

Study on the Synergistic Development of Tea Culture Therapy and Psychological Intervention of Youth Employment Anxiety

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Abstract: Tea culture therapy is a psychological intervention with tea culture as the core. It aims to help individuals adjust their bodies and minds, relieve stress, and improve their mental health through tea tasting, tea ceremonies, and so on. Tea culture therapy combines traditional culture with modern psychology, with a profound theoretical basis and practical application value. The design of personalized tea culture therapy for different groups of young people needs to deeply understand each group's characteristics, needs, and background and then formulate corresponding intervention strategies.

Keywords: Tea culture therapy; youth employment; anxiety.

1. Introduction

Youth employment anxiety is a common problem in the current society, which is mainly manifested in worries about employment prospects, doubts about self-worth, and uncertainty about the future. Suppose this kind of anxiety is not intervened in time. In that case, it may lead to a series of psychological problems, such as depression and inferiority, which will seriously affect the physical and mental health and career development of young people. In tea culture therapy, psychological intervention techniques such as cognitive behavioral therapy, relaxation training, and mindfulness meditation can improve the intervention effect[1]. For example, cognitive behavioral therapy can help young people adjust their unreasonable employment concepts and relieve their anxiety through relaxation training and mindfulness meditation. In order to promote the coordinated development of tea culture therapy and psychological intervention of youth employment anxiety, the following strategies and methods should be adopted: (1) Strengthening the integrated research of tea culture therapy and psychological theory; (2) Popularizing the Application of tea culture therapy in universities, enterprises, and institutions; (3) Organize relevant training and lectures to raise public awareness of tea culture therapy.

2. Overview of Tea Culture Therapy

2.1. The history and culture of tea

Tea, as one of the three major beverages in the world, originated in China and has a history of thousands of years. With the passage of time, tea culture has gradually integrated into the essence of Chinese culture, forming a unique cultural form such as tea ceremony and tea art. In China, tea is a drink and a way of spiritual sustenance and self-cultivation. There are many kinds of tea in China, including green, black, oolong, black, and yellow. Each kind of tea has its own unique flavor and characteristics, such as green tea being fresh and refreshing, black tea being mellow and rich, and oolong tea having a high and lasting fragrance. Understanding and mastering the characteristics of all kinds of tea is the basis of tea tasting. Tea tasting is not only a sensory enjoyment but

also a spiritual experience[2]. Mastering tea ceremony etiquette and tea-tasting skills can make people better appreciate tea's beauty in the tea tasting process. For example, the mastery of water temperature and time when making tea and the mood when tasting tea will all affect the effect of tasting tea.

2.2. The relationship between tea and health

Tea is rich in many healthy ingredients, such as tea polyphenols and caffeine[2]. Moderate tea drinking can help refresh the mind, reduce blood pressure and lipids, and resist oxidation and aging. However, excessive drinking of tea or improper drinking methods may also have adverse effects on health. Therefore, in the process of drinking tea, we should pay attention to the right amount and personal physique. Besides being a beverage, tea is also widely used in daily life. Such as the production of tea eggs, tea barbecue, and other delicacies; the application of tea extract in cosmetics, bath products, and other fields; And the application of tea in the field of medical care. These are all showing the diversity and extensiveness of tea. In China's traditional culture, tea is closely related to Zen and Taoism[4]. Zen emphasizes inner peace, Taoism advocates natural inaction, and the tea ceremony pursues the realm of quietism. Therefore, tea tasting has become a way of self-cultivation, and the essence of Zen and Taoism can be better understood through tea tasting.

3. The Role of Tea Culture Therapy in Relieving Youth Employment Anxiety

3.1. The main manifestations of youth employment anxiety

3.1.1. Concerns about employment prospects

Many young people are worried about their employment prospects. They may worry that they can't find a job or face the dilemma of changing jobs frequently. They may be pessimistic about the economic situation and national policies and think that the job market is full of uncertainties and challenges. In addition, salary is one of the focuses that young people pay attention to when choosing a job. They may want

compensation matching their abilities and efforts and hope the company can provide perfect welfare and promotion mechanisms. However, due to fierce market competition and their own conditions, they may not be able to obtain ideal salaries and welfare benefits[5].

3.1.2. Doubt about one's own ability

Some young people lack confidence in their abilities, knowledge, and skills and think they are not qualified for certain jobs or can't adapt to the workplace requirements. This kind of self-doubt may lead them to lose confidence in the job search process and even give up opportunities. In the competition in the workplace, young people may feel helpless and afraid. They may be afraid to compete with others and worry that they will not stand out from the fierce competition. This fear may lead to their lack of motivation and confidence and affect their career development.

3.1.3. The desire for job stability

Many young people hope to find a stable job with a stable income and career development opportunities. However, with the intensification of economic globalization and market competition, many traditional industries and jobs are disappearing or being impacted, resulting in young people's desire for job stability being unsatisfied. Young people want to have enough time and energy to enjoy life, accompany their families, and make friends after work. They are unwilling to sacrifice their quality of life and happiness for work. However, in practical work, they may face problems such as long working hours and excessive work pressure, which leads to the failure to balance work and life.

3.2. The role of tea culture therapy in alleviating youth employment anxiety

Tea culture therapy has a certain effect on alleviating youth employment anxiety. Young people's employment anxiety mainly stems from their worries about the uncertainty of the future and their pursuit of personal value, and tea culture therapy can help young people alleviate these anxieties in some ways. First of all, tea culture therapy can help young people to establish a correct career concept. Tea ceremony contains the philosophical thought of "quiet, indifferent, harmonious and comfortable"[6] which can guide young people to reflect on their professional outlook and help them understand the relationship between work and life, thus establishing a correct professional outlook and reducing their worries about the future. Secondly, tea culture therapy can help young people improve their own quality. Tea ceremony emphasizes etiquette, rules, and aesthetics, which are very important in a career. By learning tea ceremonies, young people can improve their etiquette and aesthetic level, improve their own quality, and increase their employment competitiveness. Finally, tea culture therapy can help young people to adjust their emotions. The tasting environment in the tea ceremony can make people feel calm, and the tasting process can make people feel relaxed, which can help young people relieve anxiety and pressure and maintain a positive attitude. Generally speaking, tea culture therapy can help young people alleviate their employment anxiety in many ways, including establishing a correct career concept, improving their own quality, and regulating their emotions. Therefore, for young people with employment anxiety, tea culture therapy can be used as an auxiliary treatment to help them better cope with employment problems[7].

4. Suggestions on the Coordinated Development of Tea Culture Therapy and Psychological Intervention of Youth Employment Anxiety.

With the development of society and the intensification of competition, the employment pressure faced by young people is increasing, and the problem of employment anxiety is becoming more and more prominent. In order to alleviate youth's employment anxiety, various psychological intervention methods have been paid more and more attention. As a traditional cultural therapy, tea culture therapy uniquely relieves stress and adjusts mentality. The following are some suggestions for the coordinated development of tea culture therapy and psychological intervention of youth employment anxiety.

4.1. Promote tea culture

On the one hand, we can carry out tea culture publicity activities and popularize tea culture knowledge to young people by holding tea culture lectures, exhibitions, tea performances, and other forms so that they can understand the connotations and value of tea culture. On the other hand, we can encourage young people to participate in tea culture activities and attract young people to actively participate by organizing tea parties and tea art competitions so as to cultivate their interest and love for tea culture. At the same time, we can also set up tea courses in schools and bring them into the school education system so that students can understand the history, characteristics, and functions of tea culture in the learning process and improve their aesthetic and cultural literacy. For young people with employment anxiety, special tea training classes are set up to teach them tea ceremony etiquette, tea-tasting skills, etc., so that they can relax and relieve their anxiety during the tea-tasting process[8].

4.2. Combined with psychological intervention

First of all, it is necessary to establish a psychological intervention mechanism, combine tea culture therapy with psychological intervention, and establish a perfect psychological intervention mechanism to provide personalized psychological support and counseling for young people with employment anxiety. Secondly, it is necessary to train psychologists, strengthen their study and training on tea culture therapy, and improve their ability to use tea culture therapy in psychological intervention. Finally, to establish a support system, the government should increase its support for the coordinated development of tea culture therapy and psychological intervention, formulate relevant policies, and provide financial support. On the other hand, it encourages all sectors of society to support the psychological intervention of youth employment anxiety and forms a good atmosphere for the whole society to participate. And cooperate with relevant enterprises to jointly carry out tea culture therapy and psychological intervention activities, provide mental health services for young employees, encourage enterprises to promote tea culture internally, and let employees understand and accept tea culture therapy so as to improve their psychological quality and work efficiency[9].

4.3. Psychological intervention for different groups

The personalized design of tea culture therapy needs to deeply understand the characteristics and needs of the target group and combine the rich connotation of tea culture to formulate targeted and effective intervention programs. At the same time, it is necessary to constantly sum up practical experience and adjust and improve the scheme to better meet different groups' needs.

4.3.1. Design according to age group

Different types and depths of tea culture can be selected for young people of different ages. For example, we can design some relaxing and enjoyable tea ceremony experience activities for younger groups. In comparison, we can introduce more in-depth tea ceremony concepts and history for older groups.

4.3.2. Design according to occupational characteristics

For youth groups engaged in different occupations, we can design corresponding tea culture therapy programs according to their professional characteristics and working environment. For example, some relaxation and decompression tea activities can be designed for groups that have been in a high-pressure environment for a long time. For groups needing to improve their communication and expression skills, communication and sharing in the tea ceremony can be introduced[10].

4.3.3. Design according to cultural background

Considering the youth groups with different cultural backgrounds, we can adjust the design of tea culture therapy according to their cultural characteristics and values. For example, for groups with an oriental cultural background, we can dig deep into the philosophical thought and the concept of self-cultivation in tea ceremony. For groups with a Western cultural background, we can emphasize tea's natural health attributes and aesthetic experience.

4.3.4. Design according to health status

For young people with special needs in physical or mental health, corresponding health elements can be added to the design of tea culture therapy. For example, for those who need to improve their eating habits, some healthy eating schemes related to tea can be designed by combining tea's nutritional components and health effects.

4.3.5. Design according to hobbies

Knowing young people's hobbies can integrate corresponding elements into tea culture therapy and improve their participation and experience. For example, for groups who like music and art, music and art activities related to tea can be introduced, and for groups who like outdoor sports, outdoor adventure activities related to tea can be organized.

5. Conclusion

To sum up, tea culture therapy is a comprehensive therapy that combines history, culture, art, and philosophy. By tasting tea and understanding tea culture, people can better understand the essence and charm of Chinese culture,

enhance personal cultivation and aesthetic experience, and at the same time, promote physical and mental health and spiritual growth. The coordinated development of tea culture therapy and psychological intervention of youth employment anxiety is of positive significance for alleviating youth employment anxiety. By promoting tea culture, developing tea art courses, combining psychological intervention, establishing a support system, and encouraging enterprises to participate, we can realize the effective combination of the two and provide more comprehensive and effective psychological support for young people. In the future, tea culture therapy will be applied and developed in more fields. In order to meet the challenge, it is necessary to strengthen the basic research of tea culture therapy and improve the intervention effect; Expand the application scope of tea culture therapy to meet the needs of more groups; Strengthen international exchanges and cooperation; learn from foreign advanced experience, further study the Application of tea culture therapy in psychological intervention, improve its scientificity and effectiveness, and provide more help to solve the problem of youth employment anxiety.

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