

## **The Construction of Independent and Complete Self-Esteem System of Higher Vocational Students from the Visual Threshold of Craftsman Spirit**

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**Keywords:** Craftsman Spirit; Vocational Students; Self-Esteem; Independent and Complete Self-Esteem System

**Abstract:** It is the responsibility and mission of higher vocational colleges to cultivate workers with craftsmanship spirit and transport high-quality talents for the powerful industrial chain. The imperfect self-esteem system of higher vocational students restricts their growth and affects the quality of talents exported by higher vocational colleges. To remove the barriers of low self-esteem of higher vocational students and build an independent and complete self-esteem system are the key measures to cultivate craftsmen in big countries. Through the cultivation mechanism of "Trinity" self-esteem system with full participation, multiple teaching and school family linkage, we can make full use of all teaching activities such as psychology class, ideological and political class, professional course, practice course, elective course, competition and association, and combine students' self-conscious repair with teachers' foreign aid and assistance, so as to realize the transformation from "I can't" to "I can", and cultivate more talents with knowledge, skills and innovation.

In the report of the 19th National Congress of the Communist Party of China, it is proposed to build a large army of knowledge-based, skilled and innovative workers, carry forward the spirit of model workers and craftsman, create a social fashion of glorious labor and an atmosphere of striving for perfection. It once again mentions the spirit of craftsmanship, clarifies the standards for workers to have knowledge, skills and innovation ability in the new era, and establishes the glorious social status of labor.

It is the mission and demand of higher vocational colleges to implement the craftsman spirit and cultivate many big country craftsmen. The imperfect self-esteem system of higher vocational college students restricts their growth into a great craftsman. It is of far-reaching significance and modern value to dismantle the barriers of low self-esteem of higher vocational students and construct their independent and complete self-esteem system.

### **1. Connotation of Independent and Complete Self-Esteem System of Higher Vocational Students**

French psychologist Christopher Andre, in his book "proper self-esteem", expounds the three pillars of self-esteem: self-love, self-concept and self-confidence [1]. Self-love is the most important part of self-esteem system, that is, unconditional love of oneself. Although you have defects and shortcomings, there is always a voice in your heart that tells you that you are worthy of love and respect. Self-love can save us from despair and stand up again when we meet difficulties. Self-view is to look at their own vision, the evaluation of their own advantages and disadvantages. Think that you have potential and you have shortcomings. If there is a positive element in one's own evaluation and expectation, it will become the internal motivation of human beings, which can withstand setbacks and tests and achieve higher goals. Self-confidence is that you have the ability to take appropriate actions on important occasions. It is the result of self-love and self-concept. It mainly aims at one's own behavior level.

Due to the differences between Chinese and Western cultures and social values, there are differences in the origin, inclusiveness and expressiveness of self-esteem [2].

One is the difference of source and focus. The West emphasizes individual function and individual achievement and quality in the self-esteem system. The group is the second, and they pay attention to individual self-esteem. While the eastern family and country feelings and filial piety culture emphasize the sociality and collectivity of individual achievement and quality.

Second, the extension of inclusiveness is different. In western culture, individual self-esteem is self-centered and maximizes individual interests; while Chinese self-esteem not only involves individual self-esteem, but also includes close others or collectives related to self-esteem, which is reflected in the projection process of "sharing weal and woe and sharing weal and woe".

Third, the expression is different. Western culture tends to express directly, with the help of external strategies to enhance individual self-esteem; while in eastern culture, individuals express and accept in an implicit and introverted way, although their implicit self-esteem is very high, they are still open-minded. Therefore, self-esteem is an individual's overall positive attitude towards himself [3].

The independent and complete self-esteem system of high vocational college students is composed of self-love based on Chinese traditional culture, self-concept conforming to socialist core values and self-confidence integrating into the interests of the motherland and people.

Independent and complete self-esteem system is a person's intangible assets, which affects his / her work, life and other aspects. The self-esteem system of higher vocational students is influenced by the dual education mode of original family and school. We can-not change the track of children's childhood, but we can adopt appropriate methods and education mode to improve and improve their self-esteem system, so that they can grow into healthy Eagles with independent self-esteem system and high-tech wings, flying in the blue sky of the great rejuvenation of the motherland.

## **2. The Value of Independent and Complete Self-Esteem System of Higher Vocational Students**

Vocational college students are the reserve and main force of building a strong socialist country. "Independent and complete self-esteem system" is of great value and significance for them to become craftsmen and pillars of the motherland.

(1) Driving value: abundant heart is the driving force to overcome all difficulties on the way of craftsmen

The path of craftsman is not straight and smooth, failure and difficulty are the accompany training of craftsman spirit. Whether there's Gao Fenglin -- breaking through the limit of precision, putting the "dragon's track" into space, solving the problem of 20 years, making China's stars shine in the sky, or Li Wanjun, who has gone through thousand degree flame, tackling key problems for thousands of times and speeding up the Chinese dream with firmness, and Li Yunhe, who has 62 years of dedicated repair, 86 years of hard work, Facing the barren place, enduring the wind and sand all over the sky, has overcome setbacks, failures, loneliness and confusion in the long process of research and hard training. It is driven by the "independent and complete self-esteem system" that they can tell themselves that they can do it when they are in trouble, make themselves stand up again after failure, objectively and scientifically analyze their own (team) potential and inadequacy, redefine their goals, and put them into action in appropriate ways to overcome difficulties.

A person with independent and complete self-esteem system, whether in work, life and other activities, with internal driving force, can complete tasks with high quality and achieve goals. Therefore, the independent and complete self-esteem system is also an indispensable internal driving force for vocational students.

(2) Inspiring value: perfect self-esteem system calls team members to the summit of craftsmen:

Self-esteem is a psychological category, which is directly expressed in many aspects, such as emotions and actions, and emotions are infectious. A person with "independent and complete self-esteem system" truly loves himself, accepts his achievements and shortcomings, has clear and firm goals in action, and has a strong heart. Therefore, they are full of positive energy, calm in temperament, sincere and not critical of people, serious and innovative, and tenacious in the face of difficulties. They are welcomed by the members of the team and become the backbone or role model of the team. Their positive energy can be infected and transmitted to the team, which has

charisma. It makes the positive energy increase and the negative energy entropy decrease. Team work in a harmonious and warm, positive and enterprising atmosphere can promote the improvement of individual self-esteem and the formation of self-esteem system. It is suitable for continuous improvement, research and innovation, which is conducive to the formation of craftsman spirit and the growth of craftsmen in big countries.

The dream of a powerful country needs hundreds of millions of workers, and more people have an independent and complete self-esteem system.

### **3. The Dilemma of Independent and Complete Self-Esteem System of Higher Vocational Students**

#### **(1) Cognitive embarrassment**

First, parents do not know the right place and miss the best age for the formation of children's self-esteem. Psychology started late in China, and the public is not fully aware of it. The parents of vocational college students are not aware of the influence of their children's self-esteem on their life, and they do not pay attention to, cultivate and protect their children's self-esteem, and some of them are on the contrary. For example, when the children do something wrong, they do not affirm or praise in time, often compare with the children in the neighborhood, and seriously return the family to the children, which seriously hurt the children's self-esteem, make the children think that they are not worthy of love, afraid of their hands and feet, and have low self-esteem.

Second, the students' own understanding is insufficient, and the day after tomorrow they are unable to repair themselves. People's self-esteem level is not unchangeable, but can be repaired and improved. Through their own efforts and appropriate external conditions, people can make their hearts strong. Most vocational college students don't realize this. They only focus on learning and improving their skills, and rarely pay attention to their own inner repair. When they are in trouble, they are attributed to the outside world. Their inability is the true portrayal of their inner heart, and escape is their typical performance. They often use "I can't" to trap themselves.

#### **(2) Difficulties in school**

According to Article 16 of the mental health law of the people's Republic of China, schools of all types and at all levels shall provide mental health knowledge education to students, equip or employ mental health education teachers and tutors, and may set up mental health counseling rooms to provide mental health education to students. Preschool education institutions should carry out mental health education in accordance with their characteristics [4]. The guiding outline of mental health education for college students defines the objectives, principles, tasks and measures of mental health education. These laws and documents open the door of mental health education, so that more people begin to pay attention to students' mental health.

At present, vocational colleges offer psychology courses to students in the form of popular general education. Most of them are in the form of combined class teaching. A teacher gives classes to multiple classes at the same time, focusing on those students with psychological limitations. It is difficult to understand the individual situation of each student and can-not provide targeted guidance or help. There are few counselors who major in psychology, so the depth and accuracy of psychological application need to be improved. Most of the professional teachers graduated from non-normal universities and did not study psychology systematically. Teachers undertake a large number of professional courses and complete corresponding scientific research tasks. They seldom have the consciousness and time to actively study psychology, and even some teachers need to improve their self-esteem. These practical problems restrict the improvement and improvement of the self-esteem level of higher vocational students in school, also hinder the speed and quality of higher vocational students to grow into a big country craftsman, and affect the development and upgrading of the industrial chain.

#### **4. The Construction of Independent and Complete Self-Esteem System of Higher Vocational Students From the Visual Threshold of Craftsman Spirit**

According to the actual situation of independent and complete self-esteem system of higher vocational students, the cultivation mechanism of "Trinity" self-esteem system with craftsman spirit as the core, all staff participation, multiple teaching and school family linkage system as the carrier is constructed to seize the best opportunity for students' growth, repair and perfect the independent and complete self-esteem system of higher vocational students, improve their self-esteem level and help craftsmen become talents.

(1) Attach great importance to students' psychology and participate in the construction of healthy psychology

Higher vocational colleges are the starting point of students' craftsmanship, the key to the formation of their personality, and the cradle of craftsmen in big countries. Their ecological environment nourishes or inhibits the formation and improvement of students' independent and complete self-esteem system. Therefore, higher vocational colleges should attach importance to and participate in students' mental health construction project from all aspects. We should not only pay attention to the students who have psychological deviation, but also pay attention to other students, so as to correct the psychological deviation, improve and improve the self-esteem system of most students, so that students can have the ability to accurately and comprehensively examine themselves. In combination with the Chinese national culture and social values, we should use craftsman spirit as a guide to study and work, happily study technology, and practice superb skills.

(2) Diversified curriculum system, scientific maintenance and repair of students' respect

The curriculum system is the basis of Vocational Students' professional quality cultivation system, and also the carrier of repairing students' self-esteem system. We should build a diversified curriculum system, integrate the cultivation of craftsman spirit and self-esteem into all aspects of the curriculum system, improve the construction of curriculum system, innovate teaching methods and update teaching contents with the times, so as to maximize the educational function of the curriculum.

A. Integrate into psychological classroom and master self-esteem healing methods

Students play a decisive role in the formation of self-esteem and craftsmanship spirit. Self-esteem is like the dashboard of self, which affects our direction of action. The formation of craftsmanship spirit is the destination. A well-functioning "self" is really precious to the survival and quality of life [5]. Self-esteem is the key element to cultivate the craftsman spirit of higher vocational students, and vocational students must learn to grasp the steering wheel of life. First of all, we should integrate into the psychology classroom, learn the methods of self-healing, be able to accurately evaluate themselves, perceive their feelings of these evaluations, and use these evaluations and feelings to change their lives. Secondly, it is clear that self-esteem can be sustainable development. It begins with the process of accepting self, no longer criticizing self, talking with self, stopping hurting self, to protecting self, listening to self, respecting self, establishing self and being one's good friend, realizing the transformation from "I can't" to "I can". This transformation not only promotes the formation of craftsman spirit, but also changes students' individual career and life.

Vocational college students can use psychological methods to cultivate a strong heart, establish an independent and complete self-esteem system, speed up the way of craftsmen, overcome all difficulties and setbacks, and become the main force to realize a strong country as soon as possible.

B. Teaching ideological and political courses and clarifying career goals

Ideological and political course is the main channel and main position of Ideological and political work in higher vocational colleges, which directly affects students' world outlook and value orientation. Therefore, combined with the cognitive level and behavior development law of higher vocational students, select and improve the teaching content. From the perspective of craftsman spirit, detailed and accurate case analysis is carried out to publicize the advanced deeds of famous craftsmen, their mental process and overcoming methods when encountering setbacks and

difficulties, so as to enhance students' cognition and emotional resonance for the growth of craftsmen; carry out special discussion to make students clear their life goals and find out the gap with craftsmen; create conditions for students to exchange lectures with experts, ask experts to help students plan short-term action plans and long-term goals, predict problems and difficulties in action, and help students build confidence.

#### C. Innovative professional courses, flexible understanding of theoretical knowledge

The main task of higher vocational education is to cultivate high-end skilled professionals in production, construction, service and management. It can be seen that higher vocational students are positioned as skilled talents to solve various practical problems in production, construction, service and management. The replication and comprehensiveness of these problems determine not only the cross integration of knowledge in various disciplines, but also a good psychological quality self-esteem system. Therefore, it is necessary to break through the disciplinary barriers, reconstruct the contents according to the production practice, and use a series of student-centered methods, such as divergent thinking and brainstorming, to stimulate students' inspiration, improve their self-esteem, activate their thirst for knowledge and sense of achievement, so that they can flexibly understand and master the theoretical knowledge of professional courses.

#### D. The practice course will be post oriented, seamless docking of high skills

The knowledge left in the brain is only knowledge, and the technology mastered in the body is the skill. The combination of the two can solve the problems of production and management. In order to enable students to acquire high skills, it is necessary to create a post-oriented practice situation and provide opportunities for training.

Deep integration of school and enterprise is the best form of practice. Students can truly realize the integration of work and learning, show achievements and setbacks, and interlace self-esteem and inferiority. When creating opportunities for school enterprise cooperation, we can face multiple positions in the "industrial chain" and provide opportunities for students with a broader vision without limiting professional counterparts. This is more in line with the development direction of globalization and intelligence.

Secondly, it is necessary to create a post oriented training base in the school, set up work platform posts and tasks according to the actual production of enterprises, plan the organization of team members, and inspect, assess and reward according to the enterprise standards, so that students can feel the working atmosphere, experience the role of self-esteem system and the value of craftsmanship spirit.

Simulation practice base can also be used to assist teaching. When students can-not participate in the practice in special period, simulation practice can be adopted, and tasks and inspection standards can be set according to the situation of enterprise posts.

No matter what kind of situational practice class, it is necessary to set up multiple posts at the same time, with students as the main body, and they can freely choose the post order to practice. Happy practical learning can not only improve their self-esteem level, but also play a creative role.

#### E. Multi perspective extracurricular class to improve self-esteem

In addition to the above-mentioned four types of compulsory courses, interest elective courses, competitions, community activities and participation in some social volunteer activities can also be set up. Through the multi perspective extracurricular courses, students can obtain more achievements, improve self-esteem system, stimulate patriotic enthusiasm, form the spirit of excellence, temper the perseverance, and reserve talents for future big country craftsmen.

#### (3) Establish school family linkage mechanism and jointly build up students' self-esteem system

In the past three years, the school is their home. Family style, family discipline and family culture directly influence and influence their self-esteem system. Therefore, schools should publicize craftsman culture, infiltrate craftsman spirit, and do things according to craftsman standards. Strict teaching style, correct study style, serious examination style, carry forward the style of craftsman.

At the same time, the school and the students' families are closely linked to establish a school family linkage mechanism, which can timely affirm and praise students when they do something

right and have achievements, so as to improve students' self-esteem; when students make mistakes, teachers and parents jointly study solutions that can correct students' mistakes without damaging their self-esteem, and use flexible methods to solve the rigid problems of young students in the rebellious period.

Today's vocational college students, the new force of tomorrow's industrial chain, their healthy psychology is the driving force to grow into a big country craftsman. Having an independent and complete self-esteem system will not only help students succeed in their career, but also make their life happy and happy. The self-esteem system of higher vocational college students can be improved through the joint efforts of Higher Vocational Colleges and families. Making full use of all kinds of teaching activities and setting and implementing reasonably can improve students' self-confidence and respect and promote the formation of their self-esteem system. The road of shaping the heart is slow. For the mountain, it is based on a fall of soil, with a height of thousands of feet; for those who drill a well, they start from a three-inch ridge to a depth of ten thousand feet.

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