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Study on life education for college students— a survey on students in Guangzhou

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Abstract   Due to the social environment of China’s reform and opening up, as well as China’s education system with knowledge impartation as its focus, some college students lack the humanistic care and education of value and significance of life. Universities should plan effective activities to make students realize the importance of life. They should provide students with such education as life conscience, failures in life, the ability to make a living and the values of life in order to have a clearer knowledge of life education, so that the students can set up a positive, healthy and correct life view, realize the value and meaning of life, and finally learn to respect life.

Keywords   college students, life education, life view

In recent years, the phenomenon that college students committed suicide and hurt the lives of others has happened frequently. In the past two years, there have been some college students in Guangzhou who killed themselves due to various reasons, during which four people committed suicide in a short span of only one month. The highly happened incidence of suicide of college students has aroused much attention. This is a problem in education, and it is even a social problem.
Strengthening the life education for college students is an emergency.

1 Connotation and necessity of life education for college students

1.1 Connotation of life education for college students

Life education, as the term suggests, is the education concerning life. However, human lives are different from animal lives. Human lives are not only natural and physical, but also social and spiritual. The survival of people and animals are different. The survival of people is not only instinctive, but also is more dominated by the spirits of the emotional life.

Generally speaking, lives are the existence of life, and living is the feeling of life. Lives are the aggregation of existence of the past, present and future. And living is the current feeling of one’s life. In essence, human lives are the basis of life, human living is the performance of life, and the two consist of a complete life (Zheng, 2005). Life is the logical starting point of education, and also the ultimate goal of it. Life education is a new area of research. And it will become an important direction of the education reform in the 21st century. Life education is to make the educated people start from understanding characteristics of the natural human lives, and then to embody their social lives in order to realize that one grows up in the society. We must deal with the harmony relations of our lives and ourselves, lives and nature, lives and society and learn to take care of ourselves, others, nature, society and lives to enhance the quality of lives and comprehend the significance and value of lives.

As a special social group, college students’ life education is to teach them how to accept and understand the meaning of life, respect and cherish the value of life, love and develop their own lifestyle and pay attention to their own humanistic spirit and the cultivation of the quality of humanities, then put their lives into society in order to achieve one’s own value. The ultimate goal is to give students a positive, healthy and correct attitude toward life. That is, to develop the correct perspective toward their lives. With the correct guidance of life attitude, people will deal with many problems in a right way in life, and cherish lives, respect lives, and understand the value and meaning of lives (Chen and Liu, 2006). For a long time, China’s traditional education has attached great importance to imparting knowledge to students, emphasizing the development of the capacity of students. It ignores the all-round development of students. As a result, life education fail to receive due attention. Italian educator Montessori incisively pointed out that the purpose of education was to help develop the life normally. Education was all for the development of life. Life education should become an