

The Solution of 2 Common Issues Required for Personal Happy Life

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Abstract: By Marxist philosophy, the essence of happiness and the methodology for personal happy life are clearly promoted. Contradiction analysis is applied to solve the 2 common issues. In cognition aspect, the common issue is the essence of happiness, which is satisfactory experience based on material resource. The main content of happiness is the spiritually satisfactory experience with material resource as the basis but only basis, being the secondary content. In practice aspect, contradiction enjoyment is the universal methodology for human to embrace personal happiness. The contradiction enjoyment is manifested as recognize and accept contradictions in cognition, cherish contradictions in emotion, so as to appreciate contradictions in practice.

1. Introduction

How to lead a happy life is an educational issue, which isn't determined by the development of age naturally. The OECD Learning Framework 2030 is committed to helping each learner develop into a perfect person, develop subjectivity, focuses on new core qualities, especially the ability to change towards happiness^[1]. In practice, there are some schools have put forward the goal of nurturing personal happiness, such as "being happy teachers, educating happy students, and building happy schools^[2]". This reveals an international trend in education that the development of personal happiness is emphasized from the worldview of individualism rather than collectivism. And the people's happy life has been recognized as the greatest human right that consists the man's right for living approved by more and more countries^[3]. The people's happy life is composed of everyone's happy life. And different people has different happiness, such as there are differences between widowed and partnered older women in well-being^[4]. Hence, the first theoretical problem for happiness education to handle is to manifest the common issues required for one to lead a personal happy life. Through reflection assisted by Marxist philosophy, we absorb existing research results propose that the 2 common issues to breakthrough are the essence of happiness and the methodology of happiness from cognition aspect and practice aspect respectively.

2. The Essence of Happiness: Satisfactory Experience Based on Material Resource

Modern psychology regards happiness as an important comprehensive psychological indicator to measure the life quality of individuals. It believes that happiness is the overall evaluation of the life quality of the evaluator, and then advocates to enhance personal happiness from cognitive or emotional aspects. However, both cognitive well-being and emotional well-being could only be achieved on certain material resources. Contradiction analysis is the essence and core of Marxist philosophy, revealing the fundamental content of the universal connection of things and the internal power of eternal development, thus can be used to reveal the essence of happiness, which is the common issue in the first place for personal happy life.

2.1. Happiness is the Unity of Material Resource and Spiritual Experience

The concept of happiness is an important issue researched across linguistics, psychology, sociology and philosophy etc., while its inner contradictions are still ready to be revealed. The study

of Marx's concept of happiness clarifies that "real man" is the subject of happiness, "real world" is the foundation of happiness, labor practice is the basic path to achieve happiness, and "human's free and comprehensive development" is the ultimate goal^[5]. As to reveal the essence of happiness, we need to understand comprehensively the multi-disciplinary achievements of happiness under the guidance of contradiction analysis.

In World Book Encyclopedia, happiness is defined as "the condition and experience that people feel satisfied in the process of striving for the ideal and when they achieve the predetermined goal and ideal." And Modern Chinese Dictionary says: "Happiness is a happy life and situation." Happiness is explained as "① a happy life; ② a satisfactory life." There are also research found: Happiness is a kind of emotional experience generated by people in certain social relations who, after their basic material life is satisfied, realize their pursuit of a higher level of spiritual life and civilization. It is also a positive emotional experience in the process of creating value and realizing their own value^[6]. Although the points of these understandings of happiness are different, they are all the same on the point that happiness is the satisfactory experience of life. From concrete to abstract, make a materialistic and dialectical definition can then be of happiness: happiness is a satisfactory experience based on certain material resources. The satisfactory experience emphasizes spiritual or psychological well-being. Although happiness needs a certain amount of material resources as the basis, after the material conditions exceed a certain degree, the positive effect on the satisfactory experience becomes less and less obvious. The material resources is the basis. Because material conditions are fundamental to happiness, such as when people measure business achievements, they mainly consider assets and debts, profits and losses. All things that have no material interests will not be taken into serious consideration. In the tide of capitalization, the fundamental role of material is alienated by many people to obtain the greatest material benefits, that is, happiness alienated. In this case, the fundamental role of material wealth in happiness has been exaggerated obviously left the aspect of spirit unconsidered.

2.2. The Main Content of Happiness is Spiritually Satisfactory Experience

Spiritual well-being directly determines whether a person has an experience of happiness, which turns into the main aspect of happiness under the historical conditions that we have built a moderately prosperous society in an all-round way. The personal happiness is directly determined by spiritual experience. And although the material conditions were poor during the revolutionary war, it did not hinder the revolutionary optimism, the unity of officers and soldiers, the unity of military and civilian, and other fine styles of work, which provided the martyrs with satisfactory spiritual experience. In this sense, happiness depends mainly on our mental state, not on our status and wealth^[7].

Compared with material conditions, spiritual satisfaction is more important and functions the main aspect of happiness. Therefore, on the basis of having sufficient material means of life, happiness depends entirely on the mental satisfaction: when the mental satisfaction were experienced determines the happy life, and the degree of satisfaction determines happiness. If we only pay attention to material conditions and despise or even ignore human spiritual experience, we will commit a one-sided metaphysical error, which will inevitably lead to the flood of money worship and cause various misfortunes to individuals. To sum up, happiness includes both material and spiritual aspects. Material resources are the basis of happiness, and can guarantee the supply of living resource and consumer goods, but they are only the basis. We must also notify that the main aspect of happiness is the spiritual experience. If we only talk about material common prosperity, it is one-sided, and we can not effectively focus on satisfying the needs of a happy life.

3. The Methodology of Happiness: Contradiction Enjoyment

We ancient sages hold in esteem that gentlemen are harmonious but different. The objective law of "harmony is the living thing, and the same is not the life" requires that we pay attention to the value of "harmony". "Harmony" embodies in companionship, peace, neutralization, etc., the harmony functions between nature and society, and the harmony between individuals and groups.

The ideal of our nation is based on the harmony, and the cohesion and creativity of our nation are also based on the harmony. The harmony relays on whether we can handle the contradictions arising constantly from the cognition or practice of daily life.

3.1. Self-harmony is the Direct Determinant of Happiness

Self-harmony has two meanings, one is the internal coordination of the ego, and the other is the coordination between the ego and experience^[8]. Here, the so-called internal coordination of the ego corresponds to psychological emotions; The coordination between the ego and experience corresponds to psychological cognition. According to social research findings, the self-harmony not only directly affects subjective well-being, but also indirectly affects subjective well-being through social support^[9]. This reveals that the self-harmony dominates happy feeling.

The self-harmony, although not the only determinant element of happiness, directly determines whether the subject can experience happiness. To enhance the ability to live happily requires the harmony between material life and spiritual life, personal life and social life, online life and offline life etc. Among them, all kinds of harmony ultimately depend on the self-harmony. Whether personal life is happy or not should be measured by personal experience of happiness. Because happiness in essence is a subjective experience or feeling, which only indirectly depends on the basis of material resource. Therefore, the personal happy life mainly depends on the happy subject to obtain the desired experience. As long as self-harmony is obtained, the happy subject can then enlarge the desired experience from both cognitive and emotional aspects. Hence, the self-harmony directly enhances the personal happiness. The self-harmony functions the key for one to embrace satisfactory experience.

3.2. Enjoy Contradictions and Enhance Self-harmony

The contradiction analysis is the application of the law of the unity of opposites, which can coordinate the struggle and identity of contradictions and achieve the harmony of both sides. Self-harmony is not blindly passive and swallow the breath, but through the analysis of contradictions, we can truly realize, achieve empathy, and enjoy the contradictions from both cognitive and emotional aspects. On the one hand, accept contradictions in cognition, because you are also others compared with others. To forgive, understand and cooperate with others is to help others indirectly. On the other hand, I feel grateful for the contradiction and empathy. This is the natural phenomenon that the law of contradiction operates in interpersonal relationships.

To enjoy contradictions, we should apply the wisdom of contradiction analysis to consciously combine the struggle and identity in cognition, truthfully acknowledge the contradictions, actively accept the contradictions, focus on the satisfactory experience, and despise the unpleasant experience. At the same time, we should cherish the unity of opposites emotionally, actively maintain identity, and cherish and appreciate contradictions. Contradictions are predestination, and there is predestination if there is any contradiction. Only by enjoying contradictions can we enjoy predestination, and that is the real fate. This is the life embodiment of the philosophical wisdom of dialectical materialism. On the contrary, if idealism ignores contradiction, denies contradiction, resists contradiction, or metaphysically exaggerates contradiction, only looks at the negative impact of contradiction, does not know the positive role of contradiction, and has a narrow vision, it will only increase annoyance, and even worsen the situation. Only by acknowledging contradictions, accepting them, cherishing them and thanking them, can we enjoy contradictions and achieve self-harmony in life, and constantly improve the level of spiritual satisfaction. The opposite of gratitude is insatiable greed. If you are not grateful, then may become as Marx said, "he is doomed to never be happy, because the desire always fills his heart^[10]", will not be able to obtain the self-harmony. These may be properly concluded as that contradiction enjoyment is the universal methodology to live a happy for every person.

4. Conclusion

Apart from happiness, there is nothing prerequisite for human to live a personal life. Happiness

is undoubtedly of ultimate significance to individuals. Acknowledging and accepting contradictions cognitively, cherishing contradictions emotionally and thanking contradictions can enable us to enjoy contradictions, thus with the wisdom of Marxist philosophy achieve self-harmony and enhance the ability to live happily. Contradictions enjoyment turns every bit of the growth process into a pleasant experience, and self-harmony turns the ups and downs into happiness. We should focus on the greatest human rights of a happy life, help the people enhance their ability to live a happy life, improve individual happiness, and then to promote social progress. Under the historical conditions of stock, even if we can not eliminate the misfortunes of life at this stage, we can at least publicize the philosophical wisdom of contradiction analysis to help people, recognize and accept contradictions in cognition, cherish contradictions in emotion, and appreciate contradictions in practice, so as to enjoy contradictions, and then achieve the self-harmony.

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