

# *Countermeasures of Cultivating Individual Inverse Quotient*

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**Abstract:** Research background: At present, more and more people appear to avoid and escape when facing adversity, and more and more people are defeated by adversity. Based on this, this study is devoted to studying how to cultivate individual adversity quotient and improve the ability to cope with adversity. Previously, there have been some studies on inverse quotient at home and abroad, and this study will continue the connotation and denotation of evening inverse quotient on this basis, in order to put forward suggestions and countermeasures for the cultivation of inverse quotient. Research purpose: Through understanding the relevant theories of inverse quotient, deduce the ability of individuals to deal with adversity in the face of adversity, put forward suggestions and countermeasures to cultivate individual inverse quotient, improve the adversity quotient of more people, which has potential importance to the development of the concept of inverse quotient, and will significantly affect the development of the concept of inverse quotient. Methods: The connotation and denotation of inverse quotient were understood and discussed comprehensively through qualitative research and related review. Conclusion: Combined with the research on inverse quotient, it is shown that individual inverse quotient can be cultivated and has health care effect on individual's physical and mental health. This study will further help more individuals to understand and cultivate inverse quotient.

## **1 Introduction**

### **1.1 Research Objectives**

There are abundant discussions on inverse quotient in the early literature of our country.[1] Mencius' thought of "being born in distress and dying in peace and happiness" is the best embodiment of the anti-Business thought, which reveals the value of the survival and reproduction of Chinese individuals in adversity.[2] This study intends to explore the connotation of Chinese anti-quotient thought, point out the way and value of training anti-quotient, so that more people understand the theory of anti-quotient, but also put forward suggestions for training individual anti-quotient level.[3]

## 1.2 Research Significance

The study of inverse quotient, from the psychological perspective of ancient Chinese works rich in inverse quotient thought, is conducive to the combination of psychology and humanities, help us to understand our own psychology from the perspective of our own culture, in order to use the cultural gene, to grasp the way to adjust their own mental health.[4] The study of inverse quotient will help popularize it and improve the core transformation power of individuals to cope with adversity, so that more individuals can participate in the team of regulating their physical and mental health through inverse quotient.[5]

## 1.3 Research Status

(1) On the basis of comprehensive research results of many people, Professor Paul Stotz proposed the concept of "inverse quotient" to measure people's coping intelligence and ability to overcome adverse circumstances, and developed the related "Adversity Response Scale" to measure people's coping intelligence and ability to overcome adverse circumstances.[6]

(2) AQ(inverse quotient) plays a decisive role in a person's personal development and career success. It often determines whether a person can achieve his goals with perseverance and determination even in difficult situations.[7]

(3) In ancient Chinese literature, there are abundant discussions on inverse quotient. "Zhouyi · Gan" in the "heaven line, the gentleman to unremitting self-improvement.[8] In fact, it is a kind of chemical thought, which aptly points out that a gentleman should know himself, believe in himself, and have perseverance and courage for all difficulties and obstacles. Mencius's "Born in Sorrow and death in peace and happiness" is also a kind of chemical thought. Liang Qichao, a thinker of modern enlightenment, also believed that the growth of life and the difficulties encountered are dialectically unified.[9] In the process of human growth, as people get bigger and bigger, there will be more and more difficulties. If you retreat from difficulties, they will increase. On the other hand, the difficulty will be reduced if you are facing directly.[10]

(4) The research of Nanjing Institute of Technology takes college students as the research object, and studies the role of inverse quotient in the growth of college students.[11] Yu Chao's research shows that there are great differences in the inverse quotient level of college students in the face of adversity, and the level of inverse quotient plays a great role in whether they can change from inverse to smooth.[12]

(5) Li Bingquan et al.'s research on inverse quotient shows that transformation is the core of inverse quotient, and chemical work determines whether people can change negative into positive and pressure into motivation.

## 2. The definition of inverse quotient

This study expands the connotation and extension of the concept of "inverse quotient" for the first time. This study puts forward that the core of inverse quotient is transformation, which describes the ability of individuals to transform unfavorable situations into favorable ones when dealing with adversity.

In this study, inverse quotient is mainly composed of four parts.(1) Cognitively, the focus of inverse quotient is flexibility, which originates from the "speculative" thought in Zhouyi.[13] (2) Emotionally, the key to reverse quotient is goodness, which comes from Mencius' theory of goodness of nature.[14](3) In terms of will, the key point of adverse quotient is to bear, that is, to admit and accept adversity, which comes from the thought of Huineng, the sixth ancestor.[15] (4) In behavior, the focus of inverse business is to resist pressure, that is, to fight against the great pressure brought

by adversity, derived from the ancient Chinese thought of "Heaven is vigorous, and a gentleman is always striving for self-improvement".[16]

### 3. Structure and connotation analysis of inverse quotient

Understanding the definition of "inverse quotient" alone is not enough to put forward strategies and opinions for the cultivation of inverse quotient. We need to further analyze the structure and connotation of inverse quotient, and discuss specifically from four aspects of cognition, emotion, behavior and will:

(1) Cognition and flexibility. China's response to COVID-19 is a manifestation of its anti-business philosophy with critical thinking and progress at its core, that is, "poverty leads to change, change leads to success, and general principles last forever." In China's response to COVID-19, we began to take "change" as the standard to measure the size of mind, and at the same time explained that counter-quotient provides a retrograde meta-power for China's response to COVID-19, which is the contemporary embodiment of "flexibility" in the socialist society.[17]

(2) Affection, to the good. Wang Suoming, pearl buck studies have shown that in China with good view of the basic value orientation and way to cultivate one's morality as the basic path of excellent cultural psychology, has the profound connotation quotient, "unyielding, and hold world with virtue" of the development of the national cultural spirit is the quotient thought origin, to develop China's individual psychological big of heart amounts provided an opportunity, Guide more Chinese individual psychology toward good, so that more Chinese individual psychology toward the right direction, to jointly fight AGAINST COVID-19 on the road.[18]

(3) Behavior, stress resistance. Xie Junjun and others have found through their research that the spirit of fighting COVID-19 created by the Chinese people's actions has vividly illustrated the revolutionary temperament and spiritual quality of the "six hundred million Chinese shunyao", fully demonstrating the superiority of the socialist system with Chinese characteristics, which in essence is the superiority of the anti-Commercial system. We should be proud of the generosity and excellent psychological quality of anti-business thinking reflected in The face of COVID-19 in China.[19]

(4) Will, bear. The research holds that the core of inverse quotient lies in transformation, and the core of successful transformation lies in the size of individual's psychological capacity when dealing with adversity, that is, the core of transformation lies in the size of individual's bearing capacity when dealing with adversity. It can be seen that the size of the inverse quotient also reflects the size of the individual cardiac quantity. The larger the heart, the stronger the ability to withstand adversity, the stronger the ability to transform in adversity, the higher the level of inverse quotient. On the other hand, if the heart size is small, the tolerance capacity is weak and the degree of adversity is smaller. The inverse quotient in adversity is weaker and the level of inverse quotient is lower.[20]

### 4. Research on countermeasures of cultivating "inverse quotient"

After understanding the structure and connotation of inverse quotient, we should also put forward suggestions and countermeasures for the cultivation of inverse quotient, so that more individuals can understand the idea of inverse quotient and learn to follow the trend in any adversity.[21] Regarding the cultivation of individual inverse quotient, this study discusses from the following four aspects: cognition, emotion, behavior and will:

(1) Cognition and flexibility. Learn from outstanding individuals who have the inverse quotient, learn more about the model stories of the predecessors who turn the inverse into the favorable and turn the world around, cultivate flexibility, and improve the inverse quotient skill. Flexibility is the psychological basis for an individual to exist in a complex society and the embodiment of an individual to face the reality of the complex society.[22] Flexibility, in fact, is to look at the problem

from a different perspective, that is, when a road is blocked, to take another road, that is, individuals in adversity, always believe that "all roads lead to Rome", and find their own "cheese".[23]

(2) Emotion, learn to be good. Learn from excellent individuals with anti-quotient, read more Stories of Chinese celebrities, and cultivate the heart of "kindness", so that when they encounter difficulties, they can understand the transformation toward kindness, that is, to improve the level of anti-quotient.[24] "The bodhi this without trees, the mirror is not set, no thing, what make dust", also rich in six ancestors huineng quotient thought "for good", sometimes it's not reality itself exists adversity, but individual heart evil thoughts made adversity, so that individual only constant in the heart of the emotional cultivation "for good", to use good thoughts into adversity.[25]

(3) Behavior, learn to resist pressure. To learn from excellent individuals with this idea, learn to face adversity, face the reality, improve their ability to fight against adversity, that is, to improve their mental strength, to improve their chemical skills. In the face of adversity, whether an individual can face adversity or not is the key to transforming adversity into prosperity.[26] If an individual is unable to face reality and adversity bravely in the face of adverse circumstances, then the individual has realistically failed in the first step on the road. On the contrary, if the individual in the face of adversity, can bravely face adversity, can bravely face the reality, then, the individual has taken the first step to success, because the individual in the behavior of the choice to face reality, in the face of adversity, choose to face adversity, fight against adversity. In the face of adverse circumstances, choosing to face adversity and reality in behavior is the first step in transforming adversity into prosperity and achieving success.[27]

(4) Will, learn to bear. Learn from the excellent individuals with this idea, open the mind, enlarge the mind, make themselves able to withstand adversity, and resolve with the heart of good, and constantly promote the development of their own chemical thought. "Therefore, the day will drop a great responsibility on the people, we must first suffer their mind, strengthen their muscles and bones, starve their body and skin, empty their body, the action of the brush chaos its, so the patience, zengyi can not", "born in distress, died in peace and happiness" said. When individuals encounter adversity, the key to whether adversity can be transformed into prosperity lies in whether the individual's will can withstand the pressure brought by adversity, and how much pressure the individual's will can withstand, that is, the size of the heart that the individual's will can bear. The will of the individual to the greater the carrying amount of heart, the will to withstand adversity of the greater the pressure, and the will of the individual can carry the smaller amount of heart, can bear adversity corresponding you less pressure, therefore, improve the will of the individual can carry adversity stress size, is the key to the individual can become adversity to prosperity, It is also the key to cultivate Chinese individual "Chinese chemical thought".[28]

## 5 Conclusion

Through qualitative research, this paper expands and improves the connotation and denotation of inverse quotient, supplements relevant research on inverse quotient at home and abroad at the same time, puts forward some suggestions and countermeasures on the cultivation of inverse quotient, proves that individual inverse quotient can be cultivated at the same time, also points out the health care effect of inverse quotient on individual body and mind. The role of inverse quotient has obviously been very important, we should continue to develop countermeasures to improve the cultivation of inverse quotient, implement the cultivation of inverse quotient into each Chinese individual, and give full play to the role of inverse quotient in regulating the mental health of individual body and mind.

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