

On the Necessity of Strengthening Gratitude Education for College Students in the New Era

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Abstract: Thanksgiving is the traditional virtue of the Chinese nation, is the necessary moral quality and professional quality of college students, Thanksgiving education is a philosophy of life, is a reflection of values and world outlook. This paper discusses the necessity of strengthening the Thanksgiving education in the background of diversification, and discusses how to strengthen the Thanksgiving education of college students in the new era, which provides theoretical basis and research methods for the follow-up courses.

Keywords: Diversity of Thought; College Students; Thanksgiving Education.

1. Introduction

Gratitude education is a humanistic education in which educators use certain educational means and methods to purposefully and systematically implement gratitude, gratitude, and even gratitude towards the learners. Gratitude education is an important part of moral education in universities, with characteristics such as morality, experiential, subjectivity, and practicality. It is an emotional education that moves with emotions, a moral education that rewards virtue, and also a human education that awakens human nature through human nature. Gratitude education aims to help students discover beautiful things in life through various means such as family education, school education, and social education, relying on the "emotional and emotional" approach, and giving them a grateful perspective, thus forming a grateful mentality, morality, and responsibility, and externalizing it into a grateful behavior. More specifically, the basic content of gratitude education is to cultivate college students to love their country, cherish life, be filial to their parents, respect their teachers, care for others, respect nature, and so on. Gratitude education can encourage college students to think critically, approach life correctly, cultivate good habits, improve their quality of life, and enable them to not only face personal values but also consider others. It can also teach gratitude and make them more open-minded and have a more complete personality.

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acceptance ability, if they do not have gratitude towards their family, school, and their motherland, and cannot realize the importance of understanding gratitude and learning to be grateful for their current and future lives, it will be difficult to resist the misleading and erosion of various negative values in society. [1] The phenomena of spiritual emptiness, moral deficiency, and crisis of faith that have emerged in society have been reflected in some college students. This requires us to timely and effectively provide gratitude education to the group of college students who are the driving force of socialist modernization construction, help them establish correct values, and form a healthy and upward spiritual outlook.

2. Organization of the Text

2.1. It is Conducive to Improving the Moral Cultivation of College Students.

Gratitude is a fine tradition of the Chinese nation, a fundamental character of a person, and an important aspect of moral cultivation. Mr. Lin Yutang said, "A person who has received higher education should first be reasonable and understanding.". However, today's college students were mostly born in the 1980s. Influenced by the social environment, they are exposed to and feel more about the personal value of existence in a market economy, and lack sufficient understanding of traditional Chinese virtues such as "gratitude and gratitude". Therefore, they often exhibit a tendency towards individualism, taking the care and help of their parents, society, and others for granted. [2] Therefore, by providing timely education on gratitude to college students, universities can stimulate their gratitude thinking, cultivate their gratitude awareness, encourage them to voluntarily discover and accept the beautiful things in life, and repay the care and help of society or others with a grateful attitude, making gratitude the basic principle of their own behavior, and becoming a reasonable and qualified college student.

2.2. It is Conducive to Cultivating a Sense of Social Responsibility among College Students.

Gratitude is a basic moral consciousness that everyone in society should have, and it is the minimum cultivation of being a person. Gratitude is not simply a way to repay the nurturing kindness of parents. It is also a manifestation of a

sense of responsibility, self-reliance, self-esteem, and a healthy personality. Some students nowadays narrowly understand their gratitude behavior as caring for their parents and giving back to their families, while considering the care of others and the contributions of society as "should". They do not care about anything except themselves and their own family matters. Over time, this has developed into an extreme form of "individualism", which is extremely harmful and seriously hinders the healthy development and growth of individuals. Gratitude is a sincere recognition, emotion, and behavior of the kindness given to nature, society, and others, and a sincere return. [3] Only by truly understanding gratitude can one understand how to give. Only with a grateful heart can one realize their responsibility to repay everyone for their efforts and help, cultivate and inspire a sense of responsibility, and strive to be a useful person to oneself, others, and society.

2.3. Helps Cultivate College Students with Sound Personalities.

Gratitude is a manifestation of individual conscience, one of the natural contents of human nature, and an act of truth, goodness, and beauty. The lack of gratitude consciousness is a manifestation of imperfect human nature. With a grateful heart, we will develop good behavioral habits; Always carry a sense of gratitude, and we will strive bravely on the path of progress; Always harbor a sense of gratitude, our existing life resources will become deeper, and our hearts will become broader and broader. [4] In interpersonal communication, narrow-minded people are prone to being petty and difficult to tolerate conflicts and frictions with others. As Roland said, "If you only pay attention to the shortcomings of others, you will encounter enemies everywhere and fall into a lonely and helpless darkness." Therefore, learn to be grateful, learn to interact with others with tolerance, magnanimity, and appreciation, learn to understand and care for others, our emotions will be richer, our personality will be more perfect, and our lives will also be better.

3. Conclusion

In short, gratitude is a fundamental human value that transcends both the East and the West, and it is also the main content of Marxist moral education. Therefore, the gratitude education of contemporary Chinese university students should not only adhere to Marxist social values, but also fully absorb the positive heritage related to it from traditional Eastern and Western cultures. The concept of gratitude in the West originated from Christian doctrine, which emphasizes that human happiness comes from God's grace, and that one should obey God's will to "give thanks in all things", regardless of whether things are good or bad, and be grateful in all things. The gratitude tradition of the Chinese nation has a long history, among which the most influential are the three gratitude thoughts of Confucianism, Buddhism, and Taoism. Confucianism emphasizes the values of loyalty, filial piety, propriety, and righteousness, which have sparked a sense of gratitude and serve as the foundation of human nature, the source of order, and the foundation of society. Confucian culture maximizes its infiltration into various aspects such as politics, society, and family, becoming a fundamental requirement of traditional culture. The basic belief of Taoism is "Dao". Taoism emphasizes that one should not demand anything in the world, but should follow the natural laws of things that occur and develop. With the emotions of gratitude

and reverence for nature, one should integrate their self-awareness into the embrace of nature. Buddhism believes that everything in the world arises from the combination of self cause and fate, and all things are interdependent and mutually causal, which is known as "all living beings have fate.". In Buddhism, all sentient beings come to repay kindness and form bonds. Thanksgiving is the basic human value that transcends the east and the west, and it is also the main content of Marxist moral education, we should also fully absorb the positive heritage of the traditional cultures of the east and the west. Therefore, by providing timely education on gratitude to college students, universities can stimulate their gratitude thinking, cultivate their gratitude awareness, encourage them to voluntarily discover and accept the beautiful things in life, and repay the care and help of society or others with a grateful attitude, making gratitude the basic principle of their own behavior, and becoming a reasonable and qualified college student.

The historical materialism is Marxism's great discovery, and it also lays the philosophical foundation for the correct scientific concept of gratitude. Firstly, sociality is the fundamental attribute of human being. "The essence of man is not an inherent abstraction of a single man, but the sum of all social relations in its reality." man is a man of society, and sociality is an essential attribute of man, no one can exist independently of society and others, "A person not only live for themselves, because of some inextricable feelings, make people to some extent happy to live for others, have to live for others." and this complex feeling is the human kindness. "Kindness is a good link between people, but also to connect countries and countries, regions and regions, small to family and family, people and people, and then support a society.". the contemporary Chinese college students, shouldering the great mission of realizing the socialist modernization construction, should even more know how to embrace this kind of sentiment with heart and pass on this kind of beautiful sentiment unceasingly, learn to use a most sincere heart of thanksgiving to look at our country and society, look at the people and things around us. Secondly, social value is the leading yardstick to evaluate human value. Marxism holds that the value of life should include self-value and social value. The social value of human being refers to the value of individual's life activities to the society and others, which is mainly shown in the individual's contribution to the society and others. The self-value of life refers to the value of individual life activities to their own survival and development, which is mainly manifested in the satisfaction of their own material and spiritual needs.

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