Construction of Youth Inspirational Education Model Based on Example Motivation from the Perspective of Psychology

Yanling Sun[(✉)]

Jiangsu University of Science and Technology, Zhenjiang, China
cabbage0930@163.com

Abstract. The power of example is infinite. Teach young people according to best practices, and it is an important means to raise their awareness and self-awareness. The knowledge autonomy, selectivity and diversity of teenagers have been greatly increased, and the diversity of values and behavior patterns has become increasingly obvious, which greatly reduces the effect of the traditional model. From the perspective of psychology, this paper uses psychology, pedagogy principles and self-efficacy theory to arouse students 'autonomous consciousness and achievement motivation, cultivate students' self-planning and self-management ability, and help students to set up correct ideals, beliefs and lofty aspirations. Following the consistency of example motivation and inspirational education, the people-oriented incentive method is used to build an adolescent inspirational education model based on example motivation.

Keywords: psychological example motivation · inspirational education

1 Introduction

In psychology, motivation includes three elements: need, motivation, and purpose. The concept of the three elements of excitation is analyzed below.

1.1 Need

Need to reflect the internal and external living conditions in the human brain. It usually presents itself as intention and desire. As Marx said, "Only social contact can lead to competition and special energy, which improving everyone's work efficiency." Every normal person should have a competitive mind. The pursuit of perfection and success is human nature. The pursuit of success and avoiding failure is the prerequisite for human development, and also the basic principles of human survival and development. This principle is the basis for meeting human needs.

1.2 Motivation

Psychological research shows that people exhibit a certain behavior directly caused by motivation. Motivation is the intrinsic motivation that directly stimulates and promotes people's behavior. For example, recreational motivation can lead to recreational activities, and learning motivation can lead to learning behavior. Therefore, people's various actions have their own motives. Motivation plays an important role in people's behavior. Motivation refers to the generation and support of a person's psychological tendencies, namely the purpose of behavior. Motivation is the intention, idea and will to achieve certain goals and meet certain needs.

1.3 Objectives

The goal is to achieve the results that individuals, groups, and organizations seek in the future. In some cases, the development of scientific goals is also part of MMs, so effective MMs is an incentive. Of course, in order to create a positive stimulus, it should be noted that after achieving the goal, must give some actual moral or material benefits, in order to better achieve the following goals: goals and hierarchy and time motivation, in order to highlight the connection between the need and commitment, and solve this problem at different times.

2 The Importance of Motivational Education

2.1 The Basic Guarantee of Adolescent Personality Development

With the growth of extreme individualism, money worship and hedonism, people often aspire to gain honor and status in their spiritual home. In this complex environment of tension and frustration, adolescents are deprived of their spiritual support because they are too eager for material benefits to participate in economic activities. Therefore, it is necessary to strengthen the incentive education, so that young people firmly establish the correct belief in the ideal, have a firm goal of life, firm spirit, firm ideal and faith. Put forward lofty ideals and correct goals, and cultivate a healthy and noble personality [1].

2.2 Firm in the Faith and Will of Young People

At present, in the case of multicultural coexistence, such as radio, television, film, Internet, print and other media, they quickly permeate all aspects of people's lives in different ways. In Western culture, liberalism, individualism, hedonism, and other ideas widely affect all aspects of adolescent life. Therefore, we must use the media to have a huge impact on young people, through the media and improve the awareness of young role models, eliminate the negative impact of western cultural garbage on young people, encourage them to make positive progress, so that them to form a complete, healthy outlook on life and world view.

2.3 Guide Young People to Find the Right Direction

Currently, the information and communication environment is increasingly favorable, which further strengthens the unprecedented diversity of values and socio-cultural values. In this respect, there is a tendency that there is diversity in the young idol culture. Sports stars, actors, and cartoon characters are becoming the objects of popular culture, thus posing new challenges to formalized education. On the one hand, we cannot ignore the mentality and behavior of young idols, on the other hand, we cannot completely refuse and prohibit the other extreme. After all, we have already entered the era of universal personality cult and social development, and people's thoughts and behaviors have become more free and open. In the current multi-cultural background, if young people want to play a positive role in idol worship, they must resist the phenomenon of youth idol worship and guide it in the right direction. In order to strengthen the positive factors about the idols, reduce their negative effects, and improve their guidance to the adolescents, so that they can learn correctly, objectively and correctly [2].

2.4 Main Strategies to Solve the Problem of Cultural Diversity

With the deepening of reform and opening up, western cultural diversity and social thoughts have been infiltrating into China, and various values also appear in schools. Young people are faced with drastic changes in western cultural thoughts and behaviors. Some young people gradually break away from the previous lofty ideals and beliefs, become more and more pessimistic, and follow the principles of selfishness and individualism, excessive pursuit of material enjoyment, lost confidence in the socialist ideal, leading to spiritual weakness and lost direction. Therefore, to strengthen the incentive education of young people, help them compare, study and choose different ideologies, combine social status and customs, and firmly believe that the socialist ideal is the basic strategy to deal with the development trend of cultural diversity, and achieve good results.

3 Construction of Youth Inspirational Education Model Based on Example Motivation

In the process of inspirational education based on example motivation, it is very important to explore more effective inspirational education methods that are more in line with the law of education. Through the construction of the model, the closed loop of inspirational education is formed on the basis of example incentive, from value identification to ambition establishment, and then to behavior imitation, to achieve practical results, to achieve a process of externalization to internalization.

The purpose of this model is to use example to motivate and implement inspirational education, under the role of example incentive, to gradually realize the four stages of value identification, ambition establishment, behavior imitation and the achievement of practical effect, to complete a process of example incentive from externalization to internalization, and to complete inspirational education subtly [3].

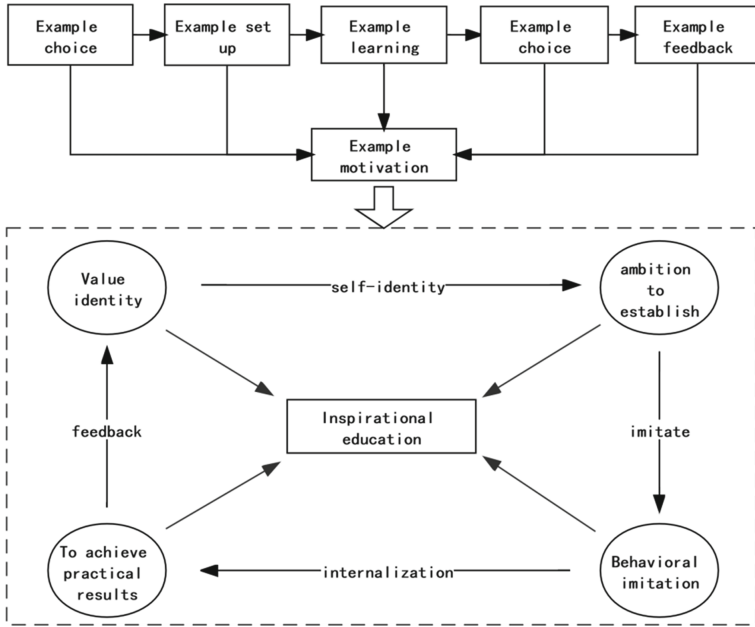However, the following issues should be paid attention to when implementing the model (Fig. 1):

Fig. 1. Youth inspirational education model based on example motivation [Self-drawn]

3.1 Incentive Education Must Be Combined with the Psychological Characteristics of Teenagers

Incentive education must conform to the psychological characteristics of teenagers, the rapid development of society and the psychological characteristics of teenagers, which raises some problems for inspirational education. Today's adolescent thinking, value orientation and attitude towards life show the basic and unique characteristics of The Times. They are independent, high intelligence, enthusiastic and open, strong curiosity, strong sense of innovation, wide vision, extensive knowledge, strong ability to accept new things. However, they also have some ideological or psychological problems that cannot be ignored: for example, lack of motivation for struggle and the ability to avoid failure; excessive self-evaluation, lack of solidarity and cooperation; excessive reliance on the network; identifying the weak and the weak; strong material desires and so on.

3.2 Enhance the Timeliness of Example Education

1) The choice of an example.
First, Example choices must be authentic. Authenticity is the key to the vitality of typical education. Their best practices must be authentic and reliable, whether they are carefully designed by collective organizations or widely regarded as best practice. This requires us not only to advertise these role models, but also to be authentic and unconstrained, but also that the public feel confident. Second, Role models must be diversified. Because

young people believe that the most exciting to their education is parents, celebrities, teachers, etc., they should give full play to the role of parents, celebrities, teachers to promote education, strengthen school, family, society and other cooperation, in order to make joint efforts, so that young people are ready to actively participate in education work [4].

2) Set an example.
Practice is the basis of youth imitation. This requires us to give up the lofty, great and completely old ideals, and actively combine with the practice of modern social life. Typical example virtue can only be shown in practice and action. Second, targeted role models are needed [5]. Various types and levels related to age, gender, learning, interest, environment, etc. should be multi-level and diverse role models. In order to achieve the goals of behavioral learning effectively, consistent behavioral role model groups must be established, however, the content and perspectives vary, considering the characteristics and needs of different adolescent groups.

3) Example of publicity.
While promoting role models, we must first go back to the real world. "The reality of model education is that we have to celebrate not only successful people, but also others. Only in this way can the role and value of education be restored, which reflects the concern for the education of each adolescent." Second, the reliability, mediocrity, and availability of typical information must be improved. Role models are the objects people learn and imitate. In order to develop the desire to learn, teachers should let people have confidence in themselves [6].

4) Learn by example.
Learning from role models includes recognition, love, respect, imitation, striving for example, and going beyond. For example, an example has the distinct feature that it should not be regarded as last, but as a relative evaluation of those worthy of imitation. This will enable teenagers to treat their favorite example more calmly and objectively, rather than blindly imitating it, and discovering its strengths, weaknesses and characteristics. But at the same time, we should also give them a scientific attitude, mainly learning advanced thoughts and feelings, understanding the essence of spirit and lofty dignity, to stimulate themselves, rather than just imitate formalism [7]. Will learn from the example and improve awareness closely combined, and constantly achieve good educational results.

5) Feedback from role models.
Example-based learning outcomes should be evaluated and evaluated to improve performance and explore how information on how such outcomes can be gathered. Select and submit the samples for the next cycle. For young people to learn from role models, it is necessary to evaluate them in multiple aspects, and to evaluate their impact in a timely manner, and to consolidate their achievements and draw lessons. Young people must self-evaluate themselves, self-summarize and improve their own knowledge [8].

4   Conclusion

In addition, with the development and change of society, with the increasing demand of western culture, and with the development and change of the nature and characteristics of society, western culture has become more and more important. Therefore, research on youth education is a recurring topic that requires constant updating, constant development, and ongoing research.

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