

How Love Education Matters in Chinese Colleges

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Abstract

Based on the trend that Chinese youth are commonly bothered by their marriage and love, this paper explores the construction of marriage and love education courses in colleges. Under the background of the combination of traditional and avant-garde concepts of marriage and love among young people, the single channel of marriage and love education in colleges, and students are greatly influenced by the social media, the curriculum construction of marriage and love education in colleges is conducive to actively guiding reasonable and healthy values of marriage and love, and appropriately alleviating the pervasive marriage and love anxiety in society. Sense and long-term promote the construction of excellent family style. In terms of the construction of marriage and love education courses in colleges, ideological education should be integrated to help Chinese youth's long-term development, as well as enriching teaching forms to grasp students' psychological dynamics, and listen to students' voices to play the role of marriage and love courses.

Keywords

Colleges; Love education; Curriculum construction; College students; Ideological education.

1. Introduction

Recently, the marriage and love courses launched by Internet celebrities such as Dr.Chen in Fudan University and Dr.Luo in China University of Political Science and Law have attracted widespread attention in Chinese society. At the same time, there are endless negative cases such as Pick-up Artist (PUA), wife killing, and family violence. Negative remarks such as fear of marriage and childbirth, blind love relationships, and unwillingness to fall in love appear among college students, which makes college teachers concentrate on youth's confusion about marriage issues. Teachers who offer marriage and love education courses in colleges generally say that college students have a negative attitude towards marriage and love. Once two people fell in love, they could form a family and accompany each other together for a lifetime, which has become a "luxury hope" in contemporary society. Affluence in material life has become the primary factor for contemporary young people to decide whether to enter a marriage or relationship, while emotional value subordinates. Some teachers also say that the above phenomenon is the inevitable result of contemporary young people's choice of sexual relations, indicating that young people are becoming more and more rational in dealing with marriage and love issues. It shows that modern society is more and more tolerant of different choices made by individuals, which is also a sign of social progress.

Marriage anxiety is the anxiety caused by individuals in the face of marriage and love situations. In recent years, with the trend that more youth are bothered by marriage and love anxiety, the difficulty of marriage and love has become an indisputable fact in China. From young people of marriage age to students who are just entering university campuses, there are more or less anxiety about marriage and love, confusion in intimate relationships and interpersonal

relationships. In response to the above situation, more and more colleges offer elective courses related to marriage and love, which are enthusiastically welcomed by students. Those who are troubled by marriage and love problems regard them as "life-saving straw" or "timely rain". The establishment of marriage and love courses in colleges not only meets the spiritual needs of contemporary youth, but also an inevitable trend, that is, colleges pay more attention to the humanistic quality of students and the cultivation of "people" themselves.

2. Changes in the Marriage Concept of Chinese Youth

The concept of marriage and love among Chinese young people shows a sharp polarization. In terms of marriage, the marriage rate of young people is getting lower and lower, the age of first marriage is getting older, and the divorce rate is getting higher and higher. But when it comes to love relationships, youth still yearns for a beautiful love. This phenomenon called "cold marriage and enthusiastic love" reflects changes in contemporary youth's concept of marriage and love as time goes by. Some new phenomena have also appeared. For example, some youth are not interested in marriage, even afraid of marriage, leading them to keeping single. Some youth are too dependent on their parents that their marriage is dominated by parents. When meeting problems, they just follow parents' advice. Other youth regard marriage as a "trade". If you have a house, a car, and enough savings, you are allowed to marry. More interestingly, there exists that young people are willing to enter love relationships and live together with their mates but refuse to marry. From another point of view, it shows the rationality and calmness of young people towards marriage. They generally believe that getting married and having children is no longer the established and only life track. Marriage should be a matter of course. These emerging marriage statuses are characterized by a mixture of traditional and avant-garde, and have also led to serious anxiety and worry among parents about their children's marriage attitudes, which have risen to social problems.

Although young people are not optimistic about marriage, they still yearn for sincere and beautiful love, willing to experience the ups and downs of love, and finally "hold the hand of the son and grow old with the son". Love variety shows such as "Heart Signal" and "The Secret X" are widely discussed among young people, and the warm love stories posted by public figures will still make young people sigh "I believe in love again". The marriage and love courses offered by colleges are widely welcomed by college students. These phenomena reflect young people's strong thirst for love and the knowledge of psychology and sociology behind it, which show that Chinese youth are desirable for love.

3. Current Situation of Popularization of Love Education in Colleges

In 2003, Beijing Normal University first launched an elective course with the theme of marriage and love, aiming to provide students with ways to cope with confusion in intimate relationships through scientific explanations. However, due to the general situation that society was ashamed to openly discuss marriage and sexual relations at that time and the public did not fully realize the importance of education on marriage and love for students, the intimate relationship course was only open to a few students. With the rapid development of the Internet and the tolerance of statuses of marriage and love in China, the number of colleges offering elective courses related to marriage and love has gradually increased. Moreover, the content of marriage and love education has also been added to public basic courses such as "Ideological and Moral Cultivation and Legal Basis". All of these show that colleges pay unprecedented attention to the physical and mental health of students. Colleges encourage students to pay attention to the cultivation of their own communication skills when learning knowledge and skills, so as to better deal with the confusion that may arise in future intimate relationships. From the students' point of view, the establishment of marriage and love courses provides students with

methods to talk about their difficulties in communication. Absorbing scientific theoretical knowledge will not only help students to view the obstacles encountered in marriage and love with a calm and calm attitude, but also help to alleviate their anxiety about marriage and love more rationally.

Television, Internet and social platforms have become an important way to popularize marriage education in colleges. From the popular Qiongyao TV series in the last century, which gave the first generation of college students the enlightenment of marriage and love education after Reform and Opening Up, to the thriving novels and TV series of "Domineering President" that reshaped the concept of marriage and love among countless college students, and now the public advocates equality between men and women and independence of women. With the popularization of various variety shows such as talk shows and debate competitions, the bright contestants on the stage are also continuously inputting different views on marriage and love and life experiences to college students. Marrying at an early age becomes a winner in life just because you want to accompany this person, love is a matter of two people and marriage is a matter of two families, etc. The development of social platforms has made it easier or even "forced" for college students to understand the marital and emotional status of public figures. They will still admire the love of "I grasped your hand, together with you I was to grow old", but they will also make remarks such as "distressing a man is the beginning of bad luck" when they encounter a bad relationship. Although the concept that material things are the basis of love and marriage has become the consensus of contemporary young people, it is gratifying that more and more college students put "emotional value" at the core of marriage and mate selection, and they must find the right talents. Willingness to end singleness. All in all, the popularity of marriage and love education in colleges and universities is getting higher and higher, the teaching forms are gradually enriched, the number of subjects of marriage and love education is increasing, and the needs of students are expanding.

4. Necessity of Adding Love Education Courses in Colleges

4.1. Actively Guide Reasonable and Healthy Values of Marriage and Love

Difficulty in marriage and love, the difficulty of falling in love ranks first, followed by the difficulty of marriage. Most college students are faced with the problem of being in love. In addition to the different standards of mate selection caused by individual differences, unhappy love experiences between themselves and their friends, more and more civil and criminal cases caused by marriage and love problems, and the shadows brought by the original family during the growth process have made it difficult for college students to fall in love. As far as unhappy love experiences are concerned, due to their immature psychology and not yet mastering the correct way to deal with things, college students are unable to deal with the contradictions and frictions that appear in love from both the aspects of solving actual problems and controlling emotions, which probably leads them to losing confidence about their future marriage and love relationships. As for civil and criminal cases caused by marriage and love issues, students, as bystanders, are more likely to sigh that "one fear of marriage and fear of parenting skills every day" due to their lack of social experience and easy to be induced by online public opinion, coupled with the spread of fear in the surrounding environment. As far as the influence of the family of origin is concerned, students have witnessed negative emotions in past family life, who cannot correctly recognize that negative emotions are part of daily life and cannot cope with the negative emotions encountered in life.

Based on the above-mentioned situation of "difficulty in love", adding more marriage and love courses in colleges can help students rationally understand the difficulties encountered in love. From the perspective of ideological education in colleges, the addition of marriage and love courses itself provides a platform for students to relieve their confusion in love. The continuous

interaction with teachers and classmates in these courses enhances students' confidence in love and inspires yearning for a beautiful love, so that students can gradually correctly understand love and marriage in the process of self-knowledge and interpersonal communication, overcome fear and avoid psychology, and establish a correct concept of love and marriage. From the perspective of scientific knowledge, the course of marriage and love should include the cultivation of communication skills, the analysis of love psychology, and love from different perspectives of men and women. By strengthening the scientific theoretical foundation, students can fully understand what love is and how to correctly love each other, and how to balance love and studies, which lays a solid theoretical foundation for subsequent actual love.

4.2. Appropriately Relieve Social Anxiety About Marriage and Love

University is the transition period of youth from ivory tower to society, senior college students may face the dual problems of "difficulty in love" and "difficulty in marriage". They are faced with a choice in the next stage of their life. When they choose to take the postgraduate entrance examination and civil service examination, their families are also worried about marriage and love issues. The situation that "you are not allowed to fall in love in college, but you must get married immediately after graduation" really exists, which also realistically reflects the pervasiveness of society. The traditional Chinese concept of marriage emphasizes "start a family and then establish your career", which has become the reason why many parents justifiably urge young people of appropriate age to get married as soon as possible, although today's young people generally believe that they should own rich material conditions before considering love and marriage. The conflict of ideas between young people and the old generation makes young people more anxious and confused about marriage and love. Common doubts about marriage among college students include that "If you have never established a career, should you never enter a marriage?", "When you meet the right person at the wrong time, how should you choose?" In addition to the pressure from the family, the social public opinion on marriage has also brought a lot of confusion to college students. Issues such as the amount of dowry in the dowry, how many children to have, and who will take care of the children are all important content of marriage anxiety.

4.3. Promoting the Construction of Excellent Family Style in the Long Run

The family is the smallest unit of society, and love and marriage are the preconditions for the formation of a family. The traditional Chinese concept emphasizes that husbands and wives treat each other as guests, that parents and children respect and understand each other, and that brothers and sisters live in harmony. However, as time goes by, civil disputes caused by families have frequently attracted attention. Husbands and wives are divorced, the relationship between parents and children is poor, and the modern version of the brother-in-law incidents continue to occur. While watching, college students should reflect on the family style behind it. A small number of college students are not ready to enter the marriage relationship but they get married in a hurry because of their passion. After marriage, they find that there are many inappropriate things but they do not have the ability to communicate effectively, which leads to the fragmentation of the marriage and family. At the same time, most college students expressed pessimism or even despair about marriage and love. These come from the negative influence of their original family. Some were born in single-parent families and lacked caring, and some were because their parents remarried and did not handle their relationship with their children well, which leads to students' concerns about marriage. The distrust of the relationship is also because the parents did not properly handle the relationship between many children, saying that they were forced to live into a new version of "Fan Shengmei".

5. Construction of Love Education Courses in Colleges

5.1. Enrich Teaching Forms and Grasp Students' Psychological Dynamics

According to the needs of students, more and more colleges have offered elective courses related to marriage and love education, but limited by a relatively single teaching form, knowledge teaching is still the first choice for many teachers. Teachers will always be in contact with 20-year-old students, but everyone's 20-year-old is different, which requires teachers to fully grasp the psychology of students and enrich the teaching form. For example, through group discussions in the classroom, boys and girls can learn to think in empathy, deeply understand each other's difficulties, and try to eliminate the inexplicable discrimination caused by gender differences. Homework can give students enough thinking. College students already have certain thinking ability and creative ideas, which can be presented in the classroom in novel and wonderful ways such as dramas and talk shows, so that teachers can more accurately capture the real thoughts of students, and then update teachers' own views on contemporary youth marriage and love, adjust the direction of education in time to ensure that students gain the knowledge they need in the marriage and love education classroom. In addition to serving students in special marriage and love classes, the modules of marriage and love education can also be appropriately added to daily public elective courses, professional elective courses, and ideological courses. Take "Microeconomics", a compulsory course for economics and management students, as an example. Why are many high-quality men and women often single, while ordinary men and women are more likely to enter a romantic relationship? Teachers can make a new interpretation from the perspective of market supply and demand: if the market for men and women of the appropriate age is divided into three levels: high, mid and low, and women are considered as consumers in the marriage and love market. If they want to choose "high " men as a male partner, women must have a correspondingly high cost, but not everyone has this ability. On the contrary, the "mid " women in the market is the most likely to successfully match the supply goods.

5.2. Hear Students' Voice and Playing the Role of Love Courses

After rejecting fast food, wine and meat-style love, most students find that they are the only ones who are still sticking to their principles, which leads to anxiety about marriage and love. Some students think that poppy love is just a good wish and is vulnerable in the face of the real society, but there are still some couples who can solve real problems through joint struggle and finally enter the palace of marriage. In addition to the current anxiety about love, more and more students associate love with marriage, and firmly believe that love must be for the purpose of marriage, otherwise it is a waste of youth. Marriage must be supported by a strong material foundation. This is different from the parents' view of marriage. The parents' view of love and marriage is relatively simple. The pursuit of spiritual success is for mutual affection, and for material things, they tend to work hard together. This is also the current generational gap between students and teachers. Therefore, more and more young teachers join the construction of marriage and love education courses. Although they may not have entered a marriage relationship, they have an age advantage and a small generation gap with students. In addition, young teachers can understand and listen to students' novel ideas, and play the role of marriage and love courses.

5.3. Focus on All-round Development and Improve Students' Communication Skills

The addition of marriage and love education courses is to hope that students will master the scientific knowledge related to love and marriage, and master the skills of communicating with others, but it does not encourage students to have only love in their hearts, indulge in the emotional world every day, and become "love brains". It is often seen in college forums and tree

holes where female students complain that the boys around them "can't speak," "too straight," and "step on thunder with every sentence", and male students often wonder what to say in the process of falling in love. It made his partner unhappy, and some students even said that they missed a good chance to love because of their "straight man" remarks. The communication skills taught to students in the marriage and love education courses are mainly applicable to the scenarios of love relationships, but the nature of love relationships is also an intimate relationship, that is, how to deal with the relationship between oneself and an intimate partner. This skill is based on a slight modification. The same applies to dealing with the intimacy between parents and children, the intimacy between siblings, and even getting along with leaders and colleagues in the future workplace. The essence of communication skills is mutual understanding, empathy, and learning to understand the difficulties of others. At the same time, maintain your independence and calm thinking. Therefore, the construction of marriage and love education courses in colleges and universities must be oriented to the overall development of students, improve students' communication skills, and help students develop in the future.

6. Prospects of Love Education in Colleges

Contemporary young people attach great importance to the quality of marriage and love, and while pursuing a suitable spiritual partner, they also attach importance to the support of material foundations. The decrease in the marriage rate and the increase in the age of first marriage has caused widespread social concern, but it also shows that young people are more rational and cautious about marriage, and understand the responsibilities and obligations on both sides of the marriage. The fundamental reason why the modern love and marriage relationship is fragile is that it pays too much attention to external factors such as appearance or material, and ignores that love and marriage are intimacy based on spiritual fit. Contemporary youth must realize that the run-in relationship between love and marriage is not a simple "1+1=2", but an "x + y=1". A part of the individual is sacrificed and changed for the partner, and the part that loves each other is extracted from their independent souls. Cultivating together into a community. In love, you need to choose the right and suitable partner, and investigate from the aspects of character, personality, three views, family, etc., so as to ensure the happiness of marriage. Marriage is a dynamic practice. Always be strict with yourself, be lenient with others, and balance all aspects of relationships in order to ensure family harmony and stability. With the development of population aging and empty nesting, celibacy and DINK culture prevailing, how to guide young people to find a principle that is truly suitable for themselves in the diversified concept of marriage and love is an important issue that should be considered and solved in future college marriage and love education.

Acknowledgments

This paper was funded by Jiangsu University of Technology (Project No. KYY19533) and Jiangsu Provincial Office for Education Sciences Planning (Project No. C-c/2021/01/46).

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