

Study on Moral Education Value and Realization Path of Chinese Traditional Life View

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Abstract: Chinese traditional life view is ancient Chinese people to the value of life and human survival and development and other issues held a basic point of view, in essence, it is the Chinese traditional culture the most basic, core concept of life. Digging and elucidating the moral education value contained in the Chinese traditional life concept, through giving full play to the role of self-life concept education, improving the care of family life concept education, optimizing the form of school life concept education and strengthening the guarantee of social life concept education from multiple dimensions, to provide rich ideological and moral resources and spiritual motivation for life concept education. To better cultivate qualified builders and successors of the cause of socialism with Chinese characteristics.

Keywords: Chinese traditional view of life; Moral education value; Realization path

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1. The main content of Chinese traditional life view

1.1. “All things are one” view of the essence of life

The unity of all things is one of the basic concepts of the traditional Chinese view of life, which reveals that the source, existence and development of life is a natural evolution process, and human life continues to develop and improve in this process, at the same time has two aspects of meaning. First, all things are one, that is, humans and all things are equal. Human is the product of nature and society. Humans should take heaven and earth as one. “Heaven moves constantly,” and the changes in nature have certain rules to follow; “Nature and man are united,” the changes in nature and human life activities are interrelated and influence each other. Second, man is the spirit of all things, that is, man has a special position in the universe^[1]. This not only means that human beings can surpass other creatures in wisdom, creativity and understanding of the world, but also emphasizes the responsibility and mission of human beings in maintaining ecological balance and promoting social progress. As the spirit of all creatures, human beings have the responsibility to use their wisdom and strength to explore the mysteries of nature, protect the ecological environment, and promote harmonious coexistence between man and nature, man and society, so as to realize the true value and significance of life.

1.2. The value orientation of “life first”

The concept of “life first” in the traditional Chinese view of life implies the pursuit of life quality. It is not only satisfied with the survival of life but also pursues the health, happiness and enrichment of life. Therefore, in the traditional Chinese view of life, people pay attention to self-cultivation, the pursuit of inner peace and tranquility, to create unlimited value and meaning in a limited life. In addition, “people-oriented,” as the concrete practical principle of the concept of “life first,” the two concepts complement each other, and jointly builds a value system with respect for life and care for humanity as the core. This value system not only advocates the care and respect of individual life but also emphasizes that in all fields and levels of society, human interests, human development and human happiness should be put in the first place. This means that priority should be given to people’s needs and well-being in decision-making, resource allocation, cultural inheritance and other aspects, to ensure that everyone’s rights to life, health and development are fully protected.

1.3. An ethically-oriented approach to practical action

In ancient China, the concept of “morality-based” ran through all aspects of social life, not only a value pursuit but also a practical action. On this basis, the Chinese traditional view of life is further elaborated, holding that if a person wants to realize his ideals and values, the premise and foundation lie in a deep understanding and cherishing of life. Life is precious, it gives each person a unique meaning and value of existence, therefore, cherishing and caring for life, is a basic respect for their existence. However, it is not enough to just stay on the treasure of life, a person also needs to have the responsibility and responsibility for society and life. This means that individuals should integrate their lives into the broader social background, constantly enrich and update their moral standards, internalize them in the heart, and use practical actions to serve their country, society and family, and finally realize the value of life.

2. The moral value of Chinese traditional life view

2.1. It is helpful to understand the existence of life correctly

The traditional Chinese view of life is people-oriented and regards human beings as the most precious existence between heaven and earth. The book of “Rites • Rites Yun” says: “Human beings, the virtue of heaven and earth, the relationship between Yin and Yang, the meeting of ghosts and gods, the elegance of the five elements,” nature breeds all things, but life only once and it cannot be repeated. Thus, a correct understanding of the meaning of life is the premise and basis of life development, reflecting the value of careful pursuit. The contemporary youth’s life view has been impacted and influenced by various cultures, their understanding of life has been materialized by various external purposes and functions, gradually deviating from the purest cognition in the traditional life view, and their attention to the existence of individual life has become confused and confused. The traditional Chinese life view is originally a kind of inspiration to life, helping the youth to correctly understand the existence of life, and waking up their life consciousness.

2.2. It helps to clarify the value orientation of life

The traditional Chinese view of life advocates the pursuit of value in the process of life development under the condition of correct cognition of life. Although life cannot transcend the limitations of the body, it can realize

the immortality of the value of life, realize the value of life in the relationship between the body, the family, the country and the world, take the self-cultivation of life as the starting point, improve one's ideological and moral quality, transform one's cognitive morality into the morality in action, and practice the responsibility of "the rise and fall of the world" in social relations. The realization of the value of life is closely combined with the isomorphism of body, family and country, and it is clear again that the value of life lies in dedication.

2.3. It is helpful to pursue the transcendence of the life realm

The traditional Chinese view of life not only focuses on personal spiritual cultivation and moral improvement but also emphasizes harmonious coexistence with nature and the pursuit of a higher level of life realm. The traditional Chinese life values encourage young people to transcend the limitations of material life through continuous self-improvement and cultivation, to pursue deeper spiritual satisfaction and the meaning of life, and to realize the harmony and unity of all things in the universe. The survival meaning of life is not determined by the limitations of life, and the immortality of the spiritual world and moral personality is the height of the realm. This attitude of pursuing higher spiritual values beyond material matters can help young people maintain a balanced attitude in the complex and changeable modern world, and realize personal spiritual growth and life sublimation.

3. The path to realizing the moral value of Chinese traditional life view

3.1. Give full play to the role of self-life concept education

Nowadays, the focus of young people's self-education is how to obtain the knowledge and skills to satisfy their survival, but they forget the pursuit and understanding of spiritual knowledge, spiritual life is marginalized, and they lose the inner support of life existence and development^[2]. Fully explore the idea of self-education in the traditional Chinese view of life, and the process of individuals understanding and shaping their life views through self-reflection, self-growth and self-realization. This process involves the understanding of life, the exploration of the meaning of life and the realization of life values.

First, individuals need to recognize the uniqueness and preciousness of life. This means realizing that every life is unique and every experience is precious. Through this realization, individuals can value their life, as well as every person and moment associated with it, more. Secondly, individuals need to explore the meaning of life. This involves deep thought and exploration of one's mission, goals, interests and values^[6]. Through such exploration, individuals can find direction and purpose in their lives and thus live a meaningful life. Finally, an individual needs to realize the value of life. This includes not only realizing one's potential and talents but also contributing to society and others. Through such realization, individuals can find satisfaction and a sense of accomplishment in their lives, thus realizing the maximum value of their lives.

3.2. Vigorously improve the care of family life view education

"Home" has important ethical functions and is the original institution to realize the growth of individual morality. Its ethic-moral mechanism is the two-way rotation of intergenerational time, the spiral extension of ethical space and the "sense of home" interwoven by time and space^[3]. Family education includes not only the education of ability but also the education of morality. In the traditional Chinese view of life, it is believed that life morality plays an important role in life, and morality is greater than life values. Therefore, in the education of family view of life, morality and wisdom should be adhered to as the first priority^[4]. Parents should

improve the content of family education, the family should not only guide the children to grasp the common sense of life but also to cultivate their life consciousness. The traditional concept of life contains a sense of gratitude, harmony, responsibility, dedication, etc. Nowadays, under the influence of various cultural concepts and scientific and technological progress, some family education methods and educational concepts tend to be eager for quick success. Therefore, the position of moral life education in the family cannot be absent, and the reference to the resources of the traditional concept of life is particularly important ^[7].

First of all, it is important to create a harmonious and pleasant family atmosphere. Whether the family atmosphere is harmonious or not affects the actual effect that life education can achieve. Parents' life education should be carried out in a harmonious and democratic family atmosphere to create a good life development atmosphere and a harmonious parent-child relationship. Secondly, it is also important to pay attention to the ways and means of family education. The correct education method will make the education effect twice the result with half the effort, and the confrontational education mode is not conducive to the development of family life education. Educators should, on the basis of equal dialogue and harmonious communication, be good at observing children's words and deeds, correcting their mistakes in the development process of life, understanding their cognition status quo of life, and actively encouraging and infecting them when they encounter problems, enabling them to establish a positive and promising state of life.

3.3. Actively optimize the form of school life view education

School educators should teach the concept of caring for life on the basis of understanding students' lives, help students realize that loving themselves and loving other lives are complementary to each other, learn to perceive the temperature of life and understand the fragility of life ^[5]. First of all, schools should put people first and correct students' wrong cognition of life. In school life education, students should be taught to cherish their lives and respect the life dignity of others. This respect is also reflected in the relationship between teachers and students. Teachers should first respect every student, strengthen the communication and understanding of students, and encourage students to know and accept themselves correctly. At the same time, the teachers should grasp the students' psychological state ^[8]. It is important to help students to be positive, calmly face the challenges and setbacks in life, and actively assume their responsibilities and obligations.

Secondly, it is important to improve the educational curriculum and flexibly set up the content of life view education. For example, traditional life practices should be used to enrich curriculum materials ^[9]. People with noble ideals have been perceiving life and the road all their lives, and there are many stories reflecting life philosophy in their life course. These vivid life-view education materials can make up for the lack of traditional cultural heritage in existing textbooks, enhance the readable significance of course textbooks, and enable students to realize the moral realm of life while acquiring life knowledge. Arouse the resonance of life feelings from vivid cases ^[10]. Special courses on life outlook education can also be offered. Given students' different characteristics and the pressure brought by contemporary society, mental health education courses are offered to help students relieve pressure and establish a positive life value.

3.4. Focus on strengthening the guarantee of education on social life values

Society should create a good development environment for the realization of the moral value of the traditional concept of life, rely on the contents of the traditional concept of life, dig deep into the moral value of the concept of life education, and strengthen the guarantee of the social concept of life education by increasing the government's intervention, innovative publicity, organizing activities and other means ^[11].

First of all, society, as an inclusive environment for the education of the concept of life, should integrate a variety of resources, under the leadership of the state and government departments, repair the social environment of the education of the concept of life, and play a positive and powerful leading role to strengthen the support for the education of the concept of life^[12]. For example, through the formulation of relevant laws and regulations, the government departments will incorporate the concept of life education into the formal curriculum system through legislation, specify the specific goals of the concept of life education while stipulating the teaching plan, and plan the utilization of the funds of the concept of life education through the form of laws, to provide a financial guarantee for the implementation of the concept of life education. At the same time, it can also provide for the establishment of relevant departments or associations of life concept education, committed to the popularization and research of life education, and top-down formation of the authority of life concept education, so as to provide social security for it^[13].

Secondly, innovate publicity to form a correct outlook on life and public opinion. By using the media forms favored by students, such as WeChat, Weibo, Douyin and other social media tools with high usage rates, to establish accounts responsible for the popularization and publicity of life-related knowledge, infiltrate the stories and contents of traditional life views, strengthen the inheritance and guidance of traditional life views, and pass on the traditional wisdom of life subtly. To help students correct their wrong ideas and establish the life consciousness of honesty, love and harmonious coexistence, which is conducive to creating the public opinion atmosphere of the mainstream life concept. Then, society should actively organize activities so that students can feel the meaning of life in practice. Encourage students to actively participate in life practice and experience the meaning of life, such as volunteer service activities, community volunteer service, survival training, etc., so that students can feel the value and significance of life in practice, through participation in activities to test the integrity of their view of life, but also help others to obtain life-related knowledge, to achieve a virtuous cycle of life view education effect^[14].

4. Conclusion

The fine traditional Chinese culture contains rich ideas, ethics, humanistic spirit and artistic style. These precious cultural heritages are still of great value and significance in modern society. Universities should continue to explore and elucidate the contemporary value of the ideas and concepts in the fine traditional Chinese culture, especially the profound wisdom contained in the traditional Chinese life values, and make creative transformation and development of the traditional Chinese life values in light of the actual needs of modern society. The traditional Chinese outlook on life and its life thoughts not only establishes the status and value of human beings but also calls for people to find the meaning of life in troubled times. It is of great significance to help young people establish correct values, cultivate good personality qualities and stimulate their sense of responsibility to society, which is of great significance to promote the all-round development of young people^[15]. Therefore, in contemporary society, it is of great significance to reorganize and excavate the traditional view of life and draw lessons from its positive contents to strengthen the educational of view of life and carry forward the excellent traditional culture.

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