

# Research on the Path of College Students' Coping with Lying Flat Culture in the New Era

Kaiqing Li<sup>1, a</sup>

<sup>1</sup>School of Marxism, Guangxi Normal University, Guilin 541000, China

<sup>a</sup>2857144124@qq.com

## Abstract

Lying flat culture is a negative behavior to deal with the involution society. The "lying flat" mentality of college students in the new era stems from the solidification and occlusion of social strata, the shaping of the identity of "lying flat" by youth subculture, and the behavior choice of "lying flat" to deal with complex social relations. Lying flat culture has a great impact on College Students' Ideological and Political Education: seizing the living space of mainstream values, weakening the effect of Ideological and political education, and enhancing the complexity of Ideological and political education. In order to deal with lying flat culture in the new era, college students must adhere to positive guidance and firmly grasp the dominance of mainstream values; Strengthen the education of ultimate value and realize the value of life in the process of forging ahead; Perfect the system and create a more just social environment.

## Keywords

Lying flat culture; Social origin; University student; Ideological and political education; Path research

## 1. Introduce

In recent years, covid-19 pneumonia has aggravated the world's changing situation and social involution. College students are an important member of the social group. Naturally, they are the victims of this risk. Some college students' mentality and values have been affected and impacted. The college students show some prominent signs: the "lying flat" mentality of value orientation such as not enterprising, decadent giving up and muddling along. This is the irrational behavior of some college students at the cost of reducing the quality of life. With the fermentation of the hot Internet environment, "lying flat" has become the most popular word used by young people. The essence of lying flat culture is to realize "free" life with the lifestyle of "simplicity" and "returning to nature", which is the expression of the "lying flat people" resisting the mainstream value culture in a gentle way. Therefore, "lying flat" as an irrational practical problem, we must arouse enough vigilance to make college students from lying flat to "standing", so that they can live up to their youth and work hard.

## 2. Germinal Logic: The Social Root of "Lying Flat" Mentality of College Students

At present, with the rapid development of network informatization and the integration of multi-cultural exchanges, college students have some problems, such as inner anxiety and value loss. This is a cultural phenomenon in the development of the times. The emergence of lying flat culture has certain social roots.

## 2.1. Stratum Solidification and Occlusion in the Period of Modernization Transformation

Entering the new development stage, the advantages of China's market economy system have been brought into full play, which has greatly stimulated the vitality of the market economy and created rich material products. However, social problems have gradually become prominent. Firstly, the uneven distribution of social wealth. With the combination of capital financing and strength, the phenomenon of polarization has emerged in the process of sharing the social products jointly created by all labor members. Products and resources are gradually controlled by minorities, and the uneven social distribution is more prominent. The difference of social cooperation and the refinement of social division of labor reshape the relationship between people. The individual differences and value pursuit of industrial labor groups show complexity. In a highly competitive and repressed environment, young labor groups are prone to negative labor emotions, actively or passively reduce the labor contribution rate, lead to the deviation or imbalance of self orientation and self-consciousness, and then produce the "lying flat" escape behavior. Secondly, the stratum solidification in the period of modernization transformation. "Modernization is the most drastic... Social change in human history".[1] Stratum solidification is the product of social development. Due to the lack of mobility or low mobility of society, it leads to the closure between social strata. Since the reform and opening up, this phenomenon has shown a growing trend among young people.[2] The second generation of the rich and the second generation of the officials have more possibilities to go to the upper class with the resources of their parents; Network new media exaggerate the phenomena of "fighting for father" and "showing off wealth", forming a trend of fighting for family background; College graduates have been studying hard for many years, but they can't get the corresponding return. In the process of hard work, the "lying flat" youth found it difficult to achieve upward mobility or the promotion channel was blocked, and then chose to stop fighting. Lying flat is an irrational behavior that young people choose to "lie flat and quit" in the face of fierce competition, so as to obtain compensation for frustration in real life. In addition, they often keep a certain distance from the mainstream social groups due to their "moderate" background and family education.

## 2.2. Youth Subculture Shapes the Identity of "Lying Flat Nationality"

Youth subculture is a social and cultural form created by young people, which resists and cooperates with the mainstream culture, and disseminates its own cultural values with the help of network new media. Lying flat culture is that young people choose to "lie flat" to alleviate work pressure and inner anxiety in the face of internal competition. This is a new form of youth subculture. In real life, it is difficult for "lying flat people" to find their own living space and spiritual support, and they find their identity again in the network media. The phenomena from "funeral culture" to "lying flat" hide the factors to dispel the mainstream culture, which is contrary to the mainstream values. Youth groups pursue their own personality, and it is difficult for them to obtain a sense of identity. However, with the advent of the Internet new media era, people can break away from the constraints of reality in cyberspace, re-examine themselves, redefine their cultural identity, and find their own discourse platform in cyberspace. The new Internet media gives special groups a place to release themselves. "The sense of distance and virtuality given by the Internet makes her feel a sense of security that she can't feel in real life." [3] This is a true portrayal of the youth group. Lying flat culture isolates the mainstream culture through the network media, expresses its own value in the way of low taste, and relieves the external pressure with a simple lifestyle, so as to resolve the external crisis. However, the spread of lying flat culture is closely related to the shaping of false culture on the Internet. Excessive promotion of advertising products of "official second generation" and "poor" young people will form a sharp contrast, resulting in negative and pessimistic emotions of "lying flat

people", so as to blindly identify with the negative behavior of solidifying the hierarchy and giving up struggle.

### **2.3. "Lying Flat" Is A Behavioral Choice to Deal with Complex Social Relations**

Material means of production as a means of livelihood, human beings need to cooperate with other individuals in order to survive and develop in society. With the progress of productivity, the relationship between human beings in the process of production will be reshaped. In the post industrial era, under the influence of the materialistic consumption culture, people realize the satisfaction of goods by losing themselves. At this time, there is an upsurge of "consumerism culture". This is that capitalists control people through capital. People lose themselves in the alienated consumer society and gradually become enslaved individuals. This is a kind of cultural infiltration through excessive publicity and commercial packaging, which leads to people's blind consumption and gradually lose their reflection on consumption behavior. China has entered a new stage of development. Young people improve their skills in creating material life, which also reflects the ability of different individuals in the process of creating material products. China has built a well-off society in an all-round way, and the material needs have been met. To get rid of the situation of insufficient food and clothing and achieve a well-off society in an all-round way, people have been well improved in all aspects, whether residents' income or overall living standards. However, the cultural phenomenon of "low desire" still appears. The fundamental reason is that the difference of creative economic ability affects the consumption level and entertainment mode of young groups, and then delimits these groups in a relatively fixed life framework. Therefore, "Lying flat people" are unable to buy consumer goods beyond their purchasing power. They can only reduce their consumption desire to adapt to the current living state. In this process, social relations become more complex. When young people can't get their own material satisfaction, they will re-examine the social relations that have brought changes in the production of material means. Therefore, lying flat culture is the result of the distortion of complex social relations. Young people calmly deal with the internal pressure and resist the behavior of consumerism culture with a low desire lifestyle.

## **3. Realistic Dilemma: the Impact of Lying Flat Culture on College Students' Ideological and Political Education**

The phenomenon of "lying flat" reflects young people's concern for "themselves", but lying flat culture shows a negative attitude, which runs counter to China's mainstream values.

### **3.1. Seize the Living Space of Mainstream Values and Dilute the Mainstream Ideology**

Lying flat culture is closely related to the phenomenon of "inner curl", which is an important reason for lying flat. It is produced and widely spread under specific conditions, caters to the real thoughts of contemporary college students, and it is an extreme phenomenon. Firstly, in terms of the connotation of lying flat culture, it mainly shows the behavior of obedience. Buddhism and "lying down and ending", which are contrary to the mainstream values of hard struggle, optimism and progress advocated by ideological and political education. College students are addicted to the state of "lying flat", which is easy to be content with the status quo and do not want to make progress, which makes them disgusted with the mainstream values and even rebellious behavior. Secondly, lying flat culture weakens the function of Ideological and political education. Lying flat culture dispels the guiding function of College Students' Ideological and political education. The guiding function of Ideological and political education is not only reflected in the interpretation and defense of social reality, but also to establish the direction for people to reach the "should be" realm. In the new media environment, lying flat culture exaggerates social ills, only satisfies the current criticism, but can not provide a

reasonable solution for the solution of the problem. Once the media are disseminated through the media among the college students, such as micro-blog, WeChat and jitter, it will definitely dispel the guiding function of Ideological and Political Education. Thirdly, as for the communication channels of lying flat culture, lying flat culture is mainly spread through network media. College students can browse quickly in fragmented time and become a label for college students' self mockery. In the virtual environment of hot discussion on the Internet, when college students open their mobile phones, almost all of them are works related to lying flat culture, which has greatly occupied the living space of mainstream values. In addition, college students' strong dependence on the Internet also provides a shortcut for the wide dissemination and strong penetration of lying flat culture. For a long time, in the environment full of "lying flat" atmosphere, college students' thoughts must be confused, and finally weaken China's mainstream ideology.

### **3.2. Reduce College Students' Confidence in Dealing with Setbacks and Weaken the Effect of Ideological and Political Education**

The theoretical teaching and practical methods of Ideological and political education in Colleges and universities are serious and rational, which requires the active participation and dedication of the educatees in order to achieve the ideal effect. Firstly, lying flat culture dispels the standardization of Ideological and political education. Lying flat culture is relatively free and perceptual from content to form, which is more in line with the psychological characteristics of college students and brings students unique psychological enjoyment. It is widely welcomed by college students at present. Research shows that some college students are addicted to the Internet and fabricate various reasons to avoid ideological and political theory courses, "shake their belief in Marxism and despise the core socialist values", [4] there is a belief crisis. Even in the classroom teaching, they do not focus on the teacher's teaching content, and say that the classroom teaching is "boring", turn to the virtual network to find the content they are interested in, and there are a large number of phenomena such as "bow head group and mobile phone control" in the classroom. Even in the face of colorful campus cultural activities, they are difficult to concentrate, and often indulge in entertainment gossip, fashion characteristics and so on. In this way, college students' inner frustration ability is bound to be affected. When they encounter difficulties, they will panic and lack countermeasures. At present, with the normalization of COVID-19's prevention and control, university graduates are facing a severe employment situation. This requires a good mentality of employment, actively changing the concept of employment, and constantly improving their employment skills, instead of blindly choosing "lying flat". The second is to weaken the cultural educational function of Ideological and political education. The essence of Ideological and political education is to spread political culture. [5] With the spread of lying flat culture, college students are influenced by the multi-cultural network, forming lying flat thoughts and behaviors imperceptibly. When teachers teach advanced culture in class, college students may have doubts and appear the phenomenon of "superficial obedience and inner resistance". For the heroes and models that should be respected, some college students lack due awe, and even ridicule and ridicule. These behaviors will lead to the mental calcium deficiency of college students. When they encounter difficulties, they choose to retreat and show the negative emotion of being independent from the world. This also reflects the strong impact of lying flat culture on College Students' thought and behavior, and then weakens the effect of Ideological and political education.

### **3.3. Spreading the Negative Effects of Laiping Culture and Enhancing the Complexity of Ideological and Political Education**

Lying flat culture enhances the complexity of the process of Ideological and political education. Firstly, it challenges the leading role of teachers. For a long time, ideological and political teachers often play a leading role in the process of education. The negative influence of lying

flat culture greatly increases the complexity of Ideological and political education. In the face of lying flat culture, ideological and political teachers should respond in time, for example helping college students establish correct values and deal with lying flat culture by adding new curriculum content. With the rapid development of network informatization, some college students may surpass teachers in mastering some aspects of knowledge. Teachers should keep pace with the times, understand and master the characteristics of lying flat culture in network communication, and constantly improve their own network cultural literacy. The second is to weaken the initiative of the educated. College Students' recognition of lying flat culture leads them to work in a "Buddhist" attitude, show resistance to the knowledge taught by teachers, and increase the difficulty of education. Lying flat culture brings new challenges to the traditional ideological and political education. Teachers should enhance media literacy, keep pace with the times, constantly expand their knowledge, update the educational content in time and convince people with reason. The third is to impact the carrier of Ideological and political education. In the new media era, lying flat culture occupies great advantages in time and space. Especially through microblog, WeChat and other communication channels, it is easy to produce group effects among students. For example, the phenomenon of low house prices, casually looking for high paying jobs and pursuing girls easily has been popular. In this case, college students are easy to form hedonism, which is not conducive to their healthy growth. This is contrary to the spirit of struggle advocated by the socialist core values.

#### **4. To Think and Reason: The Value Reconstruction of Lying Flat Culture for College Students in the New Era**

Marx pointed out: "the spirit of an era is the spirit of youth representatives." [6] As the reserve force of the motherland, college students need new spiritual guidance. The emergence of "lying flat" phenomenon is the product of social development and something with dual effects. Colleges and universities should overcome their negative effects, strengthen their ideals and beliefs, and escort the healthy growth of college students.

##### **4.1. Guide Identity and Firmly Grasp the Dominance of Mainstream Values**

"Lying flat" as a kind of youth subculture, is the inner embodiment of the parties' unclear understanding and emotional instability under the rapid development of society. As the main position of ideological education, colleges and universities must adhere to the guidance of identity, infiltrate the socialist core values, establish their positive image, and effectively resist the negative impact of lying flat culture. Facing the impact of lying flat culture on College Students' ideology, colleges and universities should make full use of modern media technology means such as We media and financial media, grasp college students' acceptance psychological characteristics and behavior habits, combine the communication mode of lying flat culture, firmly grasp the initiative of ideological work in Colleges and Universities, and promote the dissemination of mainstream values on the network platform. Firstly, colleges and universities should focus on the spiritual and cultural needs of college students, carry out online education, online knowledge competition and other activities, and always adhere to the guidance of values in the process of knowledge transfer. First of all, college students should concentrate on inquiry, forge excellent knowledge skills, carry out self exploration around "how to treat themselves", and accept the views and ideas of others around "how to treat others"; Secondly, in the process of knowledge transfer, the socialist core values can condense the social consensus and highlight the common value consensus. We should give full play to the educational function of socialist core values, guide students to shape a correct ideological and political thinking mode, make college students find their position in the complex social environment, quickly integrate into the mainstream values, form a more fixed identity and significance, promote college students to establish correct values, and achieve the goal of uniting people's hearts and cultivating

talents. Secondly, give play to the role of Chinese excellent traditional culture and strengthen college students' Self-worth and sense of social belonging. Chinese excellent traditional culture contains spiritual qualities such as perseverance, benevolence and truth-seeking. It plays a leading role in the spiritual life of college students, helps to guide college students to enrich their inner world, form correct values, consciously resist the negative impact of lying flat culture, and accelerate the progress of their identity recognition. At the same time, colleges and universities should guide college students to realize the generation mechanism and internal essence of lying flat culture, help college students clear away their ideological confusion, remove obstacles for their own identity, and enable them to find inner support in the process of integrating into society.

#### **4.2. Strengthen the Education of Ultimate Value and Realize Their Own Value in the Process of Forging Ahead**

Under the impact of lying flat culture, the positive and enterprising mentality of college students has changed. The education of hard struggle, hard work and pioneering and innovative spirit is an important way from "lying flat" to "standing up". Colleges and universities should strengthen the education of ultimate value. Ultimate value refers to the ultimate goal of people's expectation of existence. It is a goal that one hopes to achieve through lifelong efforts.[7] If the ultimate goal of college students is mediocre, they will lose the original motivation of struggle. No matter what kind of work they engage in in the future, they will hold a negative attitude. Colleges and universities urgently need to help college students establish the ultimate values of struggle, hard work, responsibility and ambition. Firstly, awaken college students to take the initiative to obtain. On the one hand, give play to the educational function of education, reveal the political harmfulness of "lying flat", comprehensively launch the "four histories" and "ideological history" into the classroom in view of the wrong ideological trend, and stimulate the students' fighting spirit through teaching and educating people. On the other hand, the thoughts of college students are diverse, scattered and even messy. It is inevitable that they will go through tests to find a value system suitable for themselves. Colleges and universities should take "a better life" as the individual's active expectation to stimulate college students to realize the power source of the Chinese dream; Through family, school and social education, college students are encouraged to become "people with great love, morality and feelings".[8] The second is to guide the management desire of college students. Desire is a way to reveal spiritual needs, but "low desire" and "urgent desire" are not conducive to college students' own development. Colleges and universities should turn reasonable "desire" into enterprising energy in life, integrate personal ideals into common ideals, and experience the spirit of daring to take responsibility and willing to struggle. They should not only prevent falling into the quagmire of "low desire" and losing the ability to rise, but also avoid the vortex of "urgent desire", pay attention to the essence of things and alleviate the anxiety in the process of personal development. Thirdly, return to the subject of college students themselves. Further innovate the evaluation mechanism of universities and build a diversified evaluation mechanism in which many college students can obtain a sense of achievement, so that most ordinary students can also be recognized and become excellent. We should not only trust and rely on college students, but also understand and educate college students. We should deeply analyze the characteristics of college students with negative psychology and carry out targeted education and guidance from the law of their growth. In addition, it is necessary to help college students correctly understand their personal ideals and social ideals, understand how to deal with the relationship between them, think about the problem of "a community with a shared future for mankind and shoulder the responsibility of national rejuvenation", and constantly contribute to the second Centennial goal. In this way, students' "lying flat" mentality will return to normal value.

### 4.3. Improve the System and Create A More Just Development Environment

Marx pointed out: "man is the sum of all social relations." [9] As a member of social groups, everyone needs to rely on the material supply of all aspects of society, which requires a sound and perfect system to maintain the normal needs of life, so as to integrate into the society more easily. To eliminate the negative effects of this kind of culture from the root, the first measure is to improve the social system, create a more fair and just development environment, clear away the obstacles of young college students in chasing their dreams, and optimize the living conditions of college students. Firstly, the government should improve the corresponding employment policy service system to ensure the equality of development opportunities for college students. In the face of fierce social competition, college graduates can only sigh and retreat in the face of "high house prices and high consumption". These conditions make young college students lack confidence in pursuing their dreams. Therefore, the government can formulate a reasonable house price regulation system, entrepreneurship and employment system and income distribution system, so that college students can see the hope of success through their own efforts, and make college students look forward to life positively and optimistically. Secondly, strengthen the monitoring of network public opinion and promote the construction of network positions for the dissemination of mainstream ideology. The platform should not only block the channels of lying flat emotion, but also pay attention to value guidance. According to the characteristics of the spread of "lying flat" phenomenon in social networks, set up "burning Department" and "progress" topics, innovate self-Media voice channels, and create more value sharing and transmission platforms, so as to transform the negative emotions such as "anxiety" and "helplessness" faced by college students in their study and life into positive expectations. In addition, we should strictly eradicate the abnormal phenomena such as "rice circle" culture and "entertainment stars", and regulate the excessive publicity such as "fighting for father", "high wealth and handsome" and "showing off wealth", so as to dilute the impact of the phenomenon of "lying flat". At the same time, colleges and universities should seek the coexistence and identity of mainstream values among young college students, "scientifically understand the law of network communication and improve the level of network governance", [10] give full play to the greatest political advantage of network ideological and Political Education. Thirdly, optimize the campus education environment. As the main place for college students to live and study, campus can weaken the negative effect of lying flat culture on college students by optimizing the curriculum supply structure. For example, we should offer mental health education courses in an all-round way to gradually eliminate the negative emotions of college students; Add compulsory employment guidance courses to gradually improve college students' employment and entrepreneurship awareness; Use holidays to strengthen humanistic care for students and guide them to treat lying flat culture rationally.

## 5. Conclusion

It is the duty of Ideological and political workers to guide young college students to shoulder the important task of the times. The popularity of lying flat culture reflects that the ideological and political education of college students still needs to be improved. On the one hand, ideological and political workers should be good at using the ways that young people are willing to accept to spread positive influence and enhance the dissemination of mainstream values.

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