

Brief Discussion on the Significance of Reinforce the Education of Contemporary College Students on the View of Happiness

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Abstract: Speaking of social development of people, the most essential reflection is the pursuit of happiness. According to the report of the 19th National Congress of the Communist Party of China, we have entered a new era, and people have changed their pursuit of happiness with the change of the times. As a special and sensitive group, college students often lose ethics and principles due to the blind pursuit of “happiness” when facing impact of information and temptation of substances. In this paper, literature research method and comprehensive analysis method are adopted based on relevant theories of ideological political education, to discuss the significance of reinforce happiness education for contemporary college students on the basis of elaborating the meaning of happiness, the view of happiness and the connotation of education on the view of happiness.

1. Introduction

It is an era in which all nationalities unite and strive to create a better life and gradually realize the common prosperity of all people. Jinping Xi paid high attention to young people and youth work. In his opinion, the cultivation of young people into all-round developed socialist builders and successors is a major strategic task that is related to the fate of the party and the state. College students are the representatives of young friends, and also the future and hope of our country. Their ideologies are in line with the construction of a socialist modernization power. Therefore, by reinforcing the education of college students on the view of happiness in the new era, we can contribute to the national prosperity and social harmony, while helping students establish a correct world view and realize comprehensive development.

2. Connotation of Happiness

Happiness has been a state of life pursued by all people since ancient times. But what's happiness after all? How can we get happiness? This is a problem that has been deeply thought by all people. Each person has its own understanding about happiness, just like the saying goes, there are a thousand Hamlets in a thousand people's eyes. Jinping XI thought a hard-working life is a happiness life, and you can get happiness by working hard; Western psychologists found out that, happiness can be found in a confident life; Benhua SHU also held that, in order to define whether a person is happy, we shouldn't see what makes them happy, but what makes them worry, and if a person worries less, and its worries are hardly noticed by others, he is a happy person. In general, happiness is not a physical enjoyment or a spiritual pleasure, but a sense of confidence and pride acquired by an individual both physically and spiritually in the process of realizing its ideal objectives through creative labors. Happiness is a psychological experience that can exert long-term influence, and such experience can be stronger and more durable because of realizing ideal objectives. When the individual is satisfied with the environment and state of life, he will feel joyful, and such feeling will get stronger and accumulate gradually, and then form happiness, so it can be said as a process from quantitative change to qualitative change.

3. Connotation of the View of Happiness

The view of happiness is the conceptual understanding of happiness in essence. Currently, we

have entered the new era, and the society is in a phase of revolution. People's living standard has been largely improved, so some unreasonable concepts are also generated, including “money worship”, “hedonism” and “utilitarianism”. Some people worship “money-first” concept, regard money as the source of happiness, and think that people will feel happier with more money; some people think blind enjoyment is happiness; some people place personal interests above social and national interests, and think personal interests are above all. These unreasonable views of happiness can only bring them temporary happiness and joy, and as time goes on, such happiness will be dim and even converted to negative pessimism.

Due to the difference in social background, family environment, education degree and other factors, people's views of happiness are also different. Scientific and positive views of happiness can place a crucial role in our growth and development. As a social awareness, the view of happiness must be restricted and influenced by social existence. It will change with the era, and exert active reaction on social existence, so we can say that the view of happiness is time-based and historical. Besides, we can also think that, the view of happiness is a sound and systematic concept that is constantly formed by thinking and answering what is happiness, how to enjoy happiness and how to realize, etc. It is the organic unity of several contents. ^①

4. Connotation of Education on the View of Happiness

Education refers to social practice activities that will influence people's physical and mental development. The education on the view of happiness can be regarded as the teaching of a concept and also the guidance of an accurate value. Happiness is subjective and abstract, while the education on the view of happiness can make the educator gain the capacity to perceive and experience happiness. It is started from guiding the educator to form positive and reasonable happiness, convert the capacity of feeling happiness into the capacity to create happiness, put thoughts and emotions into practice activities, make educators treat the society with the accurate world view, life view and value, and help them realize their dreams in life.

5. Significance of the Education of College Students on the View of Happiness

In the new era when young people are highly valued, the view of happiness for college students will meet the increased demands of people for a better life with the development of the era. College is a critical phase of life, and the world view and value formed in college can exert a leading role in their future life. Therefore, it is of significance to reinforce the education of college students on the view of happiness.

5.1 Reinforcement on Educating College Students about the View of Happiness Can Contribute to Promoting the Construction of a Socialist Modernization Power

Seemingly, “happiness” has also become another aspect valued by the state after “harmonious society” and “the scientific outlook on development” are put forward. Jiabao WEN used to point out: “Happiness is to make people live more comfortable and pleasantly and become confident of the future.” The objective of economic development is to improve people's living standard. Behind the happiness index, a state not only investigates people's level of happiness by the increase in GDP, but also focuses more on education, medical treatment, housing and environment. College students are the builder and successor of socialism, so it is critical to carry out the education of college students on the view of happiness, and make them understand the meaning of happiness and the ways to create happiness, in respect of building a socialist modernization power. According to the report of the 19th National Congress of the Communist Party of China, the main conflicts of our society in the new era have been converted to the problem between the increasingly beautiful living demands and the unbalanced and insufficient development. Such unbalanced and insufficient development problems are mainly related to “three rural issues”. Although the rural-urban

^①Qingrui ZHANG. Research on the View of Happiness for Young People under the Vision of China Dream [D]. Northeast Normal University, 2016.

development gap has been gradually decreased, further improvement is still required. The quantity of college graduates in our country has shown gradual increase year by year along with the gradual increase in the rate of unemployment year by year. There is a commonly held concept among students, “graduation equals to unemployment”. Urban employment is in a state of surplus, while the rural employment is in a vacant state. On the other hand, the education on the view of happiness can help college students convert their view of employment, so that they can not only consider personal happiness, but also pay more attention to the state and society, combine personal happiness with national happiness, blend national happiness in personal happiness, so more college student talents will be transported to rural areas, to make contributions to building beautiful villages and realizing the strategy of rural vitalization, and then promote the construction of a socialist modernization power.

5.2 Reinforcement on Educating College Students about the View of Happiness Can Contribute to Building a Harmonious Socialist Society

A harmonious and stable society is the foundation for people to pursue happiness. Society consists of individuals. According to Marxism, people always belong to the society, and in such broad environment, the essence will also be changed with the essence of the society. Therefore, harmonious coexistence of people can play a critical role in building a harmonious society. However, a positive view of happiness can contribute to forming a harmonious relationship among people, and by educating college students about the view of happiness, we can give full play to the guiding and incentive functions of ideological and political education, help college students build a harmonious, friendly and stable interpersonal relationship and student-teacher relationship. Therefore, educators should educate college students about a positive view of happiness from the standpoint of building a harmonious society, combine personal happiness with social happiness, and focus more on cultivating generality based on respecting personality, and make due contributions to building a harmonious socialist society. College students should establish a positive view of happiness, and it is of important value to build a harmonious socialist society.

5.3 Reinforcement on Educating College Students about the View of Happiness Can Contribute to Promoting the Comprehensive Development of College Students

According to the report of the 19th National Congress of the Communist Party of China, it was put forward that “we should implement the party's education policies comprehensively, implement the essential task of strengthening moral education and cultivating people, develop quality education, promote education fairness, and cultivate all-round developed socialist builders and successors”, in respect of developing educational business in advance. This discussion has highlighted the importance of comprehensive development, which indicates the development in morality, intelligence, emotions and other qualities. College is the conversion point in life, and most college students will prove right or wrong by personal practices based on their own judgments and understandings. Education on the view of happiness can help college students establish a correct world view, and face life in a positive attitude. In the face of obstacles and dilemmas, they won't be discouraged, and retreat, instead, they will face difficulties bravely. Education on the view of happiness can not only help college students form correct world view and value, but also guide their spirits and thoughts, so that they can analyze and solve problems in a mode of self-encouragement. Education on the view of happiness is a conversion of internal conflicts for college students, and is aimed to reinforce their internal logics, perfect their personalities, and then realize comprehensive development.

5.4 Reinforcement on Educating College Students about the View of Happiness Can Contribute to Carrying Forward the Excellent Traditional Culture of the Chinese Nation

Happiness has been the objective pursued by all people since ancient times. As early as in our pre-Qin period, people have discussed happiness a lot, and formed a profound view of happiness. According to pre-Qin philosophers, spiritual wealth equals to material wealth, and can measure the standard of happiness better. They thought that we should be indifferent to objective facts, such as

material wealth, lowliness and nobleness, focus more on our inner thoughts, because a beauty of mind is the actual happiness.

According to Laozi, “content is happiness”, while Confucius held “An ambitious man can take delight in making constant endeavors, even if he lives a hard life”. Both of them thought that happiness can be acquired, as long as we can be indifferent to fame and wealth and content with poverty. As can be seen from the cognition of pre-Qin philosophers, after people have known the true essence of happiness, they won't sink because of fame, wealth and identity, instead they will form a good personality spontaneously. It is also of important enlightenment for us to build a positive view of happiness. Zhongyan FAN, Mengzi, and Mozi used to express their own opinions respectively, for Zhongyan FAN, it was “to be the first to bear hardships, and the last to enjoy comforts”, while for Mozi and Mengzi, it was “sharing happiness with the people”, and “universal love”. We can see that pre-Qin philosophers have combined their personal happiness with the happiness of the society, advocates devoting to the society, combing self-happiness with the happiness of others and the society, which can be of guiding significance to carry forward a positive and accurate view of happiness. Pre-Qin philosophers were often strict with themselves and educated others based on their internal happiness standard, and would realize their ambitions regardless of the bad external environment, and frustrations. They were respected by the world because of their strong sense of responsibilities. By educating college students about the view of happiness, we can help them understand the view of happiness in Chinese traditional culture, while helping them set pre-Qin philosophers as their models, to learn their sense of responsibilities, regard the happiness of people, society and the nation as their own mission, inherit and carry forward the responsibility consciousness of the ancients, to make contributions to creating happiness for the world.

5.5 Reinforcement on Educating College Students about the View of Happiness Can Contribute to Enriching the Contents of Ideological and Political Education in Colleges

The contents of ideological and political education in colleges shall be conveyed to college students with plans and objectives based on the actual ideological conditions and characteristics of college students as well as the background of the era and the environment characteristics, and shall meet the ideology of political development. Such ideologies include ideology and morality, value concepts, and quality education. However, the view of happiness belongs to the category of world view as a whole, and is both scientific and rational, and will play an important leading role in the future development of college students, so the education on the view of happiness is essential for ideological and political education in colleges. In college, college students have mixed roles and will experience the conversion of conflicts with the identity. After getting into the society, they cannot have mature judgments of many things, and will often “follow blindly” and “compare with others”, and even establish their own happiness on the pains of others. At this point, the education on the view of happiness for college students can exert the function of ideological and political education, help and guide college students, in respect of ideology and action, regard practice as the power and make them fully understand the accurate view of happiness and put into practice. Therefore, reinforcement on educating college students about the view of happiness can contribute to enriching the contents of ideological and political education in colleges, and is better accepted by college students.

6. Conclusion

In respect of building the view of happiness for contemporary college students, it not only requires the mutual effect of colleges and families, but also the joint endeavors made by individuals and the society. We should keep a foothold in social practice, educate college students about the view of happiness, so that they can fully understand it, and put into practice. A state's prosperity and greatness depend on the young people. It is hoped that college students can “stay true to the mission, and keep the mission in mind”, and realize their personal dreams when pursuing for happiness.

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