

To Discuss the Influence of "Tai Chi Culture" on the Anxiety of College Students under the COVID-19 Epidemic Based on the Thought of "Cultural Confidence"

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Abstract: In recent years, with the new crown pneumonia outbreak across the globe, epidemic situation not only affects the development of the society, more influence on people's psychological, particularly for the contemporary college students, with the development of the outbreak of society to the modern talent quality requirements are constantly improve, "unlimited", "borderless" in the increasingly fierce competition, the so-called "volume". The high pressure brought by "inner roll" has created the increasingly fierce anxiety psychological problem of college students, which has become a big problem in the society. The development of college students is related to the future of society, and their psychological state must be paid attention to. We are inspired from the concept of "cultural confidence", try to incorporate traditional culture to the psychological education of college students, in order to alleviate the anxiety of college students psychological problems, which we have to contain the Chinese traditional mainstream - tai chi culture as the index of Taoist thought, delving into how the traditional culture and college students' psychological education fusion to ease the way of college students' anxiety. Exploration results, we found that the tai chi culture contains the Chinese two classical thought, namely "is peace" and "good if water", college students in physical fitness, but also connect to the cultural spirit of taijiquan contains, through "is peace" and "good if water on" state of mind, and can put on your anxiety and uneasiness, This alleviates the anxiety of contemporary college students to a great extent. Under the special background of COVID-19 epidemic sweeping the world, the integration of traditional culture and psychological education of college students has great potential to relieve the anxiety of contemporary college students. At the same time, we also speculate that in this special context of society, not only college students, but also all people are facing the fierce competition of different classes. The great pressure brought about by the new coronavirus epidemic, and the integration of traditional culture can not only alleviate the anxiety of college students, but also have great potential in alleviating the anxiety of other groups and even the whole society.

1. Introduction

1.1 College Students ' Anxiety Is Getting Worse

Since the outbreak of the new coronavirus, the economic pressure on society has increased year by year, many small businesses are facing a crisis of bankruptcy, and the employment situation has become even more severe. The three-year epidemic situation runs through the university life of contemporary college students. The frequent closure of the school has greatly reduced the contact between students and society, led to the lack of practical experience and social experience of students, and made many students fall into confusion and anxiety about the future. At the same time, the increasingly fierce competition between college students and college students, the increasingly strict requirements of the society for talents in the new era under the epidemic situation, has aggravated the anxiety of contemporary college students. In the face of the epidemic situation from time to time and the increasingly severe employment pressure, the anxiety is gradually spreading among college students.

Generally speaking, anxiety refers to the psychological experience that people feel nervous, uneasy and afraid in the face of dangerous and threatening situations. This is the manifestation of people's physical and mental function being aroused under stress. If the danger or threat exists for a long time, it will form an anxious state of mind [1].

Zhang Siming [2] investigated and analyzed the anxiety symptoms of students in a university, and randomly selected 1430 students from different majors and different grades. The ZUNG's self-rating anxiety scale was used to evaluate the subjects. The results showed that the total detection rate of anxiety symptoms of all students in the university was 13.29 %. Sun Daokai [3] made statistics on the anxiety of college students under the background of major epidemic crisis, and found that 60.5% of college students had no anxiety symptoms, 29.1% had mild anxiety, 8.2% had moderate anxiety, and 2.2% had severe anxiety. In the context of the COVID-19 epidemic outbreak, the anxiety of college students was common. The epidemic stimulus is an important factor to induce anxiety and the anxiety problem of college students can not be ignored.

1.2 Behind the Anxiety Is the Growing "Involution"

In 2000, the Institute of Psychology of the Chinese Academy of Sciences conducted a survey on the main social stressors and mental health of different occupational groups in the period of social transformation. The results showed that the anxiety of young people was the most serious, mainly in the aspects of survival and development anxiety, interpersonal relationship anxiety, identity anxiety and emotional anxiety. Among them, survival and development anxiety ranks first. The improvement of social requirements for talent capacity and the scarcity of jobs, so that contemporary youth, especially college students have to rush to enhance the diploma and a variety of research, for their own survival and development, and constantly improve their competitiveness in order to seize scarce jobs, the formation of ' involution ' status quo.

The so-called "involution" in short is a competitive energy consumption and waste, and " in order not to lag behind the students, into a passive, everyone has to fill their resume as much as possible" [4]. Academic volume score points, research volume articles, employment volume resume... All aspects of contemporary college students have entered a "involution" trend. In such a stressful, tense and hopeless state of mind, it has created a serious anxiety of contemporary college students.

In addition to the above research, the investigation and research on college students ' anxiety is still emerging in an endless stream, and the situation is not optimistic. As the backbone of the youth group and the core force of future social development, college students ' psychological anxiety must be concerned and valued by the society. Therefore, it is particularly important to explore ways to

alleviate college students' anxiety.

2. Exploring the Influence of Traditional Culture on Contemporary Youth's Anxiety from the Concept of "Cultural Confidence"

Since the 18th CPC National Congress, "cultural self-confidence" has become a key word in China's new era. At the symposium between teachers and students of Peking University, the state leaders pointed out that Chinese civilization has lasted for thousands of years and has its unique value system. The Chinese traditional culture has come from a thousand years ago, ups and downs, and has been strengthened for a long time. It is like a river, moistening the land of China, and has a profound and lasting influence on China today. For China, Chinese traditional culture is still like the source of water and the root of trees. In the process of growing up and becoming talents, every adolescent should establish strong cultural identity and cultural self-confidence for the excellent traditional Chinese culture, absorb the nutrients, enrich themselves and strengthen themselves, so as to obtain far-reaching and lasting strength.

Confucianism and Taoism are two bright pearls rooted in the fertile soil of China. As the most representative two thoughts in the excellent traditional Chinese culture, they have influenced every generation in the land of China in the long history of thousands of years.

Nowadays, most of the college students' Anxiety Psychology is caused by the high pressure caused by the current situation of "Involution". Nowadays, college students are carried forward by the torrent of material desire. In this process, their thoughts have already been filled with the so-called "tickets", "cars" and "houses", forgetting their original intention. In the face of a confused heart, a world of shapes and colors, and a variety of voices, they need to find themselves again, firm themselves, listen to the inner voice, recognize their own path, and seek inner peace. Among the cultural thoughts of Confucianism and Taoism, there are the complacency of "Don't do what should not be done; don't desire what should not be desired", the open-minded of "being poor, being good at oneself, and benefiting the world at the same time", and the indifference of "indifference to manifest one's ambition, and tranquility to achieve far-reaching". They stress the harmony of heaven, earth and human beings, and the harmony of mind and body. There is a saying in the great learning that "when you know what you stop, then you can settle down; when you settle down, you can be quiet; when you are quiet, you can be calm; when you are calm, you can think about it; if you think about it, you can get it." College students should be able to find their own way of thinking and realize their own goals.

3. To Explore the Way of Alleviating College Students' Anxiety by Chinese Excellent Traditional Culture

3.1 Taiji Boxing -- a Method of Self Cultivation in Traditional Culture

Taiji boxing, as one of China's intangible cultural heritage, its core idea contains the thinking of Chinese traditional Confucian and Taoist philosophy on Tai Chi and Yin and Yang. It gathers the essence of Chinese traditional culture, and forms a boxing technique that combines internal and external cultivation, rigid and soft, and pursues physical fitness, self-cultivation and the unity of heaven and man. The word "Tai Chi" first appeared in the book of changes. The word "Yi has Tai Chi, which is the birth of Liangyi". This paper discusses that Tai Chi is a process from static to dynamic and from nothing to existence. People can feel the emptiness of the mind and feel the changes of nature in the process of moving, breathing and inhaling, so as to achieve the harmony and unity of heart and nature.

However, in this modern society, new entertainment culture such as short video, fragmentary

reading, electronic games and so on are gradually rising, and the ideas of contemporary college students are also imperceptibly affected, so they prefer the fast-food culture which is fast-paced, easy to obtain and exciting in a short time. Therefore, Taiji boxing once faded out of people's vision.

With the concept of "cultural self-confidence" put forward by national leaders, in recent years, there has been a wave of revival of traditional culture in China. Some colleges and universities are trying to integrate traditional culture into students' daily teaching, offering courses related to traditional culture, establishing traditional culture related association, and organizing traditional culture related activities and so on are the embodiment of modern education group exploring the integration of contemporary college students' education and traditional culture, especially Taiji boxing as a representative of traditional culture.

Forgetting the pressure of their studies and careers, and forgetting the fast food culture, college students settled down and found a moment's consolation in Tai Chi and purified their soul. In this regard, we have also been inspired by the problem of exploring ways to alleviate college students' anxiety, that is, the influence of traditional culture on College Students' Anxiety Psychology, and the way of Taiji boxing to relieve college students' Anxiety Psychology.

3.2 "Zhong Zheng Ping He" and "Shang Shan Ruo Shui" -- the Way of Life in Taiji Boxing

The doctrine of the mean is an important theory of Confucianism. The doctrine of the mean is also known as the way of neutralization. The central idea of the doctrine is to achieve harmony by compromise, to be impartial, and going beyond the limit is as bad as falling short [5]. It is also a spiritual pursuit of Taiji boxing. In the process of practicing Taiji boxing, we can also cultivate the psychological quality of "moderate justice and peace", so that people can turn anxiety into peace through self-cultivation, and pay attention to peace of mind and deal with things calmly. "The doctrine of the mean" says: "abundance and gentleness are enough to have tolerance; to be strong and resolute is enough to have perseverance; to be upright in Qi and Zhuang is enough to have respect." [6] Such a generous and gentle, neutral and impartial, is enough to enable college students to maintain "moderate peace" no matter what they are facing, so as to turn anxiety into peace.

Taiji boxing is mainly soft, and there is no more soft than water in the world. Therefore, we can easily feel the beauty of "lowing Clouds and flowing water" when watching Taiji boxing or practicing Taiji boxing in person [7]. The pursuit of Taiji boxing is to overcome rigour with softness, which contains the idea of "The softest in the world, galloping the firmest in the world" in Laozi's Tao Te Ching. The spirit of Taiji boxing contains "the highest good is like water, the water is good for all things without fighting, so it is just like the Tao. Living in a good place, the heart is good, and the benevolence is good, the speech is good, the governance is good, the thing is good, the action is good." "This is what we need now. In the face of achievements, money, rights and reputation, we always have endless desires. When we try to see more, we are increasingly dissatisfied with the status quo. When we get more, we crave for more. Thus, we fall into the black hole of desire and are surrounded by anxiety that we can't. In addition, we are becoming less patient with success and less confident in the process. The road to success is a long and tortuous process for us, We need to constantly surpass ourselves in this long process and quietly wait for the day. However, many people are gradually lost on this lonely road, uneasy about the process and anxious about the future. Therefore, in the face of anxiety, we can study the nature of water, seek human nature, pursue the best nature of water. But do good deeds, do not ask about the future, do not fight or rob. Even if I am in a depression or at the bottom of the society, I can still have a good heart in the face of temporary dissatisfaction. I can precipitate myself in the environment where I live. I am not arrogant and impetuous. I will become a sea by myself when all rivers come back. As "Laozi" said, "the water will return to the sea because of its goodness, and the mountain will become a peak if it does not

compete for height". Only with this mentality can we maximize our self-worth in any position.

Whether it is "the golden mean" or "the supreme good is like water", this is a kind of life realm. Influenced by Confucianism, Tai Chi Culture has formed the spiritual connotation of "moderate, just and peaceful"; Influenced by Taoism, Tai Chi Culture also pays attention to "the best is like water". It can be said that Tai Chi Culture is the complementary unity of Confucianism and Taoism in ideology [8].

With the help of Tai Chi Culture, we can see the influence of traditional culture on College Students' psychology. The profound connotation of traditional culture can alleviate anxiety from multiple angles and multi-level aspects. However, Tai Chi Culture is only the tip of the iceberg in many traditional Chinese cultures. There are still many cultures to be explored in China's cultural treasure house. I believe that in the near future, we will be able to dig out more cultural treasures, fully integrate Chinese traditional culture into the psychological education of college students, and better alleviate the anxiety of college students.

4. Discussion and Conclusion

The raging of the new coronavirus epidemic has not only greatly hindered social development, but also had an incalculable impact on people's psychology. College students face day after day closed school, in the face of bored "three days two inspections", "seven days two inspections", in the face of the school towering walls, anxiety, anxiety, impatience continue to accumulate and spread. In the process of exploring and alleviating the above problems, we find that Chinese excellent traditional culture such as Tai Chi has a significant and lasting effect on alleviating the anxiety of college students. In the silence of Tai Chi, in a slow rhythm, college students' confusion about the unknown and impetuous about being closed are quietly resolved. In the abundant free time, practicing Taijiquan allows college students to reduce their attention to the outside world and turn to a deeper dialogue with themselves.

The era of rapid economic development is also an impetuous era. Under the influence of the epidemic, the atmosphere of the whole society will tend to be more impetuous. We not only need to pay attention to the psychological problems of college students, primary and secondary school students academic pressure compared to the group of college students, economic pressure on the majority of the impact of more serious. The positive impact of Tai Chi on the mental health of college students is also applicable to most groups in society. We should actively promote Chinese excellent traditional culture such as Taijiquan, Baduanjin and calligraphy. Taijiquan or other traditional martial arts can be added to physical education classes and morning exercises in primary and secondary schools. Taijiquan and other traditional martial arts can be actively promoted into the community. Compared to the square dance, perhaps Tai Chi groups can also become a beautiful scenery in urban and rural areas. Promotion of Tai Chi, martial arts self-cultivation, in the fast era to speed people up, so that people can jump out of the materialistic, concerned about their inner real thoughts and desires.

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