

The Roots of Chinese Cultural Psychology that China Cope With COVID-19 Disease

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ABSTRACT

Chinese successful campaign against the COVID-19 disease has its roots of Chinese cultural psychology. The characteristics of Chinese cultural psychology, such as unremitting self-improvement, social commitment, people-oriented thoughts, collectivism, positive attribution and self-reflection, responsibility and dedication, etc, have provided spiritual support and inexhaustible power for China to overcome this disease. It is the reasons that we should further enhance our cultural confidence, vigorously carry forward and develop China's fine traditional culture, and actively carry out Chinese cultural psychological education.

Key Words : China ; COVID-19 ; The Epidemic Disease of COVID-19 ; Cope-With ; Cultural Psychological Roots

INTRODUCTION

In early 2020, COVID-19 (Ye, 2020) was broken out one country after another in the world, which has become a huge disaster for human being and has caused a great blow to all countries in the world. In response to the epidemic situation in the world, only China controls the epidemic situation the fastest and the impact of the epidemic is the least. Why? In addition to institutional advantages, road advantages, cultural advantages and other factors, Chinese cultural psychology is an indispensable deep root.

Facing menacing COVID-19 epidemic, from the central to the local level, from the top leaders to the masses, China attaches great importance to the measures and actively takes measures to cope with the epidemic. After the outbreak of COVID-19 epidemic, Xi Jinping, general secretary of the CPC Central Committee and President of the State Council, immediately made important instructions to mobilize the whole nation to unite and fight the epidemic. On February 10, 2020, when he was in Beijing to investigate and guide COVID-19 prevention and control, he stressed: "with more firm confidence, stronger will and more decisive measures, we should firmly rely on the people, firmly curb the spread of the epidemic situation, and resolutely win the people's war, the overall war and the war of resistance." (Zhang, 2020) Under the leadership of the CPC Central Committee, the people of the whole country have taken positive actions to carry out a vigorous anti epidemic campaign.

Once the outbreak of COVID-19 epidemic, Chinese governments at all levels took decisive measures to deal with COVID-19 epidemic. Wuhan was closed on January 23, 2020, and then all provinces and cities in mainland China are closed one after another. "Closing the city" quickly curbed the development of the epidemic and played a crucial role in controlling the spread of the epidemic in China (Tian, Liu, Li, et al, 2020). The research results of researchers from more than 20 countries such as China, the United States, and the United Kingdom show that the lockdown reduces the possible total number of people infected with China's COVID-19 by 96% (Tian, Liu, Li, et al, 2020). Chinese broad masses of the people actively take action to cope effectively with the epidemic situation. They made concerted efforts to fight the epidemic, and took effective epidemic prevention measures such as self-isolation, which not only effectively protect themselves, but also do not add chaos to the country, and try their best to do their contributions to the fight against the epidemic.

Under the unified leadership of the CPC Central Committee and the State Council, all Chinese provinces and cities not only actively took measures to deal with the local epidemic situation, but also actively organized forces to support Hubei Province, especially Wuhan City, which was the hardest hit area of the epidemic. "The whole country concentrated its efforts to support Wuhan. In 10 days, a temporary hospital for 1000 people was built, and a large number of soldiers and materials were sent to Wuhan by yun-20 transport planes to ensure the normal life of the blocked people in Wuhan." (Yi, 2020) President Xi Jinping(2020C) pointed out:

"the joint defense and joint control mechanism of the State Council should strengthen coordination and dispatch, and promptly coordinate and solve urgent problems encountered in the prevention and control work. Relevant departments perform their duties respectively, and the army actively supports local epidemic prevention and control. Leading groups led by leading comrades in charge of the party and government have been established in various regions, and level I response to major public health emergencies has been initiated. All party, government, military and mass organizations, enterprises and institutions have taken emergency actions and fought with all their strength. The vast number of medical personnel have selflessly contributed and fought bravely. The broad masses of the people are united and united in fighting. The people's war for epidemic prevention and control has started, and the overall war for epidemic prevention and control has been launched. A situation of comprehensive mobilization, comprehensive deployment and comprehensive strengthening of epidemic prevention and control work has been formed throughout the country." (Xi, 2020c)

"Chinese people's Liberation Army, the Central Committee and the state ministries and commissions, provinces and municipalities have made great efforts to help, send more than 340 medical teams and more than 42000 medical personnel to the rescue line. Nineteen provinces, autonomous regions and cities take counterpart assistance to 16 cities and prefectures in Hubei except Wuhan."(Yi, 2020)

It was with the concerted efforts of the upper and lower levels that the epidemic situation in China was quickly controlled. Chinese won a decisive victory in the war against COVID-19 epidemic. Moreover, under the situation when COVID-19 epidemic in China was controlled, but it become increasingly serious in other countries in the world, China has actively extended a helping hand to help the countries and international organizations with severe epidemic situation. China

successively helped more than 100 countries to fight against the epidemic, reflecting the demeanor of a responsible big country.

China's response to COVID-19 epidemic and its achievements have deep cultural psychological roots. A country or a nation, whether it is the ordinary people or the state leaders, whether it is the government administrative departments or enterprises and institutions, its behavior mode, thinking mode and work style are all derived from the edification and cultivation of local culture and the forging of education accepted. China's campaign against the COVID-19 epidemic reflects the spirit of Chinese culture and the excellent psychological quality of Chinese culture.

THE DEEP CULTURAL PSYCHOLOGICAL ROOTS OF CHINA'S RESPONSE TO COVID-19

When inspecting the epidemic prevention front in Wuhan, President Xi Jinping pointed out: "Wuhan' people are aware of the general situation and the overall situation, not afraid of difficulties and dangers, tenacious and unyielding. They consciously obey the needs of the overall situation, take the initiative to participate in the struggle of preventing and controlling the epidemic, and make great contributions. The whole country and the whole world can see the perseverance and integrity of Wuhan's people. It is precisely because of Wuhan people's sacrifice and dedication, persistence and hard work, that today's positive trend of prevention and control of the epidemic has been achieved. Wuhan's people demonstrated Chinese spirit and strength with their own practical actions, showed the Chinese nation's feelings of crossing a river in the same boat and keeping watch and help each other." (Yi, 2020) Here, although President Xi Jinping is talking about Wuhan' people, he actually regards the Wuhan people in the worst epidemic situation in China as the representative of Chinese people.

"understanding the general situation, taking into account the overall situation, not afraid of hardships and dangers, tenacious and unyielding, perseverance, vigorous and bright, and crossing a river in the same boat, keeping watch and help each other"

in his speech are Chinese outstanding cultural psychological qualities, which are the concrete manifestation of Chinese cultural spirit. Specifically, Chinese cultural psychological roots of Chinese coping with the epidemic mainly include the following closely related aspects.

Self-improvement

Chinese cultural spirit can also be called Chinese national spirit or Chinese spirit. Cultural spirit is the root and soul of culture (Xiao, 2020) and the core of cultural psychology. It is often called cultural gene or primitive ancient accumulation layer. Continuous self-improvement is one of the Chinese cultural spirits (Chinese cultural spirit is self-improvement and self-discipline and social commitment (Li, 2016)). Self-improvement is mainly manifested as: no matter what difficulties and obstacles we encounter, we would be no afraid and shrink back, find ways to solve problems, grow up in solving problems, and constantly overcome and surpass ourselves. "*Drilling wood for fire*", "*Yugong moving mountains*", "*Dayu flood control*" and so on are all about continuous self-improvement. Self-improvement contains the cultural psychological characteristics, such as self-transcendence, perseverance, working hard and aim high, enterprising, courage to overcome difficulties and hardships, and to be superior to difficulties. It is the spirit of self-improvement that has provided spiritual support and inexhaustible power for China to overcome this COVID-19 epidemic in China.

In the face of such a huge problem or disaster as COVID-19 epidemic, the Chinese government and Chinese people have no fear to face the difficulties and try their best to overcome the epidemic. Under the support of the spirit of continuous self-improvement, Chinese people have always adhered to the concept of “only is ourselves strong really strong” and trying to strengthen their ability to cope with various crisis. In the face of COVID-19 epidemic, Chinese government and people first reflect on themselves, self-attribute, constantly sum up and learn lessons, and explore strategies and tactics to overcome COVID-19 epidemic.

They “take a cut, learn from wisdom”, constantly increase wisdom in the war of resistance against the epidemic and in overcoming difficulties and obstacles; through the epidemic situation to find their own problems, and Build the system of mechanism to prevent and overcome the major social crisis such as COVID-19 epidemic. Dr. Martin Jacques, one of the founders of the British Demos Think Tank, pointed out: Chinese people do not believe in “external forces”. They are different from westerners in placing their destiny on God. They believe in themselves. This belief and way of thinking will make them break out of the unimaginable power of westerners and create incredible miracles (sohu.com, 2019).

Self-improvement is a kind of self-control spirit. It emphasizes that we should rely on ourselves. The reason and motivation of psychology and behavior as well as the method of solving problems should be found in our own heart. This is fundamentally different from the western thought of external control. The thought of external control emphasizes that people’s psychology and behavior are controlled by external factors such as God, and its motivation or reason should be attributed to external factors. “*Noah’s Ark*” is just like this, which is fundamentally different from “*Dayu’s flood control*”. This idea of external control is the deep cultural psychology that dominates the behavior of Westerners, so is coping with COVID-19 epidemic. When the outbreak of the epidemic in China, the west looks at China’s jokes instead of preparing for China’s situation. At the beginning of the outbreak, western countries did not pay attention to it. When the epidemic situation is serious, it is not to actively think of a way to deal with it, but to find a way to throw the pot, so that the COVID-19 epidemic is almost out of control. Throwing the pot and relying on the illusory external force is unhelpful to solve the problem.

For example, some western countries spared no effort to throw away the pot to China and WHO, etc., but did not actively try their best to fight the epidemic, which, to a certain extent, helped the spread of the COVID-19 epidemic.

Self-Discipline And Social Commitment

As well as self-improvement, self-discipline and social commitment is also the spirit of Chinese culture, which mainly manifests in the ability to bear and transform hardships and external pressure, that is, the ability to transform pressure into motivation, from negativity to positivity, from danger to opportunity. That is to say, no matter what difficulties and great pressures we encounter, we can bear them and transform them into our own growth and the driving force of development. Just like the thick earth, it is able to bear and support all things, provide the reaction force against the pressure when it is under any pressure. The greater the pressure, the greater the reaction force to overcome the pressure. The general meaning of Self-discipline and social commitment is that the person with noble morality can undertake important tasks. In fact, it not only includes moral character, but also includes Chinese cultural psychological characteristics such

as tenacity or perseverance, leniency, benevolence, endurance, tolerance and inclusiveness, etc. These qualities of cultural psychology have become the fundamental source for the Chinese nation to overcome any disaster such as COVID-19 epidemic. Throughout history, China can always save from danger whenever she encounter any major disaster such as plague, without the situation of tens of millions and hundreds of millions of people who died as easily as in the West (Yi, 2020). Every time a major global plague occurs, only had China the smallest loss and recovered rapidly and prosperously after each outbreak (Yi, 2020). The same is true of this COVID-19 epidemic.

Firstly, in this battle against COVID-19 epidemic, the Chinese nation showed incredible endurance and tolerance to bear the huge pressure and impact brought by COVID-19 epidemic. With its powerful transformation ability, the Chinese nation transformed “danger” into “opportunity” and turned unfavorable factors into favorable factors. Secondly, China has actively assisted countries and regions with serious epidemic situation with broad mind and generous benevolence. The Chinese government and people are not only grateful, returning the compliment to offer positive assistance to those countries that have helped China, but also compassionate, helping the world, actively playing the role of a responsible power, helping countries and regions ravaged by COVID-19, and working together with other countries to overcome the difficulties(Li, 2019).

At the same time, the Chinese government actively shares its experience and lessons with WHO and other countries and regions, so as to help them find better ways or measures to deal with COVID-19 epidemic as soon as possible. All of these are the best annotation of the cultural spirit of moral integrity.

The Thought Of People First And People Foremost

Chinese culture is people-oriented, which reflects that always put the people's lives and health in first place in this against COVID-19 epidemic. After the outbreak of COVID-19 epidemic, Chinese government, in line with a high sense of responsibility or mission to be responsible for the lives and health of the people, reacted at the first time and took decisive and powerful measures to protect the life safety and physical health of the Chinese people to the greatest extent (Wu, Jin, 2020).

In “*Coordinating and Promoting the Prevention and Control of COVID-19 epidemic and the Deployment of Economic and Social Development*” convoked in February 23, 2020, President Xi Jinping(2020b) called on “Party committees and governments at all levels to put the safety and health of the people at the forefront and take effective measures to resolutely curb the spread of the epidemic.” He further stressed in his work of investigating COVID-19 epidemic prevention and control in Hubei, “always put the safety and health of the people in the first place. We will take the most comprehensive, strict and thorough prevention and control measures resolutely to curb the spread of the epidemic.”(Yi, 2020) Under the leadership of the CPC Central Committee, the Chinese government uses all the resources available to the state to actively treat all patients diagnosed, regardless of wealth, men, women, old and young, and not give up any life.

As the result of it, the mortality rate of COVID-19 epidemic patients is very low, the cure rate is very high, and the speed of controlling the epidemic is very fast, which has made the world amazing and incredible. Michael Ryan, the head of the health emergency program of WHO, fully affirmed China's actions and achievements in response to COVID-19 epidemic. He pointed out: China's coping with COVID-19 epidemic “fully demonstrates the current determination of the Chinese government, that

is, to continue to take all possible actions to protect the health of its own people.” (Ling, Chen, Liu, 2020)

Long Zhi-an, an American who settled in Beijing, has a personal experience of it. He pointed out:

“In China, all people should be isolated, and all lives are valuable. Whether you have money or not, all people are equal.However, what is the western view? People with money can cure diseases. Those without money are sorry to go home. Some countries feel that young people can provide us with more economic power, make more money and pay more taxes in the future. ” (CNN, 2020)

Collectivism

Chinese culture advocates collectivism, collectivism has shown amazing power in the fight against COVID-19 epidemic. Facing aggressive COVID-19 epidemic, the whole country has united to be strengthen as one, crossed a river in one boat. All had no complaints and no buck passing. If one side is in trouble, all sides would support it. The people of the whole country think one way, make efforts to one place, consciously respond to the call of the country, and create the miracle of great unity shown in this epidemic, which makes the world marvel. Martin Jacques pointed out: “what the Chinese believe in is not external force, but the strength of unity. In fact, Chinese people are not afraid of it. What is terrible is that the Chinese people engrave unity in their bones.” (Sohu, 2019)

Bruce Elwald, WHO head of the Expert Group and senior advisor to the WHO director general, pointed out that in the war against the epidemic, “China has demonstrated amazing collective action and spirit of cooperation.” (Zhang, 2020) Michael Ryan, WHO head of the health emergency program, pointed out that in the battle against COVID-19, “China’s domestic and provincial governments have shown extraordinary solidarity action.” (Ling, Chen, Liu, 2020) this powerful mobilization ability also makes people in other countries feel unimaginable and think it is a miracle (baidu, 2020). In this campaign, Chinese people all were mobilized and organized a people’s war against the epidemic, which plays a key role in rapidly controlling and ultimately defeating the epidemic. It can be seen that Chinese collectivism contains great spiritual power(Li, 2007).

Positive attribution and introspection self-improvement

In fact, positive attribution and introspection self-improvement are the concrete embodiment of the above-mentioned Chinese cultural spirit of “continuous self-improvement and moral integrity”. The Chinese nation is a brave nation. No matter what difficulties or crises it encounters, especially the great disasters, it will first make positive attribution with a positive mentality, attributing them to the opportunity to train themselves to promote their own growth and strength. At the same time of positive attribution, Chinese culture requires people actively to explore ways or methods to overcome hardships, and constantly think and reflect in this process, increase wisdom, and improve the quality of overcoming hardships (Li, 2016). In this campaign to prevent and control COVID-19 epidemic, this positive psychological quality played a huge role once again.

Facing aggressive COVID-19 epidemic, Chinese government and people are not afraid, complaining, throwing pot, seeking objective reasons, praying for gods or other external forces. Instead, they take the epidemic situation as their own test, actively analyze the causes, find effective ways to overcome the epidemic, and strive to minimize the losses caused by the epidemic. Xi Jinping(2020b) pointed out: “This COVID-19 epidemic is a major public health emergency that has the fastest spread, the

widest range of infections, and the most difficult prevention and control in China since the founding of the People's Republic of China. For us, this is not only a crisis but also a big test. " in the face of such a big exam, the Chinese people try to find a way out and rely on their wisdom to welcome the final examination. Finally, we passed the test and achieved a major victory in epidemic prevention and control.

After winning the decisive victory, China and her people still maintain suffering consciousness, without any pride and relaxation, actively think and reflect on the problems exposed in the face of the crisis, improve our country's ability to cope with the crisis. As president Xi Jinping(2020a) said,

"We should focus on the obvious short board that we should deal with in the epidemic, sum up our experience and draw lessons from it, and improve the capacity and level of dealing with major public health emergencies." (Yi, 2020)

we should "take a long-term view, sum up experience, draw lessons, and pay close attention to the weaknesses and deficiencies exposed in this epidemic situation, close loopholes, and strengthen weak items. We should adhere to what should be stuck to, improve what should be improved, establish what should be built, and carry out what should be fulfilled. We should improve the system and mechanism of prevention and control of the major epidemic, and perfect the system of the national public health emergency management"(Xi, 2020a), which clearly expressed the idea of positive attribution and introspection and self-improvement.

Sense of responsibility and the spirit of dedication

"Everyone being responsible for the fate of his country" is an important thought of Chinese culture. The life goal and value of Chinese culture is to make family flourish, govern the country and stabilize the world. Under the infiltration of this thought, the Chinese nation actively takes the rise and fall of the country as its responsibility. Especially when the Chinese nation is facing a huge crisis, it is most obvious. It is because of this that the Chinese nation can overcome one crisis after another, and constantly strengthen itself and enhance its ability to resist the crisis. This is also the case in the face of the crisis of COVID-19 epidemic. Chinese leaders have the sense of responsibility and the spirit of responsibility. The medical staff have the fearless spirit of facing the epidemic and the responsibility of trying to treat every patient. The people's police and soldiers have bold and courageous action of regardless of personal danger. Volunteers have the character that is not dangerous and hard to give. Broad masses of people take self-isolation in order not to cause trouble to the country. All above are the concrete embodiment of "Everyone being responsible for the fate of his country".

Bruce Elwald, an expert of WHO, said: "what shocked me most is that every Chinese has a strong sense of responsibility and dedication, and is willing to contribute to the fight against the epidemic."

"COVID-19 epidemic is greatly delayed by the tenacity and dedication of the Chinese people."(Zhang, 2020)

"The overall situation concept, dedication and optimism of Chinese people are particularly valuable, which provides conditions for the strong and effective implementation of prevention and control measures." (Wang, 2020)

for example, during against the epidemic period, in order to prevent and control the infection of COVID-19, the government requires the broad people to stay at home, which was attached great

importance by them, consciously stay at home, self-isolation and protection, which is to protect not only themselves, but also others, blocking the transmission channel of the virus. Many people said: "although it's hard to stay at home, it can't add trouble to the country. It is necessary to stay at home consciously." (baidu.com, 2020). The sense of responsibility and dedication of the Chinese people has become a huge power to overcome COVID-19 epidemic, and one of the magic weapons for the Chinese people to overcome the epidemic finally. Because of this, Xi Jinping (Xi, 2020a) called for

"to rely firmly on the masses and fully mobilize the masses, to improve the self-service and self-protection ability of the masses."

CONCLUSION

The above analysis shows that Chinese excellent culture breeds Chinese excellent cultural psychological qualities, which play a huge role in the battle against COVID-19. That is why we need to enhance our cultural confidence and vigorously carry forward and develop Chinese fine traditional culture.

In 2017, the General Office of the CPC Central Committee and the State Council issued *"the Opinions on Implementing the Project to Inherit and Develop Chinese Fine Traditional Culture"*, which states: "Culture is the blood of a nation and the spiritual home of the people. Cultural confidence is a more fundamental, deeper and more enduring force. The unique concept, wisdom, bearing and charm of Chinese culture have enhanced the confidence and pride of the Chinese people and the Chinese nation." (Gov.CN, 2017) It clearly points out that Chinese culture is the foundation of the Chinese nation and the roots of our cultural confidence. The great role played by Chinese cultural psychology, especially Chinese cultural spirit, in the fight against the epidemic tells us that we should have and further enhance cultural confidence.

Xi Jinping (2014) pointed out in *"the 13th Group study session of the Political Bureau of the CPC Central Committee"* on February 24, 2014, that "The extensive and profound Chinese traditional culture is the foundation for us to keep a firm foothold in the global cultural turmoil. Chinese culture has a long history, embodies the deepest spiritual pursuit of Chinese nation, represents the unique spiritual identity of Chinese nation, and provides rich nourishment for the continuous development and growth of Chinese nation." Here, Xi clearly points out the importance and necessity of Chinese traditional culture for the existence and development of the Chinese nation. At the beginning of *"The outline for the Implementation of Citizen Ethics for a New Era"* issued by China in 2019, it is pointed out that "Chinese civilization has a long history, giving birth to the precious spirit and character of Chinese nation, and fostering the Chinese people's pursuit of lofty values." (Gov.CN, 2019).

The Outline not only points out the value of Chinese traditional culture and cultural psychological quality, but also strengthens the confidence of carrying forward and developing Chinese traditional culture, and also points out the path of carrying forward and developing Chinese culture. Based on the value of Chinese culture and Chinese cultural psychology in the history of Chinese nation, especially the victory over the COVID-19 epidemic, it is necessary to vigorously promote and develop Chinese culture and cultivate the positive psychological quality of Chinese people with Chinese excellent culture.

Grant:

1. "Research on preschool education model based on the cultivation of ingenuity", the characteristic innovation projects (education and scientific research) of colleges and universities in Guangdong Province (Grant number: 2017GXJK191).
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3. "Research on mental health education based on Huineng's Xinxue", Scientific research projects of key disciplines in Guangdong Province (Grant number: 2019058).

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