



## The Secret of Happiness and Prevention of Family Relationships in Youth

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**Abstract:** The family is a unique institution of human interaction. This uniqueness lies in the fact that this closest union of several people (husband and wife, then children, and the parents of the husband or wife can live together with them) are bound by moral obligations. In this union, people strive to spend as much time as possible in joint interaction, to bring joy and pleasure to each other in the process of interaction.

**Key words:** relationships, family, prevention, counseling, process, problems, society, generation.

## Секрет Счастья И Профилактика Семейных Взаимоотношений Молодёжи

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**Аннотация:** Семья — уникальный институт взаимодействия людей. Уникальность эта заключается в том, что этот теснейший союз нескольких людей (муж и жена, потом дети, с ними могут совместно проживать и родители мужа или жены) связывают нравственные обязательства. В этом союзе люди стремятся провести как можно больше времени в совместном взаимодействии, доставлять в процессе взаимодействия радость и удовольствие друг другу.

**Ключевые слова:** взаимоотношения, семья, профилактика, процесс, консультирование, проблемы, социум, поколение



The position of youth in society, trends and prospects for its development are of great interest and practical importance for society, primarily because they determine its future. Here, a significant place is occupied by the attitude of young people to marriage and family as the main unit of society. The stability of marital and family relations depends on the readiness of young people for family life, where readiness for marriage is understood as a system of socio-psychological attitudes of the individual that determines an emotionally positive attitude towards the family lifestyle.

Currently, changes in the lifestyle, values, structure and functions of the family (including the transfer to society of such important functions as production, partially household and educational) make parental preparation of young people for marriage insufficiently effective [I, p. 58]. This factor, along with others (an increase in study time, an increase in the number of divorces among young families, etc.) necessitates the introduction of special programs for preparing for family life in secondary general and special educational institutions, as well as the practice of premarital and premarital psychological counseling.

The main task of premarital counseling is the problem of finding a marriage partner, as well as providing young people with information typical for such cases. The main task of premarital counseling is the problem of assessing potential marital compatibility.

In the formation of a married couple, two periods are distinguished: premarital (the features of the premarital period include the entire life scenario of a person from his birth to the couple's decision to marry) and premarital (its features include the relationship, interaction with the marriage partner before the conclusion of the marriage).

At the stage of premarital communication, the following tasks are solved: it is necessary to achieve partial psychological and material independence from the genetic family, gain experience in communicating with the other sex, choose a marriage partner, and gain experience in emotional and business interaction with him [II, p. 126].

There is a certain age period during which a young person learns to care. And the longer this process is, the more the development of social and physiological reactions weakens (slows down). According to a 2001 survey. (Budynina M., Schneider L.B., 2001) the largest number of premarital acquaintances occurred at the age of 17 years (for men, the largest number occurred at the age of 24



years, for women - 17 years). The data obtained indicate that girls mature earlier than boys (girls met their future partners from the age of 14, and boys from the age of 17). With the exception of isolated cases when dating occurred before the age of 27 (for women) and until the age of 32 (for men).

Problems associated with finding a potential marriage partner may be due to the following reasons:

1. The client's personality traits make it difficult to find a partner.

Here the problems are related not so much to personality traits, but to the fact that the client does not notice his uniqueness or regards it as a violation. He considers himself like everyone else. Or not like everyone else, but in this case the awareness of one's "otherness" is accompanied by the desire to get rid of it, to fit oneself to a certain standard. A person does not appreciate and love his uniqueness, does not understand its deep meaning for the world and society.

Thus, the first task is to help the client realize his characteristics, their advantages, accept and love them. The second task is to try to find out who the person with whom the client would feel good should be. A common mistake clients make is to consciously or subconsciously assume that all people of the opposite sex are basically the same.

At this stage, a unique emotional potential for future family life is created, a reserve of feelings that will allow one to adapt to it more successfully and less painfully.

2. Pressure from society or circumstances encourages a premature search for a marriage partner. We are talking about the pressure of social standards or circumstances on a person that encourages them to intensify the search for a partner when they are actually not ready for marriage. Sometimes the result of such work is an inner readiness to get married, and then it happens; sometimes this does not happen for a long time. The consultant can only partially stimulate this process and does not always fully understand its meaning. But he should respect human nature, the tasks that he considers necessary to solve for himself.

3. The client's family of origin is an obstacle to marriage. This may happen for the following reasons:

a) the client is integrated into the emotional life of the family, performs a certain function that is significant for this family;

b) secretly the family demands that the client solve some problem that other family members could not solve. This is due to the family value system;



c) the client is not integrated into the emotional life of the family and does not perform a significant function in it, but due to his undifferentiation, he ascribes to himself some function and strives to fulfill it.

4. The client's personality and lifestyle interfere with marriage.

Quite often, teenagers turn to the helpline with personal problems: difficulties in communication, uncertainty, etc. [V]. When working with such problems, you can use the methods of systemic, behavioral psychotherapy, short-term counseling by A. Adler, etc.

A. Adler (2002) pointed to a specific type of personality development, which is characterized by viewing relations between the sexes as a sphere of struggle for power and dominance. For such a client, marital relationships seem dangerous: after all, here you can fail. Creatures of the opposite sex are also perceived as dangerous. In order to avoid dangerous relationships, the client is often inclined to retreat into illness or chronic suffering over unrequited love. This allows you to abstain from real relationships and marriage for a long time. Marriage is seen as a field of self-affirmation and competition, and the client feels that he is not yet ready enough to win in this field. In fact, the position of avoiding marriage is a psychological defense for such people.

So, the problem of family well-being is connected, first of all, with how psychologically compatible the members of the future family are with each other. Compatibility, as a multi-level phenomenon, is associated not only with the current state and personal characteristics of potential spouses, but also with their past life experience, the experience of interpersonal relationships in the parental family. The most optimal situation is when the experience and learned type of relationship of future spouses are generally positive, similar or complementary (complementary), and do not contradict the general social system of rules and norms of interaction and relationships.

Prevention of family and sexual relationships among the younger generation is an integral part of the overall system of upbringing and education of youth.

At the same time, until quite recently it was believed that upon reaching a certain age a young man was completely ready to start a family. However, the conditionality of changes in the family by the cultural and historical dynamics of social relations not only does not exclude, but also presupposes the need for special preparation of the younger generations for life in the family. When raising children, we must instill in them the following traits: patience, sensitivity, tact, and the inadmissibility of evil ridicule. The child must be taught to be able



to build his relationships with the people living with him. A person brought up in this way will be able to endure family difficulties much easier.

Numerous sociological, pedagogical, medical and psychological studies convince us that the readiness of boys and girls to get married and start a family should be the goal of psychological work.

Therefore, psychologists working as consultants on the helpline and teachers need to purposefully work with young people, preparing them for future family life.

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