

Factors Affecting a Positive Attitude toward the Life Planning of High School Students and Examination of Teaching Methods for Life Planning

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Abstract

Life planning education is aimed at developing students' ability to plan their future. This study examines the factors affecting a positive attitude toward life planning in the case of high school students and examines teaching methods for life planning. We studied 605 students from a 2009 survey in Chiba prefecture. This study shows that the dream of having job, marriage and children and evaluating themselves affirmatively positively affected a positive attitude toward life planning. Anxiety about health and safety, occupation, marriage and family positively affected to a positive attitude toward life planning. Furthermore, this positive attitude toward life planning and mothers' influence on students to plan their future positively affected an affirmative attitude to study and discipline. Therefore, it is important for high school students to think about anxious matters. Thinking about anxious matters is thinking about risks. Therefore, we need to focus on risks encountered in our life in order to improve educational content of life planning. If the educational content contains recognizing risks and how to cope with these risks by using social securities or social network, for example, it may be possible for life planning education to develop students' ability to plan their life.

Key words; life planning , positive attitude , high school students