

# The Influence of Tea Art Courses on the Quality Improvement of Female College Students

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## ABSTRACT

In colleges and universities, it is necessary to pay more attention to female college students and the improvement of their moral education as well as cultivation. Female college students in colleges and universities represent women in the new era. They must not only have excellent cultural connotations, but also respect themselves, care for themselves, and know how to have a tasteful life. Therefore, the study of tea art is conducive to the comprehensive improvement of the quality of female college students in all aspects.

**Keywords:** *Tea art course, colleges and universities, female college student, quality improvement*

## 1. TEA ART COURSE PROMOTES THE SPIRIT OF TEA CEREMONY

Having a long history, Chinese tea culture contains many philosophical concepts of Confucianism, Taoism, and Buddhism, and incorporates many of Chinese inherent standards of human relations and morality. Confucianism believes that tea can be used as a medium to harmonize the relationship between people, and drinking tea is used as a tool for exchanging ideas and adjusting the atmosphere. Harmony is invaluable and the mean spirit are embodied in the tea. Taoism advocates nature, pays attention to health, and believes that tea is produced by absorbing the essence of the mountains and rivers. Tea itself is a symbol of elegance, and the true meaning of the tea ceremony is derived from this. Like Taoism, Buddhism believes that tea is refreshing and ethereal, and drinking tea can improve the cultivation. Influenced by Confucianism, Taoism, and Buddhism, the Chinese tea ceremony summarized the tea ceremony as modesty and moderation, freshness and quietness, happy mood, and returning to the original, which is the essence of Chinese tea culture [1].

Tea culture and tea ceremony spirit have their unique special meanings, so it is of special significance to set up tea art courses for female college students in colleges and universities.

It can be said that the tea ceremony is the most atmospheric one among various activities related to tea. There are too many philosophical connotations and moral ethics in drinking and brewing tea. During the tea-tasting period, tea ceremony pays much attention to the body and the soul reaching the state of perfect unity. Tasting and understanding every detail of life carefully, to feel a beautiful experience of body and soul. When the whole process of brewing tea is conducted in an artistic atmosphere, displayed in the form of a performance to achieve excellent viewing value, pursue the mood,

atmosphere, the skills of tea making and brewing when drinking tea, accompanied by wonderful music, and in a harmonious and beautiful interpersonal relationship, at this time the tea ceremony will rise to tea art. The definition of tea art can be interpreted as a reflection of the tea ceremony. It perfectly combines the tea ceremony with art. Learning tea art is undoubtedly of great significance for the improvement of various aspects of the female college students themselves [2].

As a greatly comprehensive art, tea art not only embodies the beautiful state and harmonious atmosphere, but also puts high demands on performers. Those who need to perform show the inner elegance through action. Therefore, learning tea art is a process for improving the comprehensive quality of female college students. During the process of tea-tasting, they can experience many principles of life, feel the joy of the soul, and became full of hope and enthusiasm for life.

## 2. INFLUENCE

The tea ceremony course can effectively help female college students to improve their comprehensive literacy. Colleges and universities at this stage begin to pay more attention to the cultivation of college students' comprehensive literacy. Taking advantage of the profound significance of Chinese tea culture in the tea ceremony course, female college students are more confident in their thinking, improved in self-cultivation, more sound in personality, able to handle their relationships with everyone more properly, can preserve their moral integrity and be tactically.

### 2.1. Tea art courses enhance the ideological connotation of female college students

The focus of tea art is to harmonize and improve the mutual relationship between people. Under this premise,

people will have a deeper understanding of the tea ceremony, expand deeper meaning about the tea ceremony, and let college students understand themselves from the tea. In addition, the tea shows sincerity and etiquette. Deeply understanding the connotation, and college students will definitely benefit greatly, which will have a great impact on their psychology, and applying it to our real life will produce a profound meaning between people. However, the author have to say that the vast majority of female college students are lacking in sincerity and other aspects, such as cheating in exams, or damaging relationships with other people. If they properly absorb nutrition from the tea ceremony courses and learn the spirit of the tea ceremony, it can be believed that they can gradually appreciate the profound connotation of tea culture during the process of tea tasting, their ideological aspects will definitely be affected, as well as their moral awareness will gradually strengthened. These are conducive to establishing sincerity between people and gradually forming a sound personality, and a calm and modest attitude, which will directly or indirectly promote social development [3].

### ***2.2. Tea art courses promote the improvements of comprehensive literacy***

At present, the female college students of most colleges and universities in my country need to be further improved in terms of literacy and personality, and education related to them can effectively promote the development of female college students' body and mind towards a healthy direction. Therefore, inserting the tea arts curriculum into the education curriculum and allowing the spirit of tea culture to gradually penetrate into the daily life of female college students and promote the healthy growth of female college students according to its own advantages, which is also very beneficial to the development of colleges and universities. The tea culture has been well developed in the process of being inherited, and has already formed a perfect system. Of course, its inherent charm will promote the improvement of female college students' literacy. In addition, tea culture plays an important role in the vast history. It itself incorporates many philosophical and artistic things with many ancient cultures and etiquettes. Female college students can experience the charm of those ancient cultures, and then be influenced and infected, so that they can stand at a certain height, analyze from multiple aspects and multiple regions, gain a deeper understanding of the essence of tea culture, and realize their self-worth to promote their own development.

### ***2.3. Tea art courses help female students improve their learning skills***

In order to adapt to the constant changes in society, it is necessary to equip with the strain capacity, gradually increase knowledge, broaden horizons, and learn to learn

skills. Utilize the tea arts course to study and guide the college students to brew a pot of tea calmly and patiently, so that they can integrate the dedication and proper cooperation into it, feel the beauty of it, experience the benefits of quiet tea-tasting from the depths of the heart, and do things quietly, as well as learn things intently.

### ***2.4. Tea art courses can improve the ideological quality of female college students***

Chinese tea culture has achieved good development at the present stage, and the scope involved is very wide. It not only shows the profound meaning of tea culture itself, but also reflects more etiquette customs and a lot of related knowledge derived from the tea culture, which is very beneficial to the study of female college students, and can help them gradually improve their own understanding of social and moral values. In addition, through the profound ideological and moral concepts contained in the tea culture itself, female college students can realize their own values, and continue to improve and perfect it on the basis of learning, so that the content and ideas contained in the tea culture itself can be fully demonstrated, making the tea culture and personality are perfectly combined. Therefore, the connotation of tea culture can be better improved, and the cultural cultivation of people can be promoted to a greater extent. The tea culture shows its extraordinary significance in these respects: First, the spirit contained in the tea culture can make people's mentality more peaceful and the relationship between people more harmonious, which are conducive to social development. Therefore, the connotation possessed by the tea culture itself can promote the ideology of contemporary female college students in China to a certain height, and they will have better ideals, clear goals in mind, and work hard for their own goals. Second, it can promote female college students to improve their own moral standards. The continuous interpretation of the tea culture still basically takes the moral point of view as the center, and emphasizes the selflessness and paying out asks for nothing in return. If everyone is so selfless, naturally many problems are no longer tit-for-tat, people's own quality and comprehensive literacy will be further improved. From these, It can be seen that the connotation of the tea culture itself can make college students have a more peaceful attitude, and keep a heart of impatience when facing the difficulties in life and work[4]. Therefore, after having a deep understanding and grasping the connotation of the tea culture, the female college students' moral views will be further improved, and their own cultural literacy will also be improved.

As a drink, tea itself not only serves to perfect the body and mind, but also is an inheritance of the long-standing knowledge of our country, and a knowledge of communication. Traditionally, Chinese people are accustomed to receiving guests with tea, and therefore fell in love with drinking tea, making it a kind of etiquette and ritual. The etiquette used in tea ceremony before tea brewing, the wholehearted commitment in the tea brewing

process, and the humility shown in the tea respecting, etc. enable students so as to deepen their understanding of etiquette and rituals in the process of getting along with others, show specific etiquette forms and a person's quality, reflect a certain artistic conception, exude a fixed ideological connotation, and contain a transcendent artistic beauty in both in tea brewing and in tea tasting. Today's college students are accompanied by mobile phones all day, and the utilization of learning tea art can make college students have a broader mind, can't help communicating with everyone in a quiet and elegant environment. Thus the respect of tea art for people is fully utilized, and everyone will savor good together with a tolerant heart on an equal basis, which is of great benefit to the cultivation of college etiquette.

### ***2.5. Tea art courses can promote the aesthetic level of female college students***

From the current development of tea culture in China at this stage, we can experience a lot of beautiful things, such as the beauty of human nature, the beauty of tea rhyme, the beauty of water quality, the beauty of the utensils used, the beauty of the art contained therein and the beauty of the mood therein and so on. In this way, only by savoring the tea in the quiet and elegant atmosphere can you fully experience the beauty and essence of tea culture. In addition, such a quiet environment can also promote people's peace of mind and produce a positive mentality. Therefore, the set up of tea art courses can help improve the taste and spiritual realm of female college students. At present, female college students in China regard the study of tea culture as a spiritual enjoyment, which can fully promote the aesthetic standards of female college students.

### ***2.6. Tea art courses are beneficial to the physical and mental development of female college students***

The set up of the tea art course can make people unconsciously healthier while savoring tea. According to the history of tea culture and scientific research in China, it is not difficult to find that tea itself contains many nutrients with extremely high medicinal value, which can meet the needs of the human body and can also help humans improve their own immune levels. The unique effects of tea can be seen from a large number of existing folk prescriptions and other aspects, but we need to conduct a more in-depth analysis and discussion on it, and have a new understanding of tea culture from a variety of perspectives. From the above, it can be seen that tea art teaching, tea drinking and other related activities in colleges and universities can encourage female college students to have a deeper understanding of the various functions of tea, and fall in love with tea art and tea drinking, so as to better promote their own health. Nowadays, Most children are only children, so they have

more or less psychological problems, often unable to communicate with people normally, and can't be relieved when encountering emotional problems. Students can have more insights by attending tea art courses, continuous sharing and exchange of tea culture, so as to tolerate and understand other people and things with a peaceful mind. As society develops, students will face fierce competition and various pressures from work and life in the future, so that their upset emotions cannot be resolved. The tea art course perfectly blends painting, calligraphy, folk music, etc. to create an elegant and pleasant atmosphere. Practicing by themselves, female college students gradually love tea drinking under the influence of tea culture, and their minds are decompressed, their body becomes more healthier.

In addition, tea performances can also guide female college students to engage in some things related to tea, such as taking tea as a design concept for related design, tea-themed poetry recitation activities, essays and competitions related to tea culture and so on, which not only makes the life of female college students more colorful, but also makes their life more fun. Moreover, tea can become a medium for them to make friends and have party, and promote the improvement of interpersonal relationships between college students. Participating in these activities can help female college students understand how to improve interpersonal relationships, how to communicate better, gradually increase team awareness, and continuously improve overall quality[5].

## **3. CONCLUSION**

Tea art is an embodiment of tea ceremony, which perfectly combines tea and art. As a very comprehensive art, tea art reflects a beautiful state and a harmonious atmosphere. Learning tea art is a process of improving one's own comprehensive literacy. In the process of tasting tea, they can experience many principles of life, feel the joy in the soul, and become full of hope and enthusiasm for life. From the perspective of cultivating the qualities of female college students, the integration of tea culture can improve the qualities of female college students in colleges and universities of our country at this stage, and therefore get more respect and care from the society. This paper demonstrates this from two perspectives, in order to explain the influence of tea art courses on the quality improvement of female college students in colleges and universities in China.

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