



Improving the Chinese Medicine Culture Self-Confidence of Students in Chinese Medicine Universities

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Abstract: As one of the most important creations of Chinese civilization, Chinese medicine culture is a treasure of our country and even the world, and it is also a precious treasure passed down from generation to generation of the Chinese nation. "Pharmaceutical business" reflects the importance of Chinese medicine culture in the new era. The self-confidence of Chinese medicine culture is the cornerstone of the revitalization of Chinese medicine culture. Facing the challenges and opportunities of the development of Chinese medicine culture in the future, college students of TCM schools can only advance the Chinese medicine industry to a higher level if they have a high degree of self-confidence in Chinese medicine culture. Higher quality development.

Keywords: Cultural Confidence; Traditional Chinese Medicine; Promotion Path; Inheritance Culture; Innovation and Development

1. The significance of enhancing the self-confidence of Chinese medicine culture among college students of Chinese medicine colleges

As the pillars of Chinese medicine culture, college students of Chinese medicine universities undertake the major mission of inheriting, developing and innovating Chinese medicine culture. Only college students with good confidence in Chinese medicine culture can promote the revitalization of Chinese medicine culture and rejuvenate Chinese medicine culture.

1.1 An inevitable requirement to improve the cultivation of Chinese medicine talents

The self-confidence of Chinese medicine culture runs through the entire career of college students in Chinese medicine colleges and universities, and it is also the compass and leader of the medical students' lifelong medical path. Only when the self-confidence of the traditional Chinese medicine culture is firmly in mind, can college students of traditional Chinese medicine universities overcome the difficulties on the medical road without being disturbed by external temptations. Only by enhancing the self-confidence of Chinese medicine culture of medical talents can we resist many temptations in the long medical road and truly persevere through the "people-oriented" guide of action, so as to become a qualified medical talent with both actions and ideas, thus shouldering the glorious mission of cultural heritage.

1.2 The fundamental cornerstone to ensuring the development of Chinese medicine

General Secretary Xi Jinping emphasized many times that the current time is a good time for the development of Chinese medicine culture, with the advantages of time, geographical location, people. It is hoped that the majority of Chinese medicine culture workers will increase cultural self-confidence and dare to climb the peak of medicine. In the face of difficulties medical problems, only with a firm cultural belief can we overcome setbacks and create original and leading research results.

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2. Analysis of the current situation

Traditional Chinese medicine culture is an important part of China's traditional culture. After thousands of years of changes, it has left a lot of precious essences. Since the introduction of Western medicine to China, on the one hand, it has promoted the progress of traditional Chinese medicine culture. The aspect also caused a strong impact on Chinese medicine culture.

2.1 Current situation

In the face of the impact of other cultures, further consolidating and enhancing the self-confidence of Chinese medicine culture among college students of Chinese medicine schools have become more and more important. For this, there are mainly the following aspects:

2.1.1 Build campus culture according to regional characteristics

Build campus culture according to local characteristics, so that these institutions can deeply study the origin and development process of the local culture, so as to better absorb, inherit and develop the culture of traditional Chinese medicine. Many Chinese medicine colleges' school badges, school mottos and other campus cultures are full of local characteristics of Chinese medicine culture. For example, "South Xin'an, north Hua Tuo" is a word widely circulated in Anhui Province. Anhui University of Traditional Chinese Medicine is the only college of traditional Chinese medicine in Anhui Province that actively promotes the development of Chinese medicine culture in the province.

2.1.2 Organizing cultural activities of traditional Chinese medicine

In order to strengthen the implementation of Chinese medicine culture, state departments and major Chinese medicine schools have created many activities. Organized by the National Organizing Committee for Traditional Chinese Medicine by more than 20 departments of the State Administration of Traditional Chinese Medicine, the National Traditional Chinese Medicine Health Culture Knowledge Contest has attracted enthusiastic participation of national Chinese medicine enthusiasts. The participants of this event exceeded 560,000 people, which have greatly promoted the establishment of self-confidence in Chinese medicine culture.

2.2 Shortages of the current situation

Although the country, society, and colleges have actively put forward corresponding policies and achieved good results, there are also certain deficiencies.

2.2.1 Activities float on the surface and lack subjective initiative

Numerous TCM cultural activities, whether national or college-level, have been proposed by higher authorities and distributed step by step, but these activities may not actually meet the learning needs of college students of traditional Chinese medicine colleges. and many students have a negative attitude towards such activities. Although they are involved, they are not voluntary, not to mention actively learning and understanding. This has caused its misunderstanding of the connotation of Chinese medicine culture and reduced their confidence in Chinese medicine culture.

2.2.2 Too much theoretical knowledge, insufficient practice reinforcement

College students of Chinese medicine are faced with an increasingly burdensome study of Chinese medicine culture courses which not only includes the main courses but the elective courses that are sometimes very intense. To achieve excellent results, they need to sitting in the classroom all day long and there is no other way to deal with the overcrowding theoretical courses. As a result, practical courses are squeezed. The lack of personal feedback on practical operations has greatly discounted the learning effect of Chinese medicine culture, which has caused many college students of Chinese medicine have become careless about Chinese medicine culture.

3. Improving methods

The culture of Chinese medicine has risen to a national strategy, and the development of Chinese medicine has entered a new historical period. Only with good self-confidence in Chinese medicine culture can the comprehensive and rapid development of medical career be further promoted. Considering the status quo of self-confidence in medical

culture, the author believes that it should be improved from the following aspects:

3.1 Increase investment and improve policies

Focusing closely on college students of Chinese medicine colleges and universities, with the self-confidence of Chinese medicine culture as the main body, it is necessary to improve the development policy of Chinese medicine culture, promote the vigorous development of Chinese medicine, and allow more Chinese medicine culture and leisure industrial parks, Chinese medicine health institutions, Chinese medicine tourism to be effectively implemented in place, to serve all members of society in various ways and enhance the understanding and understanding of Chinese medicine culture among college students of Chinese medicine schools.

3.2 Create atmosphere and innovation activities

The study of cultural theory of traditional Chinese medicine is the cornerstone of cultural self-confidence, and practice is the training stone for strengthening theoretical understanding and sublimating self-confidence. On the one hand, the quality of the Chinese medicine culture of the teaching staff should be comprehensively improved. Only when the teaching staff has a good cultural quality of Chinese medicine can they better carry out their daily work. On the other hand, the curriculum system of college students in Chinese medicine colleges should be improved so that the students can gradually contact, understand and deepen the culture of Chinese medicine, so as to fully tap the potential value of Chinese medicine culture.

3.3 Improve cognition and strengthen beliefs

As the inheritors, promoters and innovators of Chinese medicine culture, college students of medical colleges should improve their knowledge of Chinese medicine culture and strengthen their cultural confidence. The study of Chinese medicine culture should not only be limited to the classroom, but also should be good at discovery, discover the traditional Chinese medicine knowledge that has been accustomed to in daily life, get rid of the traditional passive cognition, and actively study, explore and study Chinese medicine culture.

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