

Fromm's " The Art of Love for Ethnic College Students the Revelation of Emotional Education

Binzhu Zhao

Graduate School of Education, Graduate University of Mongolia, Ulaanbaatar, Mongolia

Abstract: This article expounds the theoretical core of Fromm's book *The Art of Love*, as well as the analysis of the characteristics of ethnic college students in the thoughts and behavior of love. This paper discusses the enlightenment of Fromm's theory to the emotional education of college students in ethnic colleges, guides and helps them to understand love, correctly understand the essence of love, and cultivate their practical ability of love. Expect to provide some reference and reference for readers.

Keywords: The theory of love, Student, Emotional education.

1. Introduction

With the development and change of The Times and the strong support of the Ministry of Education for the promotion of higher education system in ethnic minority areas, and a series of measures to strengthen the strategic position of education in border areas and support the accelerated development of education in border areas. These have improved the level of ethnic education to a greater extent. However, the problem of emotional education for students in ethnic minority areas is still relatively serious. Emotional problems are very important for college students, and they are also a very important educational proposition. If college students' emotional problems are not properly solved, they will affect their personal growth and their adaptability to the society. This problem also increases the difficulty to the education management of ethnic minority colleges. In the book *The Art of Love*, Fromm regards love as an art, explains the profound topic of love in concise language, analyzes the problems existing in contemporary capitalist society through psychoanalysis, and advocates people to use true love to get rid of loneliness, fear and alienation of their own occurrence. This has certain enlightenment significance for correctly guiding the students in local colleges to shape their personality and development in love.

2. An Overview of Fromm's Core Theory of Love in Art

Fromm believes that love is a skill that requires efforts to develop, one that requires engagement in the body and mind, but not just that. He believes that love is actually an art, a skill that needs to be constantly learned and practiced to master. If you do not try to develop all your personality and achieve a tendency to create, then every love will fail. If there is no ability to love others, if not truly, humbly, bravely, sincerely and disciplined, then people will never be satisfied in their own love life. True love is not a feeling, but an act, is the attention, respect and care of others. Just like for people who know nothing, they do not have any love, for those who can do nothing, they have no understanding. And those who know nothing, they have no value in the eyes of the world. This is because knowledge, skills and experience are the basis of a person's core values. Without these, it is just like a

fundamental building that cannot move forward steadily on the road of life. Therefore, we should actively learn and improve our knowledge and ability, so as to make ourselves more valuable and win more respect and love.

2.1. The theory of love

Fromm believes that love is the only sound and satisfactory answer to the question of human survival. In the modern society, with the development of technology and the diversification of social ways, more and more people feel lonely and helpless. They aspire to connect with others, share emotions, and gain support and comfort. However, in this world full of hypocrisy, profit-driven and competitive pressure, truly pure, deep and stable love is particularly precious.

In fact, any theory of love must start from the human race itself and take into account its survival needs. In evolution, animals continue race through reproduction; for highly intelligent and self-aware humans, it requires a more complex and deep exploration of ways to eliminate loneliness and engage with others. Therefore, before we look for a truly happy love, we need to understand ourselves and the impact of our environment on us. Only when we can clearly understand where we are and learn how to deal with internal conflicts can we be able to face external challenges. At the same time, when seeking love, you should constantly improve yourself and learn how to get along, communicate and tolerate each other's shortcomings. Only in this way can we maintain a long-term and stable relationship in a state that two people like each other or have come together but still have problems or friction or even differences.

In short, the theory of love tells us that love is not only an instinctive reaction, but also an art, which needs to be experienced, learned and practiced by heart. Only through continuous efforts to pursue perfection can we finally embrace the happiness that truly belongs to love.

2.2. The Practice of love

"The paper comes zhongjue shallow, must know this matter to practice" is a famous ancient Chinese poet Lu You a philosophical poem. Just as Fromm in this book first discussed the theory of love and then told us about the practice of love. We all know that theory needs to be combined with practice, because only in practice can we truly understand the

meaning and value of theory. Through practice, we can find the limitations and shortcomings of the theory, and put forward suggestions for improvement and perfection. In addition, practice can also help us to better understand and apply theory to better solve problems and meet challenges. The same is true of love, it is a kind of ability, only in practice can be improved. Discipline, concentration, patience, etc., are the necessary requirements for the exercise of all art. The art of love is equally needed, and the main condition to acquire the ability of love is to overcome narcissism. In addition, love requires the basic elements of care, responsibility, respect and recognition, which are shared by all forms of love. The ability to love also depends on our own maturity, and an essential condition for maturity is faith. Love is a positive activity and emotion, so love is first "give" rather than gain, but the "give" here is not a virtue of "self-sacrifice", Fromm thinks that "give" is gain, not sacrifice. If we want to make our partners feel cared for and respected, we should spend the time and energy to understand their interests and give them support and encouragement in our daily lives. This can make them closer together and make each other happier.

Fromm believes that love is a fundamental life force that is not only present within the individual, but also runs through the interaction between people. According to his view, love can be seen as a positive, constructive, and creative force. It can not only meet the basic needs of individuals for their sense of belonging, security and self-realization, but also help to promote social unity, cooperation and development. In the modern society, due to various reasons, such as materialism, competitive pressure, etc., this true sense of pure and selfless love is gradually reduced. Instead, we often fall into the false forms of consumerism or the desire for power. Therefore, in the face of these problems, Fromm proposed ways to cultivate the true sense of pure selfless love. It is that by developing a sense of self and finding inner values, and translating it into action that pure selfless love is possible and beneficial in the true sense.

In short, a core overview of Fromm's artistic theory of love reveals a theoretical framework that goes deep into the interaction mechanisms between human internal needs and social relationships and how to foster purely selfless love in the true sense. By understanding and applying these principles, we can better meet individual needs, promote positive and healthy social relationships and create a more just and harmonious social environment.

3. The Characteristics of The Students of Ethnic Colleges in The Thought and Behavior of Love

Due to the uniqueness of ethnic education itself, ethnic students also have many characteristics different from ordinary students when facing and dealing with emotional problems.

3.1. Students from ethnic colleges have a high sense of national identity.

Students in ethnic colleges and universities have a deep love and inheritance for traditional culture and national spirit. In the process of daily communication, they pay more attention to the history, language, customs and other aspects of their ethnic groups. They actively participate in various cultural activities, such as dance performances and music competitions, to show their understanding and love of their

own national culture.

Secondly, in colleges and universities with strong regional characteristics and cultural deposits, students from ethnic colleges and universities deeply realize that their own environment is of great significance to shaping their personal values and world outlook. Therefore, in their daily communication, they like to interact with students from the same ethnic background, and express their emotions in their own unique and infectious dialect. This way brings them closer to each other, and they can better convey the true inner feelings.

However, when getting along with other ethnic students, due to the lack of understanding and trust has not been established, some ethnic college students may maintain high vigilance and are not willing to take the initiative to communicate and communicate. This is not from discrimination or exclusion of other groups, but from their strong sense of cultural identity and their desire to maintain their group cohesion.

3.2. Students in ethnic colleges have a strong sense of national self-denial.

Ethnic students often show a lack of confidence in the communication of love. This lack of confidence is mainly due to the various difficulties and challenges they face. First of all, many students in ethnic minority colleges have great pressure on their language. The lack of access to adequate language education makes them need to spend more time and effort to learn other languages, such as English and Chinese. This gives them a psychological burden.

Secondly, some ethnic students are not very good, so they need to work-study or grants to maintain their school life. However, when coping with the relationship between work and study simultaneously, they may not be able to well balance the needs and stress between the two groups, leading to a gradual inferiority complex.

In short, the characteristics of ethnic college students in the practice of love are diverse and rich, and it is a broad and complex topic. No matter the sense of national identity or the sense of national self-denial, it can be seen that these characteristics of ethnic college students exist and produce in the emotional processing, which has a certain negative impact.

4. The Enlightenment of From's Art Theory to The Emotional Education of Students in Ethnic Colleges

4.1. Help students of ethnic colleges to correctly understand the essence of love relationship

Fromm believes that love is a positive emotion, something that grows in people, not a captive emotion. Love is first given rather than gained. We should make college students realize that love is to share with others their own happiness, interest, humor, sadness and other things with vitality. Through this "giving" and sharing, to awaken the vitality of each other, make each other become a "give" person, so as to make such a relationship full and happy. In the emotional education of ethnic students, students should be guided to realize that love is a kind of sharing. We can share joy, sorrow, worry and other vital emotions and emotions through "giving". In this process, the other party's love is awakened by us and become the giver of love. We enjoy the selfless love of our mothers from birth.

This love arouses our life and the ability to love. When we grow up from a baby, we begin to give our own love, and at the same time, we also become a person who "give" love. When a person no longer focuses only attention on himself, but more to others, his psychology will gradually become strong and powerful. Some of the students in ethnic minority colleges are very emotional and loyalty, but their understanding of love is far from so deep, so there are some emotional instability. If they can be guided, I believe that they will actively contribute their own "nutrients" in the family relationship, friendship and love relationship, and will no longer just be confined to the narrow emotional world of self.

4.2. Guide students from ethnic minority colleges to establish a harmonious emotional relationship

Fromm believes that care, responsibility, respect, and understanding are interdependent. The concentration of these attitudes can be seen in mature people. We can let college students understand that the care, as an adult, should also care about the spiritual requirements of each other; responsibility should be capable and ready to respond to their wishes, this responsibility is not external imposed, but fully conscious action; and respect others is not fear, but the unique personality of the other, and strive to grow and develop themselves. Of course, this respect is based on the understanding and understanding of the other party, and any care, responsibility and respect without understanding is blind.

In the emotional relationship of students in ethnic colleges, more of them are still in the stage of emotional judgment. A lasting and harmonious emotional relationship must be based on respect, understanding, care and responsibility for the object of love. Therefore, in interpersonal communication, we should deeply understand each other from multiple angles, and we should not only stay on the superficial judgment. We can encourage students to deeply understand each other from the perspective of diversity, rather than just subjective stay on the surface. At the same time, in the love relationship, we should not only love each other, but also improve and develop our independent personality. It is worth emphasizing that this is not blind confidence and self-centered, but to strive to grow and mature, and become a more attractive and more capable person to pay to each other and contribute to the society.

4.3. Cultivate the practical ability of love of students from ethnic colleges

In order to cultivate the practical ability of students in ethnic colleges, we need to start from many aspects, including discipline, concentration, patience and great interest. At the

same time, we encourage students to get to know each other from the perspective of diversity, rather than just subjective stay on the surface. To take the initiative to understand the students of different ethnic groups, these are the problems that should be paid attention to in the emotional education of students in ethnic colleges. We can carry out various cultural exchange activities to let the students better understand the cultures and customs of different ethnic groups, and enhance their cultural confidence. We can also carry out various literary and artistic activities to enable students to better understand the literary and artistic characteristics and customs of different nationalities, and to enhance their literary and artistic accomplishment and aesthetic ability. At the same time, we can also organize various social practice activities, let the students better understand the society, enhance their sense of social responsibility. These are the effective ways to cultivate the practical ability of students in ethnic colleges.

5. Conclusion

Love is an ancient and novel theme, both. Learning the skills of love requires us to master theory and cultivate practical ability at the same time. In the current situation of the rapid development and diversification of the human pursuit of self-liberation, as well as the emotional problems of ethnic students, we have the responsibility to help them correctly understand the nature of love, and cultivate their practical ability in love. Fromm's theoretical and practical experience provides us with a new perspective to understand the art. To teach this art to the majority of ethnic college students is an important part of their emotional education.

References

- [1] Ai Fromm: *The Art of Love* [M]. Shanghai Translation Publishing House, 2008.
- [2] Cao Ying.(2019). The enlightenment of Fromm's theory on the emotional education of art students in colleges and universities [J]. *New West*, (3): 142-143.
- [3] Yang Chaolin. (2019). Difficulties and Countermeasures of Emotional Education in the Management of Ethnic Minority Students in Higher Vocational Colleges [J]. *Fujian tea*, (8): 170.
- [4] Song Liping. (2018). Difficulties and Countermeasures of Emotional Education in the Management of Ethnic Minority Students in Higher Vocational Colleges [J]. *Journal of Lanzhou Institute of Education*, 34 (5): 96-97.
- [5] Gao Ting Ting. (2011). The Enlightenment of Fromm's Art of Love to love view education among college students [J]. *Scientific and technological information*, (23): 550.