

## *Original Paper*

# A Study on the Psychological Characteristics and Intervention of “Lie Flat” Young College Students in Xi’an China

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### **Abstract**

*In the past two years, the term “Lying flat” has become popular rapidly. Lacking willpower, academic anxiety, employment pressure and other factors are the reasons for young people gradually lying flat. In order to escape the standard of success of social monism, people who immersed in the virtual world isolated themselves in the personal world. In order to ignore the external voices, they covered their ears. Rather than say not caring about the outside world’s opinions, they are more likely to be stubborn in their own “Intention”. The times are progressing. Young people are also the followers of the times and the trailblazers in life. Our young people should strive for self-improvement, keep the fervour for life, and pay attention to the psychology of the “Lying down” young people, it is of great significance to interfere with the growth of “Lying flat” youth, we should face up to the spiritual essence reflected by the phenomenon of “Lying flat”. The posture of the striver is always the same in the turn of the times. It is necessary to create a fair competition environment, strengthen the psychological supervision of the youth, and establish correct values, thus helping the “Lying flat” youth change into the “Struggling” youth.*

### **Keywords**

*“Lie flat” youth, social environment, group characteristics, coping strategies*

## **1. Introduction**

With the rapid development of network media technology, the word “lying flat” is popular all over the internet, for this concept, some people think that this is a retrograde trend in the era of rapid development, others think it is pursuing a place where the soul in the noisy and complicated society. In the reality, some people’s “lying flat” has not gone beyond the secular standard, it’s only a result of physical and mental exhaustion. For individuals, “lying flat” can release their pressure in a short time, which will help them to spend their later study life easily; but in the long run, if the quality of life and

accomplishment are not improved, people will feel tired, anxious, and constantly consume themselves. From the perspective of a country, “lying flat” will lead to stagnant developments, an aging population and a decline in the overall quality of the people. We should dialectically examine the characteristics of “lying flat” groups from the perspective of our own will and social environment, and think from the perspective of youth, give correct ideological leadership, find the right way to help “lying flat” young people out to be away from anxiety.

## 2. Group Characteristics of “Lying Flat” Youth

From the perspective of ideological and political education and behavior science, “lying flat” as a new form of expression of youth subculture, not only deviates from the mainstream values, but also makes young people lose their ability to struggle. The phenomenon of “lying flat” is a silent protest of the youth against social “rat race”. The social living space that ordinary people are facing is getting narrower and narrower, resulting they can’t see the wealth code, even the operation rules of the world are unclear to them. In this regard, we analyze the two group characteristics of “lying flat” youth.

### 2.1 *Young People Lack Control over Themselves and Willpower*

Psychologically, willingness can be described as a process in which people consciously determine the goal, control and act according to goals, strive to overcome difficulties, and then achieve predetermined goals. A young man with strong willpower can well control himself and complete his goals and plans when he clearly distinguishes right from wrong; a young man with weak willpower is easily affected by the surrounding environment and easily shaken, and failure is inevitable.

Willpower is a lighthouse on the sea at night, it radiates dazzling and fascinating light, waving to the ships confused by the night. Those who success have strong willpower, bright but difficult future. As a young man, youth is precious. It is a beautiful time where youth will not come back again, where the sun do not return to the day. Throughout history, Yue Fei’s family was poor when he was young, but he worked hard to make progress; When Wang Xizhi was young, he used up three large vats of ink to practice calligraphy. Looking at the present, how many people choose the spirit of “lying flat”, squandering their youth, which is rare for ancient scholars and men of letters. “The road will be long, and I will search up and down”.

The strength of willpower is strong, which makes people never give up in difficult situations, as Lu Xun said, “we should not be ashamed of the result, even if we are slow, we should not hesitate to gallop, even if we lag behind, and even if we fail, we will certainly achieve our goal.” As a contemporary youth, if you want to achieve your goals, you need strong willpower to refuse to “lie flat”, and never sink into the present.

### 2.2 *“Lie Flat” Young Students do not have a Clear Goal, and Go with the Flow*

A life without a goal is like a ship without a sail, which has no choice but to drift in an ocean full of disappointment and confusion, however, the dawn of the goal always gives us courage and strength to move forward again and again. We should set a goal for ourselves, we should not go with the flow of

events, a goal is a hope. Many “lying flat” young people do not have their own ideal pursuit, they drift with the tide and follow what others do, this phenomenon is often reflected in the school period, often there will be a classmate to see the desk mate do what kind of homework, he will follow together to write. Everyone should have their own goals and plans. Seneca said, “If a man does not know which dock he is going to, then no wind is downwind.” Have a clear goal in life at any time. Even though many people can not achieve their goals in their whole lives, they are the happiest when walking on the road. The snow lotus on the cliff may not be more beautiful than the peony in the garden, but there are always people who are willing to take risks for the white collar, while the competition in the garden can only flash through your eyes, only the holy white is the existence of a lifetime of struggle.

### 3. Psychoanalysis of “Lying Flat” Youth

In the face of the trend of “lying flat” thought, some young people resonate fiercely. They feel helpless and angry when facing strong pressure and being unable to counter attack. “Lying flat” is their silent protest against the society. In the face of the obvious negative mentality and emotions of youth lying flat, criticizing blindly or schadenfreude are obviously one-sided actions. “Lying flat” young people are not so much “knowing that they can’t help but feel at ease”, as they simply give up the opportunity to work in the name of “Lying flat” in order to escape the tragic reality of failure after efforts. As for the psychoanalysis of “lying flat” youth, the author takes “the investigation of ‘lying flat ’youth phenomenon” as the theme to understand the views of some young people on that, The survey sample is 605 college students from 6 universities in Xi’an, of which 56.13% are male and 43.87% are female, the survey found that 9.77% of the young people never “lie flat”. 45.53% of the students are in a state of long-term struggle and occasionally “lie flat”, this shows that many young people are still influenced by the “lying flat” subculture. In fact, few people are naturally willing to “lie flat”. They are either limited by their ability or limited by their own horizons, resulting in less room for progress, finally, they have no alternative but to “lie flat”.

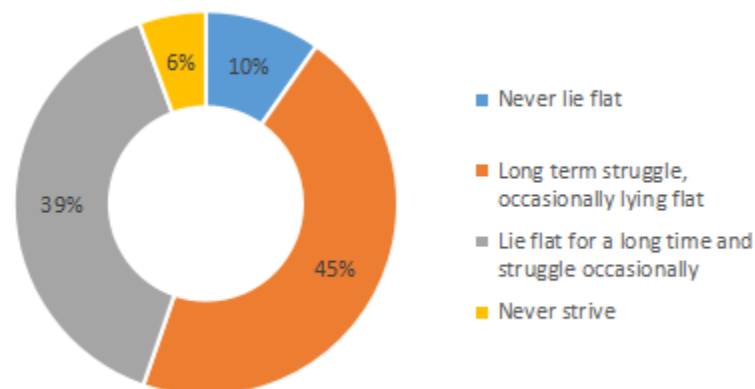
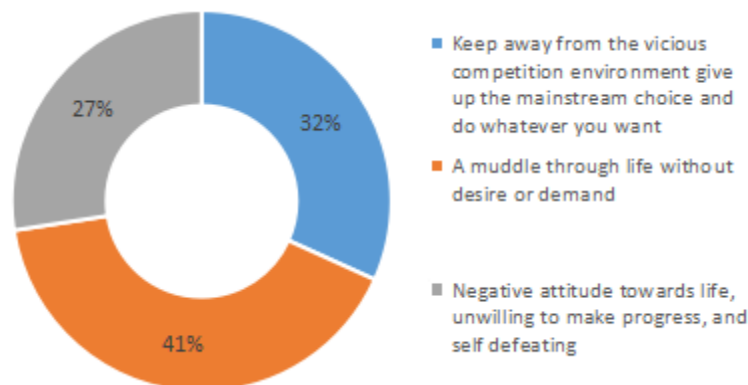


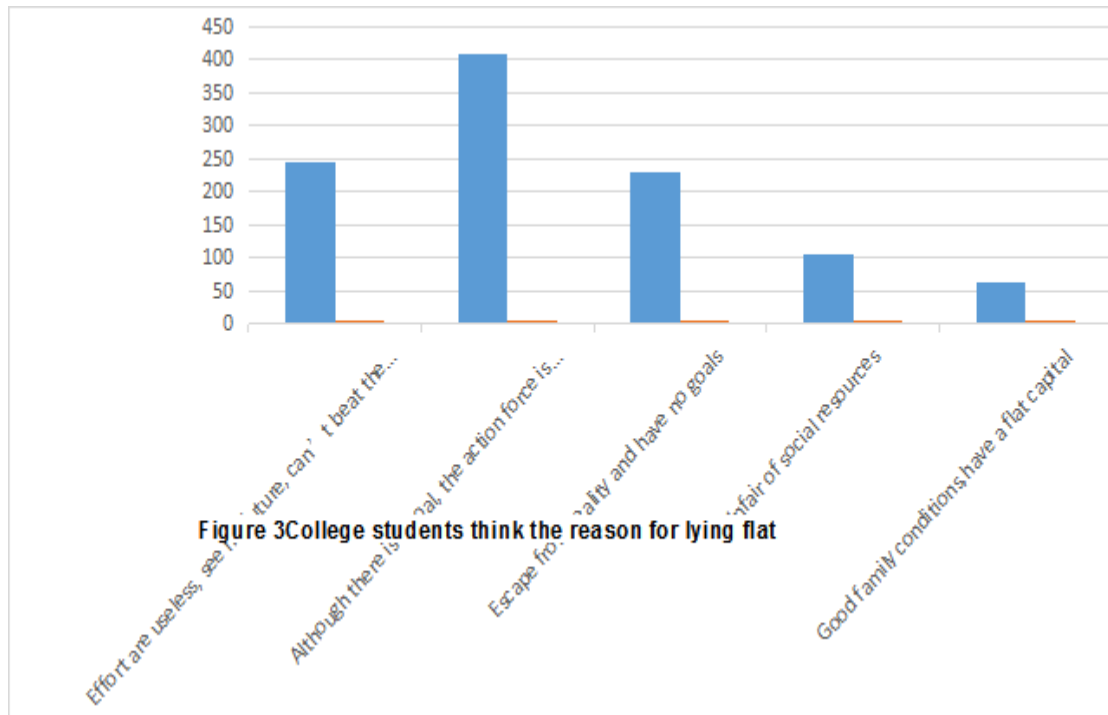
Figure 1. What State do You Think You are in

According to the survey, most young people are in a complex mood when they “lie flat”, feeling guilty and comfortable at the same time, but they suffer a lot. Only 3.65% of the students thought that they would increase their motivation and continue to study. “Lying flat” seriously affects the young people’s psychology, which would lead the young people to negative fatalism in the constant self escape. According to the “What is ‘lying flat’” survey, 40.73% of the students think that living a life without desire is lying flat, 31.79% of the students think that staying away from the vicious competitive environment and giving up following the mainstream and choosing to do what they want is lying flat. And 27.48% think that feeling attitude towards life is negative, do not want to make progress and abandoning themselves is lying flat, which shows that some students do not really understand the meaning of “lying flat”. First, “Lying flat” means that no matter what reaction the other makes, they will feel no internal turmoil, and no reaction or resistance will be made, indicating obedience. Although “flat” is also an adjective here, it has the meaning of expressing inner peace, implying a meaning of “inaction and non resistance” (Gao & Wu, 2021). It is urgent to help students correctly understand “lying flat” and guide students out of “lying flat”.



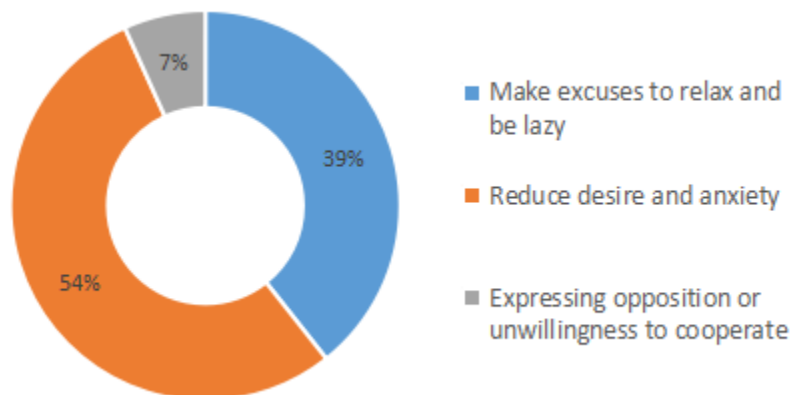
**Figure 2. What do You Think is Lying Flat**

The survey found that 67.55% of the students believed that the reason for “lying flat” was that they had goals but lacked motivation and did not want to work hard, therefore, helping young people increase their motivation for learning was an effective way to refuse “lying flat”. 53.81% of the students believed that the purpose of “lying flat” was to reduce desire and anxiety. Due to the large income gap, some people are extremely rich, while others are poor or relatively poor. The consumer society seems to be brilliant, but in fact it is not. The richer the goods are, the farther they are from themselves. In this case, there is no other way except negative self consolation, self mockery, and reducing desire to reduce anxiety.



**Figure 3. College Students Think the Reason for Lying Flat**

As shown in Figure 4, 53.88% of the students believed that “lying flat” was to reduce desire and anxiety. 39.34% of the students thought it was to find excuses to relax and be lazy. Young people live in an era of rich materials, fierce competition and great pressure. It is inevitable to avoid this or that youth cultural phenomena, the so-called “low desire” is a specific social and cultural phenomenon generated during the period of frequent social conflicts in recent years.” Low desire lying flat doctrine” has its positive meaning, but it will ultimately lead to passive withdrawal (Song & Yang, 2021).



**Figure 4. What do You Think is the Purpose of Lying Flat**

#### 4. Intervention Measures for “Lying Flat” Young People

In the face of the “lying flat” of some young people and the harm caused by it, it is urgent to guide the “lying flat” youth group out, which is also a necessary condition for realizing the great rejuvenation of the Chinese nation. “Lying flat” can not be blindly attributed to individual laziness and low desire. More attention should be paid to the social environment, competitive pressure and narrow generation space. According to the “survey on the phenomenon of ‘lying flat’ youth in a university in Xi’an”, about half of the students believe that clear goals, sufficient motivation and other factors can change the “lying flat” phenomenon. We can change the “lying flat” subculture from the following aspects.

##### 4.1 Reduce Students’ Anxiety through “Datura Painting”

According to the questionnaire of a university in Xi’an, Most young students feel guilty, suffering and anxious when they lie flat, the first step to help young people walk out of “lying flat” is to change the anxiety psychology of young students. As a form of expression of psychological image, Datura painting therapy develops symbolic language and can touch people’s unknown spiritual feelings. Freehand Datura painting is characterized by participation, interest and pleasure. Painters can create works freely, and understand painters by observing, experiencing, associating, and comprehending their colors and contents. Painters connect life with true feelings and free pens, and integrate with the outside world, which can show the painters’ thinking about life. Through the treatment of Datura painting, the patients can explore and interpret their subconsciousness, draw persistently, make themselves understand the complex memories and information hidden in the subconscious, and have a clear understanding and grasp of themselves, so as to achieve spiritual healing and life growth, especially in line with the needs of college students.

##### 4.2 Let the “Lying Flat” Youth Approach the Counseling

The survey shows that 67.6% of the students choose to “lie flat” because they do not want to work hard because of lack of motivation, psychological counseling is a process that can change young people, during this process, the relationship between counselors and consultant can give the latter a sense of security, so that he can calmly open himself, even face up to his past negative experience, and then integrate those experiences with his changed self to make integration. Psychological counseling can help college students solve problems in their study and life, relieve psychological pressure, face setbacks with a correct attitude, properly solve the problems of life caused by psychological problems, and maintain a healthy and happy body and mind.

##### 4.3 Let the “Lying Flat” Youth Correctly Define Themselves through Self Personality Interpretation

According to the survey, 47.11% of the students thought that the reason for “lying flat” was not that they felt they were not good, but 19.67% of the students thought that they were lack of ability in this matter. Personality is characterized by uniqueness, integrity, stability, functionality, adaptability and plasticity, students’ personality can be tested through the “projective test”. Subjects will naturally bring out their own thoughts, attitudes, wishes, values, emotions and other personal characteristics in the experiment, the tester can analyze the personality characteristics of the subject according to these

reflections. College students should have a sound personality to view themselves correctly. We should understand ourselves objectively, and be willing to accept, open, trust and treat ourselves with an attitude of appreciation. Positive self suggestion, as the saying goes, “The benevolent see benevolence and the wise see wisdom.” Whether an event is good or bad not only depends on the event itself, to a greater extent depends on their own mentality. If you are in the heart of sugar, you must feel that the world is sweet; if you are in the heart of salt, you must feel that the world is salty. Young people should define themselves correctly in order to get out of “lying flat”.

#### *4.4 Guide the “Lying Flat” Youth to Set Goals*

Before setting goals, determine the direction. Only clear and quantifiable goals are the most important. Write the goal clearly and turn it into measurable words. When achieving the goal, list the difficulties and setbacks that you may encounter, find corresponding solutions and required resources, and constantly rewrite the plan until it is perfect. Also set a deadline for the goal, and the potential may be stimulated by setting a goal with a clear deadline. When completing the goal, we should have firm confidence, always maintain momentum and never give up.

#### *4.5 Emotional Encouragement for “Lying Flat” Young People*

Emotion is the basic element of human communication, education without it is powerless. Emotion drives our behavior and stimulates our potential, William James, professor of psychology at Harvard University once said that if there is no incentive, people can only play 20% to 30% of their potential. If they are encouraged, they can play 80% to 90%. Good emotions will improve the efficiency of brain activities, improve the speed and quality of cognitive operations, make central nervous system activities in the best state, ensure the coordination of various system activities in the body, and give full play to the potential of the body. Gratitude encouragement means to stimulate students' interest in learning through love, encouragement, tolerance, sincerity and other emotions. It includes emotional input, the creation of situations, the influence of thoughts and emotions, and the acceptance and identification of ideas. In daily life, we should give more encouragement and enter their inner world with true feelings, and let the “lying flat” young students build confidence and stimulate their potential.

#### *4.6 Create a Positive Social Atmosphere*

A positive social atmosphere can promote social development. According to the survey, 32% of the students “lie flat” with others around them, and 69.04% of the students think that “lie flat” will lose their personal morale, indicating that the environment has a significant impact on “lying flat” youth, It is urgent to improve the social environment. Colleges and universities should strengthen publicity, so that students can actively learn from the spirit of devotees and understand the significance of insisting. According to the survey, 66.39% of the students learned about “lying flat” on the Internet. So control must be made on the Internet. Many popular words originate from the Internet, and the word “lying flat” is no exception. The Internet should promote correct values, actively lead the development of the network ecology for the mainstream culture, so as to create a healthy and positive network culture (Peng & Yu, 2022).

#### 4.7 Reduce the Social Life Pressure of Young People

In some extent, “lying flat” is not a real state of practice, but a youth’s expression of the value of the current development environment and living conditions. Most of the time in young people’s life is filled with work and study, which easily leads to a sense of “incompetence” burnout. It is not too late to reduce the social life pressure of young people. We should improve it from two aspects. On the one hand, we should rely on national policies and economic support to create diversified employment opportunities; On the other hand, efforts should be made to improve the youth’s own hard power of development through vocational skills training and other measures, so as to form a two-way youth employment operation mechanism between supply and demand (Lin & Gao, 2022). To this end, we should focus on improving youth’s sense of social identity and participation, enhancing youth’s social participation, and giving them greater social participation and discourse rights. Only in this way can we better stimulate the young people’s consciousness of struggle and cultivate their optimistic and open-minded spirit of struggle.

### 5. Conclusion

There are many setbacks in life. Every young person will encounter difficulties and challenges. In the face of difficulties, complaining all the time and avoiding things will not help. A man complains that it is better to carry a lantern when he is in the dark. It will only wear him down and make him depressed. If he tries to move forward in the dark, he can find light, just as the General Secretary Xi Jinping said: “Young people should keep their youthful courage and determination to be fearless of tigers and move forward with difficulties. They should bravely stand at the forefront of the times and strive to be the vanguard of the times. All the thoughts and behaviors that regard exploration and attempt as a dangerous path, all the activities before carrying heavy loads as a loss, and all the thoughts and behaviors that ‘hide into small buildings and become a whole’ to evade responsibility are undesirable, can not be accomplished, and are difficult to truly enjoy life.” Enterprises should also improve and optimize the incentive measures that the development achievements can benefit all employees, so that young people can feel the “welfare” brought by the development of enterprises or industries, and can grow together with the collective. The growth incentives provided for young people include the stimulation of the endogenous motivation for young people to identify with industry norms, enterprise values and personal values. Let’s help the “lying flat” youth transform into struggling youth.

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