

Original Paper

A Probe into the Difficulties and Optimization Paths of English Translation of Folk Classics from the Perspective of Cross-cultural Communication

Jiayi Liu¹

¹ Shanghai University of Finance and Economics, Shanghai, 200433, China

Received: August 30, 2026

Accepted: September 24, 2026

Online Published: October 4, 2026

doi:10.22158/selt.v14n3p185

URL: <http://dx.doi.org/10.22158/selt.v14n3p185>

Abstract

With the continuous progress of urbanisation, the living and social interaction spaces for young people have changed, and floating youth who move between cities and the countryside have become an essential group in the construction of urban society. In the process of integrating into urban society, floating youth are exposed to the effects of the dual urban-rural cultural concept, changes in social identity and alterations in interpersonal relationships, and thus have complex and diverse social mentalities. A positive social mentality can help floating youth feel more at home in the city and grow as individuals; it will also help the city maintain social stability and develop in a good way. This paper focuses on the social mentality adjustment of floating youth in the process of urbanization, explores the connotations and basic logic of mentality adaptation, clarifies the fundamental principles that need to be observed in the adjustment process, and examines various aspects of targeted and practical adjustment paths. The purpose of this study is to help floating youth solve problems of psychological adjustment, build a positive and healthy social mindset, strengthen their sense of self and belonging in urban life, provide theoretical support and practical support for improving the youth development environment, and promote harmonious development of urban society in floating youth the era of urbanization.

Keywords

Urbanisation, social mentality, adjustment

Introduction

Urbanisation is an unavoidable stage in the construction of modernised society, and the free movement of people between cities and the countryside is a typical feature of urbanisation. As the most dynamic and receptive group in the mobile population, floating youth are the main subjects of urban construction

and the key objects of urban social governance. Unlike local urban youth and rural resident youth, floating youth have been in a special state of urban-rural spatial migration and change in social status for a long time^[1]. As they break away from the customs of rural life and adapt to the rules of urban operation, their cognitive mode, emotional state and values will change continuously; therefore, they are often out of sync with the demands of new environments due to differences in cultural atmosphere, resource acquisition and social integration. Social mentality is the general psychological state of a group of people formed under specific social conditions, and it directly influences the life situation, behaviour choices and social integration results of floating youth^[2].

1. An Analysis of Difficulties and Optimization Essentials in English Translation of Folk Classics from the Perspective of Cross-Cultural Communication

1.1 Connotation of Floating Youth's Social Mentality Adjustment in Urbanisation

The adjustment of the social mentality of floating youth in the process of urbanization is an ongoing and dynamic psychological adaptation process that occurs throughout all stages of their urban migration and integration; it is essentially a positive reconstruction of individual psychological cognition, emotional experience and behavioural intention in response to the urban social environment. Floating youth have long been influenced by the traditional culture and life mode of the countryside during their growing-up years, and their innate values and psychological habits are deeply rooted in the rural social environment^[3]. When they enter the urban social environment and are exposed to the modern operating logic, various forms of culture and standardised social norms, the original psychological adaptation balance is disturbed, and a series of psychological adaptations will occur accordingly. Social mentality adjustment is not the passive accommodation of floating youth to the urban environment; rather, it is an active psychological adaptation and self-optimisation behaviour. It is a positive correction for cognitive deviation in urban development, a resolution of negative emotions encountered during the integration process, and the cultivation of a positive will to participate in society. The goal of this adjustment process is urban social integration, the foundation for it is the coordination of individual psychology and the social environment, and it helps floating youth break down the psychological barrier of urban-rural division, establish a rational urban social cognition, and form a positive, stable, inclusive social mentality that adapts to the development of urbanization^[4].

1.2 Logical Correlation between Urbanisation Development and Adaptation of Youth Social Mentality

The development of urbanisation and the change in the social consciousness of floating youth are in a state of mutual interaction and influence, and continuous progress in urbanisation provides an important external impetus for the change in youth social consciousness. Iterative upgrading of urbanization has led to continuous optimisation of the urban industrial structure, changes in the mode of social governance and cultural atmosphere, constantly altering the living environment and development conditions for floating youth, and thus putting forward new demands on their psychological quality and social cognition. On the one hand, the inclusive development of urban society and the continuous improvement of public

service resources create a good external environment for floating youth to adjust to life in society, help them reduce feelings of strangeness and alienation in the process of urban life, and provide a foundation for the formation of a positive psychological state. At the same time, with the rapid development of urban life, intense social competition and various values will also pose new psychological adaptation problems for floating youth; thus, they need to constantly modify their way of thinking and emotions to cope with changes in the urban social environment. At the same time, the positive change in the social mentality of floating youth will also promote the progress of urbanisation^[5]. Youth groups with a positive social consciousness can participate more actively in urban construction, social public affairs and cultural exchange, boost the vitality of urban development, and promote healthy and sustainable development of new urbanisation.

2. A Probe into the Difficulties and Significance of Optimization for English Translation of Folk Classics from the Perspective of Cross-cultural Communication

2.1 People-Oriented Individual Development Principle

The adjustment of the social mentality of floating youth in the process of urbanization should be based on the people-oriented individual development principle, take all-round development of floating youth as the foundation and goal for all adjustment work, and avoid single-minded and rigid psychological guidance modes. Floating youth are independent individuals with their own personalities, growth experiences and psychological needs, and their differences in psychological adaptation can be seen from various migration times, living environments and personal growth backgrounds. In accordance with the people-oriented principle, during the adjustment of mentality, we should fully respect the subjective status of floating youth, pay attention to their individual psychological demands and emotional experiences, and avoid adopting a one-size-fits-all adjustment mode. Address the actual psychological confusion and adaptation problems of floating youth in the process of urban integration, protect their individual rights and dignity, motivate them to take the initiative in psychological self-management, help them recognize their own value in urban society, and achieve the harmony between the development of mental health and the realization of one's social value in the era of urbanization^[6].

2.2 Integration of Urban-Rural Cultural Coordination Principles

Urban-rural cultural coordination and integration should be promoted to help floating youth adjust to life in an urban-rural environment and integrate into society at all times during their psychological adaptation and socialisation. Floating youth have a dual cultural consciousness of rural traditional culture and urban modern culture, and the cultural conflict and cognitive difference between the two are important causes of their psychological imbalance and adaptation confusion^[7]. During the process of adjusting one's mindset, one should adhere to the principle of urban-rural cultural integration, avoid the biased view of dual opposition between urban and rural cultures, and help floating youth correctly perceive the special value and connotations of both urban and rural cultures. Traditional rural culture has simple life ideas and positive spiritual qualities; urban modern culture is open for innovation and rational^[8]. Adjusting the

social mentality should promote the organic integration of excellent rural traditional culture and advanced urban modern culture, help floating youth absorb the essence of dual culture, resolve the psychological contradiction caused by cultural differences, form an inclusive and rational cultural cognition, and eliminate the sense of cultural inferiority and identity confusion in the process of urban migration^[9].

2.3 Dynamic Synchronization of Social Development Principle

The adjustment of floating youth's social mentality should be in line with the dynamic synchronization of social development, the pace of psychological adjustment should be consistent with the rhythm of urbanization and changes in society, and it is necessary to achieve timely and effective assimilation. Urbanisation construction is an ongoing process of development and change, and as a result, the social environment, resource conditions and development opportunities for floating youth are constantly changing due to urbanisation. The social mentality of floating youth is not fixed; it will change and develop in light of changes in the social environment and their own lives. Therefore, the mentality adjustment work should not be bound by fixed and rigid adjustment ideas and methods; instead, it needs to keep up with the times, accurately grasp the dynamic changes in the psychological state of floating youth at different stages of urbanization development, adjust adjustment ideas and strategies with precision, achieve dynamic coordination between psychological adaptation and social development, and ensure that the social mentality of floating youth can always adapt to new changes and new demands of urban social development^[10].

3. An Analysis of Difficulties and Optimization Paths in English Translation of Folk Classics from the Perspective of Cross-Cultural Communication

3.1 Optimise the Psychological Guidance Service System to Form Positive Cognitive Mentality

Improving the professional psychological guidance service system is to promote the healthy adaptation of floating youth in society and help them solve problems related to psychological adjustment. For a long time, there have been no specific psychological guidance resources for floating youth, and thus it has been difficult to help them effectively deal with negative emotions and cognitive deviations during their integration into urban society and form a positive social consciousness^[11]. A multi-level and all-encompassing psychological service system needs to be built for floating youth, the psychological service resources of communities, social organisations and public institutions should be integrated, and special psychological consultation and guidance channels for floating youth should be created. Based on the above, conduct regular psychological popularisation and education activities tailored to the life circumstances of floating youth, spread knowledge of psychological adaptation and emotional management, and help them learn scientific methods of self-psychological adjustment^[12]. Psychological professionals should be organised to offer focused psychological counselling for floating youth groups with poor adaptation abilities, correct their biased views on urban integration and self-improvement, reduce negative emotions such as anxiety and confusion during the migration process, and help them develop rational self-awareness and a positive attitude towards life; thus, a solid psychological basis will

be provided for their successful integration into urban society.

3.2 Build an Inclusive Urban Integration Environment and Eliminate Psychological Barriers.

Building an inclusive and friendly urban social integration environment is an essential way to break the psychological isolation of floating youth and promote their healthy adjustment to life in society. An external cause of the psychological adaptation problem for floating youth is a sense of exclusion and alienation from urban society; as a result, they have a weak sense of belonging and identity, and thus their social psychology has not developed healthily^[13]. Urban social construction should be in line with the concept of inclusive development, break down the urban-rural dichotomy in social cognition and resource allocation, and create an equal and inclusive life and development environment for floating youth. As the basic unit of urban social governance, communities should actively organise various types of cultural exchange activities and neighbourhood interaction activities, build a communication and interaction platform for floating youth and urban residents, narrow the psychological gap between groups, and eliminate the sense of strangeness and isolation experienced by floating youth in urban life. At the same time, optimise the urban public service supply mechanism, promote the equalisation of basic public services, allow floating youth to enjoy equal development opportunities and service guarantees in urban life, enhance their sense of achievement and belonging, and address the psychological barriers affecting their adjustment to society at the root^[14].

3.3 Improve Guidance for Youth Social Participation to Nurture Rational Social Mentality.

Guiding floating youth to take part in urban social practice and public affairs is an important way to cultivate their rational, positive and responsible social consciousness and promote deep integration with the city. Participation in society can help floating youth integrate into the community, be more aware of changes in society, form a sense of self-worth, and thus improve their sense of social identity. It is necessary to expand the channels for social participation of floating youth, encourage and guide them to take part in urban community governance, public welfare services, cultural construction and other social activities, so that they can be fully integrated into urban social operation and feel their own role and value in urban development. Through participation in society, floating youth can continue to learn about the rules and values of urban life, correct their own misconceptions about society, and develop a rational and open view of life^[15]. At the same time, social participation can add more variety to their social interaction experience, expand the circle of people they know, strengthen their sense of social responsibility and collective identity, and thus form a positive, stable and progressive social mentality in line with the high-quality development of urbanization.

Overview

The adjustment of the social mentality of floating youth is an all-encompassing and prolonged undertaking in the process of urbanization construction, encompassing all stages of floating youth's urban migration, social adaptation and identity reconstruction. With the continuous progress of new urbanisation, the psychological adjustment status of floating youth is related to their own good

development, harmony in urban society and stable social conditions. This paper studies the connotations and internal logic of the social mentality adjustment for floating youth, puts forward the basic ideas of people-oriented development, urban-rural cultural integration and dynamic social synchronization that should be followed in the adjustment process, and builds a multi-dimensional adjustment path of psychological service guarantee, urban environment optimisation and social participation guidance. In the future course of urbanisation construction, we should continuously pay attention to the psychological development needs of floating youth, strengthen the optimisation of their mentality adjustment system and mechanism, break through all types of psychological adaptation difficulties that floating youth face in the process of urban integration, help floating youth form a positive, rational and healthy social awareness, promote their all-round integration into urban society, and provide enduring youth vitality for the high-quality development of new urbanisation.

References

- [1] Xue, J. (2025). Enhancing the English Translation of Chinese Classics Through the Ratio of English Words to Chinese Characters: A Pedagogical Study. *SAGE Open*, 15(4). <https://doi.org/10.1177/21582440251390483>
- [2] Xiangtao, F. (n.d.). *Investigating the Translation of Chinese Classics: Problems and Methods*. Taylor & Francis.
- [3] Sun, M. (2025). A Study on English Translation of Chinese Classics in Higher Education. *Educational Innovation Research*, 3(7), 151-157. <https://doi.org/10.18063/EIR.v3i7.808>
- [4] Chen, W, & Lu, W. (2025). Construction of a Modal of Metonymy Chains in Translation of Chinese Classics. *SAGE Open*, 15(3). <https://doi.org/10.1177/21582440251369261>
- [5] Wenguo, P. (n.d.). *Rendering Chinese Classics into English III: Translation and Commentary of Ancient Chinese Maxims*. Taylor & Francis.
- [6] Gao, S. (2026). Infiltrative Integration of Ideological and Political Elements in Teaching the English Translation of Classical Chinese Texts: The Case of Confucian Classics. *International Journal of Management Science Research*, 9(4). [https://doi.org/10.53469/ijomsr.2026.09\(04\).03](https://doi.org/10.53469/ijomsr.2026.09(04).03)
- [7] Zhu, J., & Luo, X. (2026). Intercultural circulation of canonical literature facilitated by popularizing translation: a case study of Julia Lovell's English translation of Xi You Ji. *Humanities and Social Sciences Communications*, 13(1), 969-969. <https://doi.org/10.1057/s41599-026-07307-8>
- [8] Ning, L. (2026). The Application of AI Tools in Teaching English Translation of Chinese Classics: A Training Practice of "Four-Phase Integration". *Journal of Higher Education Teaching*, 3(2). <https://doi.org/10.62517/jhet.202615217>
- [9] Yang, L., & Zhou, G. (2026). Readability assessment of English translations of Chinese classics: a study based on XGBoost and BP neural networks. *Humanities and Social Sciences Communications*, 13(1), 588-588. <https://doi.org/10.1057/s41599-026-06878-w>

- [10] Xue, J. (2025). Enhancing the English Translation of Chinese Classics Through the Ratio of English Words to Chinese Characters: A Pedagogical Study. *SAGE Open*, 15(4). <https://doi.org/10.1177/21582440251390483>
- [11] Xiangtao, F. (n.d.). *Investigating the Translation of Chinese Classics: Problems and Methods*. Taylor & Francis.
- [12] Sun, M. (2025). A Study on English Translation of Chinese Classics in Higher Education. *Educational Innovation Research*, 3(7), 151-157. <https://doi.org/10.18063/EIR.v3i7.808>
- [13] Chen, W., & Lu, W. (2025). Construction of a Modal of Metonymy Chains in Translation of Chinese Classics. *SAGE Open*, 15(3). <https://doi.org/10.1177/21582440251369261>
- [14] Wenguo, P. (n.d.). *Rendering Chinese Classics into English III: Translation and Commentary of Ancient Chinese Maxims*. Taylor & Francis.
- [15] Zhang Y. (2023). Research and Application Analysis on Teaching Strategies of English Translation of Canonical Books under the Perspective of Intercultural Communication. *Contemporary Education and Teaching Research*, 4(12). <https://doi.org/10.61360/BoniCETR232015451208>