

A New Path of Freshmen's Psychological Adaption Education in the View of Cultural Endogenesis: A Case Study of "National Datiao" in Colleges

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Abstract—This paper explores a new path of psychological adaptation education for college freshmen in minority areas. The interview and literature methods were used to investigate the effect and influence mechanism of "national Datiao" on the psychological adaptation of college freshmen in western Yunnan. The results showed that "Datiao" integrated music therapy, exercise therapy and embodied cognition, promoted the freshmen's positive emotion, positive cognition and interpersonal communication, and then promoted the freshmen's environmental adaptation. Therefore, colleges in western Yunnan can establish a characteristic education mode that combines "national Datiao" and psychological adaptation education based on the psychological characteristics of contemporary college students and the cultural connotation of "national Datiao".

Keywords—Cultural endogenous; National Datiao; Freshmen; Psychological adaptation education

I. INTRODUCTION

"Endogenous development" is a kind of development which is participated and promoted by the development area, makes full use of its own strength and resources, respects its own value and system, and does not copy the development model of western developed countries [1]. Since endogenous development is a self-directed process and the foundation of development, the theory and method of endogenous development are accepted and applied by many disciplines. In the field of psychology, many scholars in China have recognized that the theory and practice of mental health in colleges must be localized, and must pay attention to the study of cultural factors. The development of mental health education needs to rely on the endogenous development model. However, from the current situation of mental health education in China, it is mainly an exogenous development model that draws on foreign research results, very little is done from the internal culture to build a mental health education model. The lack of endogenous culture in mental health education makes the mental health education uncharacteristic and poor effectiveness.

There are many regions and ethnic in China and there are differences between regional culture and ethnic culture. Cultural diversity not only brings challenges to mental health education, but also provides rich and diverse resources. Based on the practice of the construction of "Datiao" culture on campus in Western Yunnan, this study explored the impact of "Datiao" on freshmen's psychological adaptation and how to construct the health education model of freshmen's

psychological adaptation from the perspective of cultural endogenesis.

II. THE ORIGIN AND MODEL EVOLUTION OF "NATIONAL DATIAO" IN COLLEGES

"Datiao" is a cultural tradition of the Naxi, Yi, Lisu, Pumi and Bai nationality. "Datiao" originates from religious rituals, production, life and other activities of ethnic minority, and is also a form of inheriting national culture. "Datiao" combines music, dance and sports, which has bright rhythm and diverse themes, is easy to learn, and can stimulate joint activity in all parts of the body. Most of the "Datiao" are concentric circles. The leading dancer and accompaniment are in the inner circle, while the dancers are in the outer circle hand in hand. From this, you can feel the appeal of leading dancer and accompanist, the solidarity and cooperation of the dancers, and the strong national cohesion. It has not only the functions of entertainment, fitness and social interaction, but also has the functions of promoting mental health [2]. Campus "Datiao" is a new type of recreational cultural activity which bases on the regional cultural system, abides by the corresponding cultural traditions, refers to foreign knowledge. In order to inherit national culture, create campus endogenous culture and promote the development of students' physical fitness, some colleges in Western Yunnan took "Datiao" into their public physical education course. The "Datiao" in public physical education course stimulated students' interest in learning, enlivened the classroom atmosphere and improved the quality of teaching. After seeing the effect of taking "Datiao" into physical education class, colleges put "Datiao" into exercise between classes. On the basis of break exercises, the school innovates the form of "Datiao", and regards "Datiao" as the traditional entertainment of the school bonfire party and the competition event of the sports meeting.

III. THE INFLUENCE OF "NATIONAL DATIAO" ON FRESHMAN'S PSYCHOLOGICAL ADAPTATION IN COLLEGES

A. The performance of "Datiao" in promoting the psychological adaptation of freshmen

At first, the primary purpose of "Datiao" was to promote national cultural or sporting activities and promote students' physical health. However, interviews showed that "Datiao" not only promoted students' physical health, but also promoted students' psychological growth.

Adaptation is a good living condition in which the self and the environment are in harmony. For college freshmen, the inherent culture is deeply rooted, making it difficult to adapt to heterogeneous culture. Music and dance not only have cultural differences, but also have cross-cultural consistency. They are popular art forms in different cultural backgrounds. As a form of campus culture, "Datiao" enables students to be educated and nurtured in a subtle way. Incorporating the "Datiao" into cultural and artistic activities in college can promote the freshmen to approach the heterogeneous culture with an open mind and pave the way for adapting to the heterogeneous culture.

Freshmen were prone to psychological phenomena such as environmental maladjustment or interpersonal barriers. Psychological census found that interpersonal communication was the biggest adaptation problem for college freshmen. It was manifested in the strong need for communication, but less actual action; the diversified ways of communication, and a single way was difficult to meet emotional needs of freshmen [3]. Campus "Datiao" activities increase frequency and scope of freshmen's communication. At the beginning of enrollment, the students were in the isolation period of the class, and there was a lack of understanding and communication between the classmates. Hand-in-hand in "datiao" broke the sense of alienation among students, promoted exchanges and collaboration among students, enabled the class rapidly change to assimilation and formation period, and met the needs of freshmen's communication and belonging. In the interaction with others, psychological maladjustment of freshmen was relieved in time.

B. The mechanism of "Datiao" promoting freshmen's psychological adaptation

1) Music therapy

Studies had shown that music therapy can alleviate freshmen's entrance anxiety, adjust their negative emotions, and had effect in improving freshmen's interpersonal communication and mental health level [4]. The researchers pointed out that there was no systematic music therapy process in ethnic "Datiao", but it had something in common with free improvisation therapy in music therapy. "Datiao" integrated sensation, movement and emotional communication, which influenced people's potential consciousness, released depression, regulated oneself, and promoted mental health [2]. The soothing, lively and pleasant prelude of the "Datiao" made the freshmen open their hearts and participate in it, alleviated their interpersonal anxiety. The unrestrained, powerful and passionate climax made the freshmen broaden their horizons and had high spirits. The lively and infectious finale made the freshmen end "Datiao" with cheers and laughter. It can be seen that "Datiao" aroused the positive emotions of individuals and promoted the mutual infection of positive emotions among students. Positive emotions can help to improve the cognitive level of freshmen, and then promote the psychological adaptation of freshmen.

2) Exercise therapy

Studies had shown that physical activity can promote the adaptability of freshmen, and group sports had more significant effects on the social adaptability of college freshmen than individual sports [5]. "Datiao" is a kind of systemic aerobic exercise with large amplitude and flexibility. It can promote blood circulation, increase hemoglobin quantity, enhance heart function, improve body immunity and participants' respiratory system. In addition, "Datiao" is a group sport, which requires high consistency of participants' movements. Consistency training cultivates the students' will quality. The sublimation of will is one of the ways of emotional regulation. "Datiao" can produce long-term emotional benefits and have a therapeutic effect on negative emotions such as anxiety and depression.

3) Embodied social cognition

According to the view of "mind in body", the mind arises from the interaction between human beings and the outside world. In the process of interaction, people get experience through their own bodies [7]. Embodied social cognition mainly studies the influence of embodiment on social cognition, involving embodied self-cognition, embodied interpersonal cognition and embodied group cognition.

Physical self-perception studies showed that subjects who received the same positive stimulus experienced higher self-confidence when standing up with their chest straight than those who drooped their shoulders[8]. In the micro-era, freshmen used to bow their heads and use mobile phones to catharsis negative emotion. The hot network on the internet contrasts sharply with the indifference in reality, and negative emotions are difficult to vent. The "Datiao" action of raising the chest and stretching the posture can improve the positive experience of the freshmen and promote the transition of the negative emotions to positive emotions. Embodied interpersonal cognition refers to the cognitive process involved in interpersonal communication influenced by physical experience [9]. The temperature of holding hands during "Datiao" can enhance interpersonal intimacy to a certain extent. The consistency of participants' movements in "Datiao" is a reflection of body imitation, which can improve interpersonal attraction. Embodied group cognition includes not only the cognition of non-interaction group but also the cognition of interaction group [9]. Physical contact between people during "Datiao" and the counter-clockwise dance around the center enable the participants to experience the affinity and cohesiveness between the individual and the individual, the small group and the collective, and enhance the psychological belonging.

IV. THE PATH PROSPECT OF "DATIAO" TO PROMOTE FRESHMEN'S PSYCHOLOGICAL ADAPTATION

A. Campus "Datiao" needs to meet the psychological demands of college students for seeking novelty, change and freedom

The subject of cultural endogenous is human. At present, "Datiao" in Colleges to promote freshmen's psychological adaptation is only a by-product of campus recreational activities. To promote the function of mental health education

in "Datiao", and to form an endogenous development of the combination of "Datiao" culture and mental health education, we must first study the psychology of students. The interview found that the freshmen experienced the stage from fanaticism to peace. In the peaceful stage, some students showed cultural indifference to "Datiao" activities. The reasons for the indifference of culture in the later period were as follows: the monotonous repertoire led to students' aesthetic fatigue; misunderstanding of campus cultural activities such as thinking that "Datiao" was administrative order and lack of freedom of choice.

Contemporary college students have the psychology of seeking novelty, change and freedom. It is easy for students to get tired and cope with the requirement of "Datiao" with administrative characteristics. Therefore, the construction of campus "Datiao" culture should innovate the forms of "Datiao" such as choose different ethnic "Datiao", innovate the combination of "Datiao" movements and formation to attract students to take part in "Datiao" and then promote physical and mental health.

B. Deeply excavating the connotation of "Datiao" culture and integrating "Datiao" culture into mental health education system

Excavating native culture is an important foundation for cultural endogenous. The content of national "Datiao" is rich , which include various culture such as folklore, love and marriage, human origin , etc. [10] and reflect the different understandings of the minority nationalities on the outlook on life and values. To incorporate "Datiao" into mental health education, it is necessary to explore the cultural and psychological connotations of "Datiao" among different nationalities. The researchers pointed out that the Naxi peoples' "Datiao" was deeply influenced by the Dongba culture, which reflected that their ancestors can still maintain a peaceful attitude in their hard life and enjoyed happiness through hardships. The "Datiao" movement was light and soothing, the range was not big but full of life interest, and the mind was as quiet as "water". The Yi people' "Datiao" showed off their power and passion to conquer nature and overcome difficulties. The style of "Datiao" was bold , the rhythm was cheerful and powerful, reflecting the upward culture of passion like "fire". In the "Datiao" activity, the teacher should not only teach the students the "Datiao" action, but also pay attention to teaching the students the cultural connotation of the "Datiao". To enable students to experience the psychological tranquility, tolerance and upwardness and stimulate students' courage to overcome difficulties, experience the joy of success after setbacks, and enhance their sense of hope for the future by learning from different ethnic groups, different styles of "Datiao".

In addition, cultural endogenous is not only focused on local culture, but also needs to integrate the new knowledge of the outside world with the local culture to achieve cultural reconstruction. In accordance with the requirements of the Ministry of Education and based on the actual situation, colleges should construct a mental health education curriculum system that highlights China's cultural background and has its own campus culture characteristics. On the basis of exploring the connotation of national culture and the characteristics of

students psychology, colleges in Western Yunnan can draw lessons from other mental health education modes, such as group psychological counseling and psychodrama, to create group psychological counseling model and psychodrama with national and local characteristics. For example, in group psychological counseling, traditional psychological games such as "love at the fingertips", "homelessness", "interpersonal contradiction AB" play and "open heart to Datiao" activities can be combined to make students compare the sense of loneliness that is not accepted and the sense of belonging that courageously hand in hand with others, thus stimulating students' positive communication motivation. Exploring the music, art and psychological materials in the national "Datiao" , and compiling the corresponding psychodrama to promote psychological growth of freshmen in role-playing, watching , and discussing psychodrama.

V. CONCLUSION

"National Datiao" can promote the psychological adaptation of college freshmen in western Yunnan. Based on the psychological characteristics of contemporary college students and the cultural connotation of "National Datiao", a characteristic model of psychological adaptation education that integrates "National Datiao" and psychological adaptation education can be created from the perspective of endogenous culture.

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