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## Current Status of Student Lifestyle and Solutions to Overcome to Build More Positive Thoughts

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### ABSTRACT

Possessing a positive life attitude will give us the strength to face all of life's problems. Positive thinking is an attitude that helps a person highlight the brighter side of their life and helps to lead a healthy and happy life. Positive life brings an immense amount of satisfaction and leads to a healthy mindset, helps students overcome their obstacles and makes them healthy, determinant, and self-independent people. A positive person spreads positivity and sorts out the negative thoughts and helps them relax and stay calm. Besides that the world of integration and development with the interference between many East and West cultures has changed the thinking of today's young people more or less. Young people today have a lot of time for study and entertainment, but many of them spend their time on useless things. And the goal of most young people today is to be really successful in life, affirm their position in society; earn a lot of money to be able to satisfy the needs of their own life. While many people are trying to contribute a small part of their efforts to a better society, many people are very indifferent to what is happening around them. This article refers to the lifestyle of young people, specifically some young Vietnamese people, thereby suggesting some solutions and research results showing that they need to have more optimistic thoughts in order to have a meaningful life

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Keywords: Mental Instability, Negative, Positive, Young Generation

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### 1. Introduction

Our world is in the process of renewal, integration, and development, so preserving the national cultural identity of each person is extremely necessary, in which, each person's lifestyle, especially Today's youth also plays an important part in the renewal of the country. We all know that style is a personality, a personality of each person. Therefore, lifestyle is their own way of life that shows their personality and personality. The lifestyle of today's youth is extremely rich, it is reflected in both positive and negative aspects. For a positive lifestyle, we can see it everywhere and at any time such as living self-sacrifice for others, studying actively, living ethically, having standards, living in harmony, and protecting nature. Optimism may significantly influence mental and physical well-being by the promotion of a healthy lifestyle as well as by adaptive behaviours and cognitive responses, associated with greater flexibility, problem-solving capacity and a more efficient elaboration of negative information. With that positive life error, it contributes significantly to not only hunger but also to the social community. Such positive lifestyles will make their self-worth more appreciated, cause sympathy, love trust, respect of everyone, besides, it will also make the society develop stronger, to be equal to the world, to get rid of poverty and backwardness. Besides positive lifestyles Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. it is inevitable that young people still form negative lifestyles. Because negative lifestyles have such a great influence, we must know how to live in accordance with the situation, live usefully, know how to live for others, criticize and condemn unhealthy lifestyles, then set an example for everyone to learn and follow.

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## 2. Content of the research

### 2.1 Some thoughts on the negative behavior of young people

There have also been studies on this issue in the past. According to Wang et al., (2017). Negative lifestyle of a part of Vietnamese youth today under the lens of Freud's theory of human behavior", the reasons and reality of negative perception negative behavior in young people from the lifestyle: "explaining the endogenous causes leading to the behavior of some negative lifestyles of young people is explained as "lifestyle of violent behavior disregarding the law (violent behavior)"; superficial lifestyle, racing, and racing (the problem of illegal racing). Beside that, Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the problem of most of societies and it has a significant effect on mental and physical health. It can be said that dysfunctional sex relation may result in various family problems or sex related illnesses.

The review of the research works dedicated to the troubled teenagers shows that the negative tendencies in the personal development of teens are considered mostly separately (Dabagyan, 1990). Thus, it is not surprising that year after year, adults say they believe strongly that their local schools are doing well, but that schools in general definitely are not. They locate elsewhere the intensely negative publicity about the general state of education. They can get stuck in negative thinking patterns that may make depression, anxiety and upsetting feelings even worse. Several common cognitive distortions have to do with believing you know things that are impossible to know

According to Pourrazavi&Hafezian(2017),the pragmatic lifestyle follows "fashionable" trends that have been introduced to Vietnam at a very fast rate and are having a strong influence on a part of young people. With the rich and typical data updated in the thesis, the author points out that, despite the negative lifestyle trends and cultural trends, hedonistic thought, moral degradation, disorientation, etc., violence, disregard for the law, insensitivity only exist in a part of young people's today, but it has reached an alarming level, causing irritation in public opinion and is one of the problems that the whole Party, the whole people and the State must persistently prevent and find measures to educate political ideology for today's young generation.

### 2.2 Young people, negative thoughts and its effects

Those bad thoughts are situations that seem unrelated to the matter, but with only a negative view, all problems will be dominated by that unoptimized view. Negativity also has many other names such as stress, toxic thoughts, etc. But it is young people themselves who are the agents that lead to the spread of negativity in today's life. How many times have we opened the newspaper and read it, when we see articles about parents who dare their children to commit suicide and their children do it, they are the ones who regret it when it's over. That is just one of the few negatives that are gradually drifting into the lives of today's youth. Agree with the views of the predecessors that they have more experience, and they have the right to decide their children's actions during the time of teaching to be human (Lu et al., 2016)

According to Baumrind (1971), parenting styles can be explained by two independent bipolar factors: warmth (or responsiveness) and control (or demandingness). Warmth or responsiveness dimension refers to the degree of parental nurturance, emotional expression and positive reinforcement of child's opinion whereas the control/ demandingness dimension reflect the parents' level of demands, control or expectations (Baumrind, 1971; Desjardins et al., 2008). The combinations of these two factors in various degrees according to Baumrind create the behaviors and attitudes that can be conceptualized in three parenting styles: authoritative parenting (high on control and warmth), authoritarian parenting (high on control but low on warmth) and permissive parenting (low on control but high on warmth; Greenspan, 2006).

Following by Ohta Jin (2019), the number of people in the 40s, 50s, and 60s is in the low-class area, among the group with the lowest suicide rate. In contrast, the young people in the 30s, 20s, and especially the under-19s showed no signs of going down (Hoi, 2019).

### 2.3 Methodology

To support the article, a short survey was carried out and many opinions were collected from young people in the regions under the age of 18, from 18 to 25, and aged 25 and over. With the support of school children, students, and even young people who go to work early in different companies in Ho Chi Minh City and neighboring provinces. The reason for choosing these young people for the survey was to measure their psychological thinking as well as compare their perspective and assessment of things.

Although the article's research scope is mainly focused on young people. However, there are also categories that have not fully covered the small dimensions of this problem and that is why there are ages that are not quite young but are enough to assess their psychological health.

2.4 Discussion

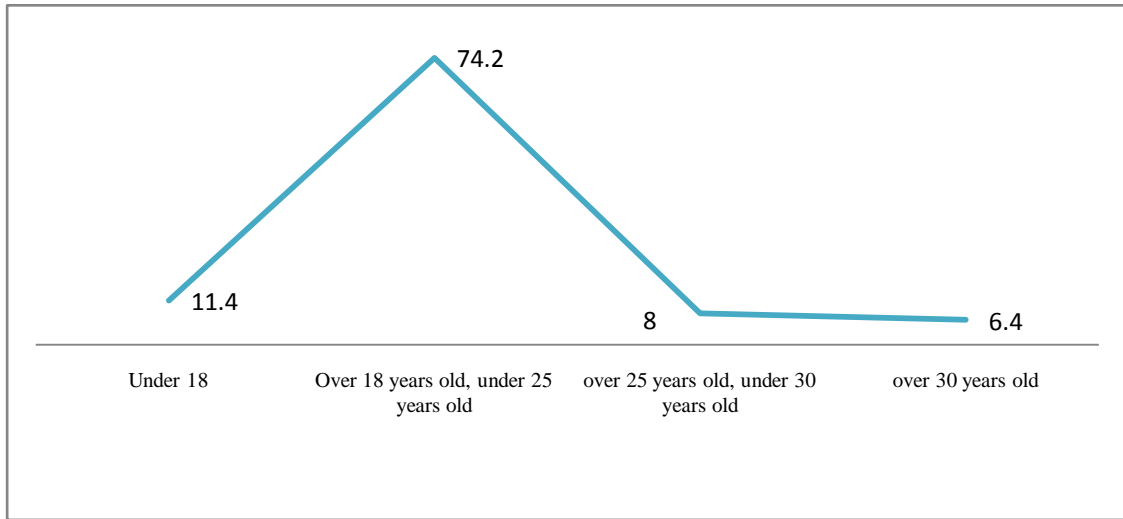


Figure 1: Age of survey participants

First, to target mainly young people, the survey was analyzed and used the age range when it comes to "young people" here, from the age of over 18 years old and under 25 years old. At this age, people begin to change their views as well as views on lifestyle due to the influence of changes in status, spirit as well as responsibilities to shoulder due to entering the later age zone. This is the time when people have the most changes in physical as well as visual. However, it is not excluded that the early development of a negative outlook from their own living environment affects their psychology and thinking, but for the time being in this regard, let's consider it as a rare case.

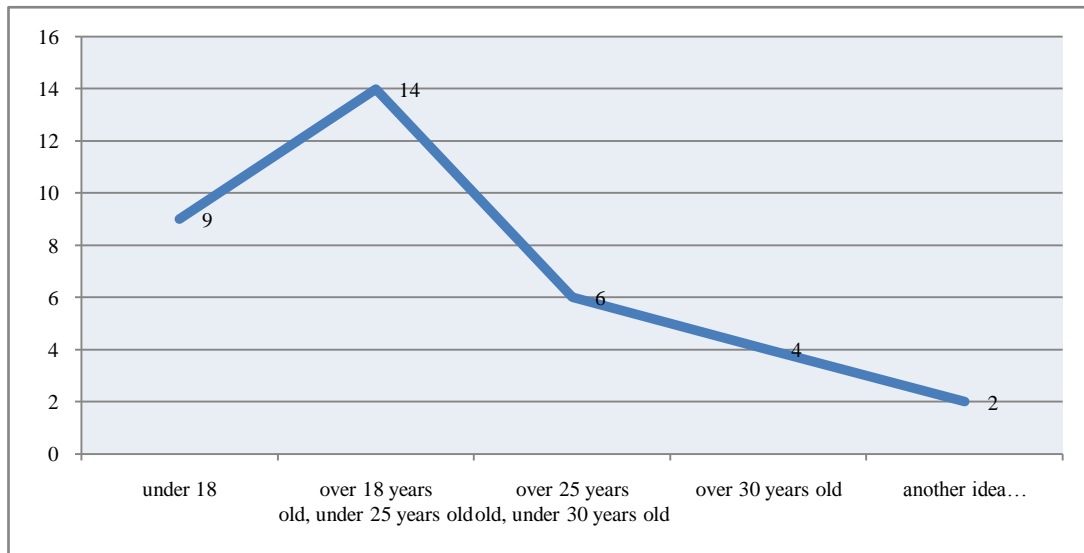
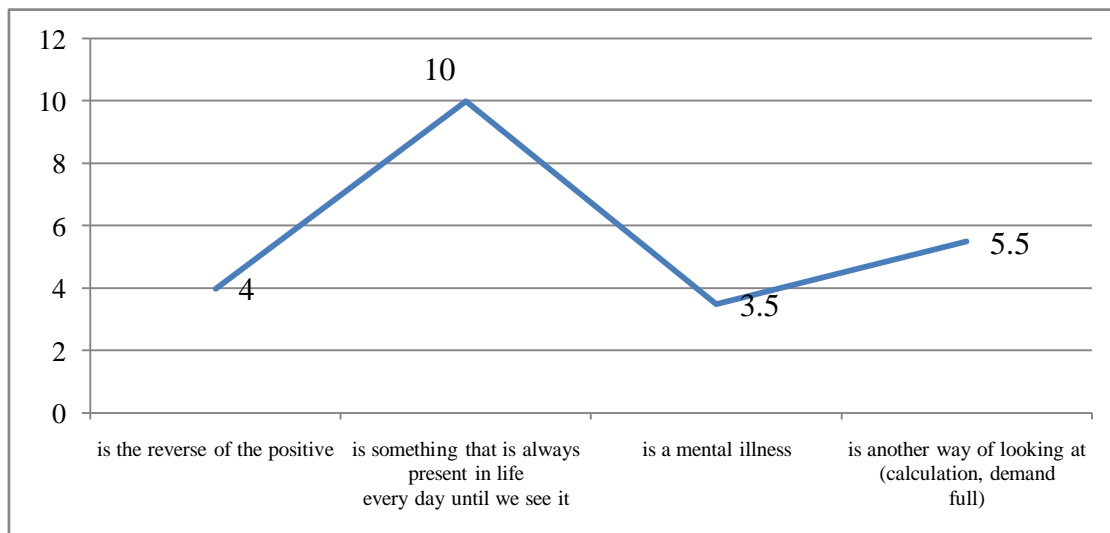


Figure 2. Evaluation of surveyors on how easily they are affected by negativity

Through Figure 2, we can see that the majority of survey participants are those in the age group from 18 to 25 years old (Figure 1), who also think that age is easily affected by negativity especially in the 18-25 age group, followed by teenagers and under 18 years old. Although the number of people with negative thoughts is not much, they also choose that there is negativity in themselves, the difference between the two points above is that one side admits they have negative thoughts and the other side admits that they have negative thoughts. Do not want to admit it, but they do notice the negativity that creeps in on themselves (Figure 3).



**Figure 3: Perspectives on the nature of negativity**

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### 2.5 Proposed solutions

After the above arguments, we can see that the destruction existing in each person's way of thinking is very large, and from that, we can see that each of us's behavior comes from our perspective of things. At that time, a drunk person will always try to pretend that they are not drunk, but they do not realize in their subconscious, they start to use a very loud voice (Linh et al., 2020).

According to Chang et al (2020), also had four solutions to solve this problem. We need to guide young people to have a sense of self-improvement. Next, we need to improve the effectiveness of family, school, and community education. After all, it is quite necessary to promote the great advantages of the mass media. Moreover, we need to develop a system of development policies and strategies for the young generation in line with socio-economic development in the context of globalization and international integration. Teach young people how to visualize a positive outcome for every scenario. How to see the success clearly before taking the first step. Why visualization is important and how to practice it for achieving their goals. This helps young people to work towards their goals in the right way and understand the importance of positive thinking.

On a broader scale, theses on the theory of human behavior in developed countries such as the US, UK, Canada, etc. also suggest ways to consider the problem that is "finding typical emotions" used to moderate bad actions and frequent negative thinking in the subconscious development of emotional disorders and anxiety in young people." (Jun, 2016).

## 3. Conclusion

Negativity, although not shown in form, is a dangerous "disease" that creeps in each of our thoughts and can make us suffer negative effects on the spirit of each person and spread through the people around us. We can not fix something we're not aware of, so before we want to stop a person from being negative, we need to see if they themselves realize that they're being negative. Therefore, it is necessary to propagate positive actions and train human nature from the time it is still receptive, thereby improving the morale of the affected people, thereby changing the way they look and feel such as increasing their awareness of the negative without affecting their morale. Generation has had its share of stress and pressure. But the point is that today's youths experience a unique blend of multiple pressures combined with a sharp decrease in adult help and guidance. The pervasive problem is that society's negative view of youths leads to policies designed to control and punish them, rather than to empower or help them.

### Limitations

Student lifestyle has always been a popular topic chosen by many people to study because of its urgency and difficulty. Because of the complexity of the big problem, the article still has certain limitations that cannot be completed immediately. Regardless of these limitations, the current research was the first to explore the associations between Individual Psychology lifestyle and parenting styles. We propose that future researchers could explore this topic more

thoroughly with additional variables and samples. Some further questions need to be answered in future studies to expand the findings of the present study. Hopefully, those limitations will be overcome in the not too distant future.

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