

Research on the "Lying Flat" Phenomenon of Contemporary Youth from the Perspective of Educational Sociology

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Abstract: *The word "lying flat" has been active in the life of contemporary college students for a long time since its popularity. The main manifestation of contemporary college students lying flat is in the face of being internal volume, showing no attention, no matter the attitude, no longer passionate struggle, eager for success. The reasons for contemporary college students to lie down are as follows: From the analysis of cultural capital theory, unfair benefit distribution intensifies the solidification of social class, which makes it difficult for contemporary college students in low social status to realize the transformation of class; The impact of network we-media on the values of contemporary college students; The rich material life brought by the rapid development of society makes contemporary college students satisfied with the present; The impact of the internal volume leads to learned helplessness. In order to avoid the negative influence brought by "lying flat phenomenon", colleges and universities should strengthen the ideological and political education of contemporary college students and create a fair competition environment, pay attention to the positive guidance of contemporary college students; Strengthen the social governance of the network, propagandize positive culture, form a good cultural atmosphere; College students actively adjust their own mentality and enhance their own value.*

Keywords: Lying flat, Contemporary college students, Cultural capital, Ideological and political education.

1. Introduction

The rise of the "lying flat tribe" is closely related to the current development of China. At present, China is going through a critical period of economic transformation and industrial structure adjustment, and people from all walks of life constantly suffer from being trapped inside. Therefore, in order to escape the pressure brought by the inner circle, contemporary people face life with an attitude of non-resistance and inaction. The emergence of lying flat and its popularity among contemporary young people can directly reflect the values and social mentality of contemporary young people. In order to better solve the mentality of lying flat in the face of being internalized, it is not only necessary to explore from the young people themselves, but also to explore the practical problems behind the development of the society, fundamentally solve the problems, and put forward targeted solutions. Let the young people of today inherit the spirit of hard work and struggle of their predecessors, become progressive young people in the new era, and shoulder the great responsibility of the nation.

2. The Influence of Contemporary College Students Lying Flat

The term "lying flat" can be traced back to 2016. In the entertainment circle, fans often say "(I can't move this time) lie down and let you mock". In fact, this is also a kind of effort after failing to achieve the expected state and ideal effect, and then actively reduce the pursuit of, do not resist the psychological attitude. In 2021, Luo Huazhong wrote in his article "Lying flat is Justice" that "lying flat is truth, and life is lying in a different way". His attitude towards life has been pursued by a large number of young people. Until now, it is also popular among young people, causing contemporary

young people to actively reduce their desire for life and be satisfied with the current life.

2.1 Loss of Struggle Spirit, Low Learning Efficiency

Contemporary college students, as pillars of national development, should be equipped with the spirit of struggle and sense of responsibility, take the initiative to shoulder the responsibilities of family and society, so they should take the initiative to complete the learning task, actively participate in the activities organized by the school, and carefully plan their future. However, when the word "lying flat" is constantly popular among young people, However, college students, as the majority of the youth group, face life with a lying spirit, which leads to a muddling along attitude towards their academic life. They do not pursue high grade points, but can graduate without failing grades. They do not participate in any activities organized by the school, and they lack a plan for life. The living expenses given by parents are enough to support them to live a comfortable life, so they do not consider their own future, a long time to lie down so that college students have been maintaining a negative state of learning, gradually reduce their sense of responsibility, self-efficacy is gradually reduced, more doubt about themselves, difficult to achieve their own value.

2.2 Value Deviation Occurs and Individualism Prevails

The emergence of "Internet +" has led to the prevalence of network we-media, and our mainstream culture is constantly challenged by other cultures, especially those of western developed countries. Such cultural shock may bring about significant social changes. French sociologist Bourdieu once proposed the concept of "symbolic violence", which is a silent and invisible violence. It has a subtle influence on the values of contemporary young people, and what is more, it is the

digestion of our mainstream culture by Western culture. College students have been affected by this culture for a long time, and it is easy for them to imitate Western culture, excessively pursue freedom, and face life with the attitude of enjoying the present. In this way, it is extremely easy for them to turn to individualism which deviates from our socialist core values. Focusing only on personal pleasure and ignoring one's own responsibilities and obligations, the negative impact brought by "lying flat" is a kind of short-term and timely self-satisfaction. Values are not only unfavorable to one's own development, but also unfavorable to the overall progress of the society.

2.3 Reduced Consumption Desire and Level, Employment Difficulties

Under the influence of the epidemic, China is in a critical period of economic transformation, so it advocates various forms of consumption to promote economic transformation. However, due to the rapid development of the society, both commodities and sales are in fierce competition. However, the Liesianism exists at present with a spirit beyond reality, and lives in a mental state of "no one is satisfied with the goods". Meet the current material life, do not chase high quality life, reduce the desire to consume, eat and drink enough without considering other things, such a consumption attitude will make the consumption level of our country decline, and then cause the stagnation of economic development, all walks of life appear obstacles to development, and then employment difficulties, this is a mutual achievement relationship, any problem, Can cause the entire economy to stagnate, and then enter a dead circle. College students will eventually enter the society, if most of the students hold a kind of lying flat mentality into the society, do similar work, do not buy a house, do not buy a car, do not get married, do not have children, it can be seen that the spread of lying flat is not conducive to the healthy development of the entire economic market and job market.

3. Analysis of the Causes of "Lying Flat" in Contemporary College Students

3.1 Rich Material Life Causes Contemporary College Students Lack of Struggle Spirit

Since the reform and opening up, China's economy has been developing rapidly, and a well-off society has been built in an all-round way. The material standard of living has been greatly improved, and the state has provided great guarantees in all aspects of people's lives. These achievements have been achieved by our people's hard work, but at present, when the material life is extremely rich, many college students forget the spirit of struggle and hard work, which contributes to the prevalence of hedonism. Especially with the rapid development of network we-media, the trend of "lying flat" prevails, and even many people affirm "lying flat". As a result, many college students do not think about making progress and enjoy the material life given by their parents and the country. Such a short material life, lack of planning for the future, escape from their own responsibilities, such a state of life is not only a challenge to the future development of students, but also the future development of our country.

3.2 The Values of Contemporary College Students are Subtly Distorted by Internet Media

Under the background of the rapid development of the Internet, the prevalence of network "we media" and the influence of the communication of various cultures on the students should not be underestimated. The reason why the "lying flat" trend is so popular among the young people is one of the important factors. What's more, some ill-intended people take advantage of the power of network media and slowly use the culture of loss and hedonism to destroy the thoughts of our young people. The sociologist Bourdieu once proposed the theory of symbolic violence: "Symbolic violence is the ability to construct what is known through words, the power to be seen and heard, the power to be seen and heard, the power to be inflicted by the conspiring of the perpetrator and the recipient, often without either side being aware that they are doing it or suffering it, the power to be magic, the violence is a special instrumental rationality, The process of its implementation is carried out by the object of violence in the way of self-alienation of the other ". Network media is actually a kind of silent and invisible symbolic violence. It transmits such "mourning culture" to contemporary young people through we-media, and even makes them lose the ability to distinguish information. Their attitude towards subculture is eventually assimilated by this culture from compliance to identification.

3.3 Social Class Solidification is Difficult to Achieve Class Leapfrog

Sociologist Bourdieu divided capital into three types: social capital, cultural capital and symbolic capital. Here we talk about cultural capital. Cultural capital, due to its different forms of expression, is divided into three basic forms, namely, cultural capital in specific state, cultural capital in objective state and cultural capital in institutional state. Concretized culture refers to the cultural capital directly related to Yuge's body. The objectification of cultural capital exists in the form of cultural commodity, which is the materialization of cultural concept and cultural ability. Institutionalized cultural capital refers to cultural capital confirmed by a certain system. Generally speaking, cultural capital refers to "cultural property transmitted by different family education actions". Therefore, young people from better backgrounds can make less efforts to achieve success compared with those from poorer backgrounds. As a result, some teenagers from ordinary families choose to "lie down" and face life with the mentality of "no child can be born from a poor family". Even if they try hard, it is difficult to change their own cultural capital, so they choose to go with the flow and release themselves from anxiety.

3.4 The Impact of the Inner Paper Leads to Students' Learned Helplessness

In the era of economic globalization, everything around us is developing rapidly, whether it is economy, science and technology, etc. In this era of rapid development, we can only take the initiative to keep up with the pace. However, due to more people and less meat, limited resources have brought about a series of social problems, such as high housing price, difficult employment, difficult choice of schools and other

social problems, which is one of the important factors leading to the internalization. When college students receive the same level of education, they will show a fixed behavior pattern according to the rules, and work and study according to this pattern. In order to better highlight themselves, they will choose self-reinforcement and progress, and thus appear "internalization". In addition, we have been urged to keep moving forward by the thinking of "we will be beaten if we lag behind", which also leads to the need for college students to continue to receive higher level of education, which makes it extremely difficult for ordinary college students to succeed. After repeated failures, they will gradually produce a psychological state of helplessness and despair, start to doubt themselves, and their sense of self-efficacy gradually decreases. The students just "showed up".

4. Countermeasures for the "Lying Flat" Phenomenon of Contemporary College Students

4.1 The School Should Strengthen the Ideological and Value Education of Students

In order to effectively solve the negative impact of "lying flat" of contemporary college students, the school should attach importance to the education of ideological values of students, the form of education should not be superficial, should be close to students' life, let students realize that the negative impact of "lying flat" not only on themselves but also affect the future development of the whole nation. Schools should organize and carry out high-quality activities to encourage students to participate, such as regularly carrying out one of the patriotic education, learning to inherit the hard struggle spirit of the older generation of revolutionaries, regularly carrying out lectures and organizing corresponding practical activities, so as to stimulate the spirit of struggle and striving of students, refusing to "lie down" life, forming a positive campus culture, giving play to the leading role of the student group, For example, the Student Union and other groups organized outstanding graduates to come back and share their struggles with classmates, and encouraged students to keep moving forward with the struggles of people around them.

4.2 Strengthen Internet Environmental Governance

The emergence of "lying flat" doctrine originated from the Internet propaganda, so in order to cure the negative influence brought by "lying flat" doctrine, we should deal with the root cause. The development of the Internet has a strong secrecy and guidance, especially many bad media in order to economic benefits, to earn traffic to attract the public attention, to the young people "lying flat" to give affirmation, constantly give young people psychological suggestion. In this regard, the state and the government should improve laws, regulations and regulations related to the Internet, strengthen supervision and inspection of the Internet environment, especially Wechat, Douyin and Weibo, which are commonly used by teenagers, so as to provide an Internet environment for teenagers to promote positive energy and carry forward the main theme. In addition, the Internet itself should also practice and cultivate the socialist core values, crack down on all kinds of behaviors that harm the values and body and mind

of young people. It should not publicize information that is not conducive to the healthy development of young people for the sake of its own flow and interests. It should pay attention to the propagation of inner spirit and not cohabit material comforts, so as to better create a good atmosphere for the healthy development of young people.

4.3 Improve the Self-identity of Contemporary College Students

Contemporary students have been greatly improved in both material and spiritual life, but at the same time, they also face great pressure, and it is difficult to change their role in the family and school environment for a long time. Therefore, once they step out of the campus and jump out of their comfort zone, they choose the way of self-preservation and self-comfort, plus the influence of external media. Many college students just out of campus choose to "lie down", to escape the pressure brought by life and work, which makes them doubt themselves and reduce their sense of identity. In the face of this problem, contemporary college students can first start from small things, according to Vygotsky's theory of the zone of proximal development, choose to adapt to the difficulty of work, choose their own goals to avoid eager for quick success, so as to gradually succeed, slowly enhance their sense of self-identity, relieve the pressure brought by their own, slowly firm their determination to achieve success, and gradually change from a flat youth to a struggling youth.

Moral Declaration

Interest competition: All the authors of this article declare that they have no competing interests.

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