

The realistic appearance, cause analysis and diagnosis and treatment path of undergraduate students lying flat from the perspective of subculture

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Abstract. With the deep structural changes in society, a social lying culture characterized by reduced desires has gradually invaded the campus and eroded the spiritual world of undergraduates. Based on the subcultural perspective, it is found that there are three kinds of flatness patterns among undergraduates: those who identify with “long live flatness”, those who shout “flatness is justice” and those who practice “flatness culture”. On this basis, it is found that multiple feelings and multiple objects are important factors leading to undergraduates' lying down. Accordingly, the issue of undergraduate lying flat is addressed at three levels: macro (multi-party collaborative co-education), micro (two-way internal and external growth) and virtual (strengthening media literacy education), with a view to promoting the healthy development of mainstream culture.

Keywords: Subculture, undergraduates, lying flat, diagnosis and treatment.

1. Introduction

At present our country is in the transition period of economic development and social structure change, young people, especially undergraduates, have become the vanguard of realizing the ideal of a strong educational nation. so college undergraduates of the state of mind and behavioral patterns have been the state of great concern, as if the American psychologist Erikson said: "In any period of time, the youth first of all means the noisy and more striking part of the peoples." [1] Youth will form their own unique subculture in different social and historical periods, which is neither the mainstream culture advocated by contemporary society nor the counterculture that runs counter to the mainstream culture, and its essence is a kind of marginal culture. [2] Youth subculture is the emerging community or trendy lifestyle with a certain 'abnormal' color or challenge that keeps appearing in the framework of social class structure. [3] Since the new century, youth subculture has experienced mourning culture, Buddhist culture, and the current lying culture. "Lying down" refers to the low-desire lifestyle that people choose in the face of social involution. The culture of lying flat is being presented in various cultural samples in colleges and universities, constantly eroding undergraduates' worldview, outlook on life, and values. Therefore, based on the perspective of youth subculture, this study will analyze the reality of undergraduates lying flat in colleges and universities, analyze the deeper causes of the phenomenon of lying flat, and then put forward precise diagnosis and treatment paths in the hope of promoting the healthy development of youth culture.

2. Narratives of Undergraduate Lay Flat Samples in Higher Education

"Lying flat" has spread among undergraduate students in colleges and universities through both virtual and real fields, and is a social group subculture phenomenon. Undergraduate students continue to resonate in this emerging cultural atmosphere, i.e., from identifiers of laying culture to transmitters and practitioners of laying culture. Based on the perspective of youth subculture, this study classifies the current undergraduate students' laying performance in colleges and universities into: laying thoughts after the awakening of subjective consciousness, laying words supported by technological power, and laying behaviors under the influence of community culture.

2.1. Ideas lie flat: “Long live the lie flat” identifiers

In the post-modern society, young people pay more attention to their own subject position, and undergraduates gradually become the identifiers of the lying culture after the awakening of their own subject consciousness. They are playing the slogan of "long live lie flat", "you roll your own, I lie my own", and ideologically agree with the lie flat culture. Such identifiers are divided into two categories: one is innate identifiers, a part of the students just naturally dislike the competitive environment; the other is acquired identifiers, they are not averse to the competition itself, but rather averse to and rejecting the unfair and inequitable competition, the competition itself does not have any problem. [4] But due to various factors that undermine the principle of fair and just competition, there are more and more acquired identifiers.

2.2. Words lie flat: “Lying flat is justice” criers

In May 2021, "'Lying flat' is justice" net article came out, people shouted "I lie flat, you are at will", undergraduates online and offline dual space with words to express their willingness to lie flat, on the one hand, the network as a kind of technical power gives undergraduates part of the right to speak, but also provides space for the survival and development of the lying community, when the offline systematic environment has regulated and restricted the language, resulting in part of the students to transfer to the online position to express their will to lie down. On the other hand, offline interaction, "Oops, the teacher doesn't call the roll in this class, sleeping in the dormitory is too fragrant!" Words like this led undergraduates to gradually enter the lying circle, which eventually leads to the anti-intellectual orientation of "mocking hard work" and gradually deviates from the mainstream cultural values under the influence of the broken window effect.[5]

2.3. Behavioral flattening: Practitioners of the “flattening culture”

Undergraduate students under the influence of community culture show a variety of laying down patterns, mainly in two aspects: academics and life. On the one hand, it is the academic lying flat, specifically, in the classroom space, the first row of the school classroom is almost unattended; in classroom interaction, along with the increase in the age of the students to answer the question of the enthusiasm gradually declined; in the examination, the phenomenon of long live 60 minutes is not rare; in the final, undergraduate thesis cannot meet the graduation requirements of the phenomenon also occurs from time to time; in terms of employment, the unsatisfactory employment rate of undergraduates has always been a real problem for the management of colleges and universities. On the other hand, the life is lying flat, specifically, in the living habits, undergraduates do not take seriously the long-term late night, eat unhealthy food and other physical overdraft behavior; in the daily activities, playing games and chasing dramas and comics accounted for a part of undergraduates almost all the living space; in terms of life skills, many undergraduates are unable to live independently for a long time under the influence of hothouse family education mechanism; in terms of life ideals, many students lack life planning, and “taking one step at a time” has become the norm.

In order to prevent undergraduates from dissolving their youthful aspirations, it is especially important to explore the causes of undergraduates' lying culture.

3. An analysis of the causes of undergraduate lie flat culture in colleges and universities

The transformation of society often gives rise to corresponding social and cultural phenomena, and the ideological practice of lying flat is to some extent compatible with the psychological changes of undergraduate students.[6] Based on Bronfenbrenner's ecosystem theory, this paper analyzes the deeper reasons behind the phenomenon of lying flat from the subject of students and the social ecology in which they live.

3.1. Multiple Feelings Become Influential for Undergraduates to Lay Flat

3.1.1. Feelings of disempowerment from learned helplessness

Acquired helplessness refers to the negative and pessimistic psychological emotions in personal thoughts and behaviors after the organic organism is continuously subjected to the experience of failure and frustration. Undergraduates gradually enter a state of learned helplessness after a long period of lack of affirmative evaluation, which reduces their self-efficacy, undergraduates with low self-efficacy will find it difficult to complete their academic tasks. According to a related study, 33.61% of undergraduates believe that "feeling helpless due to the lack of match between external pressure and their own ability" is the main reason for "lying flat". [7]

3.1.2. A sense of subjectivity brought about by changing times

The disappearance of native social ties and the deep transformation of China's society and economy have made the new generation's sense of self-subjectivity stronger and stronger. Most of the new generation of undergraduate students are in nuclear families as a result of the one-child policy. Their concepts begin to shift from focusing on the value of survival to the value of self-actualization.

3.1.3. A sense of drift brought on by social acceleration

Accelerated societies lead to cultural ruptures between generations. Undergraduates and their parents receive different cultural systems, which makes them hold completely different lifestyles and values.[8] Generational differences gradually alienate undergraduates from their parents and elders, and eventually develop a sense of drift independent of the world.

3.1.4. Sense of defense from an involitional environment

With the intensification of social involution, colleges and universities are also forced to join in, undergraduates in order to avoid falling into the involution environment and the emergence of a variety of defensive behaviors. For example, the college organized a variety of campus activities, if not mandatory will choose not to participate; normal classroom interactions are viewed by students as "being in the limelight," and everyone tries to avoid being the "obvious bag" in the group.

3.2. Multiple Objects as Influences on Undergraduate Lay Leveling

3.2.1. Families: withdrawal reactions from weak engagement

According to the survey, Chinese parents have the lowest degree of involvement in their children's academic career at the university level, and the withdrawal reaction brought by this weak involvement to undergraduates is one of the reasons for their laying down behaviors. For example, we often hear from Chinese parents, "I don't care about you as long as you go to college", which will make the children form the wrong learning concepts, resulting in many undergraduates out of the compensatory psychology of revenge relaxation and immersive lying down; there are also some parents think that their children can deal with their own life and academic problems, but for undergraduates entering university for the first time, the life and learning mode of the university is very different from the previous life and learning mode, especially students studying in different places will also have cultural adaptation problems. Therefore, the absence of parents makes undergraduates unable to get emotional support in time and appear the phenomenon of lying down.

3.2.2. Schools: competitive disempowerment through involution

"Internalization" characterizes the competition for limited resources within the same sector or system, which leads to some sense of inflation in the individual's "gain-to-effort ratio." [9] As the output end of the university is also in the same state of internalization. For example, during the undergraduate period of the examination stage, the libraries are overcrowded, but very few people actually achieve their goals, so whether it is the campus of the academic involution, or need to face after graduation, social involution, so that the undergraduate students to produce a sense of powerlessness.

3.2.3. Society: structural dilemmas brought about by the transition

Social development is in a critical period of transition, the culture of lying flat is a reflection of the mentality of college undergraduates and a cultural mapping of social issues. First of all, the current social environment has a negative impact on the values of undergraduates, for example, the astronomical pay of celebrities and the network dividends brought by live broadcasting have a strong impact on the values of undergraduates. Secondly, the social involution, which can also be called the tyranny of merit system. For undergraduates, unless they are the best in their peer group, no matter how hard they work, they are likely to be engaged in the same job, so they will choose to live a more relaxed and Buddhist style of lying down. [10] Again, the acceleration of technology, society and the pace of life alienates undergraduates' relationship with self and society. Under the urging and domination of the logic of acceleration, undergraduates' sense of life experience and socio-emotional competence gradually weakened, [11] and the bond of kinship was difficult to be maintained under the tyranny of time. Finally, in the process of social transformation, the expansion of education in the process of increasing access to education at the same time, but also brought about the depreciation of academic qualifications. Graduate students have long since ceased to be a "rare species". This structural predicament makes more and more undergraduates feel a sense of loss and helplessness when they enter the society. [12]

3.2.4. Peer groups: emulative practices resulting from peering

Undergraduate school is the period when students are most susceptible to behavioral culture, and the majority of undergraduates go on to emulate lying behaviors under the influence of the lying fanatics around them. In order to avoid making themselves the Other, undergraduates will emulate the lying flat behavior thus aligning themselves with the group. In the long run, this will create the illusion that everyone is lying down, it is bound to have a negative impact on undergraduates' values.

3.2.5. Cyberspace: digitization accelerates subgroup formation

The online medium will allow college undergraduates to quickly become emotionally empathetic to the culture of lying flat, which in turn will lead to the formation of various subgroups. In cyberspace, the content of short video platforms and the lying type of emoticons appearing in chats are all filled with lying culture.[13] Therefore, in the social context of the rapid popularization of mobile Internet media, youth subculture has not only gained new forms of expression, but also formed more and more cultural subgroups due to its self-reinforcing mechanism.

4. Diagnostic Paths to a Culture of Undergraduate Laying Flat

At present, our country is in the historical convergence period of realizing the goal of "two hundred years", the whole society, especially the college student group needs to maintain a high and upward state of mind. Therefore, this paper proposes strategies to solve the problem of "lying flat" culture from the macro-environment, i.e. family, school and society, the micro-environment, i.e. students themselves, and the virtual environment, i.e. cyberspace, in which undergraduates live.

4.1. Macro-environment: Collaborative education at home, school and society to create a good environment for students' growth

Family, school and society are the most basic living environments for undergraduates, so the synergistic co-education of family, school and society is the key to constitute a closed loop of nurturing. First of all, family is the most important factor influencing the growth of undergraduates. Weak parental involvement makes undergraduates take college as a relaxation period between the study stage and the work stage, thus parents are needed to change their own educational concepts and behaviors, and reasonably allocate their own involvement in the various stages of their children's growth. Secondly, many aspects of school education play an important role in eliminating the culture of lying down. On the one hand, it is necessary to reform and improve the curriculum system of colleges and universities, civic education in higher education must respond effectively to the genuine

concerns of young people; [14] the curriculum content of colleges and universities should focus more on training students' skills, and innovate the evaluation mechanism of colleges and universities, and construct a diversified evaluation mechanism that can give many students a sense of achievement. [15] On the other hand, we should strengthen the construction of college culture, we need to be rooted in the excellent traditional culture of the Chinese nation, carry forward the spirit of the May 4th, with the six warnings put forward in the new youth to cultivate the youth culture of the new era. [16] Finally, a good social ecological environment is an important factor for the healthy growth of undergraduates. On the one hand, undergraduates should be placed in the important position of social development, and class solidification is an important external force that promotes the breeding and spread of "lying culture". [17] Therefore, it is necessary to break the problem of class solidification with institutional policy regulations; on the other hand, it is necessary to create a healthy and orderly economic ecology and competitive environment, and establish a sound, fair and just social competition mechanism to alleviate the involitional atmosphere of undergraduates' continuous self-enhancement. [18]

4.2. Micro-environment: internal and external enhancement of undergraduate students' resilience to the external environment

Individuals in human society are exposed to complex and changing environments, so undergraduates must enhance their adaptability to the environment through both internal and external cultivation. On the one hand, undergraduates can read more and travel more, reading will make undergraduates learn to be reconciled with negative emotions; and traveling will make undergraduates learn to feel the life so as to experience the meaning of life. Therefore, parents should cultivate their children's reading habit from childhood, and should support their children to see more of the world; colleges and universities should provide students with abundant reading resources, and they should provide leave facilitation services for students to travel; and the society should also strongly advocate the importance of reading, and they should formulate multi-faceted economic incentives for students to travel; on the other hand, undergraduates have to strengthen their survival skills by continuously enhancing their basic knowledge and basic skills. Parents should cultivate their children's ability to live independently from childhood, and students themselves should develop the habit of doing things independently; universities should implement the curriculum policy of integration of industry, academia and research, and undergraduates should make full use of internships provided by the university to practice; administrators of social network platforms can weaken the low socialization of undergraduates in real life by strictly controlling the length of students' online interactions and exchanges, undergraduates should also have the courage to step out of their comfort zone, and strengthen their survival skills through lifelong learning.

4.3. Virtual Environment: Enhancing Media Literacy Education to Improve Undergraduate Students' Information Discernment

The ever-changing online cultural space requires us to enhance media literacy education for undergraduates in order to improve their information screening skills. Media literacy is the ability to choose, understand, question, evaluate, create, and reflect on media information, so in order to break through the online information barrier, we must improve undergraduates' ability to choose information and awareness of online responsibility. [19] As an 'anywhere, anytime, online' generation Z undergraduates, the Internet is no longer a "virtual space" suspended above the real society, but a new networked society that comprehensively penetrates into all areas of society. Therefore, it is imperative to build a harmonious, green and healthy network society, and all walks of life need to work together to guard the Internet position. Specifically, the state should reform and improve the management system of Internet platforms with policies and regulations; official and unofficial media should work together to resist undesirable network culture and promote the mainstream ideology to occupy the space of network culture; [20] universities should offer special media literacy courses for undergraduates to improve students' ability to discern network information; undergraduates should

also enhance their sensitivity to network information while digitally empowering their own development, and learn to treat pop culture cautiously with critical thinking.

5. Conclusion

In conclusion, youth is crucial to the development of a country, so when there is a culture of lying down in colleges and universities, it is necessary for all social forces to work together to escort undergraduates in their growth and success, and it is also necessary for undergraduates to find many ways to overcome the lying flat mentality, and strive to create a youthful family, a youthful country with the youthful me.

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