

Original Research Article

# On the Education Countermeasures of Marxist Concept of Happiness for College Students in the New Era--Based on the Perspective of Family Education

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**Abstract:** Family is the basic cell of society, and the first school in life. No matter how great the times change, no matter how big the change of life pattern is, we should all attach importance to family building. Parents' educational ideas, educational methods and family environment are the important factors affecting college students' happiness. Therefore, we should attach importance to the basic role of family education and give full play to the auxiliary role of family in the education of College Students' happiness concept, so as to effectively improve the actual efficiency of the education of College Students' happiness concept.

**Keywords:** College Students in the New Era; Marxist Happiness Education; Countermeasures; Family Education

## 1. The basic connotation of Marxist view of happiness

### 1.1 The unity of material happiness and spiritual happiness

From the perspective of the relationship between material and spirit, the needs of real people include not only material needs, but also spiritual needs. On the one hand, the Marxist concept of happiness is materialistic. Marx and Engels believed that "the first premise of human survival is to meet the material needs, that is, to eat, drink, live and wear and other survival needs. Other needs are developed on the basis of this need, so we also need to explain it".<sup>1</sup> This reflects the basic connotation of historical materialism and indicates that a certain material basis is the premise for people to obtain material and spiritual happiness. Marx once said: "a worried, poor person has no sense of beautiful scenery."<sup>2</sup> Marx criticized leaving the material basis and talking about happiness. He thought that the happiness in religion is illusory happiness, and happiness is not a castle in the air. It needs to be based on certain material conditions. The Chinese ancients said that "granary is the knowledge of etiquette, clothing and food is enough to know honor and Disgrace", "food is the first thing for the people", which also reflects the simple materialism. However, in the situation of more and more developed economy, some people have a strong desire to pursue interests. They think that money is supreme, and even regard money as the only standard to measure happiness, and regard it as omnipotent, which vulgarizes happiness.

### 1.2 The unity of personal happiness and social happiness

From the perspective of the relationship between individual and society, Marx believed that the essential difference between man and animal is that man has sociality. Marx pointed out that "man is the most real social animal. He is not only a gregarious animal, but also an independent animal only in society."<sup>3</sup> No one can exist without society. Whether it is human's material needs or spiritual needs, they are all social needs. At the same time, society is composed of individual people. "The essence of man is not an abstraction inherent in a single person. In reality, it is the sum of all social relations."<sup>4</sup> Marx believed that the essence of human is the existence of society, and no one can do without specific social relations. The relationship between individual happiness and the happiness of the whole society is dialectical unity, and happiness is the unity of social environment harmony and personal good development. On the one hand, individual happiness is achieved in social practice and social activities. The comprehensive individual happiness constitutes collective happiness. The realization of individual happiness is conducive to the completion of the goal of collective happiness. On the other hand, individual happiness cannot exist without collective happiness.

### 1.3 The unity of labor creation and happiness enjoyment

Happiness is dynamic rather than static. From the origin of happiness, Marx believed that labor is the source of human

1 Selected works of Marx and Engels(Vol.3) [M].Beijing: People's publishing house,1995:776.

2 collected works of Marx and Engels(Vol.1) [M].Beijing: People's publishing house,2009:192.

3 selected works of Marx and Engels (Vol. 2) [M]. Beijing:People's publishing house,1995:2.

4 selected works of Marx and Engels (Volume1) [M]. Beijing:People's publishing house,1995:56.

happiness. Labor creates human beings themselves. Only in the Communist period of free and all-round development can we achieve ultimate happiness. Marx once said: “the whole so-called world history is nothing more than the process of man’s birth through human labor, and the process of nature’s generation to man”.<sup>5</sup> Labor is the way of human existence. In the free and conscious labor, people can obtain material wealth and spiritual wealth to meet their own survival needs. Through hard work, people can realize their own value, realize their important value demands for the essence of human beings, and more experience the sense of fullness and significance of life, so as to give full play to human’s essential strength and obtain spiritual happiness. Marx pointed out in the economic and Philosophical Manuscripts of 1844 that “all the characteristics of a species and the class characteristics of a species lie in the nature of life activities, while the class characteristics of human beings are just free and conscious activities.”<sup>6</sup> Labor creation is the premise of enjoying happiness. People who do not create through labor have no right to happiness. The truly happy people must be those who constantly work and create happiness.

#### **1.4 The unity of subjective happiness and objective happiness**

In Marx’s view, happiness is the unity of subjective and objective. First of all, the subjectivity of happiness is that happiness is a happy psychological experience. “when people have a strong desire for happiness, they will be able to fulfill their desire for happiness.”<sup>7</sup> From this point of view, happiness can be realized, which reflects the subjectivity of happiness. At the same time, different people have different understanding of happiness. Some people think that having a harmonious interpersonal relationship is a kind of happiness, some people think that having more money and power is a kind of happiness, and so on. The subjectivity of happiness originates from the subjectivity of people’s needs and is a kind of perceptual experience of happiness. Secondly, happiness is not a pure subjective feeling, happiness has objectivity. People’s happiness experience is the realization of people’s great needs and desires. The way and degree of meeting the needs and interests are objective, and the happiness felt by the subject is also a reflection of the objective existence. If the social system is oppressive, just as people’s material materials can not meet the needs of survival, and human labor is “alienated labor”, then we can not feel happiness. Therefore, happiness is both subjective and objective.

### **2. There is a deviation in the education of College Students’ happiness view by family**

#### **2.1 Family neglect of happiness education**

China has a long tradition of family education in the history of our country. This is the cream of our traditional culture and we should carry forward it. The basic content of family education is very extensive, including the cultivation of basic living ability, the education of basic social life knowledge, the education of basic social knowledge, the education of adults and talents. However, at this stage, especially since the new era, with the development of school education and the improvement of economic level, parents pay more attention to the education of their children. However, due to the tradition of some parents’ ideas, the education of their children lacks humanistic care and emotional touch. In education, they pay too much attention to their children’s academic achievements and neglect their children’s all-round development. Secondly, some parents think that the education of their children is the responsibility of the school and the educational institutions, and the family education is weakened. “Many parents still have paternalistic ideas, such as using orders to replace persuasion and corporal punishment, which easily makes children feel timid and self abased, and affects the formation of their independent personality”<sup>8</sup>. In the practice of education, influenced by the traditional authoritative education, parents often lack of self reflection.

#### **2.2 The influence of parents’ traditional view of happiness**

Children are the shadow of their parents. Parents’ ideas have a subtle influence on their children. They often influence their children as they like. If the parents’ view of happiness is correct, it will have a positive impact on their children. If the parents’ view of happiness is wrong, it will also affect their children imperceptibly. Parents’ wrong outlook on money and life will have a negative impact on their children, even unconsciously take themselves as an example to educate their children. When the children’s concept of happiness appears problems, they are not aware of it, and let it develop, which is not conducive to the healthy growth of children. First of all, most college students in the new era are born after “00”. Their parents were born before the reform and opening up. At that time, under the condition of planned economy, there was a lack of material materials. Many people equated economic prosperity with happiness. When looking at things, they often regarded money as a yardstick for judging everything. Influenced by this value concept, they overestimated to varying degrees the phenomenon of paying attention to material happiness and neglecting spiritual happiness.

#### **2.3 The influence of family environment on happiness education**

Broadly speaking, “the whole education work can be divided into three categories, namely family education, school education and social education, in which family education is the foundation of the whole education work”<sup>9</sup>. Family education is the earliest and initial education on the road of one’s life. Its educational content is the most extensive and its influence is far-reaching, just like the cornerstone of building a high-rise building. At the same time, after the completion of high-rise buildings, the role of cornerstone is still very important. Therefore, we should pay attention to the important role of family in the construction of College Students’ happiness concept. “In addition to the material environment, family environment also includes the relationship between

5 Marx. Manuscript of economics and philosophy in 1844[M]. Beijing: People’s publishing house, 2000:92.

6 selected works of Marx and Engels (Vol.1)[M]. Beijing: People’s publishing house, 1995:46.

7 Gao Yanchun. Marx’s Theory of Happiness[M]. Beijing: Science Press, 2015:160.

8 Peng Lirong. Family pedagogy[M]. Nanjing: Jiangsu Education Press, 2000:113.

9 Peng Lirong. Family pedagogy [M]. Nanjing: Jiangsu Education Press, 2000:40.

family members, family members' interests, family atmosphere and so on"<sup>10</sup>. Family economic conditions, family style and family education, as well as parental discipline style have an important impact on children's personal character. Therefore, parents should strive to create a harmonious family environment and create a positive impact on their children's concept of happiness.

### **3. Giving full play to the basic role of family in college students' Happiness Education**

#### **3.1 Parents should play an exemplary role in guiding the concept of happiness**

In family education, teaching by words is very important because parents can't do everything by themselves. Parents can tell their children the story of their growth in that era, so that college students can feel the changes of society, know how to remember the bitter and think sweet, and always feel grateful. However, if parents set an example for their children through practice, and then ask their children to do it on this basis, it will be more convincing and children will be easier to do so. Therefore, in family education, example teaching is particularly important. It is "parents should use their own practical actions to set an example and demonstration for their children, to inspire and educate their children's education methods"<sup>11</sup>. As the first teacher of their children parents should regulate their own behavior, be diligent and thrifty in life, and cherish the fruits of labor; they should be honest and friendly in dealing with others, strictly abide by morality, comply with the development of the times, care about national affairs, constantly improve their spiritual realm, influence their children imperceptibly, make their children grateful for this era and make them happy. Combine with social development and progress, and constantly learn, actively forge ahead, and realize happiness in labor and dedication.

#### **3.2 Renew the educational idea and raise the importance of happiness education**

Parents should set up new educational ideas and pay more attention to moral education ideologically. The family is not just a place to eat, drink, live and wear. Family is a comprehensive university. The content of family education is extensive and epochal. Parents should not only pay attention to their children's material needs or academic achievements, but also pay attention to their children's physical and mental health and balanced development in all aspects, so as to cultivate their children into useful talents for the country. In recent years, with the increasing number of only children, parents often regard the only child in the family as "little princess" and "little emperor", so that they can stretch out their clothes and open their mouths when they eat. However, excessive doting easily makes them become spoiled, arrogant and not self-reliant. Parents should change this kind of educational concept, cultivate children's self-care ability and social responsibility. Encouraging children to take part in household work or other practical work is not only conducive to training children's physical quality, but also helps to cultivate their sense of responsibility and dedication.

#### **3.3 Pay attention to the construction of family style and optimize the family environment of happiness education**

Parents should adhere to teaching and learning, constantly improve their own scientific and cultural quality and ideological and moral quality, and improve their own state of happiness. First of all, in today's era of information explosion, science and technology are changing with each passing day, the society is constantly developing, all kinds of social knowledge is also increasing, parents should constantly learn, enrich and improve themselves, in order to adapt to the needs of society. Parents are the first teachers of children, so parents can not put the responsibility of education on the whole to the school, to be a good teacher of children, we need to establish the concept of active learning. The ancients said: three people line, there must be my teacher, parents are not sages, need to modestly learn children's strengths, at the same time, can also watch news, watching educational programs and so on to constantly receive new knowledge, new information, this is the need of family education. "Family style is the first button to practice values."<sup>12</sup> The improvement of parents' moral quality will certainly promote the construction of family style. A healthy family style is conducive to college students' better handling of the relationship between personal happiness and social happiness and realizing a happy life through labor.

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