

Research on the Integration of Chinese Tea Culture into College Students' Psychological Health Education

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Abstract: In recent years, with the rapid development of China's economy, the pressure on work and employment in the entire society has become more intense. For those college students who have not yet stepped out of their colleges, these pressures will inevitably have many psychological effects on them, such as panic, and anxiety. Coupled with the current impact of diversified social values, the psychological diathesis education of college students is prone to deviations. The tea culture, which contains Chinese traditional culture and excellent humanistic spirit, has a good psychological guidance and leading role. When it is integrated into the psychological diathesis education of college students to a large extent, it can fully develop the psychological diathesis education of college students and guide them to face their studies and future work and life with a more positive, peaceful and optimistic psychologically.

1. Introduction

Tea culture is an important part of Chinese traditional culture, and it has deep cultural heritage. This nature positively affects the psychological health of college students. Recently, with the rapid development of education, China has begun to attach great importance to the comprehensive development of students. In this context, the excellent quality of tea culture should be integrated into students' education, the cultivation of students' good psychological diathesis should be strengthened, so as to ensure a healthier psychological development of students and lay a solid foundation for inheriting and carrying forward the spirit of tea ceremony.

2. Humanistic Spirit and Value Orientation of Chinese Tea Culture

China's tea culture has a long history and is outstanding in excellent Chinese traditional culture. There are so many elements in tea culture which bring it rich connotation. Tea culture includes Confucianism, Buddhism and Taoism culture, Chinese medicine culture, and farming culture, as well as oriental ecological ethics and life philosophy. It also includes literature, sociology, history, folklore, and aesthetics. It is a combination of natural science, social science and humanities, and contains profound philosophic thoughts, values, moral sentiments, feelings for the country, and humanistic spirit. It adheres to the starting point of cultivating people's spiritual quality and behavioral habits, keeps pace with the times, constantly generates new forms of cultural inheritance that match the times, and realizes the cultivation of humanistic quality. This has never been interrupted or stopped because of the change of dynasties and the changes of the times. Through thousands of years of practice, it has been proved that Chinese tea culture is a highly unified multi-culture of theory and practice, thought and action, comprehensiveness and emphasis, culture and cultivation, inheritance and innovation, practicality and aesthetics, national and worldwide.

2.1 The Humanistic Spirit of "Nature and Man in One" in Tea Culture

What is "nature and man in one"? In short, it is to respect nature, conform to nature, enjoy nature, protect nature, and reach an extraordinary state through nature. Historically, this humanistic spirit comes from the local Taoist thought. Tea is a product of nature. Its growing environment is mostly green mountains and deep valleys, which shapes the natural characteristics of tea, which are distant, elegant and free from vulgarities. This is exactly the same as the concept of "nature and man in one"

which Chinese Taoists emphasize. After absorbing the humanistic connotation, tea culture embodies it in the external and internal aspects. Externally, Chinese tea drinkers often combine tea drinking with nature, such as choosing a tea-drinking environment with bamboo forest, creeks and bright moon and breeze, choosing tea sets and tea tables made of natural things, and choosing unpolluted spring water and river water. Internally, this is a very crucial point. The humanistic spirit of “nature and man in one” has been integrated with the temperament of tea drinkers under the impetus of tea culture, which has profoundly affected their words and behaviors, especially their values and outlook on life.

For example, when Chinese people are engaged in tea activities, they are not just drinking tea. In many cases, when people are drinking tea, they always think about some confusion in life, and release a kind of strength from the heart to face and deal with these problems with a freer and easier mind in a smarter way. Of course, above is only the primary level of the humanistic spirit of the “nature and man in one” of tea culture. The highest realm of tea culture “nature and man in one”, that is, the dialogue among man, nature and the universe. Many tea drinkers will “think deeply” through tea drinking, go beyond their current life and enter another void to explore the true meaning of life, time and space in order to find the laws of the universe. Its highest purpose is to see at a glance the essence of anything by its surface.

2.2 “The Golden Mean” Concept in Tea Culture

The golden mean concept originated from Confucian culture constitutes the basic values of Chinese tea culture. The golden mean concept is often misunderstood by some people, believing that it is guiding people to do good things without principles and be self-interested, but it is actually wrong. The concept of the golden mean does not mean to shrink back, to be negative and to protect yourself, but to have a proper, moderate and objective attitude towards everything, neither extreme nor depression, but to exercise a deep and rational mind. The golden mean in Chinese tea culture is presented in the following two aspects from a macro perspective. One is that tea drinkers are very concerned about the fire temperature, the water temperature and the thickness of the tea. The degree is the main point. The fire can't be too fierce or too weak, the color of the tea should be the same from the beginning to the end, the taste should be just right. The second is that in tea activities, drinkers must be thoughtful in words and deeds. They must not be overly enthusiastic, which makes people be overwhelmed. They also can't ignore people which makes people embarrassed. This kind of control “degree” is deeply into Chinese characters, developing Chinese people's peaceful, noble and civilized national characters.

3. The Lack of the Spirit in College Education

In the process of tea tasting, the taste of tea is usually bitter before sweet. bitterness is like the difficulties and obstacles encountered on the road of life; sweetness is like a gorgeous rainbow after experiencing difficulties. No matter what kind of hardship, people should try to maintain a peaceful attitude to life. This kind of excellent tea culture is the spirit that is scarce in college education. It can be seen that it is imperative to strengthen the use of tea culture in college psychological health education.

4. Analysis of Psychological Health of College Students Contemporarily

Students in this age group is in the best study time. Therefore, the integration of tea culture into the teaching courses can to a certain extent, meet the needs of the students to know about history, their mentality and thoughts will also be influenced externally in a positive way. Students' thoughts should always be in a positive and healthy state, and they should not drift with the current, let alone be affected by the bad behaviors in the society. In order to solve the contradiction between students' thoughts and social education, this paper firstly analyzes the contradiction between students' thoughts and their psychological needs. The rapid development of the economy has satisfied people's material life, and therefore, they are even more eager to be spiritually enriched. Nowadays,

college students are more and more eager to pursue independence and show their personality in their study and life. Contemporary students are more eager to have an independent space for them to think independently. In order for students to grow up healthily and not to be blind and uncompromising in terms of values, so as to better show the students' personalities, performance and respect for their ideological behaviors, students need to be fully aware of the importance of standardizing their behaviors and enhance their sense of social responsibility. In order to ensure their healthy growth and not harm the interests of others, students need to be patiently educated enough to ensure that they receive more formal education under social supervision. Secondly, while respecting the personality development and ideology of the students, it is necessary to ensure that they have a positive and healthy pragmatic thinking, which will in turn encourage and help students' development. Only by ensuring that they have good material needs and do not produce the idea of worshipping the money can they have a good and healthy mental state. Students should establish a correct outlook on life and values, which will play a positive role in promoting their future development. The history of Chinese tea culture can also play a good teaching role in this respect. As college students live a relatively unstructured life and their daily learning tasks are not too heavy, the adoption of tea culture to help them to establish a correct outlook on life and values can be conducive to their physical and psychological development. The ideological changes of college students can be greatly affected by the environment, so the psychological health problems of college students are the key teaching content to be paid attention to. For the sake of ensuring that students have a certain ability to withstand pressure and frustration, it is necessary to adopt positive and correct teaching methods, so as to encourage them to actively face the difficulties in life and move forward to a better life.

5. Application Strategies of the Integration of Tea Culture into Psychological Diathesis Education of College Students

5.1 The Full Use of the Connotation of Tea Culture

How can tea culture be effectively adopted in college psychological health education? First of all, colleges and universities should be required to explore deeply the educational value in the spirit of tea ceremony and retain the essence and discard the dross. Aiming at the psychological characteristics of college students, colleges and universities need to combine the appropriate parts with courses. College students are in a relatively mature stage in both psychological and physical aspects, so in the process of teachers' analysis and teaching the spirit of tea ceremony, the depth can be appropriately enhanced. As it involves the individual deviation of students, the model can be set according to the specific situation of students and the comprehensive requirements of their needs. With the emergence of new education models, new requirements have been put on teachers. In addition to the need to reserve a rich amount of knowledge, the tea culture should also be understood accurately. Only through this form can the tea culture be fully integrated into courses of the college psychological health education.

5.2 The Appropriate Combination of Means

In the information age, the popularity of the Internet is increasing day by day. In this environment, in order to effectively integrate the tea culture into the psychological health education in colleges and universities, network technology should be fully used for reference. For example, the use of the Internet platform to promote an effective integration with the tea culture. This method not only meets the learning requirements of college students, but also enables teaching methods to keep pace with the development of the times. In addition, teachers should choose the corresponding means in practice. Teachers can tell the spiritual connotation of tea culture to students through the form of stories. The narrative method cannot be monotonous, so as not to make the teaching atmosphere dull. While teaching, teachers can appropriately add some steps in class, such as introducing interesting topics related to tea culture, and make students have a discussion. Through this method, it is easier for students to effectively absorb the spiritual connotation of the tea culture.

6. Conclusion

In short, in the perspective of the tea culture, it is believed that everyone has a unique inner world. Every day, people need to construct the connection between the inner world and the outer world through their own senses. Many issues are multi-faceted. Only by thinking and analyzing problems from a global perspective can people find the best solutions to the problems. The adoption of tea culture in college psychological health education can promote the healthy development of college students' psychology and improve their psychological diathesis.

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