

The Cultivation of Psychological Resilience and Its Influence on Individual Happiness from the Perspective of Traditional Culture

Xuechao Li

Liaoning Communication University, Shenyang, 110100, Liaoning, China

Keywords: Traditional culture; Psychological resilience; Individual happiness

Abstract: This article focuses on the relationship between psychological resilience and individual happiness from the perspective of traditional culture. The aim is to explore the value of traditional culture in cultivating psychological resilience and influencing individual happiness. Through theoretical combining and analysis, the connotation of traditional culture, psychological resilience elements and the relationship between them are deeply discussed. It is found that traditional culture provides ways for psychological resilience's cultivation from traditional philosophical thoughts, cultural customs, literary and artistic works, such as Confucianism's thoughts of "cultivating oneself" and Taoism's "conforming to nature", Spring Festival reunion and other customs, classical poems, historical stories and other literary and artistic forms. Psychological resilience influences individual happiness through cognitive, emotional and social support dimensions. For example, positive cognition regards setbacks as growth opportunities, emotional regulation quickly recovers and transforms negative emotions, and good social support gets practical and emotional help. The research shows that deep excavation and application of traditional culture can effectively cultivate psychological resilience, thus enhancing individual happiness and providing new ideas for individual mental health development.

1. Introduction

In today's fast-paced and challenging social environment, individuals are facing all kinds of pressures and setbacks, and the cultivation of psychological resilience has gradually become the research focus in the field of psychology and sociology [1]. Psychological resilience, as an individual's ability to effectively cope with and adapt to adversity, plays a key role in individual's mental health and quality of life [2]. At the same time, individual happiness, as an important indicator to measure personal life satisfaction and mental health, has also attracted much attention from all walks of life. How to improve individual psychological resilience and enhance individual happiness has become an important topic that many scholars actively explore [3].

Chinese traditional culture has a long history, is extensive and profound, and contains rich psychological thoughts and wisdom. These traditional cultures have been passed down for thousands of years, deeply affecting people's way of thinking, values and behavior patterns, and providing a profound cultural soil for the cultivation of psychological resilience [4]. For example, the Confucian concept of "self-cultivation, governing the country and leveling the world" emphasizes that individuals can improve their ability to cope with life challenges through self-cultivation; The Taoist thought of "conforming to nature" guides people to face difficulties and setbacks with a peaceful mind [5]. Digging deeply into the elements related to the cultivation of psychological resilience in traditional culture can not only enrich psychological resilience's research perspective, but also provide new ideas and methods for the healthy development of individual psychology in modern society.

Based on this, this article focuses on the cultivation of psychological resilience and its influence on individual happiness from the perspective of traditional culture. This article aims to sort out the internal relationship between traditional culture and psychological resilience, explore effective ways to cultivate psychological resilience with the help of traditional culture, and deeply analyze the influence mechanism of psychological resilience on individual happiness. It is expected that this study will provide useful theoretical reference and practical guidance for individuals to promote

psychological resilience and enhance their sense of well-being under the background of modern society, and further inherit and carry forward Chinese excellent traditional culture.

2. Traditional culture and psychological resilience

Chinese traditional culture has a long and profound history, and is the crystallization of wisdom accumulated by the Chinese nation in the long process of history. It covers philosophy, morality and ethics, literature and art, traditional customs and other fields, and has a profound impact on Chinese values, thinking modes and behavior habits [6]. Traditional culture is centered around Confucianism, Taoism, and Buddhism, advocating concepts such as benevolence, harmony, moderation, and conformity to nature. These concepts permeate every aspect of social life and constitute the unique spiritual identity of the Chinese nation.

Psychological resilience, as an important concept in the field of psychology, refers to an individual's ability to effectively cope with and maintain a good adaptive state when facing negative life events such as adversity, pressure, and setbacks [7]. It is not a static trait, but a dynamically developing psychological quality of individuals in the process of interacting with the environment. The components of psychological resilience are relatively diverse, mainly including positive cognitive style, effective emotional regulation ability, clear goal orientation, and a good social support system. A positive cognitive style enables individuals to approach difficulties with optimism and a comprehensive perspective, uncovering positive meanings. Generally speaking, effective emotional regulation ability can help individuals alleviate negative emotions in a timely manner and maintain emotional stability and balance. Clear goal orientation provides individuals with action direction and motivation, enabling them to hold onto their beliefs and make unremitting efforts in difficult situations. A good social support system provides individuals with material and spiritual assistance from the outside, enhancing their sense of belonging and security. These elements work together to help individuals maintain a good state in various situations and continuously move towards their goals.

There is a close intrinsic connection between traditional culture and psychological resilience. Traditional culture provides a profound cultural soil and rich sources of ideas for cultivating psychological resilience [8]. For example, Confucianism emphasizes "self-cultivation, family harmony, governance, and peace of the world", placing self-cultivation in the first place. By continuously improving one's moral cultivation and knowledge level, it cultivates individuals' tenacious willpower, enabling them to adhere to moral principles and move forward courageously in the face of life difficulties. The saying 'A scholar must be resolute and resolute, with a heavy responsibility and a long way to go' reflects the Confucian emphasis on the spirit of individual responsibility and perseverance. The Taoist philosophy of "governing by doing nothing" does not advocate passive avoidance of the world, but teaches people to follow the laws of nature, not excessively intervene or forcefully change, and to face the ups and downs and changes in life with a peaceful and detached attitude. This kind of thinking helps individuals maintain inner peace when facing setbacks, avoid excessive anxiety and depression, and thus enhance psychological resilience.

3. The cultivation of psychological resilience from the perspective of traditional culture

Traditional culture is like a rich treasure trove, providing diverse and effective ways to cultivate psychological resilience. From the perspective of traditional philosophical thought, Confucianism advocates active participation in the world and self-cultivation. I reflect on myself three times a day, encouraging individuals to constantly reflect on themselves and improve their morality and abilities. When facing setbacks, uphold the spirit of "knowing what is impossible but doing it", firmly believe in them, and not give up easily. Taoist philosophy teaches people to follow nature and cope with difficulties with an open-minded and detached attitude. When encountering difficulties, one can draw on the wisdom of Taoism's "using softness to overcome hardness" and adapt flexibly. The Buddhist philosophy emphasizes inner peace and compassion, guiding individuals to eliminate distractions and enhance psychological concentration through meditation, meditation, and other

methods.

Cultural customs also have a positive effect on cultivating psychological resilience. Traditional festivals such as the Spring Festival, family reunions, strengthen familial bonds, and provide strong emotional support for individuals (Figure 1). This emotional support can give individuals strength when facing difficulties. Like the traditional custom of apprenticeship, apprentices develop perseverance and adaptability through the arduous process of learning. Literary and artistic works are also important resources for cultivating psychological resilience. In classical poetry, Li Bai's heroic spirit of "breaking through the wind and waves at times, hanging the cloud sail to sail across the vast sea" and Du Fu's ambition of "reaching the summit and overlooking the small mountains" can both inspire individual fighting spirit and courage. In historical stories, Goujian endured hardships and tasted courage, ultimately restoring the country and inspiring people to endure and persevere in adversity.



Figure 1 Traditional festival - Spring Festival

In order to more clearly show the role of different traditional cultural elements in the cultivation of various elements of psychological resilience, this article specially collates the table of the role of traditional cultural elements in the cultivation of psychological resilience elements:

Table 1 The role of traditional cultural elements in cultivating psychological resilience

Traditional cultural elements	Elements of psychological resilience	Specific cultivation function
Confucian philosophy of self-cultivation	Positive perception	Guide individuals to have a correct understanding of themselves and difficulties, and establish a positive attitude towards life
Taoist concept of 'conforming to nature'	Emotional regulation	Help individuals maintain a calm mindset in difficult situations and avoid excessive anxiety
Spring Festival Reunion Customs	Social support	Strengthen family emotional bonds and provide emotional support for individuals
Inspirational phrases in classical poetry	Goal oriented	Inspire individual fighting spirit, clarify goals, and enhance determination to overcome difficulties

As shown in Table 1, by exploring and applying these elements from traditional culture, individuals can enhance their psychological resilience in multiple dimensions such as cognition, emotion, and social support, and better cope with various challenges in life.

4. The impact mechanism of psychological resilience on individual happiness

Psychological resilience, as a key ability for individuals to cope with adversity, has a profound impact on individual happiness through various means. This influence is mainly achieved through mechanisms such as cognition, emotion, and social support.

From a cognitive perspective, individuals with high psychological resilience are often able to view problems from a more positive and comprehensive perspective. When faced with setbacks, they do not limit themselves to the difficulties themselves, but see them as opportunities for growth

and learning. This positive cognitive approach enables individuals to learn from difficulties, enhance self-efficacy, and believe in their ability to cope with various challenges in life. For example, when facing the setback of unemployment, individuals with high psychological resilience may see it as an opportunity to explore new career fields and discover their own potential, and actively seek new development directions instead of falling into negative self doubt.

In terms of emotions, psychological resilience helps individuals better regulate negative emotions. When faced with pressure and setbacks, people inevitably experience negative emotions such as anxiety and frustration. However, individuals with strong psychological resilience are able to recover faster from these negative emotions, and they possess effective emotional regulation strategies such as positive self suggestion and rational venting. Taking exam failure as an example, individuals with weaker psychological resilience may be immersed in feelings of loss for a long time, which can affect their subsequent learning; Individuals with strong psychological resilience can quickly adjust their mentality, analyze the reasons, and transform negative emotions into motivation for progress.

Social support is also an important link in the impact of psychological resilience on individual happiness. Individuals with high psychological resilience are usually good at establishing and maintaining good interpersonal relationships, and they are able to actively seek help and support from others when facing difficulties. Meanwhile, due to their positive and optimistic attitude, they are also more likely to gain recognition and support from those around them. This powerful social support network not only provides assistance to individuals in solving difficulties on a practical level, but also provides warmth and comfort to individuals on an emotional level, thereby enhancing their sense of happiness.

The specific roles of each aspect are further elaborated through Table 2 "Detailed Table of the Impact Mechanism of Psychological Resilience on Individual Happiness":

Table 2 Detailed Table of the Impact Mechanism of Psychological Resilience on Individual Happiness

Impact dimension	Embody	The role of individual happiness
Cognitive Dimension	Viewing setbacks as opportunities for growth and enhancing self-efficacy	Enhance confidence in one's own abilities, gain a greater sense of control over life, and thus increase happiness
	Summarize experience from difficulties and view life from a positive perspective	Cultivating an optimistic mindset makes it easier to discover the beauty in life and improve happiness
Emotional dimension	Quickly recover from negative emotions and reduce the time of low mood	Maintain emotional stability, avoid long-term negative emotions causing psychological damage, and enhance happiness
	Effectively utilizing emotion regulation strategies to transform negative emotions into motivation	Drive action with positive emotions, enhance enthusiasm for life, and increase happiness
Social support dimension	Proactively seeking help from others and adept at utilizing external resources to solve difficulties	Solving problems on a practical level, reducing life pressure, and enhancing happiness
	Obtain recognition and support from others through a positive attitude, and build good interpersonal relationships	Obtain emotional satisfaction, feel cared for, and enhance happiness

In summary, psychological resilience has established a close connection with individual happiness through its positive effects on cognitive, emotional, and social support dimensions, providing strong support for individuals to maintain a good psychological state and high levels of happiness in complex and changing lives.

5. Conclusions

This article explores in depth the cultivation of psychological resilience from the perspective of

traditional culture and its impact on individual happiness, and draws the following conclusions.

In terms of traditional culture and psychological resilience cultivation, Chinese traditional culture contains abundant resources. In traditional philosophical thought, Confucianism advocates active entry into the world and self-cultivation, such as "I reflect on myself three times a day", inspiring individuals to firmly believe in the face of setbacks; The Taoist philosophy of "conforming to nature" and "overcoming hardness with softness" helps individuals cope with difficulties with an open-minded and flexible attitude; Shi Jia guides inner peace. Cultural customs such as Spring Festival reunions strengthen family bonds and provide emotional support; Learn from a master to cultivate perseverance. Literary and artistic works, such as classical poetry and historical stories, inspire fighting spirit and courage.

Psychological resilience has a significant impact on individual happiness. From a cognitive perspective, psychological resilience enables individuals to view setbacks as opportunities for growth, enhance self-efficacy, and live from a positive perspective. In terms of emotions, it can quickly recover from negative emotions and effectively regulate them into motivation. In terms of social support, individuals are good at building and utilizing interpersonal relationships to obtain practical and emotional help.

This study reveals the importance of traditional culture in cultivating psychological resilience, as well as the crucial role of psychological resilience in enhancing individual happiness. It provides theoretical and practical guidance for individuals to enhance their psychological resilience and happiness in modern society. However, research still has limitations, and in the future, empirical research on the relationship between the two can be further deepened to expand traditional cultural application strategies, in order to better serve individual mental health and social harmony development.

References

- [1] Ye Jing, Zhang Xufan. The Relationship between Resilience and Well-being in Older Adults: A Meta-analysis [J]. *Advances in Psychological Science*, 2021, 29(02): 202 - 217.
- [2] Jia Zhen, Lü Tiange, Yang Guoyu. The Mediating Roles of Cognitive Reappraisal and Resilience in the Process of Happiness Literacy Empowering the Subjective Well-being of Military Academy Cadets [J]. *Occupation and Health*, 2024, 40(1): 89 - 94.
- [3] Wang Yingyan, Guo Cheng, Wang Tingyue, et al. The Influence of Family Cohesion on the Psychological Well-being of Secondary Vocational School Students: The Roles of Resilience and Meaning in Life [J]. *Journal of Southwest University (Natural Science Edition)*, 2023, 45(2): 12 - 19.
- [4] Cui Yuanjing. The Relationship among Job Burnout, Psychological Capital and Subjective Well-being of Nurses in the Interventional Operating Room [J]. *Industrial Health and Occupational Diseases*, 2019, 45(02): 117 - 120.
- [5] Jiang Zhaoquan, Zhou Shixue, Tang Kaiting, et al. The Mediating Effect of Resilience between Alienation and Subjective Well-being of Rural Empty-nest Elderly [J]. *Journal of Nursing Science*, 2021, 36(10): 89 - 90 + 94.
- [6] Qu Ruijie, Li Ruiling, Wang Haibo, et al. The Mediating Role of Resilience between Nurse-nurse Cooperation and Work Well-being of ICU Nurses [J]. *Anhui Medical Journal*, 2020, 41(11): 1359 - 1362.
- [7] Tan Ping, Shi Chaokai. Resilience Level and Influencing Factors of College Students from Three Gorges Immigrant Families [J]. *Occupation and Health*, 2019, 35(02): 246 - 249.
- [8] Chen Ling, Liu Hong. A Study on the Relationship among Nurses' Psychological Capital, Work Well-being and Work Performance [J]. *Journal of Bengbu Medical College*, 2022, 47(03): 413 - 417.