

# ***A Study on the Traditional Culture and Family Style Ideological and Political Education of Young Doctors in the New Era***

**Hou Yunzhen<sup>1,a</sup>, Wang Xuan<sup>2,b</sup>, Zhou Yiwei<sup>1,c</sup>, Hou Ningjian<sup>3,1,d,\*</sup>**

<sup>1</sup>*Wenzhou Medical University, Chashan Street, Ouhai District, Wenzhou City, Zhejiang Province, China*

<sup>2</sup>*Zhuzhou Hetang Foreign Language School, No.757 Donghuan Road, Hetang District, Zhuzhou City, Hunan Province, China*

<sup>3</sup>*Republic of the Philippines Batangas State University, Rizal Avenue Ext., Batangas City, Batangas, Philippines*

*a. 445795474@qq.com, b. 444827154@qq.com, c. zyw1009413521@163.com, d. 540065381@qq.com*

*\*corresponding author*

**Abstract:** The key and essence of ideological and political education lies in integrating theory with practice, leaving the classroom and campus, and integrating into social life. This article elaborates on how to strengthen the family culture and excellent traditional cultural curriculum ideological and political construction of young doctors under the new situation, thereby promoting the internalization of medical ethics and medical ethics into the spiritual pursuit of young doctors, promoting the harmonious relationship between doctors and patients in the new era, exploring and utilizing various resources contained in ideological and political courses to carry out curriculum ideological and political work, and providing a summary of practical experience for young doctors in China to strengthen traditional culture and family culture cultivation.

**Keywords:** Young doctors, Traditional culture and family traditions, Ideological and political education

## **1. Introduction**

Collaborative education of ideological and political education is a historical mission entrusted to ideological and political education in universities in the new era[1]. The position of ideological and political courses in the overall strategy of governing the country is increasingly prominent. It is necessary to organically combine explicit and implicit education, and encourage teachers to fully tap into the potential of education in various educational channels, unify ideological and political courses with curriculum ideological and political education teaching, and explore the organic combination of ideological and political courses with curriculum ideological and political education [2].

Family culture is the unique spiritual and moral style of a family or family, rooted in the hearts of family members. Family culture not only affects the personal growth of family members, but also affects the harmonious development of the entire society. Throughout history, people have always

focused on building a good family atmosphere [3]. Ideological and political courses should not only be taught in the classroom of schools, but also in the classroom of society. Ideological and political courses and education work should break through the limitations and narrowness of traditional campus classrooms, broaden their external extension, gather the strongest educational force, and exert the widest educational effect[4]. Traditional culture has undergone thousands of years of inheritance, development, and innovation, containing various aspects such as philosophy, morality, medicine, art, etc., and has formed many classics today, shining brightly in the long river of history. A person with great professional attainments must have a profound cultural heritage. For young doctors and medical staff, professional knowledge and skills are important, but cultural heritage is the fundamental factor that determines their height. In the new era, people's living standards are constantly improving, and their demand for life and health is increasing. As a young doctor who "hangs a kettle to save the world, treats diseases and saves people", it is difficult to bear the responsibility of serving human life and health[5]. Against the backdrop of excellent traditional culture, young doctors should even try to use it to build their own family culture and strive to become truly skilled and virtuous medical workers.

## **2. The Connotation of Excellent Traditional Culture and Family Style Construction**

The emphasis on family, family education, and family conduct is an inheritance and development of the ancient Chinese philosophy of valuing family, family education, and family discipline. Chinese culture has a long and profound history. China is a country based on the family, and excellent family culture is an important component of Chinese civilization. The excellent family style is rich in many traditional virtues, and in the new era, it has important practical value for inheriting the excellent traditional Chinese culture.

The excellent traditional cultural ideas in China are the genes of family culture. The Chinese nation has attached great importance to the construction of family culture since ancient times, and family, tutoring, and guidance have played an important role in promoting the construction of family culture. The ancients attached great importance to the educational role of family rules and teachings, such as Yan Zhitui's "Yan Family Instructions", Zhu Bailu's "Zhu Zi Family Instructions", Li Yuxiu's "Disciple Rules", etc., which were numerous and rich in content. These historical and cultural accumulations form an invisible force in modern families that guides and constrains one's own behavior and style. The cultivation of family ethics is based on the family as the basic unit, and a harmonious family atmosphere. The cultivation of family ethics cannot be separated from the education and guidance of the family, especially the words and deeds of parents and elders. We need to deeply integrate traditional core values such as "benevolence, righteousness, propriety, wisdom, and trustworthiness" into family education through inherited family rules and teachings[5].

The construction of family culture serves as a carrier for inheriting the excellent traditional Chinese culture. The field of traditional family education is very extensive, from civilized etiquette to filial piety to family and friends, from behavioral habits to ethics and morality, just like a mirror of excellent traditional Chinese culture, reflecting its most authentic portrayal. Macroscopic abstract moral theories can only be fully reflected in daily life with the help of vivid and concrete micro carriers, and continuously demonstrate their fresh vitality. Excellent traditional Chinese culture is abstract, while family tradition is concrete and achievable[3]. It is precisely with the help of family tradition carriers that excellent traditional Chinese culture can be better inherited. Cultivating a good family tradition is a vivid manifestation of the process of inheriting and developing excellent traditional Chinese culture. An important connection between individuals, society, and the country is the 'home'. Excellent family traditions are inherited from the genes of China's excellent traditional culture, which provides nourishment for the cultivation of family traditions, and the two are intertwined. A good family tradition is the foundation for maintaining social stability today and an important carrier for building a harmonious and beautiful society.

Cultivating a good family culture can help stabilize and maintain a positive atmosphere in the entire society, allowing excellent traditional Chinese culture to enter thousands of families. When individuals, families, and society gradually develop and achieve a virtuous cycle, the process of inheriting Chinese excellent traditional culture will accelerate, which is more conducive to the promotion and development of Chinese excellent traditional culture. History and reality remind us that only with a positive family atmosphere can social atmosphere improve.

### **3. Excellent Traditional Chinese Culture and Ideological and Political Construction of Young Doctors**

Einstein said: relying solely on knowledge and technology cannot bring happiness and dignity to human life. With the progress of science and the improvement of social civilization in medicine, the rapid growth of medical knowledge and the development of technology, doctors are likely to pay more attention to the problems of diseases and diagnosis and treatment techniques, ignoring the problems of patients. A large number of medical problems can no longer be solely handled by diagnostic and treatment techniques, and need to consider complex social, psychological, environmental and other factors. Overemphasis on technology leads to low patient satisfaction. Explore the elements of traditional cultural ideological and political education, and deeply explore the value guidance content contained from the perspective of traditional culture, so as to help college students establish correct values.

Drawing on the medical theories of ancient Chinese traditional philosophy, many philosophical classics have been formed, which are the foundation of Chinese thinking and the source of Chinese humanities. Especially many classic works of traditional Chinese medicine have been influenced by the philosophical and cultural ideas of their era of existence, such as the "Yellow Emperor's Internal Classic" and "Difficult Classic". In the teaching of healthcare majors, teachers often draw on traditional philosophy to enrich medical theories, broaden students' knowledge horizons, and to some extent cultivate students' medical thinking. The Yellow Emperor's Classic of Internal Medicine states that 'the earth and the sky are covered, all things are well prepared, and nothing is more precious than humans', which serves as a reminder and inspiration for medical workers to respect life. Only by respecting life can medical workers in their future work consciously develop a sense of sanctity and mission to save lives, regardless of the type of patient they encounter, in order to treat life well, respect life, and save it.

The excellent traditional Chinese culture contains valuable medical resources, and the contributions made by medical experts such as Nobel laureate Tu Youyou to human medicine have strongly confirmed some difficult problems that modern medicine cannot solve. Traditional Chinese medicine can fill the gap. As a very precious humanities science in China from ancient times to the present, it is not only a supplement to modern medicine, but also a perfect and improved one. QiuPeiran, a master of traditional Chinese medicine, said, "A good Chinese medicine should be proficient in both literature, history, and philosophy." He believed that traditional Chinese medicine is the crystallization of the combination of culture and medicine, and should be studied, researched, and promoted. Medicine is a small path, culture is a great road, and the main road leads to the small path naturally[5]. Therefore, to learn from traditional Chinese medicine for professional improvement, it is necessary to fully penetrate traditional culture and enhance students' humanistic literacy.

### **4. Family Style and Ideological and Political Education for Young Doctors in the New Era**

At the conference on ideological and political work in Chinese universities, national leaders emphasized the need to persistently improve ideological and political theory courses, closely integrate various courses with ideological and political theory courses, and jointly promote the development

of ideological and political education[6]. We can summarize the vast number of health and wellness workers with the words 'respect for life, save lives, be willing to contribute, and have boundless love', which is also an important interpretation of the family tradition of medical workers. Under the new situation where our party is fully promoting the construction of a healthy China, medical workers play a leading role. The family culture construction of young doctors and medical staff plays a unique and indispensable part in the traditional family culture construction.

#### **4.1. The necessity of cultivating the moral character of young doctors**

The initial practice and philosophy of medical ethics in humans were carried by empirical medicine or ancient philosophy. Early philosophy was medicine, and medicine and morality had a relationship between you and me. The idea of benevolence is an important content that runs through traditional Chinese culture and Confucianism. Chinese traditional culture contains rich moral resources and is also the spiritual gene of our Chinese nation. Traditional Chinese culture contains important philosophical ideas and medical resources, but the most extensive and extensive one is moral education. Traditional culture attaches great importance to people's moral cultivation, and advocates the idea of promoting oneself and others, as well as the concept of honesty, which are moral concepts that medical workers should establish. Yang Quan, a famous doctor of the Jin Dynasty, pointed out in his "Treatise on Medicine" that "a doctor is not a benevolent person and cannot be entrusted; not a wise and rational person, cannot be entrusted; not a clean and honest person, cannot be trusted." As a "benevolent person", a doctor who can achieve "benevolent people love everything" (under "Mencius. Diligent") is great benevolence. Patients place their hopes for their own life and health on medical workers. If medical staff lack the virtue of kindness and disregard life, it goes against the "doctor's parents' heart". We should utilize the moral resources in traditional culture to infiltrate, educate, and guide medical workers, which is beneficial for them to form a benevolent heart and support the career of young doctors with noble medical ethics in medical work [5].

#### **4.2. A good family tradition helps young doctors cultivate noble moral character**

The family tradition has accumulated excellent traditions, reflecting the traditional virtues of the Chinese nation from different perspectives. In the process of building a family culture, we absorb and draw on traditional excellent family education and guidance to educate our children, so that they can form a good personal character with the main content of "patriotism, dedication, obedience, diligence, kindness, generosity, integrity, and self-improvement and self-discipline". In daily life, we cultivate good character, showing filial piety to our parents and brotherhood at home, being honest and respectful outside, and loving our work. Promoting and practicing good family ethics is also one of the effective ways to internalize medical ethics into the spiritual pursuit of medical workers and externalize it into conscious action. The combination of medical ethics and personal traditional pursuit of noble moral character is of greater practical significance. In the new era, deepening and implementing the construction of family culture in every family is not only conducive to the root of socialist core values in every family, but also enables every family member to grow up healthily in a harmonious family atmosphere. As a collective identity, family culture has a silent and nourishing impact on family members. A good family culture construction will definitely make families happy and happy, and contribute to the realization of the Chinese Dream by every family [6].

#### **4.3. Good family conduct promotes harmonious doctor-patient relationship**

Good family conduct plays an important role in shaping individual good morals and forming social good customs, and is equally important for Solving the doctor-patient relationship plays a positive buffering role.

The root cause of the conflict between doctors and patients lies in the ideology of both parties. There is a problem of mutual respect between doctors and patients, and respect is the primary factor in the formation of doctor-patient conflict relationships. Family ethics advocate knowledge and understanding of etiquette, and doctors should treat patients equally. Doctors should show respect for patients and not be particularly enthusiastic due to their status and identity, nor should they be indifferent due to patients coming from rural areas or having poor families. Nowadays, patients who have been wronged do not respect doctors, insult doctors, and even experience frequent "injury" incidents recently. These problems ultimately stem from individuals who have not been nurtured by good family traditions and lack ideological education. Through the education and cultivation of excellent family traditions, good personal qualities of doctors or patients can be formed, which will naturally alleviate the doctor-patient relationship.

The family ethics in traditional Chinese culture advocates "trust", and trust is another key factor in the formation of doctor-patient conflict relationships. In clinical practice, there are more or less patients who do not believe in the doctor's treatment ability, which makes it difficult for patients to fully cooperate with the doctor's treatment plan. This not only increases the difficulty of diagnosis and treatment, but also increases the possibility of doctor-patient conflicts. Solve the problem of trust crisis and promote harmonious doctor-patient relationship. In addition, doctors and patients should understand each other, and if everyone practices mutual understanding, it will present a scene of doctor-patient harmony. So by leveraging the educational value of family tradition and improving individual comprehensive literacy, we can create a mutually respectful, equal, and harmonious doctor-patient relationship[7].

#### **4.4. The construction of medical ethics and style in the new era guided by family tradition**

Family conduct is one of the core contents of traditional Chinese culture. By analyzing the practical significance of family conduct in improving medical ethics and medical conduct, the integration of excellent traditional culture and medical ethics and medical conduct is of great practical significance in strengthening the construction of medical ethics and medical conduct for medical workers in the new era.

Under the guidance of family ethics construction, combine medical ethics construction with various systems, and comply with laws, regulations, and technical operation standards. Establish a spirit of professionalism, abide by professional ethics, fulfill physician responsibilities, care for and respect patients, and protect their privacy. At the same time, medical documents shall not be concealed, forged or destroyed, and shall not be used for the convenience of their position to extort, illegally accept patient property or seek other improper benefits.

Under the guidance of family culture construction, young doctors are patient-centered, wholeheartedly relieving pain for patients, striving for excellence in their work, extremely responsible for patients, and willing to contribute. Young doctors constantly urge themselves in a collective atmosphere of promoting family traditions, in order to truly live up to their medical identity. Improve the norms of medical ethics and medical conduct, improve the medical ethics evaluation system, strictly implement the "one vote veto system" of medical ethics and medical conduct, and comprehensively promote the improvement of the level of medical ethics and medical conduct.

By learning the sincere and simple interpersonal connections in family culture, we can gradually sharpen the doctor-patient relationship. Under the moral guidance of strengthening family ethics, we will rectify medical ethics and reshape the honest and trustworthy image of medical workers. Consciously resist unhealthy practices in medical work, prescribe medication for patients, use medication reasonably, and do not prescribe personal remedies or large prescriptions. When going out for consultations, lectures, or part-time work, follow relevant procedures. Always respect and care for patients, and strive to create a civilized and harmonious medical environment[7].

## 5. Conclusion

Family culture is a very core content in traditional Chinese culture, which places human education, life education, and the cultivation of values within the family. In the new era, as young doctors, we should better promote and practice good family traditions, enhance the noble character and moral literacy of young doctors, and enable various courses to go hand in hand with ideological and political courses, forming a new situation of collaborative education.

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