

THE PROBLEM OF PREPARING YOUTH FOR FAMILY LIFE

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ABSTRACT: FAMILY IS ONE OF THE MOST IMPORTANT SOCIAL INSTITUTIONS RESPONSIBLE FOR THE WELFARE OF SOCIETY. FAMILY LIFE IS AN EXTREMELY IMPORTANT ACTIVITY IN SOCIAL TERMS, BUT, AS NOTED BY PSYCHOLOGISTS, THE MOST DIFFICULT ONE. THEREFORE, THE PROBLEM OF COMPREHENSIVE PREPARATION OF YOUTH FOR FAMILY LIFE IS ACTUALIZED NOWADAYS.

THE ARTICLE CONTAINS AN ANALYSIS OF PSYCHOLOGICAL AND EDUCATIONAL LITERATURE ON THE PROBLEM OF PREPARING YOUTH FOR FAMILY LIFE, THE RESULTS OF THE RESEARCH TO ASCERTAIN THE DEGREE TO WHICH YOUNG PEOPLE ARE PREPARED FOR FAMILY LIFE.

KEY WORDS: MARRIAGE READINESS, MARRIAGE PREPAREDNESS, PREPARATION FOR FAMILY LIFE, VALUABLE RELATION TO FAMILY.

Introduction

THE interest to the family study has been recently growing and not only in the sphere of pedagogues and psychologists. Understanding the importance of such social institute doctors, sociologists, politicians are also interested in family. Virginia Satir, famous American psychologist, writes about the importance of the family the following: «Now it is absolutely clear that family is a microcosm of the whole world. In order to understand it one needs to get to know the family. Manifestations of power, intimacy, independence, trust, communicative skills which exist inside it are a clue to many life phenomena». According to her family life is the most difficult and extremely important kind of activity. As we know, unhappy families raise unhappy people with low self-esteem; it leads to crimes, mental illnesses, alcoholism, narcotic addiction and other social problems. In case when the family becomes the place, where a person can get real humanitarian upbringing, save and humane world will be ensured.¹

Family Life Education viewed as socio-pedagogic problem

ANALYSES of psyche-pedagogic literature devoted to the problem of training the infancy to the family life shows that the majority of these researches are oriented to the work with already developed family. These researches are aimed to the problems of mother-and fatherhood maturity, such studies consider questions of theoretical foundations of psychology parenting problems readiness for motherhood and fatherhood, ways to prepare new parents for the birth of a child, willingness to be highly responsible and numerous duties of mother, father, which she carries with him. However, we failed to detect theoretical studies, containing complete study on the preparation of minors for family life, taking into account the

¹ Satir V. The new people making. – California: Science and Behavior Books. Inc., Mountain View, 1988. – 400 p.

current state of society, development-oriented motivational and value attitude to marriage and the family, the mastery of specific knowledge and skills needed in family life.

NUMEROUS researches of pedagogues, psychologists, show that stable family can be founded only in case of certain readiness to the family life. In scientific literature the term «marriage readiness» is widely used, it includes the following components (according to O. Prohorova):

- Physiological readiness - marriage age, general good health, satisfactory physical and psychic development, good sexual health, absence of pernicious habits (alcoholism, drug addiction, toxicomania);
- Psychological readiness - psyche maturity, absence of neuro-psychic illnesses, ability to self-development and self-education;
- Social readiness – independent labor activity, guaranteed salary, certain educational and cultural level, self-awareness as family member, living area for the future family;
- Moral readiness – love to the partner, masculinity\femininity, awareness of self «I» and partner's «I», the call of duty and responsibility, generosity.²

ACCORDING to L. Schneider marriage readiness is an integral category, including a complex of aspects:

- Formation of a certain moral complex– readiness to take up on a new obligation system towards the partner, future children i.e. distribution of roles between husband and wife;
- Readiness to interpersonal communication and cooperation. Family is a small group and for good functioning it needs mutual coordination of life rhythms;
- Ability to selflessness towards the partner. Such an ability means an ability to a certain activity based first of all on the altruistic characteristics of the loving spouse;
- Presence of the qualities connected with the penetration in the person's inner world – empathy complex. Importance of this aspect reveals the psychological marriage background because of person's refinement as a personality. Because of this psychotherapeutic marriage function moves into first place. Successful realization of this function based on the development of sympathy, penetration into the inner world of the partner;
- High esthetic culture;
- An ability to resolve conflicts in a constructive way, ability to self-regulation of one's psyche and behavior. A skill of constructive interpersonal problem solution and its usage for the development to interpersonal relations can be considered a crucial aspect in mutual adaptation of the newly married couple.³

E. Zritneva views the person's readiness to the marriage and family life as «complex of general theoretical and specific knowledge, a set of skills that can be activated only in case of humanistic oriented personality».⁴ According to her the structural components of the marriage readiness are:

² O.G. Prokhorov, *Osnovy psikhologii semyi i semejnogo konsultirovania* (Moscow: Sfera,2005). - 224 p.

³ L.B. Schneider, *Osnovy semejnoy psikhologii* (Moscow: Publishing House of Moscow psycho-social institution; Voronezh: Publishing NGO "MODEK", 2005). - 928 p.

⁴ E. I. Zritneva, *Semevedenie* (Moscow: VLADOS, 2006). - 246 p.

- Value-motivational one (viewing a family as social institute, awareness of family values and marriage, acknowledgement of the inner family communication, values of parenthood);
- Cognitive-intellectual (psychology of personality acquisition and certain knowledge of family pedagogy, organization of family activity)
- Active-practical (a degree of skill development applying for prognoses of family development and modeling of possible situations inside the family taking into account psychological characteristics of family members, and also ability to regulate interrelations in the system «individual – family – society» and «individual – family – individual», readiness to cooperate with all family members, development of sympathy in co-activity. It means a certain combination of demands and respect);
- Emotive-volitional component (creation of optimal living conditions inside the family, love for close people and children, for positive emotional state oriented to family consolidation in different situations, a desire to work for the family profit).

Equally with the notion “marriage preparedness” in psyche-pedagogic literature the term “preparation for family life” is widely used, the notion of which is rather variable.

THUS, according to V. Baranok pupil’s preparation for the future marriage obligations and rules includes:

- Psychological training (formation of socio-valuable attitude towards the family and generation activity culture culture);
- Theoretical training (basic knowledge of family relationship: basics of national law, economics, labor activity etc.);
- Practical training (skills, qualities and feelings, experience concerning family obligations).⁵

V. Sysenko distinguishes the following way of training for the family life:

- Moral (formation of the friendly attitude towards the opposite sex, awareness of marriage value, formation of duty towards the family, children, development of intimate culture);
- Psychological (certain psychological knowledge indispensable for the married life: to understand the psychology of other people; to develop of feelings necessary for family life;);
- Pedagogic (formation of ideas about the role of the family in the upbringing of children, its pedagogical potential, the specifics of family education, the educational function of the father and the mother);
- Sanitary and hygienic (marriage and everyday life hygiene: knowledge about physiological peculiarities of male and female organisms; some peculiarities of sexual life; problems of personal hygiene etc.);
- Economic and domestic (knowledge about family budget, culture of everyday life, etc.).⁶
- According to I. Grebennikov, training to the family life (along with the components mentioned above) should include such aspects:

⁵ V.N Baranok. Vospitanie semjanina (Vitebsk University publishing house named after P.Masherov ", 2005). - 98 p.

⁶ T.V. Andreeva. Semejnaja psihologija (S.Petersburg: Rech, 2005). - 244 p

- Social that reveals governmental politics in marriage sphere and demography, as well as the facts about social notion of family and marriage relations, the mission of the family, family values, social roles of the spouse and parents;
- Legal oriented towards familiarization with the legislative basis of marriage and family; the most important principles of family law; duties of husband and wife towards each other, children, society.⁷

THUS, training of the coming generation to the family life is versatile process oriented towards awareness of the peculiarities of family and marriage relationship, development of the appropriate feelings, formation of views, beliefs and habits, connected with the readiness to the marriage and family life.

Researches of the degree of youth preparedness to the future family life

IN order to find out the degree of readiness to the family life among teenagers the research in which 50 pupils of secondary school in Brest, Belarus was carried out. It was offered to choose among the statements the most important for the family life and marriage and evaluate it (table 1).

Table 1. *The degree of marriage and family life attractiveness*

Parameters	Very attractive	Attractive	Unattractive rather than attractive	Unattractive
Possibility to live together with the partner	71%	29%	-	-
Children upbringing, maintenance of family traditions	55%	43%	2%	-
Love and sexual component	45%	51%	2%	2%
Pecuniary stimuli and mutual aid	39%	47%	4%	10%
Deliverance from loneliness	57%	16%	12%	14%
Possibility to help close people	51%	43%	6%	-
Habitual way of life and diet	37%	55%	8%	-
Everyday routine	10%	53%	27%	10%
Communication with close people	59%	39%	2%	-
Organized leisure-time	31%	55%	14%	-
Psychological protection and support	23%	33%	14%	30%

The source: own research

AS follows from the table in teenagers' consciousness family life and marriage are associated with a possibility to live with the partner (71%), communicate with close people (59%). At the same time family life and marriage is essential for children upbringing, maintenance of family traditions only for 55% of the pupils. Everyday routine is unattractive for modern teenagers; they cannot fulfill certain system of family obligations (cooking, keeping house, creation of coziness in the house). For 18% family is «union of two loving people based on love, happiness and mutual understanding», in which there is no place for problems and daily routine. Respondents are not ready for family life psychologically too:

⁷ I.V. Grebennikov, *Osnovy semejnoy zhizni* (Moscow: Prosvetshchenie, 1991). - 158 p.

there is a lack of communicative skills, they cannot resolve a conflict in a constructive way, and they are unaware of emotional value of the family. Thus, a family as a source of psychological protection sees only 23 %.

AT the same time in a number of values (health, friends, family, knowledge, money, Motherland, man, success, labor, creativity, nature, school) the most important is family (for 63% of respondents). Essential for teenagers are also such notions as health (33%), friends (21%), knowledge (20%), and money (18%). School, nature, creativity, labor were found to be the less important. But 25% of teenagers rank family as 11 out of 12 points, friends play the leading role. From our point of view, such a choice is determined by age peculiarities because in teen age preference is given for communication with friends and separation from parents' influence.

THE results of the research with the help of the method «unfinished sentences» (pupils were offered to complete the statements connected with the family) showed that 9% of the respondents evaluates the family as ideal one, 29% - as good, happy one; 29% -as friendly one; 33% of all the respondents noted that their families don't differ from the others at all. The main characteristics of the modern fathers enumerated by the respondents are kindness – 55%, responsiveness – 9%, love to children – 8%. But 11% of the respondents noted that their fathers have immoral lifestyle, 17% – failed to answer this question (because they live only with the mother). According to the research 44% of the teenagers would like to get more attention from the father (to do homework together, they want father to get involved in their problems etc.), 15% – want their fathers to be «well-to-do person », 20% – want to see him healthy. Such results shows that in modern families takes place violation of spiritual unity, there is a certain distance between the fathers and their families because of business and the absence of the desire to bring up children.

STUDY of the respondents' conception of the mother shows that the majority of the mothers fulfills their family functions and set a good example for the children. From pupils' point of view mother must love her children, bring up them, keep the house (45%), more than that she must be considerate(12%), beautiful (6%), educated (6%), kind (3%).

RESPONDENTS also have a certain stereotype of a woman (man), which includes moral qualities (kindness, honesty, consideration etc.). It was noted by 35% of the teenagers. 24% gave preference to outer characteristics, to intellectual qualities – 20%. But only for 14% of the pupils their parents are viewed as an ideal woman (man).

THE majority of the teenagers (80%) imagine happy future, and only 30% connects it with family life and family values. 54% of the teenagers see future family as friendly, harmonious one, with one or two children. 26% of the respondents think that their families will be similar to the parent's family and will not differ from the others. 11% consider that their family will be happy and wealthy. 9% of the teenagers noted that their haven't yet thought about this.

PUPILS also were offered to complete the sentences "Family is...", "Happy family is ...", "I see my future family as...". According these definitions "family is a union of two loving people, in which prevail love, mutual understanding, happiness", "family is the most important people in my life who love each other", "family is my personal and wealthy life in future", "family is the most important what I have", "family is mother, father and children". "Happy families for teenagers are friendly ones", "loving each other people", "wealthy families", "families with children", "families in which mother and father live together and

take care of their children”, “families in which parents discuss their problems and spend a lot of time with their children”.

THUS, the results of the research show that the teenagers associates the concept “happy family” with the presence of children in family and also with the satisfaction of basic needs of its members (love, respect, acknowledgement, protection, spending spare time together etc.). According to these data the image of the happy family is: “Happy family is a lot of loving each other people who spend their free time together, discuss their problems and live well. In such a family prevails mutual understanding, care and support”.

THIS research shows low level of teenagers’ preparedness to the family life, misunderstanding of the man family mission and its main functions. In order to change this situation and prevent negative tendencies in functioning of modern families one should organize complex training to prepare teenager to the family life. Such training should help teenagers to understand the role of the family and to form adequate marriage image, to teach how to overcome difficult life situations, to form emotional and psychological preparedness to the future family life.

FROM all mentioned above we can make a conclusion that the problem of training to the future roles and obligations of a wife, husband, mother, father has existed since the beginning of 16 century. But nowadays this problem is still acute. Training to the marriage and family life is a systematic process, including moral, legal, psychological, ethical, pedagogic and other aspects. The main aim of training of teenagers to the family life is to form an active personality able to successful marriage and responsible parenthood.

Conclusions

FAMILY is a structural unit of society, the first social community of the child and the natural environment for its development, which laid the foundation for future identity. Recently, in the field of marriage and family relations are observed negative developments that adversely affect the formation of ideas about family life in children and adolescents, decrease the prestige of marriage in the eyes of young people, which, in turn, affects the future family life of the younger generation.

IN connection with the crisis of the family and the destabilization of marriage and family relations there is a need for targeted comprehensive systematic work to prepare adolescents for family life.

ON the basis of study and analysis of psychological and pedagogical literature the essence of the concept of "readiness for marriage", "preparation for family life" has been defined. The notion of "willingness to marriage" is regarded as a set of general theoretical and specialized knowledge, a set of skills that will be activated if there is a future family man humanistic orientation of the person.

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