

On the “Buddha-Like” Mentality of Contemporary College Students

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Keywords: Buddha-like mentality, Contemporary college students, guiding path

Abstract: The main targets the word “Buddha-like” are young students of the post-90s. Influenced by the “Buddha-like” culture, some students gradually choose a free and easy way of life, showing the characteristics of no desire and no demands which reflect the thought of “Buddhism”. They call themselves as “Buddha-like university students”. The appearance of this phenomenon is the result of the interaction of internal and external factors. Students, colleges and the society should perform their own duties, “break and make” at the same time, and prevent the negative influence of “Buddha-like life” on young students.

1. Introduction

With the spread of the “Buddha-like” subculture, it has gradually become the inner portrayal and life miniature of many college students. These students do not strive for opportunities and challenges, do not insist when meeting difficulties and setbacks, and do not care about things around them; they even do not care about success or failure, right or wrong. They show a negative attitude of “no struggling, no fighting, and completely following the fate” in their study, employment and life. The ideals and beliefs established through years of education fall into the state of “deep sleep”. Therefore, as educators, we must deeply analyze the new social mentality of college students, try guide and transform it, and train college students to become “new people who can take on the responsibility of national rejuvenation”.

2. The Expression of “Buddha-Like Mentality” of Contemporary College Students

2.1 Psychological Anxiety and Tension

Nowadays, we live in a fast-paced era full of competition and pressure. People's psychological anxiety and tension are also growing day by day. For some college students who are accustomed to living in the “soft environment” since childhood, they do not have sufficient experience in understanding and transforming the world due to their age and experience. Therefore, when they enter the psychological weaning period and the threshold of adulthood, they tend to feel anxious and stressful when they are faced with competition and pressure from all aspects such as learning, life and work. It is hard for them to solve these problems by themselves. “Buddha-like” is just a kind of camouflage skill of these college students. They hide their real psychological state by pretending to be “indifferent”. In this sense, the attitude of “Buddhism” does not mean a sense of relaxation and detachment.^[1] On the contrary, it is the performance of psychological anxiety and tension caused by the heavy pressure of the secular world on the initiative of some college students.

2.2 Loss of Initiative in Learning

Contemporary college students are leaders of the youth. After hard learning for many years, they come into colleges and universities. They should study hard and lay a solid foundation of professional knowledge, broaden their horizons, improve their humanistic quality, and master professional skills. This kind of living is meaningful. All college students should keep high morale and positive enterprising spirit, which should be the mentality of young people. “Without an aggressive attitude towards life, no lofty goal in life can be truly achieved.” If we say that ideal is the lighthouse or destination of the life journey, the enterprising spirit should be the sail of life. Only positive sailors can reach the other side of success. However, in our campus, some college

students do not even have vitality, let alone fighting and enterprising spirit. In the classroom, they sleep, read extracurricular books, play mobile phones, and chat. Some students never listen to the lecture, as if they are just passers-by.

2.3 Negative Ideology and Compromise

“Buddha-like” concept is a kind of “false Buddhism”, which has nothing to do with the real Buddhism. It just embezzles the symbol of “Buddha” to achieve the effect of transplanting flowers on a tree. Buddhism pursues soul and belief, believes in commandments and practices, focuses on persistence and refinement, and conveys a positive and optimistic attitude towards life. However, the “Buddha-like” mentality is quite different from that of Buddhism. “Young people's 'Buddha-like mentality' is a negative mentality that they want to give up when they are faced with pressure and problems”. It contains the attitudes of not active, not persistent and no action. In colleges and universities, some college students adhere to the lifestyle of “all right, OK, it doesn't matter”, which reveals the ideological status that they are not active and cannot insist in anything. They fear struggle, so they do not want to fight. Because they do not want to fight, they choose to stand still. Therefore, the “Buddha-like” mentality becomes the No.1 excuse for these college students to passively resist the reality. They compromise their goals, desires and needs to competition, pressure and class solidification, and even rationalize the “Buddha-like” mentality with fake excuses.

3. Causes of the “Buddha-Like Mentality” of Contemporary College Students

3.1 College Students Lack Ideal and Belief

College students in the new era are living in a peaceful era, and their material life is extremely rich.^[2] Most of them are favored by several generations, and some of them have the label of “rich second generation”. Even if they don't struggle, they can still live without worrying. It is under such environment that some college students gradually show the emotion of “low pursuit”. They give up their original intention, lose their ideal and belief, and choose the life style of no struggle, no fighting, no sorrow and no joy. From then on, they have no pursuit for the meaning and value of life. They are disillusioned with the world of mortals, and waste their time without desire.

3.2 Deviation of Family Growth Environment

Some parents overemphasize test scores and ignore the psychological development of their children, which leads to the deviation of students' characters and make them hard to endure major tribulations. Some parents, or grandparents, overindulge their children, which will easily lead to the formation of self-interest thoughts. These students cannot correctly treat problems as well as gains and losses. The education mode of “taking everything of the children into parents' hands” also has disadvantages. These children do not know who they are in the process of growing up. They lack the ability to think and reflect on things, and their life choices are easy to be handled in a passive way. Some students who grow up in such a family environment are easy to become captives of the “de-motivation culture”, and they are easy to have a cold and world-weary attitude.

3.3 College Students Need to Release Pressure

In this era of rapid development, college students bear burdens of all aspects, especially in the graduation season when they facing the difficult choice of employment. Life is a hard battle. When they work hard for their goals but fail to achieve the expected results, negative decadence can appear. At that time, in the face of all kinds of realistic oppression, they cannot fulfill their goals even if they make all efforts. So they give up their original life style and seek a “Buddha like” life culture, which releases all kinds of psychological pressure and make them live comfortably.^[3-4]

4. The Path of Guiding “Buddha-Like” Contemporary College Students

4.1 Nourishing the Enterprising Spirit with the Traditional Culture Spirit of Self-Improvement

According to the report of the 19th National Congress of the Communist Party of China, it is necessary to “deeply tap into the ideological concepts, humanistic spirit and moral norms contained in excellent traditional Chinese culture, inherit and innovate them in combination with the requirements of the times, and let the Chinese culture show its permanent charm and style of the times”.^[5] As one of the socialist cultures with Chinese characteristics, excellent traditional Chinese culture is not only a treasure to enhance the cultural self-confidence of the Chinese people, but also a fertile land which supports the backbone of Chinese people's spirit. It is necessary to build the Chinese spirit with the spirit of excellent traditional Chinese culture and provide spiritual guidance for the people. The spirit of striving for self-improvement is one of them. It has been integrated into the gene of Chinese nation and has become an indispensable quality of our country. The emergence of “Buddha-like” mentality is the negation and resolution of traditional values and a manifestation of human spirit crisis. “Buddha-like” college students no longer regard striving and enterprising as a way to realize the meaning of life. The spirit of self-improvement is full of humanistic color, with strong emotional appeal and spiritual gravitation. The state and the society should, by vigorously promoting the deeds of advanced figures and excellent moral models, produce fine literary and art works that are popular with the mass, and carry forward the spirit of constant struggle for self-improvement. Parents should set themselves as the example and cultivate their children's behavior and habits of hard working with excellent family discipline. “For schools, if there is no mainstream cultural authority and core values, students' behavior cannot be judged”. Therefore, colleges and universities should pay attention to building the mainstream culture of self-improvement and hard work in campus which, and strengthen the cultural experience and emotional experience of college students. The process of self-cultivation is a long-term process. We should adhere to the spirit of self-improvement to nourish the enterprising spirit, and cultivate college students to form positive and enterprising values and outlook on life.

4.2 Guide College Students to Actively Participate in Social Practice and Increase Emotional Resonance

The cultivation of socialist core values is not only a theoretical issue, but also a practical one. We should guide college students to start from small things around them, actively participate in social researches, voluntary services, public welfare activities and other social practice activities, and vigorously spread the voluntary spirit with dedication, friendship, mutual assistance and progress as the main content. We can organize students to visit various memorial halls, martyr memorial buildings, important battle sites and battle memorial facilities in the revolutionary war, as well as museums and historical sites. Through these rich and colorful practical activities, the majority of students can receive vivid revolutionary traditional education. Colleges and universities should strengthen the construction of network position, continuously input positive energy into the campus network, and carry out ideological and political education to help students establish advanced cultural concepts and correct value orientation. Therefore, the campus network can become a position to carry forward the mainstream culture, optimize the campus environment, shape the campus spirit, and cultivate qualified talents. Counselors can use blogs, microblogs, e-mails, QQ and wechat to interact with students, carry out publicity and education, and enhance the communication power of socialist core values in cyberspace. For negative comments and wrong thoughts on campus BBS, we should actively guide them and spread positive energy.

4.3 Training the Sense of Responsibility as well as Resistance to Pressure and Frustration, so as to improve the Psychological Resistance of College Students to the Influence of Buddha-Like Mentality

As we all know, one of the common characteristics of successful people is that they can afford to

lose, hold on in difficult situations and win steadily. “Buddha-like” mentality is the expression of lying in the psychological comfort zone, that is, to stay inside their own inherent territory, and to treat things and deal with problems according to a set of regular behavior modes. If they leave this area, they will feel fear, anxiety and tension. Staying in the psychological comfort zone seems like “peaceful”, but in fact, it means the person is afraid of all possible difficulties and challenges. Among all contents of college students' education, frustration education is essential. Colleges and families should pay attention to the cultivation of students' anti-frustration ability, carry out frustration education through their study, work and life at ordinary times, and guide college students to face up to setbacks and overcome difficulties actively. Through the frustration education, students will be able to consciously break through perceptual restrictions and transform irrational factors through rational analysis, reasoning and reflection. We should make college students understand that in a person's life, setbacks and failures are common. The life with difficulties and challenges is a life full of meaning. Contemporary college students should have the confidence and courage to face setbacks, be brave to jump out of the comfort zone of “stepping on the spot”, and try to drive the internal power to change themselves and be active explorers.

5. Conclusion

It is urgent to cultivate the sense of responsibility of college students. The sense of social responsibility is not only a character that college students should have, but also an important psychological factor to resist the influence of Buddha-like mentality of not seeking for progress and being content with current status. The sense of responsibility is not innate; it needs to be cultivated and shaped. School education, family education and social education should work together in many ways, which is an important way to cultivate students' sense of responsibility. Students' sense of social responsibility, awareness of the rule of law, as well as innovative spirit and practical ability should be cultivated and enhanced in the whole process of school education. It is not proper to evade major responsibility, ignore due responsibility and neglect minor responsibility. College students should be stronger and braver, and have a sense of responsibility, so as to play the role of contemporary college students in the socialist mainstream ideology.

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