

On the Harm of Social Darwinism to Contemporary Chinese Youth and its Countermeasures

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Abstract

Social Darwinism was first proposed by Spencer and prevailed in some Western capitalist countries in the early days. At that time, scholars brought the biological competition of nature into human society, not only explained the competition among individuals, but also emphasized that there was competition among countries and nations due to various interest relations. Although the cake in the society is getting bigger and bigger, how to divide the cake is the key problem. The spread of the values of social Darwinism to China has caused some harm to contemporary Chinese youth. Some necessary measures should be taken for the physical and mental health development of young people and social stability.

Keywords

Social Darwinism; Utilitarianism; Harm; Values.

1. Introduction

Social Darwinism is an thought that applies the principles of survival of the fittest and survival of the fittest to the social field. It believes that there is constant competition and elimination between individuals or groups in the society, which leads to social progress and optimization. This thought has a certain influence in the contemporary Chinese youth, especially in the aspects of education, employment, consumption and so on. However, social Darwinism has also brought some harm, such as excessive competition among some young people, lack of cooperation, neglect of morality and fairness, and blind pursuit of material and fame and wealth. These hazards not only damage the physical and mental health of the young people themselves, but also threaten the harmony and stability of the society. Therefore, it is necessary to make clear the connotation of social Darwinism, analyze the specific harm of social Darwinism to Chinese youth, and on this basis, put forward the strategy to avoid the harm of social Darwinism to contemporary youth.

2. The Connotation of Social Darwinism

Darwin believed that "natural selection, survival of the fittest" is the law of nature, and every creature needs to defeat its own population and other individuals to survive better. In Animal World, a pack leader is often challenged by other male wolves. If he fails in the fight against other male wolves, he will lose the race, mate with females, and even be expelled from the pack. The winner has all the resources and the loser can't survive, and that is Darwinism.

Social Darwinism evolved from Darwinian's theory of biological evolution, which was first proposed by Spencer in 1877. It prevailed in Britain, North America and other capitalist countries in the 1930s and became the main ideology of the ruling class to exploit the masses.[1]With the continuous accumulation of contradictions among various countries, the Second World War finally broke out, and the social Darwinism thought was gradually suspected by people, and the spread of ideas exposed a lot of social problems. Spencer's idea of evolution is clearly fundamentally different from Darwin's. However, it should be noted that today's so-

called Darwinian theory of evolution is the result of Darwin's review and does not conform to the components of modern thought.[2] Directly linked to social Darwinism are naive notions of race. Darwin's theory of evolution clearly explains the cruel historical process, each species constantly struggle to survive, the powerful species obtain rich resources, while the weak side to extinction and extinction. Caucasians were seen as the most powerful race due to their high aggressiveness. Because they live in a relatively cold environment, they can develop more advantageous survival skills, and their strong physical strength is more suitable for expansion and adventure. For example, the Americans conquered the indigenous people of North America, and the British invaded New Zealand and Australia, both by burning, killing, looting, and seizing all visible resources, which directly led to the extinction of the local species. In the view of "survival of the fittest", white people created a brilliant Western civilization. However, looking back at history, the powers of all countries were eager to obtain the control right of resources. The interests drove the outbreak of war, and the white people also became the victims of the international armed struggle. Oppression is inevitably accompanied by resistance, and the yellow Asian and African brown Asians are constantly gathering strength to overthrow the global economic monopoly of the white people, and those who try to promote exploitation and exploitation will eventually be crushed by what they call an "inferior" race.

Social Darwinism is a theory based on natural selection and the survival of the fittest, believing that there is competition and struggle between different groups and individuals in the society, which leads to the evolution and optimization of the society. Social Darwinist ideas are derived from the 19th-century British biologist Charles Darwin in the *Origin of Species*, in which he proposed the theory of biological evolution, explaining the causes of diversity and variation in the biological world. The representatives of social Darwinism include Herbert Spencer, Thomas Huxley, Francis Galton, etc. They applied Darwin's theory to the field of social science, trying to explain and guide the development of human society with the laws of nature. The influence of social Darwinism is very wide, it not only involves sociology, political science, economics, history and other disciplines, but also has close links with imperialism, racism, fascism and other political movements. The theory of Darwinism received many criticism and opposition in the early 20th century, mainly in the following aspects: first, it ignores the complexity and diversity of the human society to the society, which lacks science and rationality; second, it provides theoretical basis for power politics and unequal system, and defends colonialism and genocide, and causes serious moral and humanitarian problems; third, it deviates from Darwin's view; Darwin does not take natural selection and survival of the fittest as absolute principles, but believes that cooperation and mutual aid are also important factors of biological evolution.

3. The Specific Harm of Social Darwinism to the Chinese Youth

Social Darwinism is an idea that applies the principles of biological natural selection and survival of the fittest to the social and political fields, believing that the strong in society have the right to suppress and exploit the weak, and the weak should accept their destiny and withdraw from the competition. This kind of thought has a certain influence in the contemporary Chinese youth, leading to some bad social phenomena and psychological problems.

3.1. Undermines the Unity and Collaboration of the Youth

Social Darwinism In today's society emphasizes a value of extreme individualism and egoism, which makes some young people tend to regard others as their competitors or enemies rather than partners or friends. This mentality not only affects the communication and communication between youth, but also hinders the unity and cooperation between youth. Marx once said that man is the sum of all social relations, and the value of human beings is also reflected in social

relations.[3]The secular belief in East Asian society has inspired people since ancient times, making them hope to cross class and achieve success. However, with the development of society, although the young people under the influence of this world are more aggressive, they neglect the cultivation of team responsibility. In daily life, there are always a lot of tasks that require teamwork, such as various club activities and English competitions. There is no doubt that winning a competition gets prize money and honors, which are distributed in different "quantities" on different members, and those who contribute more to victory tend to receive more rewards. However, these hierarchical rewards are easy to lose themselves, making people pay too much attention to winning and rewarding, ignoring the pursuit of aggressive team spirit. If a team wants to create a sustained good performance, it must maintain the unity within the group, which is the core that keeps it standing. However, for the young people who have been influenced by the values of social Darwinism, the ultimate inequality of interests will destroy the fighting will of the individuals in the team, resulting in the collapse of the overall will of the team.

3.2. Affect the Values and Morality of the Youth

Social Darwinism emphasizes individual interests and competitive advantages, ignores social responsibility and fairness and justice, and makes some young people think that as long as they can achieve success and benefits, they can do anything and even sacrifice the rights and interests of others. Such values and morvalues not only damage the social harmony and stability, but also weaken the personality and moral character of young people. As Comrade Deng Xiaoping said, "The Windows are opened, fresh air comes in, and flies and mosquitoes come in." [4]Society is a complex system, which is inevitably filled with a large number of interest games. The party who holds the superior resources will constantly squeeze the living space of others, and will also distort the whole process of social resource allocation. And the weak side can not get the survival guarantee, can only be forced to quit the social and economic activities. Many students around me are very confused after graduation, do not know how to choose a job, life seems to hit a wall, lost the direction of progress. At first, I choose my major according to my heart, but finally I find that it is not suitable for me, so I will waste my time and life. In terms of love, the young people have also become more utilitarian. When we choose our own spouse, sometimes we pay too much attention to each other's family circumstances, appearance and other external conditions, but ignore the spiritual fit between the two. Utilitarianism has given birth to the wrong view of love, so their love is only a false love, only a pleasure mode formed by the shell packaging of "love". In terms of employment, young people will be tempted by their illusory interests due to their lack of social experience. Nowadays, there are still many pyramid selling organizations packaged as serious enterprises in the society. They use high salaries as a trap to lure young people. Some inexperienced young people will lose their minds and eventually lose their money.

3.3. Induce Anxiety and Stress in the Youth

Social Darwinism emphasizes competition and survival of the fittest, which makes some young people feel that they must constantly work hard and struggle in order to maintain their status and dignity in the fierce social competition. At the same time, the single value system of East Asian civilization limits young people's cognition of "success", and social and economic activities become a game manipulated by money. They spend a lot of time on improving their own and social labor, and their emotions become increasingly depressed. Negative attitude is easy to lead to excessive tension and anxiety among young people. During the postgraduate entrance examination, students forget to study without food and sleep, early to the library to occupy a seat, they blindly pile up learning time, not only learning efficiency can not improve, but also increase their own psychological pressure, and even cause serious harm to physical health. Long-term "inner paper" will promote students to be driven by utilitarian mentality, pay

too much attention to external evaluation and short-term material rewards, and it is difficult to stick to their own heart and ignore the study of knowledge itself and the improvement of moral cultivation.[5]In the workplace, young people are not as tough as the news, and it is still normal for them to work overtime to get materials. When a person is influenced by social Darwinism, his heart will be filled with utilitarianism, the social status and money and wealth are extremely important, in addition, in a high pressure environment all day, there will be various psychological problems such as depression and mania, and even lead to impulse and the final loss of life. For example, some campus suicide problems, and even some master and doctoral students from famous universities can not escape the whirlpool of "inner paper", they get abundant learning resources, but lost the consciousness of mentality, which is regrettable.

4. Strategies to Deal with the Dangers of Social Darwinism

First of all, we must see the harm of social Darwinism to our youth, oppose vicious competition, advocate a peaceful and win-win view of competition, and promote the healthy and healthy development of the youth body and mind. Secondly, we should advocate the values of equality and freedom, reject meaningless inner papers, give full play to the correct thought of Marxism, and guide young people to pay attention to social events. Thirdly, we should encourage young people to actively participate in social practice and lead the people to a glorious and revolutionary road. Finally, we can encourage young people to innovate boldly and try to open up their own path in different industries and fields.

4.1. Promote Cooperation and Promote Healthy Competition

Sports competition directly tells us: competition and cooperation are inseparable. As an important part of improving people's healthy living standards and promoting the all-round development of people's physical and mental health, and excavating and developing national sports culture with profound heritage, sports will become an important way to enhance the cultural soft power of the Chinese nation and meet people's yearning for a healthy and better life in the new era.[6]In ball games, for example, football and basketball players positioning is fixed, before each World Cup start, all the players will pass a lot of simulation training, so not only can cultivate the tacit understanding between the team, but also can learn technology to better win, personal insignificant in front of the team overall benefit. As far as the whole society is concerned, what we pursue has always been common prosperity rather than individual prosperity. We do not deny that money can bring a better material life, but we should still firmly oppose the view that "money is supreme". To achieve common prosperity, we require all aspiring young people to devote themselves to their work, rather than relying on vicious competition to compete for each other and occupy the living space of others.

In order to really block the harm of social Darwinism to the young people in our country, we must oppose the "inner roll" and advocate healthy competition. Benign competition is different from the inner volume, and its essence is a kind of unified competition. In the process of competition between individuals, teams and countries, we should not regard each other as enemies, but also regard each other as friends. We should abandon the dual argument, which is often a narrow view of nationalism and racism, a barbaric and backward idea. The viewpoint of materialist dialectics is that everything has its two sides, and both sides of the contradiction should absorb each other's favorable factors for common development. Young people should realize that competition is the driving force for social development, but they should also follow the principles of fairness and integrity. Competition is not to defeat others, but to stimulate their own potential and improve their own level. At the same time, young people should also learn to cooperate with others to realize the sharing of resources and complementary advantages. Cooperation is not to sacrifice themselves, but to achieve win-win or win-win. Only

by finding a balance between competition and cooperation can we achieve the common progress of individuals and society.

4.2. Spread Ideas and Carry Forward Social Positive Energy

With the development of The Times and the development of the Internet, the youth's self-awareness is gradually enhanced. The spread of Marxist thought is not limited to college students and recent young people. Some young students who love thinking and learning begin to contact this thought through various ways and transfer positive social energy. We can post a variety of posts about the current social value evaluation on Weibo, Zhihu and public accounts, which also contain a variety of heated discussions, especially the hot news in universities, which has attracted the attention of countless young people. For young blood, right and wrong are more important than real interests, those words to the point just confirm their pursuit of justice, the pursuit of truth. Sometimes we can see the posters of Marx, Lenin, Mao Zedong and other great men in the students' dormitories. This operation seems to be "humorous", but it can stimulate the consciousness of struggle of young people.

MAO Zedong pointed out: "The two groups of contradictions between class and class struggle, productive forces and relations of production have promoted social progress." [7] However, many young people's understanding of Marxism only stays at the conceptual level. Some college students whose thoughts are blinded by practical interests only pay attention to those short-term things involving their own interests, and do not realize their identity and mission. These youth is still on campus, and some just into society, will be beaten by society, in the face of difficulties, it is necessary to always learning theoretical knowledge, study of Marx, Engels and Lenin and other people's work, look at the great people at the society is how to face these problems, for a series of problems put forward the solutions. Young people should realize that they are not only a member of society, but also a builder and promoter of it. Therefore, young people should actively participate in social affairs, pay attention to social issues, express their voices and opinions, and safeguard their rights and interests and dignity. At the same time, young people should also fulfill their obligations and responsibilities, abide by the laws and rules, respect the rights and dignity of others, and maintain social order and public interests. Only by finding a balance between the performance of power and responsibility can the common development of individual and society be realized.

4.3. Get rid of Internal Friction and Participate in Social Practice

Knowledge comes from practice, which is the only criterion for testing truth. Young people should abandon the harm of social Darwinism and lead the whole people towards the direction of common prosperity. It is useless to get knowledge only from books. It is better to read thousands of miles, and finally they have to do some things really. General Secretary Xi Jinping said at the conference to commemorate the 200th anniversary of Marx's birth, "Practice is a remarkable feature that distinguishes Marxist theory from other theories. Marxism is not a learning in a study, but was created to change the historical destiny of the people. It was formed in the practice of the people's seeking liberation, and enriched and developed in the practice of the people's seeking liberation." [8] Toward common prosperity is the affirmation of all human will in the world, and the overall will of human beings is the practice of communism and becoming a true practitioner. The practice of communism is not only a kind of ideological practice, it is the kind of practitioners to invest, is to constantly lead the masses in the right direction. China is still in the primary stage of socialism, and the spread of some bad remarks on the Internet is easy to lead to mental internal friction among young people. In the face of negative energy on the Internet, young people should maintain enough self-awareness to avoid being hijacked by negative emotions such as anxiety and anger and wasting their time. Young people should replace fantasy with actions, truly participate in social practice, and lead people to develop and move in the direction of socialism and communism.

CAI Dafeng, a professor at Fudan University, said, "This society really needs scholars, not only a group of workers specializing in academic research, but also more 'scholar spirit and scholar ability'." [9] In the specific work, on the one hand, young people should make full use of their educational resources, attach importance to the study of theoretical knowledge, constantly improve the system norms among various disciplines, so that the elements in the knowledge system are closely combined, and guide from theory to practice. On the other hand, young people should enter from the reality, without practice, there is no real knowledge. In the process of practice, we should pay special attention to considering the current actual situation, organically combine the masses, step by step, otherwise it will make mistakes or even hinder social progress. General Secretary Xi Jinping has stressed on many occasions that we cannot do anything beyond the stage, but this does not mean that we will do nothing to gradually achieve common prosperity. Instead, we will do what we can in light of existing conditions. Grassroots practice needs young talents, the same youth only go deep into the grass-roots level, go deep into the people, experienced the grass-roots training can truly grow up. Taking root at the grassroots level is an important way for young people to understand China's development status quo and get close to the people. [10] As Chinese youth, we can go to relatively stable sites and do open work that guarantees the vital interests of the working people, guarantee our own survival and cultivate the development of our own labor skills. The important thing is to truly unite the masses. Young people should take an active part in various practical activities, strive to improve the people's life style, health habits, physical state and consumption concepts, and make positive contributions to social progress.

4.4. Brave and Innovate, Expand the Field of Survival

The people make history, and social progress needs to be led by brave pioneers. In today's increasingly fierce competition, young people should not be limited to the narrow definition of success, everyone has a unique sense of self, everyone should choose the most suitable way. Just like Columbus, as the first explorer of the vast sea, he lost the right course, and finally found a new continent. Therefore, we should have the courage to innovate and expand the development space. Social innovation is always a lot of trial and error process. We should evaluate a person's contribution to the society, not only focusing on its short-term behavior, but also to look at it from a long-term perspective.

Only by expanding their own areas of survival can young people truly and effectively avoid excessive competition. If young people want to find a life track suitable for them, they must show their personality, fully develop the unknown areas of the mass market and many personalized niche markets, and not only compete in the hot industries. China is now in the post-industrial era, and it is not enough for people to obtain the survival data only by relying on the traditional production. More importantly, industrial innovation and cultural innovation, especially the creation of new market demand. Many means of production of large manufacturing companies occupy a small proportion of the value chain of total costs, and most of the money is spent in new media culture industries such as advertising and design. Young people should always pay attention to the development status of emerging industries in the Internet era, find a suitable development direction, and then do their own work down-to-earth. In this process, young people should also avoid being affected by some speculative thoughts in the market, so as to be driven by interests into vicious competition again. Young people should stay focused on what they do, focus their time on the work that they are interested in and can bring long-term benefits to others, and strive to build a harmonious society.

5. Conclusion

Social Darwinism is a kind of wrong and harmful thought, which causes certain harm to the contemporary Chinese youth. We should resolutely resist the influence of social Darwinism,

actively practice the core socialist values, build a harmonious and inclusive social environment, cultivate young people's self-confidence and self-improvement, strengthen exchanges and cooperation among them, and contribute to the realization of the Chinese dream of national rejuvenation.

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