

**Study on the Integration of Tea Culture and College Students' Etiquette Education**

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**Abstract:** Chinese tea culture is a traditional culture integrating Confucianism, Taoism and Buddhism. Its philosophical meaning has obvious oriental characteristics. Based on its cultural heritage and spiritual wealth, it integrates with the etiquette education of college students. The humanistic quality and psychological quality of college students in the new era have positive significance. Based on the analysis of tea culture and the inadequacies of Chinese college students' etiquette education, this paper explores the value of tea culture to college students' etiquette education, and then proposes countermeasures for the integration of tea culture and college etiquette education.

**Keywords:** Tea Culture; College Students; Etiquette Education; Integration

## **1 Introduction**

Chinese education sector has been promoting quality education for many years. College etiquette education is an important part of quality education. As we all know, the talents that the country needs are only enough to have advanced scientific and cultural knowledge. It is obviously not enough to strengthen the humanities of college students. In order to adapt to the needs of talented people in the construction of a socialist country with Chinese characteristics, it is of great significance to train students to become excellent talents with both ability and political integrity. The integration of tea culture and college students' etiquette education will help to enrich the etiquette and moral content, and at the same time promote the humanistic quality of students. Based on this, this paper discusses the fusion of tea culture and college students etiquette education, and seeks effective ways to integrate the two, in order to promote the all-round development of college students in the new era.

## **2 Humanistic connotation of tea culture**

Regarding the definition of tea culture, Chinese scholars define it as the sum of the material and spiritual wealth of tea created in the process of demonstrating a clear history of development in human society. Therefore, it is not difficult to see that tea culture is a product of a high degree of harmony between material civilization and spiritual civilization. From the perspective of the structural system of tea culture, it includes three aspects of material culture, institutional culture and spiritual culture (as

shown in Figure 1). As early as 31 BC, the tea that was born in China was mainly used as a local consumer goods. It developed into the Wei Jin, Southern and Northern Dynasties. Tea was fully spread in the Yangtze River basin and gradually spread to the north. Later, after years of development, the tea gradually evolved into the Qing Dynasty. Going to the world stage and spreading it widely in many countries. In the process of tea spread for many years, the tea culture has been continuously sublimated. Among them, Lu Yu's "Tea Classic" symbolizes the formal formation of Chinese tea culture. Subsequently, the Chinese tea culture will continue to enrich, enrich and develop, and will grow tea. Tea, tea, tea garden, tea, tea, tea, and history, economy, religion, ethnicity, etiquette, diet, gardening, and accompanied by Chinese poetry, painting, song and dance, drama, etc. An artistic expression. It can be said that the long history of Chinese tea culture and its rich cultural heritage make it a wonderful work in Chinese traditional culture. In addition, with the continuous development of tea culture, its value, aesthetic taste and way of thinking make tea culture and life philosophy combined, tea culture gradually rises to the height of philosophy, and its influence on human personality cultivation is also Very far-reaching<sup>[1]</sup>.

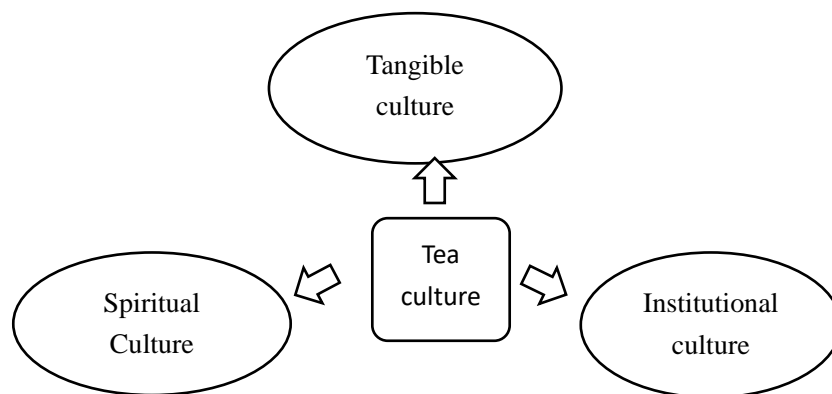


Figure 1 The structural system of tea culture

### 3 Problems in etiquette education of Chinese college students

Chinese etiquette education requires that college students keep along with others. For example, when talking to parents, the attitude should be harmonious. When parents and teachers and older people talk, they should keep sitting and correct, and must not have nails, shake fans, etc. If you see the elderly outside, you should take the initiative to say hello and take the initiative to give way. However, from the current state of etiquette in the university, these basic etiquette qualities are rarely seen among them.

At present, most of the college students are only children, they are cared for in the family, and the family members rarely educate them to master the basic etiquette. As a result, some of the basic etiquette of young people are lacking, especially now some college students. Many occasions only focus on playing mobile phones, and interact with the etiquette of the people around them, but rarely take the initiative to do it.

In addition, loudly screaming in public places and ignoring the existence of others is one of the manifestations of the lack of etiquette. This phenomenon is very common from the daily behavior of Chinese college students. Some college students not only talked loudly and made phone calls in public places, but also had a show of love with others who were in the public eye. Some college students do not think that their etiquette has any problems, and even some college students are pursuing individuality, treating others indifferently, and not communicating with others.

In people's daily etiquette, dressing is also a manifestation of high etiquette. Chinese ancients have very strict requirements for clothing. However, in view of the performance of some college students, some college students wear fashions that are not suitable for them in the unsuitable occasions, and even more often they are exposed in public or serious occasions, but still think that this is fashion. This performance is not only the disrespect of others, but also the performance of some college students with correct aesthetics<sup>[2]</sup>.

The traditional etiquette of China is very particular about respecting and respecting others. Respecting others is the basic etiquette of a person. However, some college students in the process of getting along with others are characterized by excessive attention to themselves, lack of initiative to take into account the feelings of others, and do not know how to change positions. Thinking, not respecting others, this performance is both a manifestation of lack of etiquette and a manifestation of low moral quality.

#### **4 The value of tea culture to the etiquette education of college students**

The degree of civilization of human society, people's etiquette is often an important measure. When people have higher humanistic qualities and moral standards, it shows that people's etiquette is better. Therefore, everyone in the society or the country should have a high moral level and moral cultivation. According to the process of etiquette completion education and personal self-cultivation, we should pay full attention to the details in the work and learning environment, and use rational thinking to understand the choices. In order to perfect personal quality and quality, and to achieve the

true purpose of etiquette education. Therefore, the value of tea culture to college students and etiquette education is mainly manifested in five aspects (Figure 2), one is self-cultivation, the second is to pay attention to details, the third is to promote etiquette, the fourth is to promote thinking ability, and the fifth is to know how to choose.

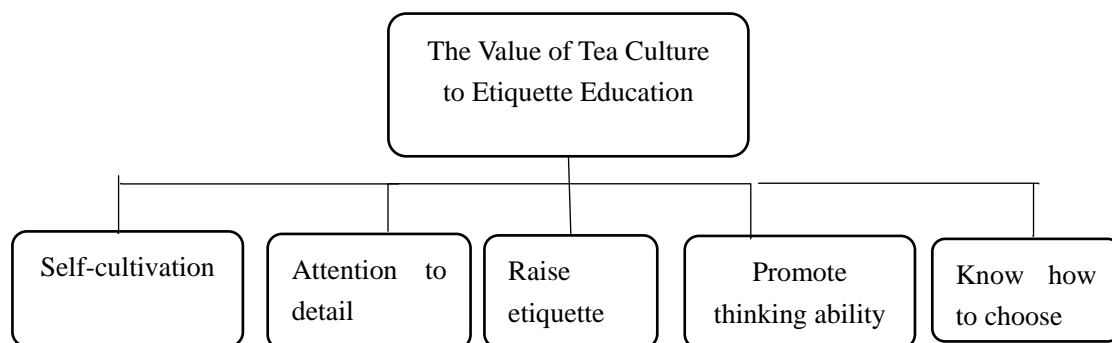


Figure 2 The significance of the integration of tea culture and etiquette education

#### 4.1 self-cultivation

Integrating tea culture with college students' etiquette education, and guiding them to drink tea in a quiet and natural environment. Because drinking tea itself has the effect of keeping the body, guiding college students to drink tea activities not only helps them to develop health care. Good habits, at the same time, can also enable college students to enhance their own ideas by drinking tea, so as to continuously promote the effective improvement of personal cultivation and moral quality. When drinking tea in a quiet environment, you can guide students to drink tea in a solitude way<sup>[3]</sup>. This has positive significance for promoting students' health and psychological quality. It can help students to guard against arrogance and arrogance, maintain a normal attitude and take a dialectical initiative. Explore problems in life and ways to solve them.

#### 4.2 Attention to detail

In the tea culture, brewing tea is not only very beautiful in terms of action patterns, but also has higher requirements for the specific steps of brewing tea, which can effectively reflect the quality of people and the habit of brewing tea. In the process of integrating tea culture with college students etiquette education, teachers should teach students to master the essentials of brewing tea, and also need to guide students through brewing tea to understand the connotation of tea culture. For the specific steps of brewing tea, it is necessary to choose good tea leaves and suitable water temperature, and also need to take into account the details of each tea, which is not only related to tea tea fragrance, but also an important performance of brewers on tea heart. Teachers also need to guide students to learn

how to choose the right tea set, because in this process, students carefully understand the environmental requirements and time requirements under the careful operation, thus students are paying attention to the details in the accumulation of time. Good character, this is not only a way of drinking tea, but also a life attitude that pays attention to detail, which has a positive effect on improving the etiquette quality of college students.

#### **4.3 Enhancement etiquette**

In the etiquette education of college students, the tea culture is applied. Through the study of the professional knowledge related to tea art, students can understand the importance of humanistic quality and etiquette. Often, etiquette education requires students to be polite in the process of getting along with others, and to pay full respect to the people around them, including relatives, friends, and colleagues. Tea culture and etiquette education have something in common. Because tea needs to be fully done for every etiquette step, only the proper manner can show the connotation of tea etiquette. Therefore, the integration of tea culture and college etiquette education can not only cultivate students. A good attitude towards life can effectively enhance the relationship with others and build a deeper friendship.

#### **4.4 Promote thinking ability**

The organic integration of tea culture and etiquette education also has a positive impact on the cultivation of students' thinking consciousness. Because in the tea culture, one needs to think through continuous thinking in order to appreciate the deeper thoughts in the tea culture. After the integration of tea culture and etiquette education, college students can form thinking consciousness through various tea culture activities and keep thinking. This will have a positive effect on the study of college students and their future entry into the workplace, because in the environment of thinking, students can find more knowledge in their work and study. At the same time, because the brain is active, students' life attitudes and learning attitudes will be more active. In the future employment stage, students can maintain their enthusiasm for work.

#### **4.5 Know how to choose**

In the tea culture, tea is the attitude of harmony between man and nature and the idea of pursuing nature. The core idea of tea culture can tell students not to be impatient, not to blindly pursue goals, to understand the natural laws and development laws of things. Complete things step by step. The combination of tea culture and college students' etiquette education can effectively guide students to

apply the core ideas of tea culture to study and life. When encountering difficulties, adjust their mentality, not blind, not impatient, and finally find problems through calm thinking. The essence, after fully thinking about it, then find out the best solution.

## **5 Tea culture and college students etiquette education integration countermeasures**

### **5.1 Strengthen tea culture and tea ceremony spiritual learning**

After learning the poems and paintings related to the investigation, the university students can have a deeper understanding of the tea culture, and can deeply feel the unique charm of the tea and the poet's respect for each other, in order to reflect on themselves and to be human beings. A more thorough understanding of attitudes and their own etiquette. For example, read "cleanness is not dirty, it is annoying for drinking and dusting. This material is a spiritual smell, this self-exiting the mountain." Teachers can guide students to understand the tea culture and the connotation of tea culture, and then combine etiquette education to guide students to reflect, Recall whether you are respectful of others in your life, whether you are happy with others, and whether you are treating things as a normal heart. By studying tea culture, it has positive significance for promoting students to follow the laws of nature and to get along with others. This is the charm of tea culture and tea ceremony spirit. Therefore, it is necessary to strengthen the study of tea culture and tea ceremony spirit.

### **5.2 In-depth study of tea skills**

As a unique activity, tea art integrates art and culture. When brewing tea, it requires every movement and step to be fine and smooth, thus presenting a beautiful and elegant tea culture. In the tea art performance, usually with background music, this creates an artistic environment for the tea art skills, and its beauty is self-evident. The combination of tea culture and college students' etiquette education not only needs to guide students to learn tea skills, but also can use other elements in tea performances and etiquette education, especially in tea performances, which is also in tea art skills. The important components can cultivate the spirit of mutual cooperation and solidarity among students. At the same time, students in this environment have improved their artistic accomplishments and know how to respect others and treat others with courtesy.

### **5.3 Conducting a diversified tea culture exchange meeting**

In the current social environment, due to the continuous improvement of the level of social and economic development and the infinite convenience brought by high technology to people's lives, many college students mainly rely on eating, drinking and playing in the exchange of people. Other

rich and connotative exchange activities are relatively rare. As a result, there is a lack of communication for cultural communication. From another perspective, it also aggravates the lack of etiquette and literacy of college students. Therefore, it is necessary for colleges and universities to organize a diversified tea culture exchange meeting on a regular basis. It is the university students who express their understanding and understanding of tea culture in the process. At the same time, teachers can also guide students to reflect on their etiquette and literacy at the exchange meeting. Insufficient, and discuss with others to promote the formation of personality literacy, and then improve the ritual literacy recommendations. At the same time, students can not only drink tea and talk about things in the tea culture exchange meeting, but also exchange new tea culture with each other. They can also communicate with others in a normal attitude and calm thinking in this environment, which is of great significance for learning to share and tolerate. .

## **6 Conclusion**

Tea culture is an important treasure in Chinese traditional culture. It is integrated with college students' etiquette education. The special aesthetic value of tea culture can be further sublimated in etiquette education, and then the cultivation of college students' personality literacy and etiquette quality can be realized. In the future stage, how to better apply tea culture to college students' etiquette education is worthy of in-depth study by scholars.

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