EMPIRICAL APPROACH TO UNDERSTANDING THE PROBLEMS OF PARENTHOOD MOTIVATION

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Abstract
The purpose of this article is to introduce the results of experimental study of parenthood motivation as a personal education. The application of the method of theoretical analysis in the area of problems of interest, allows talking about the special relevance of this problem, which is objectively associated with demographic problems typical not only for Russia but also spread to many European countries. The prevalence of material values over spiritual, moral ones objectively leads humanity to the leveling of such traditional values as legal marriage, family and birth of children. The adopted legislative acts related to the support of the family and focused on the solution of demographic problems are not able to solve them fully, as the emphasis is made again on the material side of this problem and do not affect the value sphere of the individual, the culture of motherhood and fatherhood, the conscious birth of children, etc. Based on the results of the theoretical analysis of the scientists’ research, both from the standpoint of the motivational sphere of the individual, and in terms of the phenomenon of “parenthood”, we designed and implemented a program to study the parenthood motivation. The analysis of the obtained data objectively shows that only 1/3 of the respondents have a high level of the parenthood motivation. 2/3 of respondents do not realize fully their potential opportunities in terms of implementation of parental roles and functions. This conclusion indicates the need to develop and implement actively programs of psychological assistance to future parents, aimed at forming the motivation for meaningful, conscious realization of their parental potential.

Keywords: parenthood, parenthood motivation, conscious parenthood.

Introduction
The problem of parenthood motivation is objectively one of the topical problems of psychology as a whole, and such branches of psychological science as social psychology, personality psychology, age psychology, family psychology and, of course, – the parenthood psychology, the emergence of which as an independent applied branch of psychology is associated with the increased interest of scientists to this issue, as well as the relevance of solving demographic problems associated with a conscious,
responsible parenthood and the attitude of the subject to the implementation of their social roles and functions related to both the birth of children and their parenting.

Despite its globality and complexity, the problem of motivation is one of the problems traditionally attracting the attention of both foreign and national psychologists (works by Jean Godefroy, E.P. Ilyin, D.A. Leontyev, V.N. Myasishechev, V.P. Shadrikov, H. Heckhausen, D.N. Uznadze, etc.). Currently the representatives of personality psychology, age psychology, psychology of work, ergonomics, educational psychology, etc. appeal to the study of different aspects and issues related to the motivational sphere of the person.

Scholars turned their attention to such an aspect of psychology, as perinatal psychology and psychology of parenthood are no exception (research of S.P. Akutina, A.I. Antonova, E.N. Achildieva, V.A. Borisova, V.V. Boyko, Yu. F. Lakhvich, L.I. Naumenko, I.V. Pavlov, G. G. Filippova, etc.). Their interest and attention to the problems of motivational sphere of personality is objectively explained by the transformation processes that have been actively occurring since the second half of the twentieth century and continue to occur in modern society, namely – a fundamental change in the system of values, their reorientation from spiritual and moral attitudes, not one millennium in harmony with all human relations with the surrounding society, the material values, prognostic, stimulating the development of egoistic, individualistic inclinations and traits in modern people.

One of these values, which modern people have almost lost, is the value of marriage, family and, from our point of view, the most terrible – the value of having children. In the works of S.P. Akutina, E.M. Gurko, A. G. Vishnevsky, S.V. Zakharov, N.V. Kiselnikova, R.V. Ovcharova and many other scientists, the desire of modern people (especially it is typical for young people) as long as possible (and often not at all) not to realize its main social role – the role of the family man and responsible parent is proved. Modern people consider higher education (and often several higher education), career growth, professional self-realization, ensuring material prosperity as the most important things. It is not by chance that since the second half of the twentieth century we have been talking more and more about demographic problems and the catastrophic decline in the birth rate. For example, statistics published in October 2017 show that 679.2 thousand children were born in Russia in the period of January - May 2017, which is 11% lower than the corresponding figures for the same period in 2016. The fact of birth rate decrease is obvious!

Even the emergence of large families cannot solve the demographic problem. Again, referring to the statistics for January 2017, in Russia the number of large families is 1 million 566 thousand, of which only 333 thousand families have more than 3 children. Most families have only one child. But if we turn to the etymology of the word “family” it means “seven” “I”!!!

The way out of this situation modern psychologists (research of O.N. Bezrukova, A.G. Vishnevsky, S.V. Zakharova, E.G. Smirnov, ZhV. Chernova, etc.) see in the development of programs aimed, at first, at optimizing the needs of people (especially the younger generation) to live in a legal marriage, and, secondly, the purposeful formation of “demographic consciousness” in the population (especially, as we have already noted above, this applies to the younger generation), under which researchers understand the birth of three or more children and the need for the birth of children.

From our point of view, demographic consciousness is objectively related to conscious parenthood and parenthood motivation. It is no accident that the purpose of our study is to study the psychological conditions of the development of parenthood motivation as a personal education.

The first stage of our empirical research was theoretical understanding of the problem. We carried out our activity in two directions:
✓ study and analysis of research in the field of motivational sphere of personality;
✓ study and analysis of research in the field of study of the “parenthood” phenomenon.

Our reference to the works focused on the study of the problem of motivational sphere of the personality allows us saying that, first of all, by studying this problem, both foreign and national psychology refer to the interpretation of the term “motive”. For example,
H. Hekhauzen (Heckhausen, 2003) defines a motive as a state of the individual, and characterizes this condition as a target in the system of relations “individual – environment”; J. Godefroy offers to understand the motive as the consideration, in accordance with which man determines his own activities (Ilyin, 2002); D. K. McClelland (Ilyin, 2002) means by motive the ambition to achieve the set goals and expected results. Also, this scientist draws attention to the fact that the motives of the person – the psychological characteristics formed in the process of development of the subject; A.N. Leont'ev indicates on the motive as on the subject of need (Leont'ev, 1964). This scientist believes that the motive can be a material or ideal, perceived in reality or existing only in the thoughts of a person thing, object, activity, etc.

In Russian psychology, one can meet the attempts of scientists to consider the motive and from the perspective of the system of relations of the person with the surrounding reality (this approach we find in the works of V.N. Myasishchev (Myasishchev, 1995)). Based on the concept of this researcher, the psychological core of the individual is an individual-holistic system of its subjective-evaluation, conscious-selective relationship to reality, which are interiorized experience of relationships with other people in their social environment. At the same time, the author identifies the attitude of a person to people, attitude to himself and attitude to the objects of the outside world as fundamental in the system of relations. Moreover, according to V.N. Myasishchev (Myasishchev, 1995) consciously-selective relations are developed and realized only in the aspect of importance.

We suppose that such a factor as importance allows the individual not only using most of their internal resources and potential, but also showing their abilities in any kind of activity. Summarizing mentioned above definitions of the term “motive”, in our study under the motive we will understand the factor, that is not only significant for the person and therefore performs a motivational function in the activity, but also affects the organization of the individual’s activities, focused on achieving the result as close as possible to the expected.

Our analysis of the studies also suggests that the motive is a lifetime formed phenomenon. The combination of already existing motives, stimulating subject to any activity, it is nothing like motivation. Confirmation of this conclusion we find in the works of E.A. Nepomnyashchaya (Nepomnyashchaya, 1979): trying to reveal the content of the concept of “motivation”, this researcher characterizes it as a system of motives.

At the same time, some scientists tend to believe that limiting motivation only by motives is unlawful. For example, N.I. and D. N. Meshkovs making an attempt to reveal the content of the concept of “motivation”, note that “motivation includes not only motives, but also other ambitions, both conscious and unconscious, both biological and social determinants” (Meshkovs, 2015, p.39). Researchers tend to consider motivation as a system of orderly formed by motivating factors such as - instincts and needs that stimulate the manifestation of human activity; - motives that determine the causes of action, human behavior, and - emotions that perform a regulatory function in human behavior.

V.S. Parshina interprets the motivation as a system of driving forces (both external and internal) that perform a motivating role in human behavior and determine all the necessary conditions (boundaries, forms and direction) for human activity (Parshina, 2003). From the point of view of such researchers as V.G. Zolotareva (Gutgarts, 2005) and E.A. Utkin (Utkin, 2002), motivation is nothing but a state of personality. According to A.S. Afonin (Gutgarts, 2005), motivation is a kind of dynamic education, a process aimed at achieving the goals.

We have not given all the scientists’ interpretations of the term “motivation”. But even the analysis of several formulations of this concept, allows us to say that, despite the steady interest of researchers to the problem of motivation, there is no single definition of this concept so far, which, in our view, can be objectively explained by the complexity of this phenomenon.
Also, based on the mentioned above analysis of the scientists’ works in the field of motivation, we have made an attempt to formulate its definition of this concept. In our opinion, motivation is a set of driving forces (instincts, motives, external circumstances, etc.), ordered structural components that perform an incentive function in relation to human activity (or behavior).

Based on the results of the research of P.A. Mayer (Mayer, 2016) [11], we conclude that motivation is the result of purposeful and systematic work, including educational one. In his work, the author objectively proves that a person only processes and redistributes what “was invested” in him. In the study of the parenthood motivation we are also interested in P.A. Mayer’s ideas (Mayer, 2016) about the 2-component structure of the motivation upbringing process (in the motivation upbringing of the subject, the scientist identifies two components – moral, ethical and social norms and the reasoning of those standards and rules that act as the content of parenting influences).

Also we are interested in the ideas of G. Allport (Allport, 2002) about the emotional changeover as a mechanism of development of motivational sphere of personality. Describing the named mechanism through the emotions of success and failure emotions, this scientist notes that it is through emotions the process of motivation development in a particular situation is carried out. It is emotions that influence the redistribution of motives in the specific actions that a person performs. Emotions have a direct impact on the setting of intermediate goals of activity.

Analysis of research by V.K. Vilyunas, A.N. Leont’ev, G. Lindsay, H. Heckhausen, K.S. Hall, etc. allows concluding that the motivation (namely, its structure) and the process of formation of motivation is not only their psychological characteristics, but also the conditions that maximize the efficiency of the process.

Based on the fact that the parenthood motivation is nothing but one of the aspects of the motivational sphere of a personality, we assume that the process of its formation has its own specific psychological characteristics and conditions. However, before talking about them, we turn to a brief review of research on the problem of parenthood (studies of S.P. Akutina, A.G. Vishnevsky, E.M. Gurko, S.V. Zakharov, N.V. Kiselnikova, R.V. Ovcharova, G.G. Filippova, etc.).

Generalizing the approaches of researchers to the interpretation of the term “parenthood”, we define it as a subsystem of the family, which implies not only the unity of the couple’s ideas about parenthood, but also the implementation of these ideas in real life. It is not by chance in the structure of parenthood as a highly complex phenomenon, scholars identified cognitive, emotional, and behavioral components (works of P.P. Akutina, M.O. Ermikhina, G.G. Filippova, etc.). It is the selection of a meaningful interpretation of the parenthood components data allows researchers to approach the problems of normative parenthood (relative definitions – “conscious parenthood”, “comprehended parenthood”, “responsible parenthood”, “competent parenthood”, “enlightened parenthood”, “natural parenthood”and a few others).

Summarizing the information obtained by us from the analysis of the approaches of researchers to the consideration of “normative” parenthood (the work of A.A. Abramova, M.O. Ermikhina, E.G. Smirnova), we state the fact that all scientists name the possession of information on the problem of interaction with the child; the desire to realize “correctly” themselves as a parent, as well as the desire to harmonize relations in the family on all its substructures – between couple, between children, and children and parents among themselves as its main characteristics.

In our opinion, it is important that responsible parenthood involves understanding, awareness of themselves as a parent as a woman (mother) and a man (father), which is objectively related to the awareness of the subject of the motives of the birth and upbringing of children by both parents.

Summarizing the perspective of the researchers (the works of F. Aries, M. Mead, D. Ross, E. Fromm, A.A. Abramova, S.P. Akutina, I.S. Kon, R.V. Ovcharova, G.G. Filippova, etc.), it can be concluded that becoming a parent in the full sense of the word, means to have such a system of values, which are directly related to the spiritual and moral personality, her/his desire, persistent need to “give”, “spend”,

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“donate” himself/herself, his/her emotions, and not just to take. The desire and ambition to become a parent means the striving to be close to responsible, competent, “normative” parenthood.

At the same time, to implement such a very significant and social function as parenthood, it is necessary to prepare purposefully. It is no accident the problem of formation of parenthood attracts close attention of scientists (studies of S.P. Akutina, E.I. Zritneva, I.S. Kletsina, L.N. Ozhigova, etc.). At the same time, many scientists consider the motivational sphere of the personality as the basis of parenthood, its motivation to become a parent, because it is in the motivational aspect of parenthood the desire/unwillingness to be a parent, the reasons for this choice, as well as the very attitude to children are laid.

We agree with this point of scientists’ view and believe that the purposeful study of the motives of the birth of a child, the parenthood motivation will allow to study and comprehend comprehensively, systematically the problem of interest to us. It is no accident that the second stage of our study is focused on the organization of an experimental study in the field of the parenthood motivation.

Methods

As the main hypothesis of our study, we formulate the assumption that the basis for the development of parenthood motivation as a personal education is a system of sustainable value orientations of the individual.

As additional hypotheses of our study, we make the following assumptions:

• at different age stages, the parenthood motivation has its own specific features. We believe that it reaches the highest level of development in late youth and maturity, due to such specific features of these age levels as a more clear vision of its place in the world, a certain stability in the professional sphere, self-realization or a high readiness to assert themselves in the family sphere, etc.;

• there is a certain correlation between the level of development and orientation of parenthood motivation and the status of the family. We suppose that married girls and women, as well as girls and women in permanent relationships with the opposite sex, have the most developed motivation for the birth of a child than girls and women free from relationships and related obligations;

• in the structure of parenthood motivation of the individual the motives of values-means, rather than motives of values-goals are most clearly manifested both in quantitative and in the content components.

90 girls and women aged 16 to 42 years participated in our study as respondents. At the same time, 29% of respondents (26 people) do not have a permanent relationship with the opposite sex, - 39% of respondents (35 people) are in permanent relationships and - 32% of respondents (29 people) are married girls and women.

As a methodological tool in our study we used:

✓ The method “Life orientations” (adaptation of D.A. Leont’ev), which allows identifying the presence /absence of life goals focused on the future; life satisfaction; the level of development of self-control and the ability to make decisions themselves. We guess that the implementation of this method allows, among other things, drawing a conclusion about the degree of parenthood meaningfulness and motivation.

✓ Questionnaire of terminal values (FATHER) of I.G. Senin. This questionnaire allows diagnosing the life goals of the individual and determining the intensity of the eight basic terminal values (own prestige, high financial position, creativity, active social contacts, self-development, achievements, spiritual satisfaction, preservation of their own individuality). Within the framework of the problem of parenthood motivation as a personal education, the implementation of this technique makes it possible to assess the importance and value of family life for the individual.

✓ The method “Social family roles” (variant of “My future parental roles” by E.N. Vasilyeva, A.V. Orlova) and “Social roles of the child” (variant of “Roles of my future child” by E.N. Vasilyeva, A.V. Orlova), which allowed us not only to identify the respondents’ attitude to their future parental roles and the roles of their unborn child, but also to identify the intentions of the parent-child expectations.
Projective drawing test “My baby” (modification of projective technique “Picture of my family” by L. Corman, R. Burns, S. Kaufman, A.I. Zakharova, V.V. Stolin), aimed at studying the emotional aspects of parenthood motivation, in particular, the modality of the experiences and perceptions of respondents in relation to their unborn child. In our study, the implementation of this technique allows identifying the importance of children at the moment of the life of respondents, as well as the motives for the birth of children.

Results and consideration
The generalized analysis of the experimental data obtained by us allows saying that
✓ the high level of development of parenthood motivation is recorded in 33% of respondents. These respondents are characterized by the respondents’ awareness of their lives and activities, the ability to make plans for the future and achieve the desired result; high value of the family, focus on the well-being of the family; willingness to become a parent in the short term. The motives of parenting of these respondents are focused exclusively on children, which are of high importance and value for the respondents

✓ the average level of development of parenthood motivation, as shown in our study, is typical for 39% of respondents, which are characterized by the presence of a certain meaningfulness of their lives and activities, as well as the ability to plan their future in some areas of life. These respondents generally show the orientation of parental motivation for the child, consider the family as significant, not giving it priority and not showing readiness for parenthood in the short term.

✓ the low level of development of parenthood motivation according to the results of our study is typical for 28% of respondents. These respondents are characterized by a minimum of meaningfulness of their lives, lack of clear plans for life, which is manifested in the field of parenthood: they are not ready for children, do not plan to take care of them, both children and the family are not significant for these respondents.

In order to specify the presented generalized results of our experimental study, we will provide a detailed analysis of the data we obtained from the implementation of the questionnaire of terminal values (FATHER) of I.G. Senin. In this case, the analysis of the data, based on the hypotheses formulated by us, we will carry out on 3 positions
- expression of value orientations (primarily related to family values)
- age-specific expression of personal values (value of family, children, etc.)
- the dependence of the value orientations on the marital status of the respondents.

Analysis of the data obtained from the standpoint of the intensity of value orientations, suggests that the most expressed in respondents is the scale of terminal values “Achievements”

- in 48% of testees high and
- in 52% – the average score, which allows us to talk about the desire of these respondents to the formulation of specific goals, followed by their achievement, implementation.

The second most important place for girls and women who took part in our study is such a terminal value as “High financial position”:

- high scores on this scale, revealed in 43% of respondents, indicate a clear expressed desire of these testees to high material prosperity and, perhaps, the belief that it plays a major role in the well-being of life
- the average significance of this value was given by 52% of respondents and
- only 5% of the testees noted the minimum importance of high financial position for them.

With regard to the problem of parenthood motivation, the priority of high financial status, demonstrated by the majority of respondents, may indicate that these respondents want the most good living conditions, education and development not only for themselves but also for their families and, above all, – children (which, of course, now requires no small material costs).

“Self-development” scale is showed
- high scores-29% of respondents
- 63% - average and
- 8% of respondents – low scores, which characterizes the majority of respondents as people seeking self-improvement, interested in their capabilities and abilities, as well as their belief in the unlimited
personal opportunities, the need for their full implementation and its optimal comprehensive development.

At the same time, 42% of the testees have low scores on the “Own prestige” scale, which may indicate their minimal interest in recognition in society, approval, opinion and point of view of surrounding people.

Summarizing and comparing the data on all terminal values, we can say that the value orientations of girls and women who took part in our study, in general, have a positive orientation.

Analysis of data obtained by us from the standpoint of the age characteristics of the respondents with positions of individual values expression in them (the value of family, children, etc.) allows drawing the following conclusions:

• 47% of older youth respondents attach minimal importance to the terminal value as “Creativity”, which may indicate their preference for the regular course of life, the desire for stereotypes. The testees of the early youth and mature age, on the contrary, give the considered value a significant place in life:
  - we have found high rates of this terminal value in 17% of the testees of early youth and 13% of the testees of adulthood, which indicates their belief in the need for constant changes in their lives, their desire for constant renewal of themselves and their life
  - the average indicators of this terminal value – in 80% of the respondents of early youth and 67% of the respondents of mature age
  - low values for this terminal value were found in 3% of early adolescent respondents and 20% of mature respondents.

We can explain the obtained results by the fact that in the early youth the prospects for the future are only formed and plans and prospects for life are made actively, which, of course, implies a variety of changes in the usual way of life of the subject. In adulthood, all areas of life and activities have already been defined, life is regular and, perhaps, - monotonous, which objectively leads to the need to make changes in it. Also in older adolescence, the stability of life is only made; personality has entered a new path of life, which objectively requires a lot of resources for the effective development of society, and the constant creativity, transformation and creativeness of these resources may simply not be enough.

• Considering the data on the value “High financial position”, we can say that the greatest preference for this value is given by the mature (57% - high value, 43% - average, and 7% - low) and junior youth (57% - high value, 43% - average) testees. High scores on the scale may indicate that these respondents consider the material component to be one of the most important conditions for well-being in their lives. Only 27% of the respondents assigned big importance of this value among the older youth testees. We can assume that the value of material wealth is of maximum importance for early youth and for adulthood because
  - in his early youth, a person tries to show actively their self-sufficiency, independence from elders, including the material one.
  - In adulthood, the priority of the material can be objectively determined by family needs and needs related to parenthood.

• Assessing the results the implementation of the questionnaire of terminal values of A.G. Senin from the point of view of the importance, the value of the family sphere in the life of respondents, which is directly related to our study of the parenthood motivation, we conclude that for
  - 28% of the testees a family is very important and this area of life they evaluate as the most important for themselves
  - 54% of respondents give the family average value and
  - 18% - low.

The interesting fact, from our point of view, is that the higher importance of the family is more expressed in the respondents of the period of early youth
  - for 40% of the testees of this age family has very high value
  - for 43% it has an average value and
  - for 17% – low.
Among respondents in late adolescence
- 30% of respondents noted high value of family (10% less than in early youth)
- for 47% of respondents of this age, the family has an average value (in early youth it is 43%)
- 23% of respondents of this age group indicate low importance of family in their lives.

If we talk about the mature respondents, for the majority (74%) the family has an average value.

The remaining 26% of respondents were equally distributed
- 13% attaches the family high importance and
- 13% – low.

From our point of view, the obtained data may be related to the fact that the respondents of early youth only plan to create their own family, and, being something new, these plans are the most attractive and significant. Mature age is a period when, as a rule, there is stability, certainty in the family sphere, and the individual can direct his resources to other areas of his life and activity, for example, to creativity, as we talked about earlier, that many respondents of mature age prefer such a terminal value as “Creativity”.

It is important, from our point of view, to note that the majority of respondents who participated in our study believe that the family for them, first of all, the receiving “spiritual satisfaction” (which is related to harmony and understanding between couple and between parents and their children) and the possibility of “self-development” (expressed in the desire to change themselves, to develop their qualities, features, abilities by means of the family).

Respondents of mature age also determine the “high financial position” of the family, its financial wealth and well-being (as we have already mentioned).

We can explain these differences by the fact that in early youth all the forces are aimed at the implementation, development of their own potential, and the definition of the most interesting areas of its application, while in late youth professional guidelines, the direction of personal development are already more definite and at this age level it is objectively more important to have a search for the scope of spiritual satisfaction, harmony, which can just be implemented in the family through contacts with loved ones. The desire for the highest material security of mature respondents is associated with their real needs in ensuring well-being (improvement of housing conditions, parenting and development of children, family rest, etc.) not only for themselves but also for their families, and, first of all, their family children.

Summarizing the data above mentioned concerning the intensity of terminal values in girls and women who participated in our study, we can say that the majority of respondents tend to clear planning of their lives. Moreover, the achievement of the goals is crucial for them.

Conclusions
Despite some differences in value orientations, the majority of the testees of all the ages considered are focused on the implementation of life goals and objectives.

➢ Analysis of the data we have obtained from the point of view of the difference in the marital status of respondents (not in a permanent relationship with the opposite sex, consisting in such, married, and being parents), allows us making the following conclusions:

• The most expressed value for girls and women in a legal marriage, as well as for respondents with children, is “high financial status”. As we have already noted, the prevalence of this value may indicate the desire of these respondents to provide a higher than at the time of the research, material support, primarily for their families and children. The choice as a priority of this terminal value can also speak about the conviction of these respondents that it is high prosperity that ensures the well-being of the family (which, in our opinion, is a misconception. Real happiness and harmony in relations for any material means can not be purchased).
• “Spiritual satisfaction”, the desire for peace of mind and harmony are of particular importance for respondents who are in a permanent relationship with the opposite sex.
• However, for those girls and women who are not in a relationship with the opposite sex, the “development of themselves” is the most preferred value.
Summarizing the results of the implementation of this technique, we can say that for many girls and women (33%) who participated in our study, family and family values, including the value of parenthood, are important.

Along with that, most respondents do not fully realize their parental potential, are not motivated to perform effectively their parental roles and functions.

Particular caution is caused by respondents with a low level of parenthood motivation, and there are 28% of such respondents as our study showed.

Summary
Our results confirm the idea of many scientists (research of S.P. Akutina, B.M. Borlakova, E.N. Vasilyeva, O.F. Kovaleva, A.V. Orlov, Zh.V. Chernova, etc.) about the necessity of the organization of purposeful work with future parents focused on increasing their level of parenthood motivation as personal education.

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