

The guiding effect of Lao Zi's dialectical thought on the cultivation of contemporary college students' social adaptability

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Abstract: The purpose of this paper is to explore the guiding role of Lao Zi's dialectical thought in cultivating contemporary college students' social adaptability. Through the study of Lao Zi's dialectical thought, it is found that this thought has an important guiding role in cultivating the social adaptability of contemporary college students. The results show that Lao Zi's dialectical thought has a positive role in promoting the cultivation of college students' social adaptability, and can help college students better adapt to and integrate into society. Specifically, Lao Zi's dialectical thought can help college students improve their interpersonal skills, psychological adjustment ability and career development ability. By combining the traditional culture of China with the cultivation of college students' social adaptability, we hope to provide new ideas and methods for higher education and help more contemporary college students improve their social adaptability, so as to better integrate into and contribute to society. At the same time, this paper deeply discusses the concrete application of Lao Zi's dialectical thought in the cultivation of college students' social adaptability, which provides a useful reference for the research in related fields.

1. Introduction

With the continuous advancement of globalization and informatization, contemporary college students are facing more complex and changeable challenges in social adaptability [1]. In today's society, college students need not only solid professional knowledge and skills, but also good social adaptability in order to cope with the ever-changing social environment and life challenges [2]. Social adaptability refers to the ability of individuals to actively adjust their mentality and behavior in the face of social pressure, cultural differences and psychological conflicts, so as to adapt to social development [3-4]. This ability includes interpersonal skills, environmental adaptability, psychological adjustment and career development [5]. Contemporary college students need to have these abilities in order to get better development in the future. Therefore, how to cultivate college students' social adaptability and make them better integrate into society has become one of the important tasks of higher education.

China's traditional culture is extensive and profound, which contains rich philosophical thoughts

and humanistic spirit, and plays a guiding role in cultivating the social adaptability of contemporary college students [6]. Among them, Lao Zi's dialectical thought is an important part of China's traditional culture, which emphasizes the contradictions and changes between all things and advocates a dialectical view of the problem [7]. The core of Lao Zi's dialectical thought includes three concepts, namely "Tao", "inaction" and "nature", which play an important guiding role in the cultivation of contemporary college students' social adaptability. First of all, the concept of "Tao" can help college students deeply understand the nature and laws of society and better grasp the trend of social development [8]. Secondly, the concept of "inaction" can guide college students to take a more positive attitude in the face of social changes and adapt to social changes naturally [9]. Finally, the concept of "nature" can help college students establish an attitude of advocating and respecting nature, so as to better integrate into society. The purpose of this paper is to explore the guiding role of Lao Zi's dialectical thought in the cultivation of contemporary college students' social adaptability, and to explore the concrete application of Lao Zi's dialectical thought in the cultivation of college students' social adaptability through empirical analysis.

2. The core content of dialectical thought in Lao Zi

The core content of dialectical thought in Lao Zi includes the following aspects:

(1) The concept of Tao

In Lao Zi, "Tao" is regarded as the origin and the highest criterion of all things in the universe. Lao Zi believes that "Tao" is intangible, which transcends people's perception and rationality and cannot be described in words [10]. However, it is this transcendence of "Tao" that enables it to contain all things, coordinate the contradictions and conflicts of all things, and make all things coexist harmoniously.

(2) The concept of inaction

"Inaction" is an important concept in Lao Zi, which refers to a natural and harmonious attitude and behavior [11]. In Lao Zi's view, "inaction" is not passive laziness, but a natural and non-interfering way to achieve the best results. Lao Zi believes that human beings should conform to nature and not excessively interfere with the laws of nature, so as to maintain the natural growth and harmonious coexistence of all things.

(3) The concept of nature

"Nature" is another important concept in Lao Zi, which refers to an attitude and values of advocating and respecting nature. In Lao Zi's view, human beings should respect nature and not over-exploit and destroy the natural environment. On the contrary, human beings should conform to nature, make rational use of natural resources, and maintain the natural growth and harmonious coexistence of all things.

The core content of dialectical thought in Lao Zi provides us with a brand-new way of thinking and helps us to know and understand the world. This kind of thought inspires us to follow the laws of nature, conform to nature and not interfere excessively, so as to achieve the realm of harmonious coexistence. In the cultivation of social adaptability of contemporary college students, this idea can be used as an important guiding role to help college students better adapt to society and life.

3. The position of Lao Zi's dialectical thought in China's traditional culture and its influence on later generations

Lao Zi's dialectical thought plays an important role in China's traditional culture, which has a far-reaching influence on later generations. This paper discusses the important position of Lao Zi's dialectical thought and its influence on later generations from the perspectives of historical development and cultural inheritance.

(1) Historical development

Lao Zi, as an important figure in the history of China's philosophy, his thoughts and works have had a far-reaching impact on China culture. Lao Zi's dialectical thought provided a new way of thinking for later generations and influenced many schools and thinkers. During the Spring and Autumn Period and the Warring States Period, social unrest and various theories flourished. During this period, Lao Zi founded the Taoist School and put forward a unique dialectical thought. This thought received extensive attention and discussion at that time, and became a clean stream in the history of China's philosophy. In the long history that followed, Lao Zi's dialectical thought was continuously passed down and developed, which had a far-reaching impact on China's traditional culture.

(2) Cultural inheritance

Lao Zi's dialectical thought not only occupies an important position in China's traditional culture, but also has an impact on global culture. Lao Zi's book *Tao Te Ching* has been translated into many languages and spread all over the world, becoming one of the important representatives of China culture. In terms of inheritance, Lao Zi's dialectical thought has become an important part of China's philosophy, which has been studied and developed by scholars from generation to generation. This inheritance not only makes Lao Zi's dialectical thought constantly glow with new vitality, but also injects new elements and ways of thinking into China's traditional culture. In the process of continuous development and inheritance, Lao Zi's dialectical thought has gradually become one of the classics in China's traditional culture, providing valuable wisdom and enlightenment for future generations.

To sum up, Lao Zi's dialectical thought plays an important role in China's traditional culture and has a far-reaching influence on later generations. This influence is not only reflected in the development and inheritance of China culture, but also in the contribution to global culture. Lao Zi's dialectical thought has injected a unique philosophical way of thinking into China's traditional culture, and also provided valuable wisdom and enlightenment for later generations.

4. The relationship between the dialectical thought of Lao Zi and the cultivation of college students' social adaptability

As an important part of China traditional culture, the dialectical thought of Lao Zi plays an important guiding role in cultivating college students' social adaptability. From a theoretical point of view, the dialectical thought of Lao Zi emphasizes the concepts of harmony, change and adaptability, which have an important guiding role in the cultivation of college students' social adaptability. First of all, harmony is one of the cores of the dialectical thought in Lao Zi, which emphasizes that everything is related and should get along with each other in a harmonious manner. In the cultivation of college students' social adaptability, the concept of harmony can help college students establish good interpersonal relationships, learn to respect and understand others, and thus better integrate into society. Secondly, change is an important concept in the dialectical thought of Lao Zi, which emphasizes that everything is constantly changing. In the cultivation of college students' social adaptability, the concept of change can help college students better adapt to social changes and development, and continue to learn and grow. Finally, adaptability is an important feature in the dialectical thought of Lao Zi, which emphasizes that everything has the ability of adaptability and should adapt to nature and environment. In the cultivation of college students' social adaptability, the concept of adaptability can help college students better adapt to different social environments and cultures and enhance their ability of cross-cultural communication.

From a practical point of view, the dialectical thought of Lao Zi not only plays a guiding role in the cultivation of college students' social adaptability in theory, but also has important application

value in practice. This paper discusses the practical application of the dialectical thought of Lao Zi in the cultivation of college students' social adaptability from three angles: interpersonal communication, psychological adjustment and career development. First, the harmonious idea in the dialectical thought of Lao Zi can help college students establish good interpersonal relationships. By respecting and understanding others, college students can establish healthier and more stable interpersonal relationships and thus better integrate into society. Secondly, in the aspect of psychological adjustment, the concept of "governing by doing nothing" in the dialectical thought of Lao Zi can help college students relieve their psychological pressure and improve their psychological adaptability. By letting go of too much desire and pressure, college students can face the challenges and difficulties in life more calmly and calmly. Finally, in the aspect of career development, the concept of "contentment is always happy" in the dialectical thought of Lao Zi can help college students establish a correct career concept. By recognizing the diversity of everyone's value and development opportunities, college students can choose their own career development direction more rationally, so as to better adapt to the development and changes of society.

Generally speaking, the dialectical thought of Lao Zi plays an important guiding role in the cultivation of college students' social adaptability. By improving interpersonal skills, psychological adaptability and establishing correct professional concepts, college students can better adapt to social challenges and changes and promote their all-round development.

5. Applying Lao Zi's dialectical thought to guide the cultivation of college students' social adaptability

Applying the dialectical thought of Lao Zi to guide the cultivation of college students' social adaptability needs to start from many aspects, such as interpersonal communication, adaptation to change, adaptation to environment, contentment and inaction. By cultivating students' harmonious interpersonal relationship, ability to adapt to change and environment, good mentality and spiritual quality, we can help them better integrate into society and promote their all-round development. The details are as follows:

(1) Cultivate harmonious interpersonal relationships

The dialectical thought of Lao Zi emphasizes harmony and thinks that everything is related and should get along with each other in a harmonious manner. In the cultivation of college students' social adaptability, we should pay attention to cultivating harmonious interpersonal relationships. Specifically, college students should learn to respect, understand and establish good interpersonal relationships with others. At the same time, we should pay attention to self-cognition and self-regulation, avoid interpersonal conflicts and contradictions, and integrate into society with a harmonious attitude.

(2) Cultivate the ability to adapt to change

The dialectical thought of Lao Zi emphasizes change and thinks that everything is constantly changing. In the cultivation of college students' social adaptability, we should pay attention to cultivating their ability to adapt to change. Specifically, college students should understand the changes and development trends of society and actively adapt to the new environment and challenges; Pay attention to self-adjustment and self-improvement, keep learning and growing, and improve your overall quality.

(3) Cultivate the ability to adapt to the environment

The dialectical thought of Lao Zi emphasizes adaptability and holds that everything has the ability of adaptability and should adapt to nature and environment. In the cultivation of college students' social adaptability, we should pay attention to cultivating their ability to adapt to the environment. Specifically, college students should understand different social environments and

cultures and master the skills and methods of cross-cultural communication; Pay attention to self-adjustment and self-improvement, constantly adapt to the new environment and culture, and improve their social adaptability.

(4) Cultivate a contented mind.

The dialectical thought of Lao Zi emphasizes contentment and thinks that people should let go of too much desire and pressure and enjoy the beauty of life. In the cultivation of college students' social adaptability, we should pay attention to cultivating the mentality of contentment. In this respect, college students should know their own interests and advantages and choose their own career development direction; Pay attention to self-regulation and self-balance, avoid excessive desire and pressure, maintain a positive and optimistic attitude, and improve your mental health.

(5) Cultivate the spirit of governing by doing nothing.

The dialectical thought of Lao Zi emphasizes doing nothing and thinks that people should let go of too much control and desire and let things develop naturally. In the cultivation of college students' social adaptability, we should pay attention to cultivating the spirit of doing nothing. In this regard, college students should learn to let go and trust and let things develop naturally; Pay attention to self-regulation and self-control, avoid excessive desire and control, and face difficulties and challenges with a calm and calm mind.

6. Conclusions

Lao Zi's dialectical thought plays an important guiding role in cultivating contemporary college students' social adaptability. By studying and analyzing the core concepts and practical applications of Lao Zi's dialectical thought, college students can better understand and adapt to the trends and changes of social development. Specifically, we can start from the following aspects: First, cultivate harmonious interpersonal relationships. By learning Lao Zi's concept of "Tao", college students can better understand the connections and commonalities between people, thus establishing more healthy and stable interpersonal relationships. At the same time, in interpersonal communication, we should follow the principle of "inaction", communicate with others naturally and avoid too much control and desire. Secondly, cultivate the ability to adapt to change. Lao Zi's dialectical thought emphasizes that everything is constantly changing, and college students should learn to adapt to change, accept change and seek opportunities from it. By learning Lao Zi's concept of "nature", college students can better understand the laws of nature and social development, and thus better adapt to social changes and development. Finally, cultivate correct values and mentality. Lao Zi's thought advocates "contentment is always a pleasure", maintaining a normal mind, not excessively pursuing material interests and enjoyment, and paying attention to spiritual pursuit and inner peace. By studying Lao Zi's thoughts, college students can establish correct values and mentality, so as to better face the challenges and difficulties in life.

By studying Lao Zi's thoughts, college students can better understand and adapt to the development and changes of society, and improve their social adaptability and personal quality. At the same time, this study also provides useful reference and enlightenment for the research in related fields, and provides new ideas and methods for the inheritance and development of traditional culture in China.

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