

Research Status of College Students' Love Outlook and Premarital Sexual Behavior

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Abstract: Love is one of the basic human emotions, and it is a hot topic for college students. With the prevalence of love on campus, college students' premarital sexual behavior has gradually increased. How to guide students to have a sensible outlook on love, and to correct their sexuality has become a key task for colleges and universities. This article summarizes the characteristics of college students' current outlook on love, the problems of love and their influencing factors, the status of sexual concepts and their influencing factors. And, it summarizes the relevant education methods and strategies.

Introduction

Love is an enduring topic in the ideological education of college students. With the development of the times, college students' love is no longer rare, and the phenomenon of college students' love has become increasingly common. At the same time, the concept of college students' love has gradually evolved over time. Fang Fang mentioned in the article that the attitude of current college students to falling in love during college changed from cautious to tolerant and then free; the motive for love has changed from traditional singleness to pluralism; the standard for choosing a spouse has changed, such as: focusing on the spirit but not the substance. And there are differences between the males and the females, the concept of virginity has gradually faded, the views on premarital sex have gradually opened; the views on the relationship between love and academic careers have also changed from emphasizing that love is obedient to the careers to facing the value of love [1]. In order to make college students' outlook on love in a positive and healthy direction, it is necessary for colleges and universities to provide targeted guidance on love and education based on corresponding characteristics. Educating college students with love knowledge and guiding students to have correct concept of love can effectively solve the problems of being in love. Strengthen the self-regulation ability of love students, and coordinate the development of love and academic careers is the pivotal and difficult point of work for universities. Nowadays, with the gradual opening of the mind, college students' sexual concept has become more open and premarital sex behavior and other behaviors are gradually increasing. How to guide students to have a correct sexual concept and master sexual health knowledge has become the top priority of ideological and political education for college students. The characteristics of college students' outlook on love, problems in love and their influencing factors, love psychology, education method strategy, college students' sex concept status quo, influencing factors in sex behaviors, and sex education method are the eight aspects summarized and explained in this article.

Characteristics of College Students' Outlook on Love

At present, when colleges and universities conduct ideological education for students, it is inevitable to involve love education. The phenomenon of college students' love has become very

common. However, as the development of the times, students' love views have changed accordingly. The prerequisite for how to do a good job in education is to understand the characteristics and status quo of current college students' outlook on love. Xiang Li mentioned in the article that the current college student's love phenomenon can be described as college students generally have a high approval rate for love, lower grades of love, and a fast pace of love. The characteristics of marriage and love in students in school are summarized as follows: the expression of love is romantic, the approval of love and marriage is not completely consistent, and the motive of marriage and the mate selection criteria are ambivalent [2]. He Shao-fang analyzed through questionnaires that the phenomenon of current college students' love are prevalent. Motives of love are more emotional and lay emphasis on the process of being in love. Ignoring the results and have a tolerant attitude towards lovelorn. Affordability is weak and lack of knowledge about safe sex [3]. Huang Shan-shan believes that the contemporary college students' outlook on love is characterized by the widespread existence of love phenomena, complicated attitudes towards love, and diversified motivations for love. The outlook on love shows a large gender difference in the concept of mate selection, and conservatism, caution, openness, and tolerance coexist in the concept of sex, they are generally looking forward to the future of being in love, the abnormal situation of love is obvious, the differences between male and female students' love views are large, and the differences between urban and rural areas are small; At the same time, there are other manifestations of college students' love views such as: while pursuing independence, respect for parental opinions and love countermeasures; sense of security is missing in love; the prevailing trend of comparison, causes the cost in love to increase the financial burden [4].

Love Problems of College Students

With the development of the times, college students' love views are changing. And subsequently, various problems have become increasingly prominent. A deeper understanding of the problems existing in college students' love is conducive to the development of related education. At the same time, helping students correctly understand the relationship among love, friendship, academic work, and premarital sex, and guiding students to properly treat love affair are of great significance in related education. Cheng Shu-hua believes that the problems existing in love among contemporary college students are: indistinguishability between friendship and love, inability to properly handle the relationship between love and schoolwork, fall in love at an early age, negative emotions after losing love [5]. And Yang Man believes that the problems of college students' love mainly include the diversity of love motivations, greater randomness, "love supremacy" is becoming more common, ignoring love morals and responsibilities, causing social problems, pursuing physiological satisfaction, and weak awareness of personal protection [6]. Li Feng-qin mentioned in the literature that the problems existing in the post-90s college students' love are: narrow understanding of love, lack of correct understanding of college students' cohabitation and premarital sex, and the difficulty to take initiative when discovering the opposite sex in their hearts, insufficient understanding of the relationship between love and marriage, the cost in love has become a big burden in the college student's process of being in love, and it is difficult to treat it rationally when the relationship between them is in conflict [7]. For the minority college student, Shen Juan pointed out that the love problems of minority students in Xinjiang are manifested in six aspects: imbalances of academic, interpersonal relationships, learning habits, economic, physical and psychological development; poor resistance to setbacks; vulgarise and utilitarianism of love and marriage; lack of responsibility for love; low success rates in love; sexual openness and diluted traditional morality [8].

Influencing Factors of College Students' Love Problems

With the gradual change of contemporary college students' love views, the problem of love has gradually become apparent. How to properly guide students to have a correct view of love is very important. The root of solving the problem is to clearly define the factors that influence the students' view of love. Investigating the source is the way to solve the problem. Xie Min believes that the

reasons for the problems in contemporary college students' marriage and love are society, school, family, and themselves. The social factors include the influences of Internet communication methods, Western culture, moral concepts, lifestyle, unhealthy books, newspapers, films and television works; school factors include deficiencies in teaching and management, and poor surrounding environment on campus [9]. Dong Ying-shan proposed that the love concept education in schools are lagged behind, college students' love views are deeply influenced by the network society and the impact of western culture, economic and social changes, and social culture have corresponding effects on college students' love views [10]. Li Feng-qin believes that the main reasons for the formation of the love outlook of post-90s college students include too little love education, problems with some college students' basic values, too shallow understanding of love, and western open thinking being the fuel [11]. Zou Jun-bin used 1742 female college students as an example to analyze the situation of subjective consciousness needs, family education, school education guidance, and "high house prices, high goods prices, high consumption" the three social conditions directly or indirectly affect female college students' marriage value orientation [12]. Wang Qi believes that contemporary female college students have formed their views on marriage and love due to their marginal personality, generation gap with elders, and disconnection from school education [13]. Yang Ming-xia mentioned in the article that the first influential fact in the love of medical students is the number of female students in medical schools is generally higher than that of male students. That leads to a smaller range of communication, and less choice. Secondly, the medical students are more stressed. Thirdly, as social requirements for medical students' educational background gradually increased, most students are facing further advanced studies such as master's and doctoral degrees [14].

College Students' Psychological Characteristics in Love and Related Problems and Solutions

The love problems caused by the immature psychology of contemporary college students have gradually become more prominent with the development of the times. And it is of great significance to know the psychological characteristics and related issues of love of contemporary students for the active development of love-related education. Liu Ming-cong believes that the psychological characteristics of college students' love have undergone significant changes, mainly manifested by college students' deeper understanding of the meaning of love and academics; stronger self-independence of college students' love; and problems of college students' love ethics are more prominent [15]. Luo Liang-mei mentioned in the article that the specific manifestations of contemporary college students' love psychology are the desire for "sexual love" and strong utilitarianism. In order to obtain social status, economic compensation, and to fill the vanity; they blindly follow the trend and accumulate experience to be rational in love [16]. Zhang Yi-quan pointed out in the article that college students in China have various unhealthy psychological states on love issues, including the mentality of playing with life, the vanity and comparison mentality, the herd mentality, the lonely mentality, the utilitarian mentality; and mentality of accumulate romance with money, and lightheartedness to sex behaviors [17]. Liu Ming-cong and Wu Li-yun analyzed the reasons for the psychological deviation of love among college students are: 1. The contradiction between the physical and psychological development of college students; 2. The lack of school education management; 3. The impact of social culture [18].

Strategies and Methods for Strengthening Love Education for College Students

After clarifying the current status, characteristics, problems, influencing factors, and the psychological characteristics of college students' love and related issues, then finding correct solutions, and exploring effective education methods and strategies have become the key and difficult points of daily education in colleges and universities. Xie Min believes that the educational countermeasures of contemporary college students' marriage and love concept should start from the four aspects of society, school, family and themselves. Among them, the social aspect should create a good social public opinion environment, purify the social network cultural environment, and

ensure a good campus surroundings; Schools should update their educational concepts and methods of marriage and love in education, enrich the content of marriage and love education. In management, they should establish a strong campus cultural atmosphere, create a good campus environment, and create a warm and harmonious dormitory; In terms of family, parents should update their marriage and love education concepts, teach by example, improve education level, attach importance to the establishment of a harmonious family, cooperate with school education and social education; And for themselves, they should establish a correct outlook on world, life, and values on their own. And establish the right view of marriage simultaneously [19]. After investigating and analyzing college students, Wang Shan-shan puts forward the following suggestions: Strengthen the education of college students' love concepts, morals, and sense of responsibility; college students should have healthy standards for mate selection; promote a cautious attitude towards premarital sex; students should have the correct motivation and purpose of love; lovers need trust, frankness, respect and loyalty; students should deal with the relationship between learning and love properly; and love consumption should be moderate [20].

Status of College Students' Sex Concepts

Contemporary college students are more open-minded. And compared to before, their sexual concepts have changed significantly. Understanding the characteristics of students' current sexual concepts has become a prerequisite for conducting relevant sex education. At the same time, research on targeted educational methods and strategies based on the characteristics of the status quo is more effective for the ideological education work of current students. Dai Xin-jie has reached the following conclusions through quantitative research and the integration and analysis of questionnaires: the overall concept of the new generation of college students is open, but the group concept is inconsistent with the self-evaluation concept. There are obvious differences in gender and birthplace; multiple views of sexuality combined with sex; the differences in virginity views between men and women are significant, girls value it more than boys; the attitude towards premarital sex is positive; the incidence of sexual behavior is significantly affected by gender, grade factors, professional factors and the mastery of sexual knowledge [21]. Chen Long-tao believes that the current status of sexuality among contemporary college students is: openness to sex, sexual consciousness of some students is vague, and most students confused the concepts of "sex" and "love" [22]. Zhou Xiang-xin's research results show that college students have significant differences in grades and genders in sexual knowledge, sexual concepts, and sexual consciousness, and differences in majors are not significant; common sense knowledge in sex is commonly better, conceptual knowledge is poor; there are also significant gender and grade differences, but differences in majors are not significant; most students are more open to sex, and there are contradictions and confusion in their views on love, but they are more cautious about sex, and there are significant differences in grades and genders; most students have sexual behaviors that meet social norms, but there are also individual students who have experienced inappropriate sexual behaviors, and their grades and genders are significantly different. The vast majority of students have not received formal sex education so far. They agree that different types of sex education should be carried out in colleges and universities. And in terms of the form and content of sex education that they want to receive, there are gender and grade differences [23].

Influencing Factors of College Students' Sexual Behavior

After understanding the characteristics of the current sexual concept of college students, it is of great significance to further explore the factors that formed them. Knowing the reasons has a great help in solving related problems. The followings will summarize and explain the factors affecting the sexual behavior of college students. Qin Ling-ling mentioned in the article that the causes of college students' premarital sexual behavior include their own reasons and the influence of social and cultural conditions. Their own reasons are: sexual maturity is advanced but psychological maturity is relatively lagging behind; college students have an open concept of sex, but they lack of

responsibility and lack of the conscious of love ,marriage and ethics; while the social and cultural impact is manifested in: the diversification of social values and the increase of tolerance for premarital sex, which is the ideological foundation; Chinese sex education has been lacking for a long time, and college students who are "self-taught" on sexual issues tend to fall into misunderstandings, which is a hotbed of occurrence; The development of social popular culture, young people are affected by bad information such as Internet movies and television, which is an external stimulus; the softening of university management methods has provided realistic conditions for the occurrence of college students' premarital sex; the fertility and sexuality caused by the "reproductive revolution" are unified Tends to separate, eliminating "worry" for college students' premarital sex [24]. Tian Zhi-peng has the following views on the impact of premarital sexual behavior on college girls in terms of family education, school management, social culture, peer groups, and self-awareness: whether the mode of tutoring in family is reasonable and the quality of parental morals are nice, are related to the occurrence of premarital sex; the quality of school education and management directly affects the attitude of college girls to premarital sex; social culture directly affects people's mental health; self-awareness is the subjective influencing factor of such behavior, and also is the decisive factors [25].

Sex Education Methods and Strategies for College Students

Nowadays, colleges and universities attach more and more importance to student sex education. How to effectively carry out related work has become the focus and difficulty of colleges and universities, and the situation of sex education needs urgent improvement. Finding effective methods is a prerequisite for the work. The followings will introduce relevant education methods and strategies to help with sex education. Su Chun-rong puts forward the following suggestions to college students' sex education: Content of sex education should include comprehensive education of sex psychology, sex emotion, sex morality and sex legal system; sex education should highlight the pertinence of different stages; sex education in China should learn the essence of traditional culture [26]. Chen Long-tao believes that the measures that colleges and universities should take in sex education include: attach importance to sex education and establish a perfect mechanism for sex education for college students; set up sex education courses to teach college students systematic and scientific sex knowledge; and invite experts to organize related lectures, or provide sexual psychological counseling services for college students; attach importance to the education of college students' sexual morality, and cultivate college students' healthy personality [27]. Li Mei-ying believes that it is the sexual health of college students that should attract more attention from society. Due to long-term constraints of feudal thinking, the formal channels of society have not occupied the main position of sexual education and cannot meet people's access to scientific and systematic knowledge in a timely manner. Coupled with the raging of sex knowledge on various non-scientific channels, misleads college students' not-yet-defined sexual concepts. The society should not only make up lessons for college students, but also make up lessons for parents, and even make up lessons for some schools with insufficient sex education teachers so that society, schools, and families can play their respective roles in the field of sex education. [28].

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