

The significance of excellent regional culture in shaping good behavioral patterns among adolescents

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Abstract: Regional cultures are diverse, rich in local characteristics, profound in philosophy, and extensive in content. Their educational functions work subtly and imperceptibly, providing spiritual nourishment for the development of good behavioral patterns among adolescents. The excellent elements within regional cultures shape the moral character of adolescents, enhance their behavioral awareness, and improve their moral and behavioral capabilities. These elements are indispensable for the development of adolescents' personal potential and the shaping of their unique personalities.

Keywords: Excellent Regional Culture, Adolescents, Behavioral Patterns

1. Introduction

Culture is the manifestation of human consciousness in various forms and the expression of spiritual activities and their outcomes. A region refers to a specific area where an individual is born, grows up, lives, and has close connections. Regional culture is the accumulated common cultural heritage that arises from a particular geographical environment [1]. It is associated with a specific region and corresponds to unique features such as opera, legends, customs, habits, etiquette, and taboos. It is a local form of life skills and expressive art, representing a shared cultural identity among specific groups in a particular region. Ai Lian categorizes regional culture into material culture, behavioral culture, institutional culture, and spiritual culture [2]. Regardless of the type, these cultural aspects possess values of identification, aesthetics, humanity, and commerce [3]. They are closely intertwined with people's daily, social, cultural, and spiritual lives in a naturally pure and rich cultural posture [4]. They carry the scent of sweat and soil, evoking a sense of nostalgia, belonging, pride, honor, and spiritual attachment, and can resonate strongly. Excellent regional culture, with its profound and extensive connotations, has distinct national characteristics and is the crystallization of thousands of years of experience and wisdom of the regional people. It serves as spiritual nourishment for the healthy growth of adolescents and has an imperceptible yet profound educational function.

Behavioral patterns refer to the series of behaviors that regularly and repeatedly occur in people's daily activities, representing the external manifestation of individual personality traits. They are characterized by repetition and stability. Adolescents are in a stage of growth and development, and their personalities have not yet fully formed. Therefore, their behavioral patterns are in an unstable state. During this specific period, adolescents experience intense physiological and psychological changes to complete the process of socialization, making education and guidance essential. However, the traditional method of mere preaching is no longer effective for adolescents' education. We should look for rich and appropriate educational content and materials from adolescents' living environment, learning environment, and social and cultural activities. The most original living environment for adolescents is their hometown. A unique living environment shapes different regional cultures, and different regional cultures shape adolescents with different personalities. Therefore, excellent regional culture is an indispensable educational resource for the healthy growth and development of good behavioral patterns in adolescents. There is an inherent and inseparable connection between excellent regional culture and adolescent development.

2. The Impact of excellent regional culture on adolescent behavioral patterns

2.1. Regional culture supports good behavior in teens

Culture is the spiritual sustenance for the healthy growth of adolescents, essential for purifying their souls, elevating their humanity, and perfecting their personalities. It has a direct and profound impact on their behavior. Although excellent regional culture lacks orthodox and profound theories and moral codes, it contains rich and profound moral education and cultural values. Many excellent regional cultures advocate interpersonal harmony, admire moral ideals, praise kindness and detest evil, promote family harmony, and advocate social stability. They emphasize fairness, justice, prioritize righteousness over profit, call for the elimination of selfish desires, stress the importance of national and collective interests, and highlight the significance of fulfilling obligations. They also encourage self-improvement, active progress, and the importance of teaching through words and actions, as well as the pursuit of ideals. These positive values were vividly and emotionally conveyed in ancient societies through folk stories, legends, and various performing arts, expressing moral requirements for being a good person in a thorough manner. The basic behavioral norms they promote, such as loyalty, filial piety, respect for the elderly, love for the young, and doing good deeds, have long been integrated into the blood, embedded in the minds, and engraved in the bones of the people, becoming the "ethics of virtue" in the daily lives of ordinary people [4].

Excellent regional culture is a "family" culture and a "root" culture. The education of excellent regional culture is the education of "root" culture. Adolescents grow up in such a "family," immersed in the folk etiquette, customs, and various forms of storytelling of their hometown. Year after year, this exposure guides adolescents to aspire to peace, happiness, and a better life, as well as to love their hometown. It continuously enhances their identification with the local culture and their awareness of their cultural identity. Excellent regional culture maintains adolescents' identification with their hometown. It is this sense of local identity and love for parents and hometown that can elevate love for one's homeland to love for the motherland and the Chinese nation. This, in turn, better unites the hearts of adolescents, ignites their passion, strengthens their cultural memory, re-establishes their cultural beliefs, and promotes cultural identification and integration. It brings about profound changes in adolescents' emotions, psychology, and soul, generating a sense of pleasure and transcendence, and a calm state of mind.

Excellent regional culture provides adolescents with experience, knowledge, and skills. It is an essential nourishment for the development of adolescents' personal potential and the shaping of their unique personalities. It is also a lasting driving force for adolescents' spiritual cohesion, emotional pleasure, and healthy growth. The profound historical culture and rich connotations it contains have a special function in influencing adolescents' souls and purifying their morals. It affects and regulates adolescents' behavioral norms, cultivates their sense of identity, and shapes their psychology and personality. It helps to enhance adolescents' self-confidence, strengthens their local emotions, affinity, and sense of pride, and serves as an important vehicle for educating and guiding adolescents, boosting their morale, cultivating their sentiments, and purifying their souls. It is also a vital bond for uniting and cohering adolescents and the foundation for cultivating their collectivist and nationalist sentiments. It plays an irreplaceable role in constructing adolescents' rich and harmonious inner worlds.

2.2. Excellent regional culture fosters correct behavioral awareness in adolescents

Behavioral awareness is a systematic control mechanism, comprising an organic whole of factors such as perception, attention, sensation, evaluation, experience, and self-correction. Through sensation and experience, adolescents analyze and reflect to recognize their psychological characteristics and spiritual world. Based on societal influences and evaluations, they employ appropriate means and strategies to formulate plans, implement actions, and achieve their goals.

Behavioral awareness is the foundation of adolescents' personality traits, determining the development of these traits and serving as the driving force behind their actions. In other words, adolescents' behaviors are driven by their motivations and needs, which shape their behavioral awareness and guide their actions accordingly.

It is through the long-term influence of excellent regional culture, combined with the educational guidance of society, schools, and families, that adolescents' moral knowledge becomes increasingly rich,

their moral cognitive abilities are enhanced, and their moral sentiments are enriched. They become fully aware of their own characteristics and actively and consciously embrace the moral norms embedded in regional culture. Based on societal evaluation criteria, they reflect on their behavioral patterns, make moral choices in line with personal and social values, and diligently conduct moral judgments. They continuously adjust and regulate their relationships with society, strive to practice the core socialist values, and aim to become qualified citizens of a socialist society.

It can be seen that under the influence of excellent regional culture, adolescents' self-behavioral awareness becomes more developed and mature. Their mental structures become more refined, their standards for judging right and wrong become clearer, their self-evaluation and self-regulation abilities grow stronger, and their self-image becomes more distinct. In their future development, they can better align their behavior with societal moral norms, take on their social responsibilities, and avoid blindly following others' experiences. Instead, they make rational judgments and decisions based on reality and societal needs, possessing their own thoughts and viewpoints, and allowing their will to guide their actions. With clearer goals and stronger self-control, they can more consciously shape their personalities, better grasp the pulse of the times, enhance their ability to adapt to society and enjoy life, and realize their personal values.

The development of adolescents' behavioral awareness and the establishment of moral beliefs are manifestations of the maturation of their self-growth mechanisms and the subjective prerequisites for moral development. Correct moral understanding generates reasonable behavioral motives, which in turn lead to good moral actions. These positive actions not only optimize the social environment but also highlight a harmonious and humane atmosphere. Living in such a harmonious and elegant society, adolescents can sense societal confirmation of their self-awareness and affirmation of their behavior, thereby strengthening their resolve and confidence in their actions.

2.3. Excellent regional culture contributes to the formation of adolescents' moral personality

The cultivation of adolescents' moral personality is crucial for the development of their behavioral patterns. In a sense, the process of forming adolescents' moral personality is essentially the process of standardizing their behavioral patterns. From birth, adolescents live in a specific regional environment and are naturally influenced by regional culture. This kind of influence occurs in a state of full freedom for adolescents, representing an autonomous choice and behavior without any coercion. As mentioned earlier, excellent regional culture contains rich and profound moral resources and cultural values. The process by which adolescents accept regional culture is, in essence, a process of self-cultivation, self-construction, self-transformation, self-improvement, and self-perfection of personal virtue. An important part of this self-cultivation and construction is to shape adolescents' development and guidance in line with the social moral personality consistent with the core socialist values, transforming social moral requirements into adolescents' values and lifestyle.

In this process of self-cultivation, adolescents' autonomy can be continuously enhanced, their value awareness improved, their psychology more mature, their will more resolute, their character stronger, their virtue nobler, and their physique more robust. The improvement of adolescents' principal abilities and the sublimation of their moral personality can better fully realize their freedom and ideals. This is because people in modern society more highly value human freedom, dignity, and worth. Without freedom and respect for human subjectivity, there can be no sound personality.

Adolescents' moral personality should be "a moral personality that is independent, rational, free, and perfectly unifies virtue with happiness. Such individuals possess their own independent thoughts, are highly wise, have strong powers of observation, memory, imagination, and thinking, possess firm wills, rich emotions, a strong sense of justice, and excellent qualities such as bravery, wit, and decisiveness. They are good at unity and cooperation, quick in thinking, skilled in communication, and have a noble spirit of active progress" [5].

Adolescents with this kind of moral personality are good at identifying their own shortcomings and actively overcoming them. They can consciously and actively understand, grasp, and engage in social relationships, actively participate in social transformation and practice, continuously improve the level of their moral, value, and aesthetic views, and pursue truth, goodness, and beauty.

2.4. Excellent regional culture enhances adolescents' moral behavioral capabilities

Excellent regional culture is the crystallization of the collective wisdom of the local people, a sublimation of simple life wisdom, and a condensation of fine moral traditions passed down through generations. Drawing from the diversity of excellent regional culture, adolescents, on the one hand, gain multicultural knowledge and understand the characteristics of their own excellent regional culture. On the other hand, through their recognition and contemplation of fine moral traditions in regional culture and current social moral phenomena and behaviors, they carefully consider the value of life and the meaning of existence, correctly grasp fairness, justice, and rights, and form their own moral concepts and cognitions. In the process of critical thinking and value clarification, and through social practice, they continuously consolidate and expand their moral experience, apply internalized moral principles or concepts to judge their behavior as right or wrong, good or evil, and thereby continuously improve their level of moral cognition and enhance their abilities in moral recognition, choice, judgment, and creativity.

In fact, the emotional tension, artistic expressiveness, and diverse performance forms found in the operas, legends, customs, and etiquette of excellent regional culture can meet adolescents' moral needs from different perspectives, angles, and methods. This ensures that adolescents' moral needs are maintained and fulfilled. It also boosts their confidence and strengthens their convictions when making moral choices and taking moral actions in accordance with moral principles and requirements. In the process of fulfilling moral obligations, adolescents possess greater fortitude and determination. They are thus able to achieve moral practice with a more open mind and broader vision.

Excellent regional culture is one of the important bridges for adolescents to reach the realm of moral freedom and an essential guarantee for enhancing their moral practice capabilities. It makes adolescents' will stronger and their moral beliefs more resolute. As the future masters of society, adolescents' existence and development are inseparable from society and others. They need to understand and regulate interpersonal relationships and possess certain behavioral regulation capabilities. To correctly face and adapt to social development, they need to enhance their ability to transform society and their moral practice capabilities. Without these abilities, they cannot take action. It is precisely through absorbing the essence of excellent regional culture and repeatedly learning and experiencing it that adolescents' rational thinking abilities and autonomous choice and judgment capabilities are further improved. The self-construction of adolescents' moral personality is further perfected, the soul of the moral subject is purified, and adolescents' humanity is sublimated. Their future beautiful life is thus perfectly planned. This represents the highest manifestation of adolescents' moral personality and the full display of critical reflective spirit. It is this bridge of excellent regional culture that enhances adolescents' moral behavioral capabilities and ensures the realization of this goal. This prevents adolescents from being passive in future development and ultimately enables them to distinguish good from bad, discern truth from falsehood, actively practice, and advocate and promote national culture in the complex social life.

3. Conclusion

Excellent regional culture shapes adolescents' moral personality, enhances their moral awareness, and effectively safeguards their freedom, equality, dignity, and rights. It teaches adolescents to understand, respect, and trust others, and helps them learn to be grateful and give back. By cultivating adolescents' moral emotions, strengthening their sense of social responsibility, fostering self-discipline, and instilling good behavioral habits, excellent regional culture can truly transform young people into individuals who are morally noble, willing to take responsibility, and capable of living meaningful lives. Our goal is to integrate excellent regional culture into the very essence of adolescents, making it a source of spiritual sustenance for them. In this way, we can ensure that the rich and lasting fragrance of excellent regional culture continues through generations, supporting the healthy growth of our youth.

4. References

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