Family and Become Parents

2.1. The Concept of Love Becomes Gradually Open

Most high school students will show a greater interest in the opposite sex at this age. Influenced by the network culture and social environment, it is prone to a precocious puberty in sexual psychology and a conflict between the maturity of sexual physiology and the precocious puberty of sexual psychology, leading to the failure to form a correct perception of dealing with sexual relations. Most high school students are more casual in the face of love and believe that I can fall in love with "feelings". A few high school students think carefully about a romantic relationship on the basis of self-learning and each other's character. It is not difficult to see that most high school students lack the correct concept of love, and bear an open and casual attitude to love.

2.2. The Concept of Concept Tends to Be Cautious

The precocious puberty in sexual psychology of high school students does not mean that they are more willing to start a marriage. In contrast, teenagers of this age are more cautious about the long-term sexual relations - marriage influenced by the original families, social environment, and various cultures. Marriage relationships are a necessary channel for people to build families and become parents. The young-oriented divorce groups and the teenager-oriented premarital sex suggest people's new cognition to the sexual relations - more open attitude towards sex and more cautious attitude towards marriage. High school students lack the real experience of marriage, and their cognition of marriage and family comes more from the performance of their parents. High school students can learn about different marriage and family relations online, subconsciously compare them with their parents, improve their concept of marriage and family, realize diverse marriage models and marriage images in the current society, and then show a rational view in the marriage relationship.

3. Specific Reasons for the Diversity of Marriage and Family Views among High School Students

3.1. Parents Lack the Emphasis on the Education of Sexual Relations

In the new era, many parents have realized the important role of family sex education in the healthy growth of their children. At present, most parents of high school students are over 40, with the understanding of sex education in the stage of "sexual mystery". As a result, most high school students lack a family sex education. As a result of the negative influence of traditional culture, some parents still believe that the "early" sex education on children will lead to precocious puberty. They label "sex" as "confinement" and "dirty". And even children are "strictly prohibited" to mention it. Some parents are shy to talk and try to avoid it, affecting the children's comprehensive understanding of sex relations. Children growing up in the family environment of "being reluctant to talk about sex" for a long time will inevitably have a wrong understanding or excessive curiosity about the sexual relationship, and take the initiative to explore it, which may lead to more serious consequences. The lack of scientific and perfect family sex education makes high school students lack a comprehensive understanding of the views of marriage & love. [1]

3.2. Schools Lack the Sexual Education and the Cultivation of Views of Marriage & Love

What cannot be ignored is that most schools lack the education on sex relations and the cultivation of views of marriage & love. First, there is a lack of special course on sex relations and views of marriage & love. Sex education is an important part of school mental health education and an important content to promote students' physical and mental health development. Most schools lack specialized courses and emphasis on sex education. This course is not opened or implemented deeply on the grounds of the sensitivity of sex education and the impact of sex education on students. Second, there is a lack of professional teachers on sex knowledge education, leading to the students' lack of special and comprehensive education on sex relation. It is not conducive for students to be prepared for being parents in the future. At the same time, most schools lack professional materials on sex education. The limited sex education course focuses on the popularization of sexual physiology, rather than the sexual relations, sexual behavior and sexual morality. This makes students lack a correct awareness of sexual behavior, as a manifestation of a lack of sex health education.

3.3. The Bad Concept of Marriage and Family Prevails in the Social Environment

Bad factors in the social environment will also have a greater negative impact on the high school students' views of marriage & love. With the prevalence of online entertainment, film and television culture, many unhealthy books and movies leave a wrong impression on high school students, making high school students produce a wrong cognition of marriage and family, and imitate the content of entertainment books, periodicals and videos. They love and date online and tend to get married online. Online wedding is a contempt of marriage. On the other hand, the western "sexual liberation" culture has poured into the living environment of high school students, bringing some effects on the physical and mental health of teenagers, and affecting their moral concept and value pursuit on the sexual relations. This is not good for students to have the right idea of building a family and becoming parents. Although they can innovate teenagers' traditional views on "sex", it is no denying that too open foreign films will also give teenagers an excessive interest in "sex". There may be unbearable consequences in the process of imitation. On the other hand, the trendy network culture also makes some high school students resist against the traditional marriage and family relationship, and ignore the factors in the traditional marriage conducive to the development of sexual relations.

4. Strategies of Preparing High School Students for Being Parents in the Future

4.1. Focus on the Family Education on Views of Marriage & Love and Its Effect

The harmonious family relationship is the first channel for high school students to understand the views of marriage & love and family relationship. A good family environment can have a positive impact on the sex education for children. The way parents get along will also affect teenagers' understanding of family and marital relationships. Therefore, parents should shoulder the important responsibility for children's education on views of marriage & love, regulate their own behavior and thoughts, and create a good family environment. They should set up a good code of conduct, guide students to form a correct marriage concept with their behaviors, and form a correct value orientation for the family relationship. It is not difficult to find that family harmony and intimate parents will make their children positive towards marriage, family and becoming parents. A disharmonious family relationship will give children a psychological shadow of family relationship and then affect children's thoughts of being parents.

Secondly, parents should standardize their own education methods. It is inadvisable to directly decide high school students' choices of marriage and love because of their independent ability in behavioral thinking. Parents' direct decisions may lead to a strong rebellious psychology, and an incorrect path of marriage and marriage. Parents should convey their marriage and love experience to students by way of guidance and communication. Parents should set a good example for children, respect their ideas, help students to establish a sense of responsibility by keeping a pet and prepare high school students for being parents in terms of responsibility identification. At the same time, parents should contact the school, supervise students' performance, and jointly guide students to establish correct views of marriage & love.

4.2. Schools Should Focus on the Education of Views of Marriage & Love

Schools are the main channel for high school students to contact the opposite sex, and also the main place for high school students to receive sex education and cultivate the views of marriage & love. Therefore, schools should play its important role in cultivating students to form a correct concept of marriage and family. Schools should help high school students how to gain love and develop sexual relationships at this age. Schools should first open sex education

curriculum and enrich the content of sex education courses. According to the physical and psychological development characteristics of students at this age, schools should set educational contents and promote students to form a correct cognition of the marriage and family relationship. Students should establish correct views on love and marriage and not blindly start the love relationship.

In addition, schools should educate high school students on the concept of sexual behavior. High school students have a greater interest in sexual relationships. In the education course of views of marriage & love, schools should explain how to protect themselves, cultivate students' sense of identity with marriage law through legal education, reduce the expectations of marriage interests, carry forward family ethics, reflect public order and good customs, and advocate the formation of good marriage and love ideals. [2] Schools should change the traditional means of forced education and explain the possible problems in marriage & love by means of positive guidance (such as animated films, life cases, etc.), so that students can experience marriage & family relations and contradictions, and then have a further understanding of the views of marriage & love, and lay ideological preparation for students to deal with conflicts and maintain the family.

4.3. Society Should Strengthen the Maintenance of the Environment.

Different from the past educational environment, most high school students can connect the Internet through smart phones, and truly participate in and experience the social environment. The quality of social environment will directly affect teenagers' specific thoughts on marriage & love and family. Therefore, the society should strengthen the maintenance of the love and marriage environment, protect the positive views of marriage & love, and eliminate the negative factors in the environment. First, the society can create a good marriage and marriage environment, release the network information for the positive development of teenagers' marriage and family concept through new media channels (such as Weibo, TikTok, etc.), and eliminate the negative marriage and marriage and love content on the Internet. Second, relevant departments should improve the educational institutions and education system for cultivating teenagers' views of marriage & love, improve the legal mechanism concerning marriage and love, including pre-marriage consultation and marriage mediation, and strengthen the training of talents in marriage education and consultation. [3] By creating a good social love and marriage environment, high school students can be prepared for being parents in the future.

5. Conclusions

High school students are inevitably curious about sexual relationships at the age of sexual physiology maturity. Due to the lack of the correct understanding of psychosexual development and sexual relations, they wrongly consider the considerate and mature behaviors as sexual psychosexual development maturity. It is realistic to prepare high school students to become parents and build a family in the future. Reality reflects the widespread precocious puberty in high school students. The premarital sex, young-oriented divorce groups and single parent are prevailing in the society. Therefore, it should arouse the common attention of all parties in the society. Parents, schools and society should correct teenagers' incorrect views of marriage & love, help students to identify and resist the negative influence of unhealthy culture in the new era, create a good marriage and family education environment for teenagers, promote the healthy development of high school students in body and mind, and prepare them to build a family and become parents.

References

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