

Exploration of the Path of College Students' Self-worth Realisation under the Perspective of Humanistic Theory

Li Fanghong

Faculty of Human Develeopment, Universiti Pendidikan Sultan Idris, Tanjung Malim, Perak, 35900, Malaysia

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Abstract: Along with the development of our society and the progress of education, the integration of psychological theory in college education has become one of the important contents of educational reform. Among them, Maslow's humanistic theory occupies a place in psychology. The main content of humanistic theory is: in the process of growth and development, people need to be fully affirmed their own value, dignity and self-realization needs. The theory of humanism holds that all human beings have potential, which needs to be realized and developed. College students are an important force for the development of our country. However, with the rapid development of economy and constant change of society, they have not only had many opportunities and hopes in the process of realizing their self-worth, but also faced severe challenges and tests. In order to help college students correctly understand the connotation of self-value and realize the all-round development of their own quality, they should be actively guided in psychological thought to lead them to realize their self-value. This paper analyzes and discusses how to use humanism theory to lead college students to realize their self-value.

1. Introduction

With the continuous development of the society, the development of self-value has become a hot issue of general concern in the academic circle. As the main representative of the humanistic school, Maslow studied and classified the thinking on the value of human beings. Maslow took the pursuit of goals and the satisfaction of objects as important reference factors, arranged various needs of human beings in a hierarchical sequence system from low to high, and emphasized the expression of human value and dignity. To find ways and means by which human potential can be fully developed to achieve the highest level of self-actualization. With the rapid development of China's economy, the value thoughts of college students are also easy to be affected to some extent. College students are an important group in China's social development and the core force of the great rejuvenation of the Chinese nation. They need to establish correct life values and realize their self-value correctly.

2. The thought of humanism theory

In psychology, humanism is an important school that arose in the United States in the 1950s, and it began to develop rapidly in the 1950s, and Maslow and Rogers are its main representatives. Humanistic theory emphasizes the importance of human nature, pays attention to the discussion of human self-value, the development of human potential and the affirmation of human dignity, and actively guides people to realize their self-value, pay attention to their own development, and pay attention to the positive role of emotion and thought in people's learning ^[1]. The thoughts of humanism theory can be explained from the following perspectives:

2.1 Individual development is the process of individual life growth

A person's life is in constant development and change, and the experience of any stage of human growth plays an important role in his development, and no age is particularly important to the nature of development. According to Rogers, the meaning of human life is not to have one's needs met immediately, but to have a process of development. In Rogers' theory, if a person is not hindered by challenges and setbacks on the road of life, then he can move toward his most satisfying goal, such a person is a person who can achieve self-improvement. Rogers' self-perfection theory is defined by Maslow as the process of self-realization, which believes that when a person has a more perfect psychological character, he can become the kind of person he wants to be. Maslow believes that individual development is essentially the process of the growth and realization of the whole life ^[2].

2.2 Individual development is a process of self-management

Human beings exist as individuals, they are unique individuals who feel and pursue themselves in the process of life. The theory of humanism regards people as the main constructor of their own life development, and believes that people know themselves best, everyone has the right and freedom to choose the direction of their own life development, and everyone needs to be responsible for their own choice. The theory of humanism holds that people should not be influenced and hindered by past failures and bad experiences. Although these experiences will affect people's mental health and life status, they have no necessary connection with people's eventual development and should not be considered as an influencing factor for people's ultimate realization of value. Rogers believes that in the process of self-development, people can feel themselves, change and improve their own development, and finally improve themselves and realize their own value ^[3].

2.3 The goals of development are self-improvement and lifelong development

According to humanistic theory, all healthy people are a unity, which has perfection, and most of the individuals with perfection will work together, and are relatively unified in emotional and cognitive aspects. The theory holds that everyone should exist as a complete person, and this perfection is not limited to their emotions, but also includes people's ideas and mental emotions. According to humanistic theory, education needs to cultivate people who can adapt to social changes at any time, know how to learn, and have self-independence, correct judgment of the development characteristics of things, and all-round development of comprehensive quality, rather than just people with theoretical knowledge.

3. Current situation of self-value realization of college students

With the rapid development of China's economy, people's material level has been significantly improved, so that the pursuit of their own value and the meaning of life attention is increasing. As a reserve force for the development of the new era, college students' pursuit and reflection on their own life value is of great significance, but it is accompanied by economic development

3.1 Opportunities for college students to realize their self-value

With the deepening development of the socialist market economy and the gradual advancement of reform and opening up, people's original conservative values have been seriously impacted.

First of all, social and economic development has brought a lot of unprecedented rational thinking to college students, such as: individual differences need to be respected, competition needs to be fair and just, social interests should be combined with individual interests, individual obligations and rights should be unified, and so on. Through such positive thinking, college students can also form their own values.

Secondly, the development of socialism in China and the progress of social economy also provide college students with further beneficial, broad and free development environment. In the current social environment, fierce competition and talents emerge, such fierce competition can promote college students to push themselves, keep learning and realize self-value to a certain extent. If college students want to have a good development prospect, they need to realize the comprehensive development of their own comprehensive quality, need to continue to learn, master a variety of knowledge and skills, and choose the correct development goals and future direction for themselves.

Finally, only social and economic prosperity and stability, college students can truly realize their own value. The socialist market economy puts more emphasis on the main role played by people and the independence of individuals, and affirms that individuals can satisfy their own needs and interests in an independent way of behavior, which greatly improves the level of individual development of college students and creates conditions to help them according to their own characteristics and actual conditions. We devote ourselves to the exploration of our own value and the creation of social value through hard work and unremitting spiritual pursuit^[4].

3.2 Challenges to the realization of college students' self-value

In the development of the current society, challenges are always accompanied by opportunities, and college students need to understand how to realize self-value and play a role in the new era. With the rapid development of society, a variety of values are constantly appearing and changing. The development and popularization of the Internet has gradually exposed college students to more ideas about working less and earning more and enjoying themselves. Such values are not conducive to the growth and development of college students.

Marx believes that human alienation comes from alienated labor, and alienation is a kind of behavior in which the ID is discarded and constrained. When the society develops to a certain advanced level, the opposite situation will occur with the development of the original intention, and human alienation will also appear with such a background. Due to the rapid development of society and the continuous popularization of the Internet, the values of human life will also be seriously affected. The alienation of human beings can be manifested in the change of their values, such as the violation of self-value and social value. Due to the collision of various ideas, college students' values are also affected to varying degrees. Their definition of individual freedom and awareness of freedom and equality are gradually enhanced. Some college students even have the idea that their

self-value is greater than their overall value.

4. In the context of humanistic theory, how do college students realize their self-worth

Guided by humanistic human nature theory, it can help college students to study and develop themselves in a multi-level environment. The humanistic theory of human nature holds that every normal person has a sense of potential for self-realization within him, just like a seed, which can take root, grow up and bear fruit as long as it can be given the right environment.

4.1 Actively exert self-subjectivity

First of all, college students need to establish a correct concept of life value. Because if college students want to realize their self-value, they need to exert their self-subjectivity. Only by establishing the correct concept of life value, college students can clarify their own direction of struggle and choose the right goal according to their own characteristics, so that they can play their own role for the country, society and economy steadily and stably, so as to realize their own life value.

Secondly, college students need to actively play their own subjective initiative, improve their quality level, make use of their subjective learning ability, understand the knowledge and skills related to their own development, constantly improve their comprehensive quality and ability, and actively overcome the negative and negative values and negative ideas under the network environment. College students should realize the correct, objective, rational and multi-level understanding and development of themselves, actively combine the correct social values with their own values, constantly improve their professional knowledge, skills and comprehensive quality level, and provide their own strength for the development of an open society.

Finally, college students should actively improve their practical level of theoretical knowledge. If you want to realize the creation of value, you need to complete through practice, without practice, you can not realize the value, the value of people should be promoted and realized through their own occupation. Therefore, college students should actively and actively carry out practice, participate actively and effectively in the practical activities organized by them, practice from daily life, and imperceptibly improve their practical ability. Through tenacious struggle and efforts, they can enhance their initiative, enthusiasm and creativity, and realize their ideals and self-value from practice.

4.2 Actively establish theoretical basis

First, we must uphold the guiding position of Marxism in the system of core socialist values [5]. Major colleges should actively strengthen the teaching of ideological and political education, help college students to improve the level of Marxist theory, guide and help college students to establish a scientific world outlook, outlook on life and values, firmly adhere to the path of socialism with Chinese characteristics, and strengthen college students' understanding and thinking of the socialist core value system.

Secondly, all colleges should actively carry out publicity activities on the spirit of the Chinese nation. The spirit of the Chinese people is gradually formed in the course of the long social and historical development of the Chinese nation. It is a reflection of the social life of the Chinese people of all ethnic groups, and the most essential and concentrated embodiment of the Chinese nation. Its connotation is the great spirit of unity, solidarity, peace, diligence and courage with patriotism at the core. As far as the current situation of China's socialist development is concerned, the national spirit is an irreplaceable and important spirit in China, and it is the source of strength

and spiritual pillar for the Chinese nation to strive for self-improvement and hard work. The national cohesion and national centripetal force it contains can help college students have a strong ideological support force when facing the challenges of the new era, and can help them exercise their own spirit and thinking. Teachers should help college students overcome the fear of overcoming difficulties in the face of difficulties and setbacks, overcome obstacles, and improve themselves^[5].

Finally, the major universities should actively respond to and practice the socialist core values. Socialist core values are a highly condensed and concentrated expression of the socialist core system. Combining such concepts with the value and ideological education of college students can help college students enhance their national consciousness, pride and sense of mission as Chinese children, and help them establish clear goals. It can make up for the lack of goals and beliefs of college students, and can deeply help college students improve their confidence and courage in self-struggle.

4.3 Actively build a good environment

Human beings do not exist independently as individuals, and humanistic theory shows that all healthy people exist as a whole, which can cooperate and cooperate well, and have similar concepts and value orientations. Under the guidance of humanistic theory, it can be made clear that the sound development of the whole requires the healthy growth of individuals, and the environment is the key factor affecting people's thoughts and behaviors. Therefore, if college students want to realize their self-value, they need to have a good environment as its support^[6].

First of all, in the development of the current environment, the network environment is the most frequently encountered by college students in their daily life, and its public opinion environment has a close relationship with the development of college students' values. With the rapid development of science and technology, the Internet has become an indispensable part of People's Daily life. The development of the Internet has not only changed people's living habits, but also changed people's communication mode. The ensuing network media and network public opinion have imperceptibly affected the thinking mode and behavior habits of college students. Therefore, the major universities should actively make use of their own network advantages, actively play the guiding role of the network, use the network platform to strengthen the publicity and education of correct values, and create a stable and harmonious network environment. At the same time, major colleges and universities should actively use their own network resources to dredging and enlightening the current college students who feel confused about the future, unstable thoughts and emotions, and great learning pressure, so as to help them relieve their worries and anxieties and provide a good psychological guarantee for the establishment of positive values.

Secondly, the growth of college students cannot be separated from education, and a good educational environment is of great significance to the realization of college students' self-value. Education is one of the effective means to help college students realize their self-value and goal. Education is not only directed at school, but also at family and social education. For college students, family is the main environment for their growth. A stable and harmonious family environment is very important for the development of college students. A harmonious family atmosphere can help college students form stable and good psychological quality. School is a relatively systematic environment for college students to come into contact with before entering the society. Colleges and universities should actively strengthen their own cultural quality education, actively implement the guiding ideology of education reform, and help students develop comprehensively. In the social environment, we should standardize the social atmosphere from various aspects and forms, and build a good social atmosphere conducive to the development of

college students.

Finally, culture has a unique and irreplaceable significance for the development of college students. Red culture is our country's characteristic culture and an important driving force for our country's development. Universities should integrate red culture actively into their daily education, help students to understand the red spirit of hard struggle and unremitting efforts, thus enriching the spiritual world of students and providing strong spiritual guarantee for self-worth realization.

5. Conclusion

To sum up, the humanistic theory emphasizes that human dignity and self-value need to be affirmed, and emphasizes the development of human self-potential. Major colleges and universities should actively lead college students to get rid of the confused sense of value in thought and behavior, help them realize their self-value, exert their self-potential, and contribute their own strength and sweat to the development of China's socialist road.

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