

The Analysis and Inheritance of Chinese Grand Canal Culture from the View of Positive Psychology

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Abstract

The deep psychological connotation conveyed by the Chinese Grand Canal culture contains people's explicit or potential positive qualities. Because of this inheritance, human beings not only maintain a kind of self-esteem in the fierce struggle for existence, but also play a dominant role in the social system composed of other life forms. It also enables human society to develop in a way that all things coexist in most cases. The connotation of Chinese Grand Canal culture at the psychological level coincides with people's positive psychological pursuit. This paper explores the deep psychological causes and changes of Chinese Grand Canal culture from the subjective level, individual level and group level of positive psychology. By analyzing the positive psychological pursuit of Chinese Grand Canal culture and combining with the mainstream culture, the paper explores the inheritance and application of positive psychological perspective of Chinese Grand Canal culture.

Keywords: The Grand Canal of China, culture, positive psychology, analysis, inheritance

1. Introduction

The Chinese Grand Canal is the longest and largest canal in the world. One of the values of Chinese Grand Canal culture is that it accords with people's external and internal positive psychological demands. From the perspective of positive psychology, this paper analyzes and excavates the profound cultural values and spiritual connotations carried by Grand Canal, positively inheriting them in the light of the requirements of the times. People visit the Grand Canal of China, not only to experience different regional culture and historical culture, but also for the inner happiness and comfort.

With the spread of relativism, people have gained a relatively greater degree of relaxation and freedom under the influence of cultural pluralism. They are mired in nothingness. The positive psychological analysis of Chinese Grand Canal culture is of great value for protecting and inheriting the cultural heritage and historical culture of Chinese Grand Canal culture. The Grand Canal culture of China is the window through which ancient Chinese culture spreads outward. At the same time, it also expanded the impact of Chinese culture on world culture.

2. Chinese Grand Canal Culture and Positive

Psychology

Culture and psychology are closely related. From the perspective of cultural psychology, psychology is determined by culture. From the perspective of evolutionary psychology, the formation of culture has a psychological basis. That is, culture is determined by psychology in a sense. From the perspective of social psychology, the individual function of culture mainly lies in the awareness of security, belonging and survival purpose. In a word, culture and psychology influence each other and satisfy each other's needs.

2.1 Chinese Grand Canal culture

The Chinese Grand Canal culture, referred to as the Grand Canal culture for short, is a unique river culture with the core of the Yellow River Valley culture, which is integrated with the Hai River, Huai River, Yangtze River and Qiantang River, and closely linked with the Central Plain culture. Compared with the Yangtze River and the Yellow River, the artificial excavation of the Grand Canal in China reflects the relationship between humans and nature.

Since ancient times, many scholars have discussed the formation, development and evolution of Chinese Grand Canal culture and its cultural characteristics in various historical periods. The study of the Grand Canal culture in China has made great progress and breakthrough in the following aspects: the composition of researchers, the scale of the study, the object of the study, the depth of the study and the method of the study, related to history, literature, culture, philosophy, folklore, local chronology and other fields. However, the analysis of Chinese Grand Canal culture from the perspective of psychology is relatively few. Therefore, this paper attempts to analyze and inherit the Grand Canal culture of China from the perspective of positive psychology.

2.2 Positive Psychology

Positive psychology is a revolutionary discipline in the history of psychology, which studies the psychological activities of ordinary people and guides people how to pursue a happy life. Positive psychology focuses on people's positive subjective experience, happiness and satisfaction, hope and optimism.

From the perspective of positive psychology, Chinese Grand Canal culture reflects a positive group behavior pattern and social mentality.

From the perspective of positive psychology, this paper explores its deep-seated psychological causes and changes, and explores the inheritance of the Grand Canal from the perspective of cultural psychology.

2.3 The Relationship Between Culture and Psychology

Based on the relationship between culture and psychology, this research aims to find out the deep psychological structure of Chinese Grand Canal culture from the perspective of positive psychology. The deep psychological connotation conveyed by the Chinese Grand Canal culture contains people's explicit or potential positive qualities. Because of this inheritance, human beings not only maintain a kind of self-esteem in the fierce struggle for existence, but also play a dominant role in the social system composed of other life forms. It also enables human society to develop in a way that all things coexist in most cases. The connotation of Chinese Grand Canal culture at the psychological level coincides with People's positive psychological pursuit.

2.4 The Methods

Through the collection of data and field investigation, the paper makes a deep-level study on the representative Chinese Grand Canal Culture and analyzes its positive psychology. By collecting the deep structure of Chinese Grand Canal culture, this paper tries to find a theoretical framework for studying the Grand Canal culture from the perspective of positive psychology. Using the method of narrative analysis, this paper describes and analyzes the psychological appeal point of Chinese Grand Canal culture and the positive subjective experience, satisfaction, hope and optimism of people under the background of Chinese Grand Canal culture, through seeking the path of inheritance. Aiming at the Chinese Grand Canal culture, this paper explores the application value and inheritance of the positive psychological aspect of the Chinese Grand Canal culture combined with the mainstream culture.

3. The Analysis and Inheritance of Chinese Grand Canal Culture from the View of Positive Psychology

The Chinese Grand Canal culture reflects the psychology of the main actor and the current public, the emergence of social thoughts and the new construction of value system. The deep cultural connotation conveyed by the Chinese Grand Canal culture contains people's explicit or

potential positive qualities. From the perspective of positive psychology, this paper explores the deep-seated psychological causes and changes of Chinese Grand Canal culture. It analyzes the positive psychological pursuit and inheritance of Chinese Grand Canal culture from the subjective level, individual level and group level.

3.1 The Subjective Level

Positive psychology focuses on positive subjective experiences at the subjective level, such as happiness and satisfaction, hope and optimism. The Grand Canal culture of China contains the truth, goodness and beauty of the universal value of mankind.

For example, the belief culture in China's Grand Canal culture and the subjective dimension of positive psychology are similar. There are many religious and cultural landscapes on both sides of the Grand Canal in China. It includes totem, living habits and etiquette and other symbolic system. Alongside the Grand Canal of China stand magnificent, spectacular, and elegant ancient pagodas, echoing the history's morning bell and evening drum. At the same time, these buildings also inherit the culture of Buddhist.

3.2 The Individual Level

Positive psychology focuses on positive personal traits at the individual level: ability to love, courage, sensitivity to beauty, perseverance, tolerance, focus on the future, spirituality, talent and wisdom. China is in the social transition period. People are facing many problems of survival, emotional problems, psychological problems and so on. At the same time, with the deepening of the reform, the intensification of social transformation, the widening gap between the rich and the poor and the imbalance in the distribution of interests, people seem to have more and more negative psychology. Positive psychology is the study of people's coping strength and good qualities. It is the potential of human own, the power of their own exploration. It is also about education, love and growth of science. Those with positive attitudes had better social morals and social resilience, were more able to cope with stress, adversity and loss. They were able to cope with even the most adverse social circumstances. For example, the literature and art of the Grand Canal culture in China contain ambition, perseverance and different understandings of beauty.

3.3 The Group Level

Positive psychology emphasizes the good quality of individual psychology and the influence of social and cultural environment on individual's emotion and mental health. Positive psychology not only pays attention to individual psychology, but also pays attention to group and social psychology. It emphasizes the mutual influence and interaction between the inner positive force of human being and the external environment such as group, social culture and so on. The Grand Canal culture in China is a social and historical phenomenon. It is the canal basin social history accumulation.

At the group level, positive psychology focuses on civic virtues and makes individuals responsible, altruistic, tolerant and ethical citizens. From the perspective of positive psychology, the traditional customs and lifestyles in the Grand Canal culture of China reflect a positive group behavior pattern and social mentality.

For example, there are 18 major cities along the Grand Canal River that have different historical and folk customs. For thousands of years, the Grand Canal on both sides of the traditional folk culture flourish, including temple fairs and other folk festivals which are very popular. The Grand Canal Temple fairs which are held in various districts of China excavate, organize and display traditional folk culture. These folk activities not only spread the traditional customs, but also reflect people's positive lifestyle and positive mentality.

4. Conclusion

From the perspective of positive psychology, it is of positive research value to analyze and inherit the Grand Canal culture from the perspective of Chinese Grand Canal culture and the development of Grand Canal tourism. At the same time, this study is of great significance to the promotion of the cultural connotation of the Grand Canal in China. It also has distinct characteristics of the times and innovative value. It is of practical value to protect and explore the Chinese cultural heritage and inherit the historical culture by studying the deep positive psychological connotation conveyed by the Grand Canal culture of China.

The positive psychological analysis of Chinese Grand Canal culture can make the mainstream culture pay more attention to people's positive psychological pursuit and psychological satisfaction under different cultural

backgrounds. The establishment of psychological compensation mechanism for cultural audience at different levels can respect the positive subjective experience of the cultural subject as well as the desire to pursue happiness, hope and happiness. The unique Chinese Grand Canal culture is a blend of multi-ethnic cultures. By analyzing the positive psychology of the Grand Canal culture in China, this paper analyzes people's positive psychological needs, which is beneficial to the development of mass culture and cultural industry. These efforts can better achieve harmonious culture and harmonious society.

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