

Research on the Construction of Scientific Happiness Culture in Colleges and Universities

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Abstract—The sense of happiness is the concentrated embodiment of outlook on life and world outlook in objective realities. There are unreasonable phenomena in the experience and feeling about happiness among students in colleges and universities. This paper took the views of non-materiality, non-result, non-hedonism and non-individuality as the theoretical basis of constructing scientific views of happiness, and advocated to construct a scientific and reasonable happiness culture in colleges and universities through strengthening the education of ideal and belief, resisting the invasion of materialism, carrying forward Chinese traditional culture and carrying out comprehensive practical activities and other ways.

Keywords—colleges and universities; happiness culture; construction

I. INTRODUCTION

Happiness is a kind of psychological experience of people's satisfaction with life and their subjective judgment and a kind of concentrated feeling of individual outlook on life and world outlook in objective realities, as well as a kind of value judgment about the subjective meaning and satisfaction degree of life. It reflects a positive psychological experience generated on the basis of life satisfaction. Culture is an important factor affecting subjective sense of happiness. In different cultures, there are individual differences in such aspects as life satisfaction, emotional experience, social orientation, values, and judgment criteria and so on. Happiness culture is to promote inner harmony and perfectness as well as the atmosphere to edify and cultivate people.

At present, the campus of colleges and universities spreads disharmonious thoughts and phenomena such as self-interest first, material benefit first, trading youth for the future and so on, reflecting the facts that students' sense of happiness is low and their view of happiness is unreasonable and so on. Therefore, it is significant to construct the scientific happiness culture for the growth and talent development of students in colleges and universities.

II. THEORETICAL BASIS FOR THE CONSTRUCTION OF SCIENTIFIC HAPPINESS CULTURE IN COLLEGES AND UNIVERSITIES

The purpose of human's existence is to obtain happiness; however, with highly developed material civilization

nowadays, many people still live unhappily while fully enjoying material life. In fact, wealth, status and any other entity are not the essence of happiness, but a cause of happiness in life. A happy life is composed of many factors such as longevity, wealth, health and peace, good morality and so on, these factors are indispensable. The paradox of happiness tells us that wealth growth and happiness are not entirely synchronized. Therefore, the improvement of sense of happiness among citizens can not only rely on the growth of wealth, while the overall value criteria and cultural construction appears to be more important.

Therefore, the construction of campus happiness culture mainly lies in the construction and guidance of the comprehensive views of happiness.

A. The Construction of the Non-material View of Happiness

Happiness is the unity of matter and spirit. Non-material happiness is built on the basis of the spiritual level of happiness, advocating obtaining happiness from the realization of needs in the spiritual field and the improvement of cultural cultivation and morality, which is different from the material happiness based on the satisfaction of material wealth needs. Maslow points out in his theory of hierarchy of needs that the hierarchy of human needs is from the lower level to the higher level, first the physiological and material needs, then the social needs, finally the aesthetic needs and the needs of self-actualization. Compared with material happiness, spiritual happiness has more meanings and connotations, which is a deep pursuit of people's heart. With strong stability and chronicity, it is easy to generate life satisfaction among people, conducive to people's physical and mental harmony. Therefore, with the increasingly rich material life today, we should pursue the unity of material and spiritual happiness and turn material happiness into spiritual happiness, so as to realize people's needs of higher level.

B. The Construction of Non-result View of Happiness

The non-result view of happiness refers to the view of happiness obtained from process experience without emphasizing on the results. In pursuit of a certain goal, people tend to obtain happiness from the successful realization of the goal. Although they regard the successful result as a sign of happiness, they find the pursuit of the

whole process more meaningful and rewarding after being successful. At present, many students only care about the results and ignore the process. In order to achieve the results, they will adopt all kinds of means. Such caring about the outcome regardless of the process and paying attention to only the outcome and no attention to the growth will not only lead to the failure in reaching their goals, but also lead them go astray without obtaining happiness. Advocating the non-result view of happiness makes people attach importance to process and growth, gain perfection and correction, happiness and pain in their process experience, and truly enhance their inner feeling and value of happiness, thus, gaining deep happiness and enlightening life.

C. The Construction of Non-hedonism View of Happiness

Hedonism is to enjoy the material wealth and spiritual wealth created by other people's labor without his own struggle and creation. At present, the rich second generation and NEET generation are very common. Hedonism makes students overdraft money and their physical health at their will, and nightlife, high consumption as well as blind comparison have led to the mess of their mental and physical state. The non-hedonism view of happiness advocates the experience of happiness won from personal creation and struggle. Creation is the basis means of human existence and development, which is also a means to achieve happiness. What's more, the pursuit of creative behavior itself has the meaning of happiness, which can achieve people self-value and meet their needs of higher level. Therefore, to build non-hedonic happiness is the only way for the comprehensive development of human beings and the road that must be taken for happiness.

D. The Construction of Non-individual View of Happiness

As the sum of all social relations, human beings exist on the earth as a community and are closely connected with each other. When people are pursuing their own interests, other people's interests will also be involved. Some choose to help others' interests, while some others choose to harm others' interests, regardless of social morality. Those who advocate the supremacy of personal interests set the individual against the society, and oppose the unified social value standard on the basis of personal needs and individual happiness. To the extreme, those believe in individualism will harm the society and others, even themselves by any means for their personal benefit. To construct the non-individual view of happiness is not only to carry forward the spirit of collectivism, but also to establish the concept of individual happiness in the service of the collective and national happiness, and to advocate people to be a person with high moral character, perfect personality and social responsibility, building true social and personal happiness. Non-individual happiness is the true source of happiness.

III. THOUGHTS ON CONSTRUCTING SCIENTIFIC HAPPINESS CULTURE IN COLLEGES AND UNIVERSITIES

Under the new social conditions, most of the students in the colleges and universities of China is the only child in their family, some of which are spoiled by their parents from

childhood. Therefore, their abilities of independence and self-reliance are generally weak with poor self-control ability, relatively fragile psychological quality, and their sense of happiness is difficult to be satisfied. In addition, the students of the 1990s and 2000s are facing the unprecedented social competition and life pressure, resulting in the easy imbalance of their physical and mental state. Therefore, in the important period of forming their outlook on life, world outlook, values-the period of colleges and university, it is very important to construct campus happiness culture and guide them to set up a comprehensive and scientific view of happiness.

A. Strengthening the Ideal and Belief Education for Students in Colleges and Universities and Resisting the Invasion of Materialism

Belief refers to people's deep sense of trust in a certain reality or concept. A man cannot live without believes and without any belief, a man will have no soul. Ideal is a system of value goals based on certain beliefs and faiths, which is the highest level of human spiritual life. Comrade Jiang Zemin clearly pointed out that the formation of common ideals and spiritual pillars in the whole society is the foundation of socialism with Chinese characteristics. The education of ideal and belief is the "soul" of ideological and political work. To strengthen the education of ideals and beliefs among students in colleges and universities, we should arm their minds with advanced ideas and theories, make them establish scientific beliefs and lofty ideals, and stimulate their enterprising spirit and creative spirit so that they will have a clear understanding of their historical mission, resist the trend of materialism and consciously strive to build socialism with Chinese characteristics. To be more specific, firstly, through campus cultural activities and "two courses (refer to Marxist Theory Course and Ideological and Political Education course)" to vigorously carry out the education of socialist common ideals, patriotism, collectivism, scientific world outlook, outlook on life, to cultivate their noble personality and fighting spirit; secondly, the targeted activities with different levels should be carried out like Elegant Culture Spreading in the Campus and Lovely and Respectable Models Walking into the Campus; thirdly, all teachers should set an good example, carry forward the noble ethics and conduct of teachers, and carry forward the spirits of patriotism and struggle.

B. Carrying Forward Chinese Traditional Culture Vigorously and Building Modern Campus Happiness Culture

The essence of Chinese traditional culture is Confucianism, Taoism and Buddhism, the core of which is Confucian culture with distinctive national characteristics and profound connotations. Its basic spirit emphasizes the unity of nature and man, self-discipline and social commitment, rational practice, vigor and self-achievements, which are the elements of scientific happiness. Therefore, we should carry forward Chinese traditional culture and meanwhile create modern scientific happiness culture. To be more specific, firstly, the campus activities of reciting

classics and moral practice should be carried out; secondly, traditional culture courses should be set up; thirdly, all kinds of symbols full of traditional culture spirit in the campus should be established; fourthly, the cultural and sports activities for criticizing hedonism, individualism and materialism should be carried out.

C. Carrying out Rich, Comprehensive and Practical Activities and Cultivating the Scientific View of Happiness in Campus Through Practice

Different from the strong objectives of traditional practical activities, comprehensive practical activities emphasize the combination of a variety of themes, multiple task models, and various research methods, which is not from the artificial complexity caused by the teachers, but instead, it comes from the process of students' deeper understanding and excavation of practical subjects. It provides a relatively independent learning ecological space, in which students are able to dominate, which means that they have their absolute control and leadership of the whole activities, and can be self-oriented and team-oriented to promote the activities. In the course of such practice, students can enhance their sense of responsibility and mission, promote their correct understanding of the society, organizations and themselves and improve their ability to adapt to as well as serve the society, which are conducive to the improvement of their personal accomplishment and the perfection of their personality. Therefore, it is necessary to carry out abundant comprehensive practical activities in colleges and universities, to create all conditions for more students to participate in practice, to gain personal growth and develop personal talents and to experience happiness in such practice. Specifically, first of all, various professional practical activities can be carried out, such as: visit, practical teaching, research, research-based learning; then, rich social practice can be carried out as well, such as having social practice at countryside during summer vacation, social research, voluntary service, public benefit activities, community service, etc., fully mobilizing students' initiative and encouraging them to plan, organize, coordinate and develop by themselves. Through these activities, the view of happiness, which attaches great importance to collectivity, process, creation and struggle, is formed in the whole school.

IV. CONCLUSION

The happiness culture in colleges and universities reflects the happiness experience and overall state of teachers and students in learning and living. In the new era, the unprecedented diversity and complexity of culture have collided with college students' values and happiness. Therefore, it is an important task for every educator to construct a scientific, healthy and harmonious happy culture in colleges and universities. These are some thoughts on the construction of a scientific and happy culture in colleges and universities. More scholars will be hoped to join in the construction of a happy culture in colleges and universities and make suggestions and contributions for the cultivation of all-round development of senior talents.

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