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Countermeasures for Solving the Problem of "45 Degrees Lying Flat" among Young People in Ideological and Political Education in Colleges and Universities under the Perspective of Digital Transformation

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Abstract: In the context of digital transformation, the phenomenon of young people adopting a "45-degree lie flat" attitude has garnered significant attention. This phenomenon not only impacts the personal growth and development of young people but also presents new challenges to ideological and political education in higher education institutions. This article delves into the manifestations and causes of the "45-degree lie flat" phenomenon, explores the opportunities and challenges that digital transformation brings to ideological and political education in higher education, and proposes a series of targeted and innovative strategies. The aim is to fully leverage the role of ideological and political education in higher education, helping young people overcome the "45-degree lie flat" state and achieve all-round development.

Keywords: digital transformation; ideological and political education in colleges and universities; youth "45 degrees lying flat"; countermeasures

1. Introduction

The "45-degree lying flat" phenomenon is a new social mindset that has emerged among contemporary young people, characterized by its broad and diverse nature. In the context of modernization, the coexistence of opportunities and challenges, the clash between multiculturalism and traditional values, and the influence of herd mentality on personal role positioning have collectively shaped the "45-degree lying flat" mentality among young people. To address the "45-degree lying flat" dilemma, it is essential to tackle both external environmental and institutional issues while also paying attention to the inner needs and evolving attitudes of young people. It is necessary to strengthen the education of ideals and beliefs among young people, foster a spirit of perseverance, help them establish correct worldviews, outlooks on life, and values, and enhance the governance of online public opinion to create a clean and positive online environment. Additionally, it is crucial to improve psychological counseling mechanisms, pay attention to the mental health of young people, promote healthy competition, and boost their self-efficacy, guiding them to realize their personal and social value. The "45-degree lying flat" attitude does not represent a complete abandonment of ambition; instead, it reflects a semi-passive coping strategy in which individuals maintain minimal engagement while avoiding both burnout from overexertion and the stigma of total disengagement [1]. This phenomenon is also observed among college students, presenting new challenges for ideological and

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political education in higher education institutions. In the context of digital transformation, how to effectively address the "45-degree lying flat" issue among young people through new concepts, methods, and technologies in ideological and political education at higher education institutions is an urgent challenge for educators today.

2. The Manifestations and Causes of the "45 Degrees Lying Flat" Phenomenon among Young People

2.1. Performance

In terms of academic development, some young students exhibit typical characteristics of vague goals and insufficient motivation. In class, they are often distracted by their mobile phones, respond slowly to teachers' questions, take incomplete notes, and participate passively. After class, the use of libraries and study rooms decreases, and students show little interest in actively seeking out materials or participating in academic discussions; most students are content with completing basic assignments. In social interactions, young people increasingly rely on virtual platforms to form "superficial connections", and their social circles tend to lack diversity. In real-life settings, students show little enthusiasm for club activities and often appear reserved or avoid face-to-face interactions, with their emotional support systems limited to a few online communities. Regarding career awareness, many students lack a deep understanding of industry trends and market dynamics, and are inadequately prepared for resume writing and interview techniques [2]. When faced with internship and job opportunities, they often exhibit hesitation and a wait-and-see attitude. According to a survey by the Shanghai Survey Team of the National Bureau of Statistics, 38.0% of college graduates opted for what is termed "slow employment", with 32.0% pursuing further education and 6.0% deliberately postponing employment. Additionally, a report on college students' employment attitudes indicates that 52.3% of students feel employment pressure, leading to fear of employment and a tendency to adopt a "delayed employment" strategy to avoid competitive pressure [3]. This behavioral pattern reflects the tension between personal aspirations for growth and external societal expectations, revealing the developmental confusion young people experience as they transition from education to adulthood and attempt to define their identities.

2.2. Cause

Amidst the rapid transformation of social structures, the digital wave has deeply influenced young people's lives, as they face the dual challenges of information overload and conflicting value systems. The algorithmic recommendation system continuously reinforces cognitive loops, leading some young people to fall into "information cocoons", feel alienated from mainstream values, and seek emotional comfort in niche subcultural communities [4]. The job market is highly uncertain, with intense competition for positions and unclear career paths. Many students are at a crossroads, hesitating between postgraduate studies, civil service exams, and market-oriented employment, facing a "choice dilemma" and struggling to make decisions. Family upbringing models also show structural imbalances, as some parents become overly involved in their children's academics and daily lives, thereby weakening their ability to cope with stress independently [5]. The development of individual psychological resilience lags behind the pace of social development, leading to an asymmetrical weakening of resilience and goal drive. When faced with temporary challenges, they often resort to psychological defense mechanisms, adopting a semi-withdrawn attitude that maintains a low-engagement survival mode, reflecting the interplay between modern anxiety and identity crises [6].

3. Opportunities and Challenges Brought by Digital Transformation to Ideological and Political Education in Colleges and Universities

3.1. Opportunities

Amid the wave of digital transformation, the "Situation and Policy" course at Guizhou University of Finance and Economics has successfully restructured the landscape of ideological and political education in higher education through innovative digital teaching models. This approach has opened up multiple pathways for value guidance. By leveraging internet platforms, educational entities can transcend time and space constraints, integrate high-quality resources from both domestic and international sources, and build an open and shared repository of teaching materials. These materials include historical documentaries, notable role models, legal education cases, and other diverse content, achieving a multi-dimensional presentation of teaching content. The integration of new media technologies, such as short videos, micro-movies, and virtual simulations, has transformed the way information is conveyed, making abstract theories more concrete and dry arguments more engaging, effectively enhancing young students' cognitive engagement and emotional resonance. Using big data mining tools, universities can create dynamic profiles of student learning data, accurately capturing trends in ideological fluctuations and behavioral tendencies [7]. This transition from generalized education to personalized, data-informed instruction enhances both the scientific rigor and predictive capacity of ideological and political education efforts. Technological empowerment not only significantly broadens the reach and depth of ideological and political education but also drives a structural transformation in educational paradigms, laying a solid foundation for fostering critical thinking and value development among young people.

3.2. Challenges

Under the profound impact of the digital wave, ideological and political education in universities is facing unprecedented challenges. While the influx of vast amounts of information broadens the cognitive horizons of young people, it also leads to confusion in value judgments and a tendency towards fragmented thinking choices. This makes some students more vulnerable to conflicting or misleading information in the complex media environment, which may dilute their core values and create uncertainty in their moral reasoning. Contemporary college students, as "digital natives", exhibit learning behaviors characterized by instant access, non-linear construction, and interactive generation, which naturally alienate them from traditional one-way ideological guidance methods. Outside the classroom, the rapid spread of emotions on social platforms and algorithm-driven personalization create "information cocoons", reducing exposure to diverse perspectives and making it harder for educational content to connect meaningfully with students' lived experiences. Meanwhile, in the wave of digital transformation, educational entities are facing unprecedented challenges. Teachers, as key players in educational activities, need to transition from traditional knowledge transmitters to digital guides to adapt to the application needs of new media tools and data processing technologies. However, some teachers have not fully adapted to this new role, leading to outdated teaching methods and communication styles that limit the relevance and effectiveness of ideological and political education.

4. Countermeasures for Solving the Problem of "45 Degrees Lying Flat" among Young People in Ideological and Political Education in Colleges and Universities under the Perspective of Digital Transformation

4.1. Innovative Education Concept to Stimulate the Motivation of Young People

Ideological and political education in higher education should reflect contemporary trends and align with the developmental patterns of young people, adopting a student-centered philosophy to better support their individual growth and pursuit of personal

goals. By designing theme-based educational activities that are rich in thought and emotionally resonant, we can guide young people to refine their ideals and beliefs amidst the clash and fusion of diverse cultures, fostering a positive outlook on life and a spirit of endeavor. For instance, in the "The Striving Youth Is the Most Beautiful" themed speech event, real-life case studies and scenario reenactments inspire students to deeply reflect on their self-worth and social responsibilities. In the "My Career Planning" sharing session, career mentors provide guidance and peers share experiences, helping students clarify their career paths and strengthen their intrinsic motivation. These activities not only enhance students' sense of participation and personal agency but also improve the effectiveness of ideological education through interactive formats. By embedding the spirit of perseverance into students' values and daily behavior, they provide continuous motivation and practical guidance to help young people overcome real-world difficulties and avoid falling into a passive or disengaged mindset [8].

4.2. Enrich the Educational Content and Enhance the Pertinence and Effectiveness of Education

In the digital age, the expansion of ideological and political education in universities must closely align with the ideological characteristics and growth needs of young students. The rise of new and social media, along with widespread internet use, has contributed to increasingly diverse and fragmented value perceptions among young people. Research indicates that social media influencers significantly influence the materialistic values of young people, while the vast amount of data and discussions on internet platforms reveal changes in young netizens' perceptions regarding marriage, childbearing, and Sino-foreign relations. The traditional method of single-theory indoctrination is no longer suitable for this trend. It is necessary to optimize the new media environment through education and social guidance to promote the formation of healthy values among young people. Therefore, ideological and political education content should transcend the traditional framework, deeply integrating patriotism, collectivism, and core socialist values into the spirit of the new era. By exploring real-world cases with strong relevance, such as the story of the Beidou Navigation youth R&D team overcoming major technological hurdles in national projects, and the real experiences of young people returning to their hometowns to start businesses in rural revitalization, These abstract value concepts can be transformed into vivid, relatable, and emotionally resonant scenarios and narratives. Additionally, to address the psychological pressure and career anxiety commonly faced by young people, the curriculum system should systematically incorporate mental health counseling modules and career development guidance, using digital platforms to deliver micro-lessons on emotional management and career ability assessment tools, thereby enhancing the precision and effectiveness of education. It is important to note that the updating of educational content should not merely be a superficial addition but should reflect a response and guidance to the deeper needs of young people. For instance, by using virtual simulation technology to recreate significant historical moments, we can deepen students' understanding of national identity through immersive learning experiences. Additionally, by leveraging artificial intelligence technology to analyze the online behavior data of college students, we can dynamically adjust teaching priorities, thereby enhancing the relevance and contemporary relevance of ideological and political education. Only in this way can we truly shift from a focus on "what to teach" to "how students learn", thereby revitalizing ideological and political education in the digital era.

4.3. Expand Education Channels and Build a Comprehensive Education System

By leveraging digital platforms, ideological and political education in universities can transcend the constraints of time and space, building a multi-level, three-dimensional educational system. By developing an online course system that integrates knowledge transmission, interactive communication, and immediate feedback, and by utilizing the personalized recommendation features of mobile learning devices, the depth and lasting

impact of theoretical education can be enhanced. In campus culture development, it is essential to create cultural brand projects with clear themes and diverse forms, such as immersive scenario plays focused on historical themes and youth development forums, to deepen students' internal recognition of mainstream values and encourage their conscious practice. Additionally, the institutionalization of home-school collaboration mechanisms should be emphasized, using cloud communication tools to establish regular information exchange channels, promoting the effective integration of parental resources and fostering ongoing collaboration in education, thereby creating a more cohesive system that connects classroom learning with extracurricular activities and blends online and offline experiences.

4.4. Improve the Digital Literacy of Educators and Improve the Quality of Education

The enhancement of digital literacy among ideological and political educators in higher education has become a critical breakthrough in addressing the "45-degree lying flat" phenomenon among young people. Today, student guidance has shifted from traditional lectures to multidimensional interactions. Teachers should strive to master modern communication methods such as short video production and live teaching, and collaborate with technical staff or leverage digital tools to better understand students' cognitive preferences and value orientations based on their behavior on learning platforms and social media. For instance, in a pilot program at a university, counselors used visualization tools to analyze classroom interaction frequencies, homework submission trends, and online discussion content, dynamically adjusting the teaching pace and case selection to make educational content more relevant to students' real-life concerns. Meanwhile, some ideological and political course teachers are using virtual reality technology to recreate significant historical events, making abstract ideological and political theories more tangible and deeply engaging through immersive experiences, thereby fostering emotional connection and a stronger understanding of core values among students. This approach of integrating technology with theory not only significantly enhances the appeal of education but also boosts young students' classroom participation, making them more active and engaged participants in the learning process. Therefore, only by enhancing educators' technical adaptability and innovation can ideological and political education shift from passive transmission to active guidance.

5. Conclusion

In the context of digital transformation, ideological and political education in higher education institutions plays a crucial role in addressing the issue of young people adopting a "45-degree lying flat" attitude. To tackle this challenge, universities should seize the opportunities presented by digital transformation, actively respond to the challenges, and implement various measures such as innovating educational concepts, enriching educational content, expanding educational channels, and enhancing the digital literacy of educators. These efforts aim to effectively guide young students in establishing correct values and outlooks on life, stimulate their motivation to pursue progress, help them overcome the "45-degree lying flat" attitude, and achieve all-round development. The work of ideological and political education in higher education institutions is a long-term and challenging task that requires continuous exploration and innovation to adapt to the evolving times and the needs of young students.

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