

Reflection on the Life Responsibility of Contemporary Chinese College Students— —Based on the Perspective of Freedom and Responsibility

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ABSTRACT. *Life is a life-long, mission-oriented journey. Responsibility is a chain that connects life and life. Personal freedom is the most basic and natural appeal in human life, and responsibility is the unique way of existence of human beings. Being brave in taking responsibility and fulfilling responsibility is the source and way of happiness in life. Freedom and responsibility as two aspects of life individual are a The process of dialectical unity. Human life not only has individual attributes but also social attributes. Anyone living in society must carry all kinds of incumbent responsibilities, and responsibility makes individual life more heavier.*

KEYWORDS: *Chinese College students Life responsibility Freedom and responsibility*

1. Introduction

Being brave in taking responsibility for life is one of the signs of Chinese college students' physical and mental maturity. It is also an important yardstick for testing the attitudes of Chinese college students towards life and value[1]. A common feature of all those who achieve excellence is the courage to face up and courage to bear the yoke of life responsibility[2]. However, contemporary Chinese college students face the diversified value of pursuing the social environment, and there are different levels of life distress and disregard of the performance of life responsibilities, and even extreme treatment methods, such as self-harm, suicide, self-abuse, irresponsible for their own lives. Injury to others, use of violence, etc, is irresponsible to the lives of others; failure to perform their own state and social obligations, and evading responsibility are endless. Therefore, it is very important to learn, reflect and explore life responsibilities.

2. Thinking about the value of freedom and responsibility

2.1 Interpretation of Relative Freedom

What is freedom for contemporary Chinese college students? The original meaning of freedom is that people are freed from being tied and abused. No matter what kind of life forms people live in, people always want to survive and develop their own lives without any restrictions. "Not free, don't die," this is the cry of people's life. Therefore, human life is carried out in freedom, and freedom is the most basic and natural requirement of human life[3]. The so-called concept of freedom is that a living subject has his sense of space and freedom of movement, and can decide the realization or suspension of a particular action according to his own psychological decisions or reflections. Therefore, the pursuit of freedom and the realization of freedom are the foundation and internal appeal of human life value, and it is also the basic right of human beings.

There is no value in things that are not based on freedom and that are not freely chosen. It is human freedom, free choice, and free pursuit that make the world of human life meaningful and full of vitality. Human beings are developing and gradually perfecting in the practice of life that constantly thinks about freedom and fight for freedom. It can be said that human life is essentially free. Freedom is the condition for exerting personal potential and promoting social development. It is the most profound human needs of mankind. One of the purposes of human activities is to satisfy the basic needs of freedom, to form a free personality, to pursue spiritual freedom, to fully express the heroic attitude of their lives, to rejuvenate the vitality of their lives, and to bloom the splendid flowers of their lives.

Although people are not eager for freedom from time to time, freedom is not subjectively imagined by human beings. Freedom is a reality, and it arises from the correct understanding of necessity. The British educator Locke said: "If a person is only free to do stupid things and make himself shameful, how can he use the word freedom?" French sociologist Rousseau said: "People are born free, but there are no shackles." In the specific stage of development of life, people are real people in certain social relations, no matter how " Freedom and freedom to develop can not be separated from the historical trajectory along which he followed and the real social conditions on which he depends. Human freedom is conditional and relative. The freedom of individual life exists under the premise of the parallel of the freedom of a life of others. The conditions for everyone to achieve freedom should not be at the expense of the freedom of others. There has never been, and there will be no transcendental personal freedom in the world. As long as a person claims to be free, he will feel that he is bound[4]. (Goethe) Freedom is not self-indulgence of whatever you want. It is not an arrogant way of thinking. It is only from a personal point of view to think and develop the freedom of life. Such freedom of life can only manifest selfish and greedy personal desires. Although college students like freedom and pursue freedom, we oppose individual freedom that does not care about the interests of society and others, and only cares about their own needs.

2.2 *What is a responsibility?*

Responsibility is an old topic. Aristotle believes that people should be responsible for their actions, and they will be punished unless they are forced to do evil or ignorance. "As a certain person, a real person, you have regulations, you have a mission, you have a task. As for whether you recognize this, it does not matter. This task is due to your needs and the connection with the existing world. And produced." Generally speaking, responsibility is the mutual support and interdependence formed between people. It is an incumbent obligation that any person living in society must carry. It requires individuals to realize their rights and interests. In the end, we will not forget the interests of others and society as a whole, consciously fulfill various legal obligations and job responsibilities, and correctly handle the relationship between different stakeholders. The understanding of responsibility is reflected in two aspects: on the one hand, the things that should be done within the division, such as duties, responsibility, job responsibilities, etc.; on the other hand, the unfavorable consequences or mandatory obligations that should be undertaken without doing their work. Responsibility, as the basic ethical norm in ethics, is, in its essence, the requirement of a living individual as a person's qualifications and ability to perform certain tasks or engage in certain activities and bear corresponding consequences. It is a social life and social relations. The realistic demand for people is the internalization and deepening of moral obligations.

Everyone has his or her position in society, playing his social role, being a son (female), a father (mother), a husband (wife), a teacher, a social worker, a government civil servant, etc. It is necessary to take responsibility for itself, and responsibility is to be integrated into life. As Goethe said: "Responsibility is a kind of love for what you want to do." Because of this kind of love, conscientiousness itself becomes a realization of the meaning of life, and people can obtain spiritual satisfaction from it; Responsible people can easily fall into the trap of paying too much attention to self-feeling and self-interest, and cannot find the balance point of life and the support point of life value. Kant said: "Every morally worthy person has to bear something that he does not bear and does not bear any responsibility. It is not a person but an object." [5]

Responsibility is more important than Mount Tai, and each life must have a certain sense of responsibility. The Chinese Confucian education thought has the exposition of "doing the best, not letting me". Wen Tianxiang "Life has never been dead since the ancients, and he has won the heart of the heart", Zhang Zai's "for the sake of the world, for the sake of the people, for the sake of the sacred school, for the world to open peace", Lin Zexu's "the country of life and death, Explain the responsibility for the sake of the disaster. It is the highest expression of the traditional virtues of the Chinese nation that expresses the impassioned patriotic enthusiasm and the high-spirited festival of death and the concept of life. In the 1970s, in the "Learning to Survive" report, UNESCO identified all responsibility for including everyone as a moral responsibility as one of the directions for future education development; in the late 1980s, the United Nations text The organization

has also “learned to care” as the theme of an international education seminar for the 21st century, calling for a moral concern and moral responsibility.

2.3 "Double-sided god" of freedom and responsibility

Freedom is the universal value pursuit of human beings. However, when a person comes to the world from the beginning, he cannot choose to be in a certain social relationship. The value of individual life can only be formed and displayed in the relationship with others and society... Therefore, human life is not only a process of free development of an organism but also a process of promoting morality and fulfilling the responsibility. Whether the individual's life form is de facto freedom is not determined by the individual's feelings and confirmation, but by the degree of objective needs of society and others. That is to say, the more a person shows the freedom of his life in the process of his life development, the more he has to assume responsibility for others and society. In real life, freedom and responsibility come together, and freedom means responsibility. The existentialist philosopher Sartre said: "Man, because he is destined to be free, puts the weight of the whole world on his shoulders; he is responsible for the world as a way of being and himself." Therefore, the individual of human life is the "double-faced god" of freedom and responsibility.

Is freedom and responsibility in the end? Some people say that freedom is of course important. There is a poem written by the great poet Sandor Petofi as evidence: "Life is precious, love is higher, and will be free. Both can be thrown." Someone replied: "Is the responsibility not? Is it important? In the Analects of Confucius, isn't there a 'should not be unsuccessful, and a long way to go?' Freedom and responsibility are equally important to people. People's pursuit of freedom is a kind of motivation that originates from the depth of the blood. People can get rid of the constraints of the outside world. It is an intrinsic and essential force in the process of pursuing the meaning of life and the ultimate meaning of existence. Responsibility is also a unique way of existence of human beings. It is the essential presupposition of human beings and the source and means of happiness in life. Responsibility for people reflects a person's sense of responsibility. Responsibility is self-discipline, self-awareness and consciousness of a person's obligations and responsibilities to himself and his society, and also a requirement for his development[6].

Although from the surface point of view, freedom (especially personal freedom) and responsibility conflict, it is easy for people to blame responsibility and selfish desires and happiness. Sometimes individual shoulder responsibility is stressful and even painful. But in fact, freedom and responsibility as two aspects of life individuals are a dialectical unity process. The ancient Greek philosopher Epicurus once pointed out that freedom and responsibility are unified, not only because the requirement of responsibility itself is contained in the freedom of comprehensive and correct understanding, but also the mutual restraint of freedom and responsibility. Freedom and responsibility are inseparable. There is no freedom without responsibility and no responsibility for freedom. Freedom is the basis of

responsibility. Responsibility is the precondition and guarantee of freedom. Only when you can afford to be responsible can you enjoy your freedom. Contemporary Chinese college students have strong demands for freedom. They hope to arrange study and life according to their will, choose their learning content and methods, choose their own lifestyle, and pursue the independence of thinking personality. Then they should have the sense of responsibility of life and be conscious. The land is responsible for life, and the sake of others and society, not simply pursuing personal enjoyment. "A person cannot find an abstract meaning of life. Everyone has his own special vocation or mission, and this mission needs to be concretely realized. His life cannot be repeated or replaced. So everyone is Unique, and only he has a special opportunity to complete his unique talent mission."Therefore, only by combining the freedom and responsibility of Chinese college students so that they can be harmonious and mutually unified can students be able to observe their essential strengths in practice and prove the true existence of their meaning.

3. The basic life responsibility of contemporary Chinese college students

Karl Jaspers said: "The essence of higher education is that the choice of college students is based on the actions everyone is responsible for. His responsibilities include the endless adventures of nothing." In October 1998, UNESCO held the first world higher education conference in Paris, clearly stating that higher education must first cultivate "high-quality graduates and responsible citizens." Generally speaking, human individual life belongs not only to oneself but also to others, but also to the state and society. Life responsibility refers to the formation of individual life under certain social and historical conditions, for the self, for others, for the beautiful country and the social care and obligation of the senses and psychology, college students are no exception[7]. The basic life responsibilities of college students should include responsibility for life, responsibility for others, and responsibility for life in the country and society[8].

3.1 Responsibility for life of oneself

Life is only once for everyone and irreversible. Life is precious, and the existence of life is full of countless reasons. Life will not lose its meaning because its existence is not exciting enough. As Marx said: "The first premise of all human history is undoubtedly the existence of a living individual."Indian Buddha Osho said: "Your sole responsibility is to be responsible for your own nature."College students are the most vital part of social life. Only by using all their efforts to pay attention to and practice their own lives and to pursue the perfection of their own nature, they have a healthy body and mind, so that the value of life is not due to our slack. And humiliation, this is the first responsibility of life. In the face of reality, even if college students need to suffer from great pain, they have no right to give up their lives to evade their responsibilities, and they have no right to let their loved ones bear the stress of being overwhelmed by themselves. The responsibility of college students for their own lives is The premise and basis of other life responsibilities.

Only those who are responsible for their own lives can be a person who is actively and responsibly responsible for the relationships in which they are placed[9].

A person who is responsible for his own life will have a sense of mission to life, live a good life because of his responsibilities, cherish his life, pursue the true meaning of life, and assume responsibility for others and society. It is hard to imagine how a person who does not love himself will love others and love his career. How can a person who drifts with his life be firmly responsible for life?

Kant said: "The highest principle of responsibility is to do everything in its power to maintain one's life, develop and improve one's own life so that he has the greatest moral value." In the life responsibility of the self, on the one hand, college students should cherish and protect their lives, learn to respect their own right to life, grasp the whole of life's informed intentions, truly recognize the value and meaning of their existence, and maintain a peaceful state of mind. Treat life, have an optimistic attitude, treat your life, establish a positive, healthy and correct view of life, resolve and cope with life crisis; on the other hand, college students must learn to respect their subject status and subject personality, and experience life with a positive attitude, release the potential of life, improve the quality of life, and strive to promote the comprehensive development of mind and body, and ultimately achieve its own value. At the same time, college students must supervise and self-discipline their lives, and be responsible for the consequences of their words and deeds.

3.2 Responsibility for the life of others

Man is a relational existence, surrounded by many other lives. Without the existence of others, society can not be a society and individuals can not exist. This kind of interdependence between people determines the responsibility of mutual love between people. Confucius expressed this meaning by "setting up a person for oneself, reaching a person for oneself" and "don't do what one does not want to do to others". Therefore, everyone should have the idea of being responsible for others. Responsibility to others is not only a respect for the needs and rights of individual survival but also a basic principle of responsibility and common life among individuals. In Emmanuel Lévinas' view, the responsibility of others should be assumed: "Only when I love the other and take responsibility for the other regardless of reward, or when my responsibility is greater than my rights, can social justice be possible and human peace be possible." As contemporary college students, they are not lonely. They should shoulder their responsibilities. Only by caring for others and building a harmonious and cooperative relationship with others, can they learn to be grateful and live together, and promote their physical and mental health, career success and life happiness.

In the responsibility of other people's life, college students should recognize the uniqueness of other people's life, respect other people's different views, cherish other people's life, recognize and understand other people's life needs, and respect other people's pursuit. In this process, college students first shoulder the responsibility of

their parents. In addition to assuming family responsibilities and giving parents material and spiritual rewards, College students, no matter how unsatisfactory things they encounter, how unsatisfactory work they do and how frustrating their lives are, have to live tenaciously, not only for themselves but also for their parents. Secondly, care for the students, teachers, and friends around them and take responsibility for them; finally, love family, teachers and students, friends to all acquaintances, and then involve all the people who do not know. In this way, college students gradually realize that they have the responsibility for other people's lives. Only in this way can they properly deal with the contradiction of values and life conflicts with other people in their learning life, and can they be affirmed and cared for by others in their respect and love for others. At the same time, life responsibility shouldering should not only stay at the cognitive level but also respond in practice. Every college student should not only understand the content of his life responsibility to others but also actively assume the responsibility to others with his actions in real life. In dealing with others, college students should adhere to the principles of equality, honesty, tolerance and mutual assistance, not harming others for their own sake, take the initiative to consider others, stop harming others' speech and behavior, care for others, help others enthusiastically, do not harm or deprive others of their lives, and resolve conflicts through individual communication and interaction. Promote the life development of others.

3.3 Life Responsibility to the State and Society

Karl Heinrich Marx said, "I am also social because I act like a human being. Not only are the materials required for my activities, but even the language itself used by the thinkers to carry out activities, given to me as a product of society, but also my own existence is the activity of society; therefore, what I make from myself is what I make from myself for society, and I realize that I am the existence of society. Things." Everyone lives in a certain country and society. The state and society are a huge life body. Individual life is supported and shaped by the state and society to which he belongs, and produces a unique role and mission of the individual in society. Everyone has an incumbent responsibility for his country and society. "The superior country has never been forgotten by his inferiority." Responsibility to the state and society is one of the loftiest responsibilities of all life responsibilities. As a reserve team of senior national professionals and a promoter of the future development of society, college students should love the country and care for the society, strive for success through their wisdom and ability, inherit and reform traditional cultural customs, actively improve and beautify our world, create the future of society and form a vibrant one. Society consciously becomes a "member of the state" or "social citizen".

The self-improvement of College Students' life and their duty to the state and society are unified. They have a strong sense of social participation and concern about social change and development. At the same time, they pay more attention to their position and role in social development and their adaptability to the future development of society. To fulfill the life responsibility of the state and society,

college students should effectively extend their attitudes and behaviors towards life of themselves and others to the level of the state and society, take the spirit of dedication as the guide, and take the heart of benevolence as the connotation, so as to form the feelings and qualities of the state and society. Only in this way can we help college students to establish a sense of responsibility, form the main body of responsibility, and consciously contribute to the country and society. In order to recover the lost land, the ancestors of the Jin Dynasty "smelled the chicken and danced". Gu Yanwu of the Ming Dynasty took the world as his goal. Premier Zhou Enlai devoted himself to the study of "the rise of China" and so on. College students should follow their example, take the country and society as the major role, set their aspirations and practice them. Even driven by the sense of national and social responsibility, they should voluntarily abandon some of their own interests to become a nation's family and social interests, including sacrificing their lives. In the process of fulfilling their responsibilities, on the one hand, college students should clarify the basic rights and obligations of civil society, improve their ability to distinguish the good from the bad, and cultivate the consciousness and behavior habits of actively participating in social public affairs; on the other hand, they should strengthen the belief of communism and enhance their sense of political responsibility and historical function. A sense of life should be set up to defend and build the country with patriotism and serve the country. With the development of thinking and pragmatic attitude, patriotism can be transformed into a desire to serve the country and a trip to strengthen the country.

4. The process of assuming and fulfilling responsibilities is the moral basis for the healthy and healthy development of society and the process of exploring the value of life.

Viktor Emil Frankl M.D. put forward: "Everyone is questioned by life, and he can only answer this question with his own life; only with responsibility to answer life." Life is a kind of the responsibility. The process of assuming and fulfilling this responsibility is the process of exploring the value of life. Albert Einstein once said, "From the point of view of everyday life, at least one thing we believe in is that people live on this earth for the sake of others, especially those who make us happy by giving us smiles and happiness, and also for countless unknown, only thorough. Living like one who feels oneness through sympathy for each other's destiny." As College students, they need to be responsible for their own lives, for the lives of others, and more importantly, they need to shoulder the responsibility for the life of the country and society. They need to prove the nobility of their main life through their actions and self-growth in life, so as to realize the value of life responsibility, experience the emotion of life responsibility and strengthen their lives. The ability of life responsibility can improve the realm of life responsibility.

4.1 Face life directly and realize the value of life responsibility

Life is the source of all knowledge and the reality that everyone can experience and feel most directly. Husserl, a famous philosopher, believes that the essential difference between the lifeworld and the scientific world is that the living world is full of purpose, meaning, and value. Only when individuals return to the lifeworld can they constantly think about the meaning of life and choose their own moral behavior. The existence and growth of individual life, the magic, and colorfulness of human life form, the tortuous experience in the growth and development of individual life and their hard work are all the processes of life. People's sense of responsibility for life comes from the most powerful and direct life perception of individuals. Therefore, college students should face up to life, realize the value of life responsibility in life, form ethical values of respecting life and caring for life, advocate the idea that life value is higher than all material interests, and promote the view that no individual life has substitution.

In fact, perception is the perception and understanding of the specific things, experiences or environment-related to life responsibility of Chinese college students. Essentially, perception is a process of internalization of the understanding of life responsibility, which reflects the rational consciousness of college students to fulfill and assume responsibility, and is conducive to college students' understanding of life and self-determination. The past, present and future of the body are analyzed and dissected, and the words and deeds of the students are examined and reflected, so as to help realize the socialization and individualization of the development of College students.

Only when one deeply understands and understands that the survival and development of an individual depend on the development of society and the work of others and that the development of society can not be separated from the joint efforts of individuals, can one establish a true sense of responsibility. The deeper college students' perception of life responsibility in life, the stronger their desire to take responsibility. Albert Einstein, a scientist, said, "I remind myself hundreds of times a day that my spiritual and material lives depend on the work of others, including the living and the dead. I must try my best to repay what I have received and what I still receive with the same weight."

4.2 Learn to care and experience the emotions of life responsibility

The value of human society is a mutual concern of life. In mutual concern, the individual can experience the inner relationship between self and non-self, the dependence of individual existence on the whole human being, thus shaking the mind and touching the life, so that students can naturally generate a sense of responsibility for themselves, others and society, and produce high-level responsibility. Emotion.

Bill Gates returned to Harvard University in 2007 to give a speech to the graduating students and teachers: "You are about to start your career, but work is not

the most important thing. Don't judge yourself by your work achievements, think more about whether you have tried to eliminate world inequalities and how you treat people who have nothing to do with you." Emotions of life responsibility arise from people's mutual connection and concern. Emotions trigger and regulate people's sense of responsibility and responsibility behavior, which is the internal guarantee of the formation of individual responsibility. Leo Tolstoy said that if a person does not have enthusiasm, he will accomplish nothing, and the basis of enthusiasm is responsibility. College students should advocate the idea of "I am for everyone, everyone is for me" and learn Concern, solve problems for others, eliminate interpersonal indifference, build trust between each other, make society full of love, in the process of caring for others, "moisten things silently", experience the positive feelings of life responsibility. In this process, college students should gradually form family feelings in the process of caring for their parents and family members, experience and form friendships among teachers, classmates, and friends, learn and form a sense of social responsibility when they step out of campus and enter society, and try to care for social public welfare undertakings and vulnerable groups. They are concerned about the suffering, ecological environment construction, human development, and world peace.

4.3 Be brave in practice and strengthen the ability of life responsibility

Marxist epistemology holds that practice is the basis of knowledge and plays a decisive role in the occurrence and development of knowledge. Mao Zedong pointed out that "the active role of knowledge is not only reflected in the dynamic leap from perceptual knowledge to rational knowledge, but also in the leap from rational knowledge to revolutionary practice." The essential process of fulfilling responsibility is the process of improving an individual's understanding and practice. The special status and role of practice in the process of enhancing an individual's understanding directly determine its important value in fulfilling the responsibility. The ultimate goal of university students to fulfill their life responsibility is to fully tap and give full play to their subjective initiative so that they can practice bravely and act with a sense of responsibility in practice, so as to practice the concept of responsibility and strengthen the ability of life responsibility. In a sense, college students' life practice is a preview and experience of their life responsibility. Only when college students participate in certain social practice activities and interact with society, can they understand and identify the content and meaning of their own responsibility regulations, truly understand the essence of the responsibility and generate it. Responsibility behavior forms responsibility ability.

Therefore, Chinese college students should go out of the classroom, out of books, out of the campus, in-depth society and grass-roots level, into the community, through scientific and technological services, public welfare work and collective activities and other forms of practice to understand the colorful society, experience rich and colorful life, sharpen the will, and constantly enhance the ability to fulfil their responsibilities. At the same time, college students should be guided by the knowledge of responsibility, strictly require themselves from time to time,

everything and everywhere, start from small things, from the things around them, and from me, pay attention to individual inner character cultivation such as "self-discipline", "self-introspection", "seeking wisdom from virtuous people", "choosing the good and following the good, being sensitive to the words", and pay attention to individual life situation. The complexity and specificity of responsibility judgment, responsibility choice, self-analysis, self-choice, so that they gradually develop good responsibility behavior habits in repeated practical experience, and become a new person with responsibility quality.

4.4 Grasp the Level and Improve the Realm of Life Responsibility

Responsibility itself is hierarchical. The basic life responsibility of college students can be divided into self-life responsibility, other people's life responsibility, national and social life responsibility. It can also be further extended to human life responsibility and ecological life responsibility. For a long time, cultivating college students' life responsibility has neglected the hierarchy of responsibility, talked about the responsibility to others and society and excluded the content of self-responsibility from responsibility education. This makes it impossible for college students to really understand how to be responsible for themselves, and also unable to effectively be responsible for others and society, resulting in a high level of responsibility. Most people can not achieve the goal of responsibility, and the consequences of neglecting the basic responsibility they should undertake. All kinds of irresponsible phenomena in real life, such as "big things can't be done, small things don't want to do", are also caused to a large extent by the individual's indulgence and irresponsibility.

Therefore, Contemporary college students should grasp the hierarchy of responsibility, according to their specific situation, so that their realm of life responsibility can be improved step by step. First of all, we should teach them to be responsible for their own lives, their health, and their emotions. In daily life, they should enhance their sense of self-responsibility and ability, care about themselves and treat themselves kindly, be able to independently analyze and judge what they have done, and be responsible for their own actions; secondly, they should be responsible for themselves, others and freedom. Near and far, they should be responsible to their relatives, people around them, and then to the society, the nation and the country, so as to enhance the sense of responsibility of College students, promote the all-round development of students, and cultivate responsible citizens for the socialist construction of our country.

Here, responsibility is no longer an empty slogan, it has been specific to every level of life, every field, every action. As long as people live a day, they are given a day by society. They should also take responsibility for their lives so that they can live a full and splendid life in the responsibility. Life is beautiful because of responsibility, life becomes meaningful because of responsibility, and life goes from limited to eternal because of responsibility. As contemporary Chinese college students, they not only need to be responsible for their own lives, but also for other people's lives. They also need to shoulder the responsibility for the country and

society. By practicing the sacred responsibility of life, they can prove the nobility of college students' lives, highlight and experience the value of life, enhance their ability to fulfill their life responsibilities and enhance their commitment. The realm of life responsibility. Therefore, when facing the choice of freedom and responsibility, Chinese college students should study both inside and outside. They should be free. They should be brave enough to shoulder responsibility and mission. They should integrate knowledge and action. They should be positive and upward. They should shoulder the yoke of moving forward in life. They should take the sail of life responsibility to ride the wind and break the waves to create a brilliant life.

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