

A Study on Strategies to Reduce the Cultural Alienation of Minority College Students

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Abstract: The Chinese people are a multi-ethnic country, in which the Han people account for the vast majority of the total number of people, and the number of ethnic minorities is relatively small. And because the nation is different, the national culture is also different. In such a large mixed cultural situation, there will inevitably be a sense of cultural alienation caused by different national cultures. The harmonious and unified development of the nation is of great significance to the road of building socialism with characteristics in our country. Therefore, the unity and harmony of the nation are closely related to the people of all our nationalities, and the people of all ethnic groups need to work together to achieve it. College students as a new force of society [], related to the future development of the motherland, while promoting the unity of the nation is also crucial.

1. Four Aspects of Cultural Alienation

At last year's National Day celebration, the capital Tian' anmen presented a spectacular scene that everyone in the Chinese people will never forget. On the occasion of the celebration of the sixtieth anniversary of the founding of New China, the spirit of unity, unity and patriotism among all ethnic groups of the Chinese people was touched. Without the common development of ethnic minorities, there can be no prosperity for the Chinese nation today. History has proved that only when all ethnic groups work together, unite and twist their strength into a rope, can they promote the development of the motherland, which is a true road in line with China's national conditions. In today's society, college students are an important new force team for the future development of the motherland, whether Han college students or minority college students, are the hope of the future of the motherland. Therefore, for the future prosperity and strength of the motherland, it is urgent to reduce the alienation of minority college students from culture. This paper makes a brief study on the stage of expression of cultural alienation, its causes and how to reduce cultural alienation as the starting point, in order to hope to promote the cause of national unity further.



Figure 1 A map of the daily life of the minority

As we all know, in the cultural form, the cultures of all ethnic groups are different, and the cultures of each nationality are varied, but the collision between national cultures has caused the problem of self-deception. A series of problems, such as the lack of recognition, alienation and lack of attention to each other's culture among ethnic groups, have also come along. After many years of research and investigation, we can see that the alienation of culture is mainly manifested in four stages: contact, disunity, negation and internalization:

1.1. First Stage of Cultural Alienation

In the sense of cultural alienation, the first stage is the contact stage, which shows the sense of cultural difference. It mainly refers to the different cultures each individual is exposed to, often feel the other culture and their mother culture is very different. These feelings of difference may be reflected in the belief in religion, customs, appearance, living habits, language, values, outlook on life, aesthetic and so on, which is a sense of these two different cultural differences, and then recognize that they do not belong to the group of such cultures.

1.2. Second Stage of Cultural Alienation

In the sense of cultural alienation, the second stage is the stage of disunity, and the sense of alienation is the sense of cultural degeneration and the sense of cultural disharmony. The sense of cultural invisibility refers to the feelings of indifference, indifference and neglect, and being ignored, which itself will feel that there are some things in other cultures that have nothing to do with themselves, or the feeling that their own culture has been ignored or can not be substituted into it because of the spread of other cultures. The sense of cultural disharmony refers to the feeling of disapproval, disapproval, disapproval and dislike in the mind due to the customs of other cultures and the state of life itself which can not be accepted and can not be adapted to, including the ideology of values, outlook on life, aesthetics and morality.

1.3. Third Stage of Cultural Alienation

In the cultural alienation, the third stage is the negative stage, which shows the sense of alienation is the sense of separation of culture and the sense of isolation, in which the sense of separation of culture refers to the deep feelings of their own culture, thus showing rejection of other cultures. The sense of cultural isolation refers to one that can not be integrated into other cultures because of communication difficulties and communication barriers.

1.4. Stage Iv of Cultural Alienation

In the expression of cultural alienation, the fourth stage is called the internalization stage, and the sense of alienation it shows is the sense of control of culture, which means that it feels that foreign culture has a strong control power, resulting in its own unconscious or even forced to make some unintentional behavior. In fact, this is a forced to abide by the norms of foreign culture, feeling under control.

2. Causes of Cultural Alienation

Because our country is a multi-ethnic unified country, it will inevitably lead to collision and friction of national culture. There are many manifestations of cultural friction, among which the causes of cultural alienation can be roughly attributed to the three aspects of custom, language and values.

2.1. Customs

The customs of a certain area are the specific habits that human beings gradually form and abide by in life after experiencing the change and baptism of history. The content and characteristics of this particular custom will affect the development of peoples to some extent. At the same time, relations between peoples may also be affected by the attitudes of peoples towards customs and customs different from their own. Therefore, it is necessary to reduce the alienation of minority college students from national culture without taking into account the customs characteristics of each ethnic group.

2.2. Languages

Communication is a form of mutual understanding, identity and affinity between people, and language is its tool. At the same time, it also has the function of psychological identity to the nation and emotional sustenance to its own nation. When communicating with other nationalities, because of the difference of language, there are obstacles in communication, which leads to the lack of close national communication, the sense of alienation between the people and the lack of close feelings. This is a certain obstacle to the integration of minority college students into the large group of Han nationality

2.3. Values

The core of culture is its embodied values, at the same time it is also an important embodiment of cultural characteristics. And the most closely linked values with national culture are the expression of their religious beliefs. The culture that a nation venerates and spreads is undoubtedly multi-level, multi-angle and rich and full, one of the most indispensable points is the expression of religious belief. For the people of all ethnic groups, religious beliefs dominate daily life and are closely related to social politics, literature and art, ethics, family marriage and interpersonal communication. Therefore, to promote the integration of minority college students, we should deeply study the beliefs of their respective nationalities, so as to reduce friction and enhance feelings.

3. Measures to Reduce the Cultural Alienation of Minority College Students

3.1. Strengthen the Promotion and Education of Ethnic Cultural Knowledge Among Minority College Students

School is a main place for minority college students and Han college students to study collectively. Therefore, the education and propaganda of the cultural knowledge of various nationalities in the school can help minority college students to reduce the strangeness and alienation of cultural knowledge other than their own culture to a great extent. There are three aspects to strengthen the propaganda and education of cultural knowledge in colleges and

universities:

Can hold a seminar on the cultural knowledge of each ethnic group in the school, and before the meeting, invite college students of each ethnic minority nationality as their representative lecturers to give lectures at the seminar to publicize and disseminate their own excellent cultural traditional knowledge. Because they are invited to their own ethnic representatives of college students, so their familiarity with this national culture and the deep feelings placed in them, in the process of propaganda can be a maximum degree of embodiment.



Figure 2 Minority costume map bis

Colleges and universities can increase the proportion of courses of interest in the study of national culture and set up knowledge competitions of national culture style, it is reported that most colleges and universities in our country have insufficient curriculum for national culture. Therefore, colleges and universities should set up and expand the relevant courses of cultural education according to the fundamental goal of national culture education, and at the same time vigorously strengthen their teachers and the study of national culture. To increase the proportion of national culture courses reasonably and reduce the sense of ethnic cultural alienation between minority college students.

Colleges and universities should make great efforts to carry out the practical education of holding national culture in the course of daily teaching, and make use of online network and offline classroom to let the customs and culture of various nationalities permeate into the daily life and ideology of minority college students. In this way, in the daily education and life can slowly reduce the alienation of minority college students, increase their feelings and empathy.

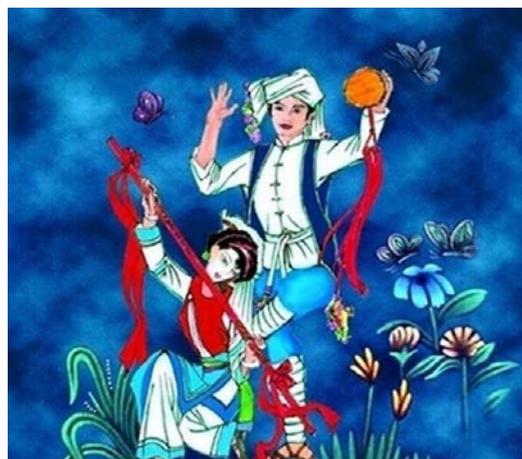


Figure 3 Minority map

4. Conclusion

To sum up, contemporary college students are the hope of the future of the motherland and the important main force in the construction of national culture, and the position of minority college students in it is also obvious. Reducing the sense of national cultural alienation of minority college students can enhance their sense of identity and belonging of national culture [2]. Therefore, we should start from all aspects to reduce the cultural alienation of minority college students and build a harmonious development of the cause of national unity.

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