

# On the Rational Analysis of Quality Development for Teenagers' Moral Education

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## ABSTRACT

This paper analyzes the connotation of quality expansion through literature method and logical analysis method, and analyzes the role of quality expansion in the moral education of young people., illustrating the importance of quality development to young people's moral education through cases, confirmed that the quality development training has a positive effect on the moral education of young people. In addition, five suggestions are given for the promotion of quality development training on campus: firstly, implement organizational guarantees for quality development; secondly, formulate and improve system guarantees for quality development; thirdly, provide resource guarantees that are conducive to quality development; fourthly, design and formulate projects at different levels plan; fifthly, establish a comprehensive evaluation system for quality development.

**Keywords:** *quality development, youth, moral education.*

## 1. PREFACE

In recent years, with the continuous growth of our country's economic strength and the improvement of people's living standards, the country and the people have paid more and more attention to the development of sports. The development of my country's sports has improved significantly, and the people's enthusiasm for participating in fitness sports is also very high. However, the popularization of quality development sports has been very slow, and the progress is not satisfactory. As a sports project that has attracted much attention, it is a training project that is very suitable for cultivating the comprehensive quality of young people, and it has a strong educational significance for the improvement of youth comprehensive quality.

"Several Opinions of the Central Committee of the Communist Party of China on Further Strengthening and Improving Moral Education in Schools" pointed out that, "To help students improve their psychological quality and personality, society should provide mental health education and guidance to students of different age levels."<sup>[1]</sup>

As a useful supplement to school education, young people's extracurricular educational activities must actively adapt to the development requirements of the

new situation and play their due role in the youth quality education system. The "New Century Youth Quality Training Program" initiated and implemented by the Youth League Central Committee launched a youth outdoor training camp: "In the summer of 2008, youth quality training activities with the theme of "environment and survival" were held in Beijing, Kunming, Harbin, and other places."<sup>[2]</sup>

The activity project is a training program launched by the central government for the all-around development of young people under the new situation. The project is based on the needs of the quality development of young people in the new era to adapt to the transition of quality education in our country's youth test-oriented education. Relying on schools and youth training bases, we shall improve the physical fitness of young people, promote their ideology and morality, and carry out training on their physical and mental health quality. However, although quality development sports are supported by national policies, there are still many practical problems. While we are popularizing quality development sports, we should also consider how quality development can better exert its enlightenment function and make it more capable, and scientifically and reasonably embody its humanistic value in cultivating youth moral education.

## **2. THE IMPLEMENTATION PRINCIPLE OF QUALITY DEVELOPMENT, MORAL EDUCATION CONNOTATION, AND QUALITY DEVELOPMENT FOR CULTIVATING YOUTH MORAL EDUCATION**

### ***2.1. Quality development connotation***

Quality development, "also known as quality training, refers to comprehensive quality education with the main purpose of improving psychological quality, as well as specific abilities and practice. It relies on sports, takes training as the method, and takes perception as the goal."<sup>[3]</sup> Comparing with traditional knowledge and skill training, quality development has reduced a lot of preaching and theoretical training, and increased sports experience and perception during the training process.

Quality development training is different from ordinary training, which is mainly reflected in the following aspects: First, students are the protagonists. Throughout the training process, the trainees are always the focus, and the trainees can experience the fun and feelings brought about by the activity; second, the game is very simple but contains deep truths. Although the game design used in outreach training projects such as "fallback", "broken bridge", and "ladder" seems simple, most of these projects have been developed in psychology, management, team science, and other areas. It plays an important role in improving individuals and teams; third, it helps to narrow the emotions among participants. The trainees participating in the quality development are usually divided into several groups by the lecturer according to the number of people. Lecturers can fully mobilize and integrate each group to let everyone can participate in games and activities together so that the feelings formed are more real and cordial; fourth, the training activities have achieved good results. Unlike conventional training in terms of skills and theoretical training, quality development training usually emphasizes the importance of training attitude and meaning.

### ***2.2. The connotation of moral education***

What is moral education? In a broad sense, moral education refers to all activities that purposefully and systematically exert influence on others in politics, ideology, and morality, including social moral education, community moral education, school moral education, and family moral education. In the narrow sense, moral education refers to school moral education. "School moral education means that educators, following the requirements of society or class, purposely and systematically exert ideological, political, and moral influences on the educated. Educational activities that enable them to have certain qualities required by society

and classes are activities for educators to purposefully cultivate the morality of educated persons."<sup>[4]</sup>

Nowadays, under the influence of test-oriented education, both schools and families have chosen to emphasize grade rather than moral education in the education process, which affects the physical and mental health of today's young people. As for the importance of virtue and talent, a few words were circulating in the market: A man without talent and virtue is of no use to our society. If you go back, Sima Guang gave the most incisive conclusions as early as the Northern Song Dynasty: talented people are rich in virtue; virtues are talented commanders; since ancient times, the rebellious ministers of the country and the defeated sons of the family have surplus virtue, etc.

### ***2.3. The implementation principles of quality development for youth moral education***

The improvement of quality plays a vital role in the moral education of young people mainly from the following three aspects:

First, develop a healthy body, a sound personality, a good moral character and a sense of social morality, and a firm political belief. Social people with a strong sense of discipline and a democratic legal system can integrate into the mainstream of social life and have a spirit of mutual assistance and cooperation.

Second, learn to learn and cultivate talents. Taking classroom teaching as the main body, supplemented by extracurricular activities such as student club activities, earnestly organize campus cultural activities such as the school's science, technology, culture, and art festival, can enrich campus cultural life, and actively impart knowledge of science to students; cultivate students' scientific spirit, environmental awareness, and humanities literacy, and promote the overall development and improvement of students' personality.

Third, learn to choose and create success. The process of human development is a process of constant selection. Learning to choose also learns to grasp the opportunities for success. Learn to choose information and knowledge, choose correct and non-judgmental standards, and learn to choose your own development goals, learn to choose modern lifestyles. Demonstrating one's talents and daring to practice, feel and experience the happiness and hardships in successful learning and life, are helpful to realize the value of self-existence.

### **3. THE URGENCY AND NECESSITY OF INTRODUCING OUTWARD BOUND IN YOUTH MORAL EDUCATION**

#### ***3.1. The status quo of youth moral education***

Nowadays, the moral education of young people has not drawn the attention of schools and families. As a result, the moral education of young people cannot develop soundly, which is mainly caused by the following aspects:

First, there are misunderstandings in the goals of moral education. Whether the goal-setting of moral education is scientific and reasonable can often determine the effectiveness of moral education. At present, the setting of moral education goals is inconsistent with the physical, mental and acceptance level of the educatees. The design of moral education links is out of reality, which makes it too empty and idealistic.

Second, moral education is gradually marginalized in teaching. School moral education is the foundation of the entire educational activities. However, due to the impact of the actual situation, the design of educational concepts, goals, and content is unscientific and impractical, which makes moral education appear marginalized in school teaching.

Third, contempt for moral education in family education. With the influence of many factors such as economic development, multicultural integration, lifestyle changes, many family education has changed to material rather than moral. Problems such as lack of education, unscientific educational methods, and unharmonious family relationships are mainly caused by the lack of family moral education concepts and simple educational methods.

Fourth, according to the data in Table 1, the data surveyed in the 46th Statistical Report on the Development of the Internet in China shows that the scale of mobile Internet users in my country will continue to increase in 2020. "As of June 2020, there are 932 million mobile Internet users. In March 2020, an increase of 35.46 million, the proportion of mobile Internet users in the overall Internet users has further increased. Among the Internet users in my country, students account for the largest proportion of 26.9%, which is 3.2% more than the 23.7% in March 2020".<sup>[5]</sup>

With the continuous improvement of our social life and diversification of our culture, attention should also be paid to the dark side of the social environment. At the same time, some students lack ideological discrimination and critical ability and are vulnerable to bad trends in society, which has raised the issue of moral education for young people.

Table 1 The number of mobile Internet users and the proportion of students in my country in 2020

Time ( year )	Number of mobile Internet users (100 million)	Proportion of students (%)
1.March 2020	8.9654	23.7
2.June 2020	9.32	26.9

#### ***3.2. The importance of quality development to the moral education of young people***

Quality development training is a kind of experiential learning. Most courses are arranged outdoors, and a series of novel and exciting scenes are carefully set up. "Let students actively experience and solve problems, and in the process of participating in the experience. let their psychology be challenged and their thoughts be inspired, so that they can think, discover and awaken, and then rethink in a specific environment. Stimulate students imagination and creativity and improve their ability to overcome difficulties, enhance their team awareness and cultivate teamwork skills, improve children's self-awareness and maturity, and learn to care for others and communicate effectively with others. ".<sup>[6]</sup>

This brand-new training method usually includes four types: adequate physical training, successful psychological training, self-challenging training, and teamwork training. According to the data in Table 2, the moral education quality of young people will be significantly improved in the following aspects:First, Recognize your potential, then believe in yourself, and improve your image. Second, overcome mental inertia and stimulate imagination and creativity. Expansion training prompt young students to learn to find seemingly chaotic patterns and trains them to overcome difficulties with a positive and enterprising attitude and improve their ability to solve problems in various unpredictable scenarios. Third, Recognize the role of the team. Enhance the sense of participation and responsibility of the team, shape the vitality of the team, and promote the growth of the interpersonal organization. Fourth, Improve relationships. By each person's play and self-expression in the training process, a more comprehensive understanding of each person's strengths and potential will help people communicate with others in actual work, and better exert their respective strengths and potential.

**Table 2 Feedback of trainees' participation in outreach training evaluation**

Ability improvement after participating in the development training	Number of people (individual)	percentage (%)
Recognize one's own potential	15	15
Overcome mental inertia	30	30
Team work	40	40
Communicative competence	15	15

**3.3. The effectiveness of youth quality development training**

At this stage, the quality development training of prime youth has achieved considerable results, including the following points:

First, the number of youth training and the scope of quality development training continues to expand. According to Table 3, Before the adventurous coaching method used for training, the youth quality development training of Guangzhou Youth League School was still in a low state. In 2001, the number of people trained was only 1,161. However, at the beginning of 2002, relevant training units tried to introduce the adventurous counseling method, which increased the number of trainees to 6,644. Then the scope of training continues to expand, from the initial training for young people in Guangzhou to later extension to Beijing, Zhejiang, Hubei Zhenghan, Shaanxi, Xinjiang, Sichuan, Guangxi Liuzhou and other places.

**Table 3 Participation of trainees in Guangzhou area**

Area	Time (year )	Number of trainees (Individual)	Compared with the previous year +- number of people (Number)	Compared with the previous year +- (%)
Guangzhou	2001	1161	—	—
Guangzhou	2002	6644	5483	472.26

Guangzhou	2003	5960	684	10.29
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Second, feedback from young people. Relevant units will evaluate the effectiveness of the training after the extensive training. The evaluation found that young people have a high evaluation of participating in the training. According to Table 4, 82.3% of the people think that they have gained a lot after participating in the training in the city league school, and 85.8% think that the league school adventure counseling training is novel, interesting, and effective. It "starts unknowingly and ends with an infinite sense of touch and harvest".

**Table 4 Participation in outreach training and feedback received by trainees**

Training evaluation feedback category	Proportion of participants (%)
Gain a lot	82.3
The training is interesting and novel	85.8

Third, feedback from teachers and parents. Quality development training not only has a great impact on the young people participating in the training but also shocked teachers and parents. The teachers who participated in the training believed that this training method had a significant impact and reflection on their future teaching methods and the relationship between teachers and students. Parents, on the one hand, by participating in the farewell meeting at the end of the student's course, have the opportunity to listen to the students' aspirations and improve the parent-child relationship; on the other hand, they see from their children what happens in their mentality and behavior after participating in the training. Therefore, they generally hold a high evaluation of the training effect.

Fourth, response from the society. Because this training method has changed the habit of inculcating education for young people in the past, it has transformed them from passively receiving education to active and autonomous participants in the training. Therefore, it is not only received an enthusiastic response in the trainees, but also attracted widespread media attention. In 2002 alone, more than 40 domestic and foreign medias reported 108 reports on the Guangzhou Youth League School's use of adventurous counseling methods to train young people.

**4. THE SPECIFIC THINKING OF QUALITY DEVELOPMENT ON THE MORAL EDUCATION OF YOUNG PEOPLE**

The implementation of the youth quality development plan mainly revolves around five aspects: organization

guarantee, system guarantee, resource guarantee, design and formulation of different levels of project plans, and establishment of an evaluation system. Pay attention to the combination of inside and outside the classroom, the first classroom and the second classroom, and the combination of learning and practice.

#### ***4.1. Implement organizational guarantees for quality development and development***

The education department and school are in close contact with each other, and a leading organization for the development of youth quality has been established to ensure the smooth implementation of the youth quality development plan. Set up a youth quality development center composed of the Youth Training Office and the Sports Office to comprehensively promote and implement the work of the youth quality development plan. The higher-level leadership departments should be responsible for and coordinate the various tasks of the center, formulate relevant policies to ensure the implementation of the expansion work, use schools and sports facilities by local conditions, formulate expansion training plans, and ensure the smooth development of youth quality development.

#### ***4.2. Develop and improve the system guarantee for the development of quality development***

The smooth development of youth quality development work on campus requires a strong system to ensure the implementation. Therefore, it is necessary to link this work with the school's existing work projects, especially the comprehensive evaluation of students, cultural quality education, and so on. And it is necessary to establish a reporting system to report the work of the Youth Quality Development Center to the youth training office of the education department and school leaders. Every semester, and the education department and school leaders will hold a youth quality development center meeting to discuss work and implement plans.

#### ***4.3. Provide resource guarantees that are conducive to quality development***

The smooth progress of the campus youth quality development work requires the coordination and cooperation of various departments to implement resource and provide strong support in human, material, and financial resources, and establish special funds for campus youth quality development work. Investment in personnel Shanghai guarantees the development of the work of the large youth quality development center, and formulates specific incentive policies for the youth quality development center, encourages and supports teaching, scientific research and class teachers to serve as instructors for youth quality development training.

#### ***4.4. Design and formulate different levels of project plans***

It is necessary to scientifically and rationally design quality training plans according to the actual conditions of students of different ages, establish a sound quality training system for young people, and provide scientific guidance for young people in quality training. It is necessary to carefully organize and design various forms of quality development plans and projects according to the law of the youth's development, and attach great importance to the construction of horizontal and vertical training structures in quality development training projects. At the same time, we should develop based on inheriting the original system and organize quality development activities with rich content and diversified forms.

#### ***4.5. Establish a comprehensive evaluation system for quality development***

It is necessary to give full play to the role of points and evaluation of youth quality development training, establish a sound development training evaluation system, scientifically and objectively record each student's positive performance and main achievements in the process of development training, and continue to rationally quantify and scientifically evaluate. Students should play their initiative and fill in the specific content of the development training by themselves to improve students' enthusiasm in the development process. Relying on the innovative achievements of grassroots team building, we should explore the development of certification in community organizations and encourage the organizers of quality training programs to participate.

## **5. CONCLUSIONS**

This study analyzes the connotation of quality development in detail, and illustrates the importance of quality development to the cultivation of moral education for young people through materials and cases. Through detailed analysis of the status quo of youth moral education, the importance of quality development to youth moral education training and the effectiveness of quality development training, it is demonstrated that quality development training has a positive effect on youth moral education. At the same time, the following five suggestions are given for the reasonable promotion of quality development training on campus: 1. Implement the organizational guarantee for the development of quality development, 2. Develop and improve the system guarantee for the development of quality development, 3. Provide resource guarantee for the development of quality development, 4. Design and formulate different levels of project plans, 5. Establish a comprehensive evaluation system for quality development.

## ACKNOWLEDGMENTS

When this paper is completed, I sincerely thank my family, colleagues and friends who have always supported me, and thank the professors and scholars of the organizing committee!

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