

The Positive Influence of Traditional Classical Literature Reading Promotion Activities on Mental Health

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Abstract:

In the educational environment of the lack of traditional Chinese classics, fragmented reading causes anxiety and negative emotion, it is particularly important to effectively cultivate learners healthy psychological personality through reading promotion activities, and form a classic reading context based on cultivating healthy psychological personality, and construct a classic reading leading mechanism. Through a large number of sample network survey and field research, the analysis report is formed by studying the reading tendency, reading habit, reading level and reading time of college learners. Generally speaking, users' satisfaction with obtaining information resources of classical Chinese literature is positively related to the comprehensiveness of library information resources and library services. Therefore, it is necessary to analyze the current situation of the lack of psychological and cultural intensive reading of contemporary learners, and in view of the lack of learners' understanding of traditional classical culture, carry out accurate reading guidance services based on traditional Chinese culture and traditional Chinese classics. This paper expounds the importance of mental health through the examples of healthy psychological character. Through the promotion of Chinese classic reading activities, we can effectively improve learners' mental health and enable learners to establish a good view of life, values and world. Mental health plays a positive role in social development. This paper explores how to use reading promotion to cultivate learners' healthy psychological personality, and through a questionnaire survey, discusses the effectiveness of the promotion of traditional classical literature reading. Reading Classic Literature can effectively relieve learners' anxiety, solve their daily social problems and improve their study interests.

Keywords: *Chinese Classics, Reading Promotion, Reading mechanism, Cultural Confidence*

I. INTRODUCTION

As the center of literature and information resources and the center of campus cultural education, university libraries should organize and carry out various and profound reading and promotion activities of gentleman culture. Guide contemporary college students to establish gentleman character and values such as "self-discipline and social commitment", "doing everything you can is called loyalty" and "gentleman understands benevolence and righteousness"[1, 2].

Reading promotion is a way for today's readers to obtain good books, and it is also a way for university libraries to recommend books to college students. With regard to history and culture, especially the values and moral norms handed down by our ancestors, we must adhere to the principle of serving the past for the present, innovating the old and bringing forth the new, treating them discriminately, and inheriting them with reservations or rejections. Strive to use all the spiritual wealth created by the Chinese nation to influence and educate people with culture[3,4].

In today's rapidly changing society, in the education of the lack of Chinese classics, contemporary college students, especially science and engineering students, have lost the opportunity to systematically study Chinese classics, and then lost the inheritance and development of the excellent spirit of Pre-Qin Confucianism, and degraded the existence of this spirit. Some college students lose themselves in the spiritual world, and have exquisite egoism and decadence[5]. They can't extricate themselves by watching mobile phones and playing games. They take money as the measurement standard and make money as the goal. They have no lofty ideals, the increase of college students' depression and so on. Therefore, to absorb the positive part from the Chinese classics is the ideal realm pursued by generations of Confucianism all their life, and it is worthy of our in-depth excavation and inheritance.

II. EXAMPLES OF CHINESE CLASSICS ON COLLEGE STUENTS' MENTAL HEALTH

2.1 Self-discipline and Social Commitment

In "the Book of Changes", the Qian Diagram says " A gentleman should keep running like heaven, even if he is displaced and indomitable." And the Qun Diagram says "If you are a gentleman, your mind should be like the earth, and there is nothing you can't carry." This is the symbol of heaven and earth. It is also a symbol that people conform to heaven and earth and imitate heaven and earth". A gentleman should keep running like heaven, even if he is displaced and indomitable." This sentence is not only a sentence from "Xiang Zhuan" in the Qian Diagram of "the Book of Changes", but also a famous sentence for thousands of years. This sentence means that the heaven runs round and round and never stops. People exist between heaven and earth. Absorbing this spirit from the natural law is the never-ending cultivation and sublimation of individual life, it is a process of continuous improvement and gradual progress of one's virtue in one's life, Even if you encounter difficulties, even if you are displaced, even if you are poor, you can't stop yourself from becoming the kind of person you want to be - a gentleman. This is virtue's spirit of striving for progress.

"If you are a gentleman, your mind should be like the earth, and there is nothing you can't carry." "Xiang Zhuan" said: the form of the earth is extremely adaptable, so a gentleman should cultivate his own morality to carry the people. In the process of continuous operation, the way of heaven not only achieves its own essence, but also promotes the growth of all things on earth. Circle after circle, it has realized the generation of all things and the continuous operation of spring, summer, autumn and winter. This is if you are a gentleman, your mind should be like the earth, and there is nothing you can't carry.

Confucius said in “The Analects of Confucius—Yang Huo”: "Did the heaven said anything? The four seasons still run, and all things grow. Did the heaven said anything?" Confucius saw that heaven could move day by day and promote the growth of all things, but did not show off. In Confucianism, it was manifested in the feelings of benevolence and compassion. Behind this sentence lies the spiritual cultivation that Confucius never stopped and often reviewed what he had learned.

2.2 Doing Everything You Can Is Called Loyalty

According to Confucius' "the way of loyalty and forgiveness", loyalty here is different from what we now understand. "Notes to chapters and sentences of the four books" wrote: "doing everything you can is called loyalty, and put yourself in the place of another is called forgiveness." Do your best to deal with the outside world, and this state of devotion to life by doing your best is called "loyalty".

2.3 Put Yourself In The Place of Another Is Called Forgiveness

"Forgiveness" is the heart of love and a deep understanding of others. Forgiveness is based on effective dialogue between people. Only in this way can we understand and believe each other.

Often someone will say to you in a certain situation: Be yourself! This is a very individuality sentence. People can have personality. This is a way to open the state of life. If we add a deeper understanding ability on this basis, we can make the individual continuously feel with the outside world. Only under the premise of such a spiritual cultivation can Yan Hui's "no anger, no repeated mistakes" and achieve the cultivation that a gentleman should have.

2.4 Establish Virtue, Theory and Merit

“The most important thing is to establish virtue, then to establish merit, and then to establish theory. Even after a long time, it will not be abandoned, which is called immortality.”(The Commentary of Zuo, the 24th year of Xianggong).

Life is short, people will eventually die, the body can not be retained forever, even the thoughts in the brain will disappear with the disappearance of life. How can we keep our spiritual world in history? This is the compassion for the society and the people all over the world, and take the world as their own responsibility. Only when the value of self-realization can be preserved by history can we realize the real immortality. Therefore, the establishment of virtue, merit and theory, means a determination, a will and a courage to transcend the limitation of individual life and pursue eternity.

2.5 A gentleman's Self-discipline

Confucius said, " The gentleman pursues the positive and upward, the villain sinks into the negative and downward " (the Analects of Confucius, Xian Wen). For people, it is very easy to be negative. As the

saying goes: it is easy to learn bad, but difficult to learn well. For example, there is a story about a man who learned to stutter. He would do it in a few days. If he needs to change to speak normally, it would be difficult; Another example is getting up early. If it's easy to get up early in a day, it's relatively easy to get up early in a week, but if you insist on it for a lifetime, it must be very difficult.

A gentleman always maintains a positive state, which requires great courage and perseverance, as well as a firm ideal support, in order to achieve his ultimate ideal. This is the state that a gentleman needs courage, firmness, persistence and continuous pursuit of progress. Such a person is a gentleman. Through such a positive attitude of self-discipline, with a broad mind and the lofty ambition of taking all the people in the world as their own responsibility, they can finally bear social responsibility.

By citing several aspects of gentleman's behavior, this paper explains how contemporary college students learn gentleman's cultivation and produce gentleman's character, the formation of atmosphere among college students will further affect the formation of a good social atmosphere, which will play a great role in promoting social progress.

III. READING PROMOTION IS AN EFFECTIVE WAY TO PROMOTE THE CULTIVATION OF COLLEGE STUDENTS' PERSONALITY

3.1 Carry Out Various Activities To Promote The Reading Of Chinese Culture

According to the gentleman cultural reading needs of college readers, integrate the cultivation of college students' healthy psychology into reading promotion activities, deepen the exploration of Chinese classical studies, improve readers' reading efficiency, and achieve the purpose of cultural education[6]. For the reading of paper resources, a special bookshelf area for Chinese culture reading can be set up, and the related Chinese classics can be placed; In terms of electronic resources, create a special information database related to Chinese culture; In terms of network resources, a special column on Chinese culture is set up on the library website to publish cultural resources, forum information and activity announcements related to Chinese culture. Create a brand of Chinese culture reading, and carry out punch in reading and classic guidance activities for college students' fragmented and unified understanding of Chinese culture; Make full use of the current collection resources to carry out bibliographic consulting services and special lectures on gentleman's cultural reading; With the help of a series of reading promotion activities, gentleman culture reading can highlight the characteristics of the times and the masses. Let college students increase their recognition of Chinese culture. From theory to concept, from concept to attitude, from attitude to behavior, from behavior to consciousness, cultivate the transformation of college students' healthy psychological personality in stages. Enhance the influence of Chinese culture reading promotion activities in colleges and universities, and build a new ecology for the development of college students' healthy psychological personality[7, 8].

3.2 Carry Out Accurate Guided Reading Service Of Chinese Culture

Analyze the current situation of the lack of psychological and cultural intensive reading of contemporary college students, and in view of the lack of College Students' understanding of traditional

classical culture, carry out accurate reading guidance services based on traditional Chinese culture and traditional Chinese classics. Through a large number of sample network surveys and field investigations, the research conclusions and analysis reports are formed in terms of college students' reading tendency, reading habits, reading level and reading time of Chinese classic culture, comprehensively combs the current situation of college students' gentleman culture reading promotion, and analyzes college students' psychology and behavior of Chinese classic reading. For college students of different grades, levels and majors, provide corresponding classic guide books around the needs of grades, disciplines and majors, and pay special attention to the differential treatment of recommended classic catalogues between undergraduates and postgraduates. Refer to the bibliographies recommended by Liang Qichao, Hu Shi, Qian Mu and other masters of Chinese studies to guide college students to set personalized classic reading goals suitable for their majors, hobbies and cultural levels[9]. Enhance college students' cultural self-confidence with "benevolence, righteousness, courtesy, wisdom and faith" contained in Chinese classics, Carry out the guidance service of Chinese classics for gentleman's cultural confidence, strengthen the historical analysis of gentleman's personality and the elaboration of the new era, and activate the values of the times that are beneficial to the current cultural confidence practice and national development; Form a classic reading context based on cultivating college students' healthy psychological personality, and construct a classic reading leading mechanism.

By carrying out the accurate reading guidance service of classical Chinese culture, effectively improve the cultural appreciation ability of college students, and consciously achieve the integration of healthy psychological personality, knowledge and practice. In order to further promote the reading of classical Chinese culture, the library of Heilongjiang Bayi Agricultural University has carried out in-depth study of classical Chinese culture by means of elective courses. The curriculum includes ancient prose interpretation and reading, which ensures students' intensive reading and overall understanding of classical literature from the perspective of teachers, and solves various problems encountered by college students in the reading of gentleman culture. Overcome the stubborn diseases of "professional restriction" and "utilitarian reading", speculate on the gentleman's personality, reshape the values of contemporary college students and enhance cultural self-confidence. "The Analects of Confucius" course is accurately guided once a week. The teachers arrange the reading content in advance and require students to copy, read and preview. In class, the teacher answers the students' questions in reading, and the homework is assigned to recite the corresponding chapters. The course has cultivated college students' good reading habits, strengthened the interaction between teachers and students, and promoted the positive development of college students' mental health[10].

IV. QUESTIONNAIRE SURVEY ON READING PROMOTION PROMOTING THE CULTIVATION OF COLLEGE STUDENTS' MENTAL HEALTH

4.1 Research On Reading Promotion Activities For College Students' Mental Health In The Library Of Heilongjiang Bayi Agricultural University

Heilongjiang Bayi Agricultural University is an agricultural university mainly composed by school of agricultural, school of animal science, school of economic management, school of engineering and school

of science. Due to the increasing expansion of network resources and the convenience of network resource service mode, the number of students entering the library increases slowly or even negatively. The total number of readers received by the library of Heilongjiang Bayi Agricultural University is increasing. This is clearly illustrated by the statistics of the number of readers in the library in the last five years. The specific situation is shown in Table I below.

Table I. 2017-2021 Paper book resources borrowing situation of Heilongjiang Eight-one Agricultural Reclamation University Library

YEAR	NUMBER OF VISITORS (PERSON-TIME)	BORROWING CHINESE BOOKS	RETURN OF CHINESE BOOKS	BORROWING FOREIGN LANGUAGE BOOKS	RETURN OF BOOKS IN FOREIGN LANGUAGE
2017	5645	106560	106429	78	71
2018	4582	95864	95648	69	63
2019	3899	85536	85327	82	81
2020	4209	69728	65845	63	62
2021	3728	57892	57561	72	69

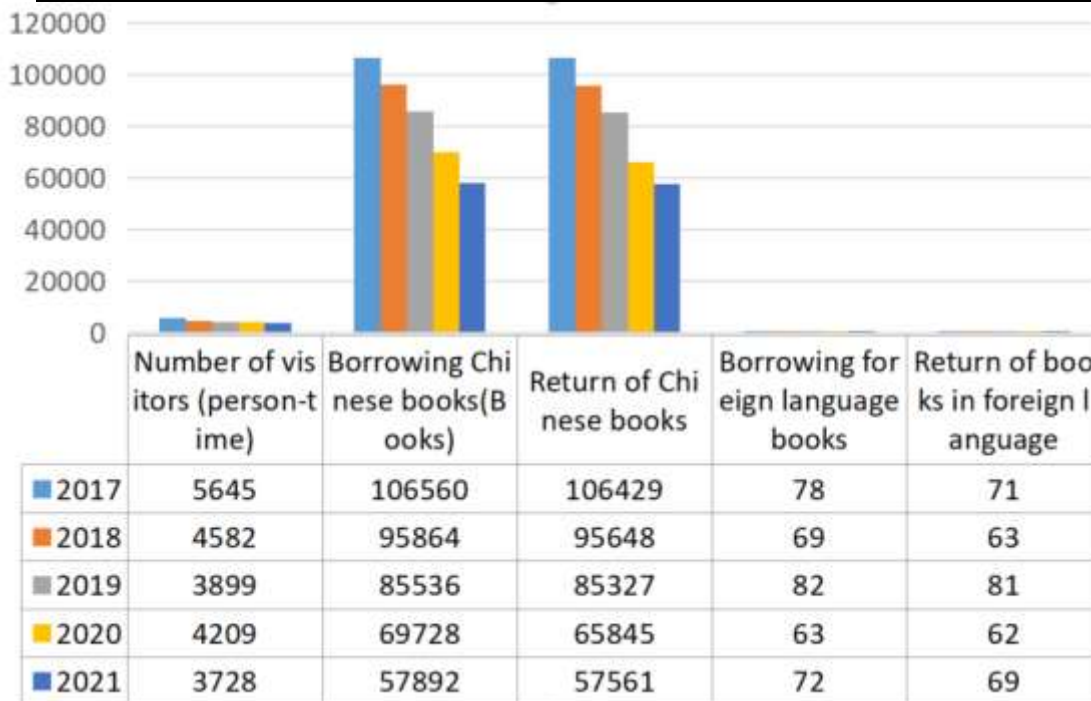


Fig 1: 2017-2021 Paper book resources borrowing situation of Heilongjiang Eight-one Agricultural Reclamation University Library

Figure 1 shows the borrowing of paper book resources in the library of Heilongjiang Bayi Agricultural University from 2017 to 2021. Affected by network resources and epidemic situation, the number of paper

Chinese books borrowed by our library showed a downward trend year by year from 2017 to 2021. Among the Social Sciences, the borrowing volume of books widely loved by teachers and students in philosophy, literature and history decreased significantly, while the borrowing volume of Agronomy, animal medicine and engineering books decreased slowly. This is mainly because the functions of computer and mobile phone networks are becoming more and more perfect, and teachers and students are more and more accustomed to obtaining social science resources through the Internet. However, in natural science, teachers and students still need to ask for information resources from the library, and the proportion in the total borrowing volume has increased year by year.

4.2 An Authentic Proof Investigation on Users' Demand For Classical Chinese Literature Information Resources

4.2.1 Brief introduction of authentic proof investigation and research

Based on the purpose of comprehensive and systematic research on the specific needs of classical Chinese literature information resources in Heilongjiang Bayi Agricultural University, two research methods are mainly adopted: questionnaire survey and interview survey. In order to have a comprehensive understanding of the specific needs of different subjects of Chinese classics information resources in the school, this paper adopts a questionnaire survey and supplements it with an interview survey. A questionnaire survey and interview survey were conducted on teachers, undergraduates, postgraduates and staff of government organs (Science and technology department and graduate department) in the school of engineering, the school of information and the school of agriculture, which provided a certain example basis for the use of information resources of classical Chinese literature in this paper. There are 400 questionnaires in total (As shown in Table II, there are 400 questionnaires), including 40 each for teachers of school of engineering, school of information and school of agricultural, 160 for students (including 80 each for undergraduate and graduate students), and 60 for staff of administrative organs (Science and technology department and graduate department).

Table II. Questionnaire distribution groups were investigated

GROUPS	EDUCATION	NUMBER OF QUESTIONNAIRE	RECYCLING QUANTITY	VALID QUESTIONNAIRES	INVALID QUESTIONNAIRE	RECOVERY RATE	QUESTIONNAIRE EFFECTIVENESS
FACULTY OF ENGINEERING	MASTER OR ABOVE	60	60	60	0	100	100
FACULTY OF INFORMATION	MASTER OR ABOVE	60	60	60	0	100	100

FACULTY OF AGRICULTURE	MASTER OR ABOVE	60	60	60	0	100	100
UNDERGRADUATE	BACHELOR	80	80	70	10	100	87.5
POSTGRADUATE	MASTER OR ABOVE	80	80	70	10	100	87.5
ADMINISTRATIVE STAFF	MASTER OR ABOVE	60	60	50	10	100	83.3
TOTAL		400	400	370	30	100	92.5

There were 30 invalid questionnaires and 370 valid questionnaires. The effective rate of this questionnaire was 92.5% and the recovery rate was 100%.

4.2.2 Analysis of users' use of Library

Users' use of the library is mainly investigated from four aspects: the purpose and frequency of users to the library, the main ways to find literature information resources and the methods to obtain literature information resources. Through the comparative survey results, it is found that due to the different educational level and professional direction of users, there are great differences in users' use of the library.

Figure 2 shows the frequency distribution of library use. The survey in Figure 2 shows that 42.4% of them go to the library many times a week, 27.5% once a week and 30.1% once a few weeks. None of them ever go to the library. In most cases, the use value of the library is recognized by college teachers and students.

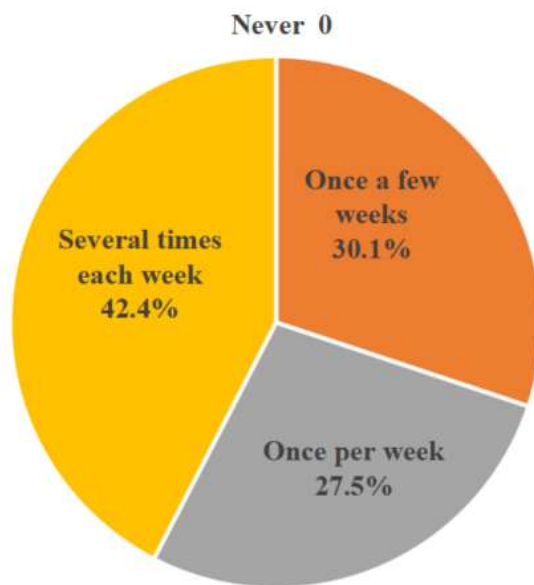


Fig 2: Frequency distribution of library use

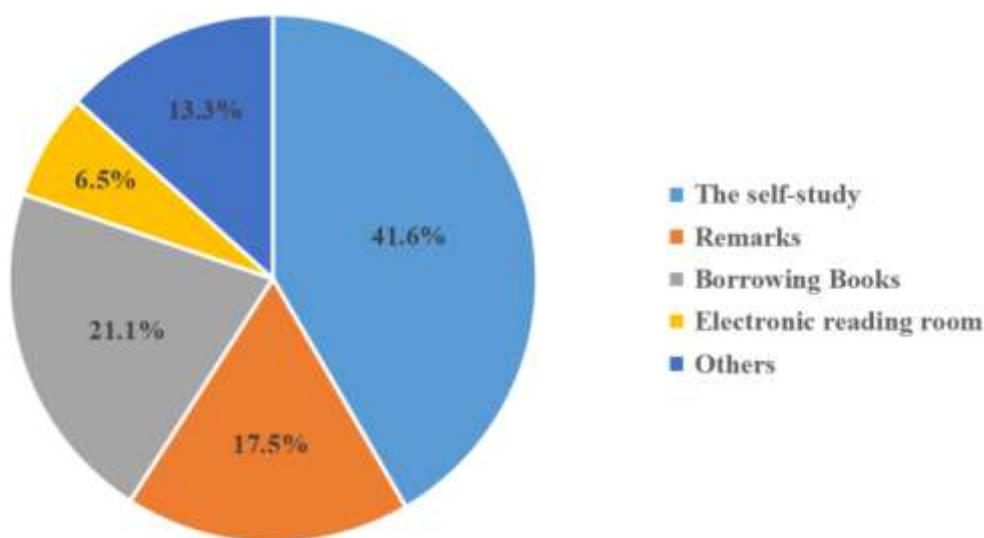


Fig 3: Statistical distribution of library use purposes

Fig 3 shows the statistical distribution of library use purposes. As shown in Figure 2, 17.5% of them are preparing for postgraduate examination, civil service examination, CET-4 and CET-6 and final examination, 41.6% are studying by themselves, 21.1% are borrowing and returning books, 6.5% are using E-reading room, and 13.3% are others. According to the survey results, users have a clear purpose of using the library.

Fig 4 shows the distribution of survey reports in query mode. As shown in the figure, through the query system of the Sunshine Hall of the library, "check the collection directory first, and then find according to

the clues", "directly enter the library or magazine library" and "find through the Wechat public platform of the mobile client", accounting for 35.0%, 17.1% and 24.5% respectively. It can be seen that searching through the network is the main search method for teachers and students, and searching through Wechat platform has become a more dependent query method for students.

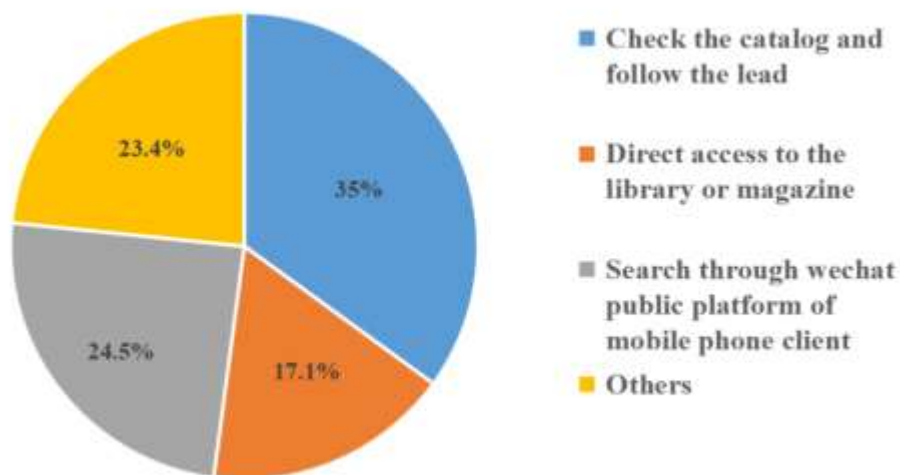


Fig 4: Query Mode Survey report distribution

Fig 5 shows the method of obtaining literature information resources of classical Chinese journals. As shown in Figure 5, "search by CNKI full-text database", "Bailian cloud link search", "paper literature search in Library Periodical Reading Room" and "network search" account for 65.4%, 2.4%, 19.1% and 13.1% respectively. Among them, " search by CNKI full-text database" is the main method for college teachers and students to obtain the literature information resources of classical Chinese journals. This fully shows that the network has become the main way for teachers and students to obtain the information resources of classical Chinese literature.

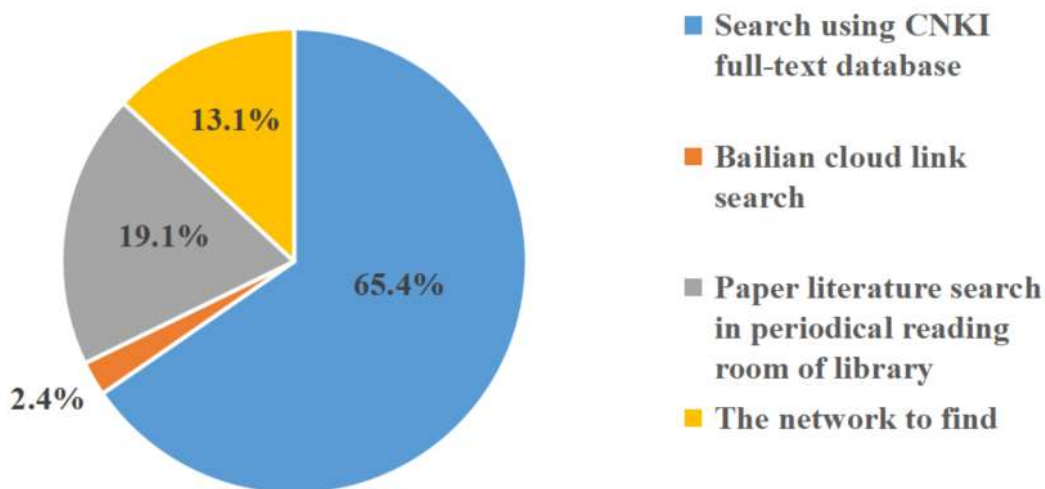


Fig 5: The method of obtaining sinology classics periodical literature information resources

V. CONCLUSION

Through the example of the direction of college students' healthy psychological personality, accurate reading promotion is carried out for college students. Cultivate a group of librarians with correct reading views and values, good promotion ability, reading ability, thinking ability, guidance ability and educational service ability. Driven by the promotion of reading, college students have established a correct view of world, life and values, have broad ambitious, and have a positive impact on College Students' mental health.

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