

Original Paper

An Analysis of Human Nature in Fromm's Humanistic Thought

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Abstract

In contemporary society, the problem of human existence has increasingly aroused the common concern of all mankind, and the rich and colorful material life has enriched people's daily life, but the spiritual life of human beings is relatively impoverished, and the great abundance of material wealth to a certain extent makes people enslaved to material things, and the spiritual life of individuals is in a state of imbalance. While elaborating on the actual state of human existence, Fromm's humanistic thought critically exposes the social problems caused by the development of productive forces, and fundamentally points out the confusion of human beings, on the basis of which it indicates that we can realize the breakthrough of the state of human beings' gradual dissolution in a certain way, so as to generate a brand-new space for the survival of human beings. In this way, human beings will be able to find their way out of numbness and self-loss, and thus step into the "kingdom of existence". Fromm's anthropological point of view mainly centers on human nature, including three aspects: human nature, human nature alienation, and human nature liberation. This paper is a brief analysis of this aspect of human nature.

Keywords

Humanistic thought, human nature, emancipation

1. Definition of the "Contradictory Nature of Human Nature"

What is human nature? This question deeply reflects Fromm's anthropological thought, in other words. On the question of what is human nature is an important element of his anthropological thought, according to Fromm's point of view, it is crucial to understand the issue of human nature is clear, only real clear human nature and its survival needs, in order to follow the basic laws of human nature, the search for human survival goals based on the reality of the material existence of the research and judgment, but also to explore a form of survival with the essence of human beings to match. Fromm said, in our practical life, human nature is complex and incomprehensible, but human existence as a

reality has a unique, people arise from the inevitable contradictions, people are a collection of contradictions of the unity of his contradictory stance to explain human nature, which is his unique view of the theory of human nature.

At the same time, Fromm elaborated that human nature is neither in a state of eternity, nor is it infinitely moldable, but the inner potential is highlighted step by step, and the history of human beings is simply the process of discovering their innate potential. From his standpoint, the root of all things in the world is to complete the self-molding based on one's own nature, and as a human being, one should do the same. If we want to explore the real state of human nature, we must put people into the real society and seek answers by understanding their actual living conditions, needs and freedom.

2. Human Nature and the Human Condition

Freud claimed that all kinds of human emotions can be attributed to "LIBERTY", while Fromm and its point of view is just the opposite, he claimed that LIBERTY is not the offensive force shaping human beings, human beings in addition to LIBERTY and emotional consciousness, there is a human existence is inseparable from the relationship between human beings, which we named the human survival situation. It can also be called "survival situation".

2.1 The Original Survival Situation

From a broad perspective, people belong to the scope of the animal, Fromm that, in all animals, man is the most pessimistic and desperate, from croaking, three over six sitting to stand and walk, which is a long and helpless process, walking alone. With the continuous evolution of the brain, people from apes evolved into a real sense of thinking ability of people, began to pay attention to the significance of the existence of the self, which transcends the most basic animal form, which is the essential difference between humans and animals. Man is a special existence in the universe of all things, as a senior animal, he wants to realize the self-worth, reflecting their own different from the essential difference between animals, to create the world of human beings, and at the same time, he belongs to the natural world, in the process of knowledge of the world and the transformation of the world to fully respect the objective laws, not blindly do, both subject to the nature, but also on the basis of the realization of the transcendence of this man and man, as well as man and nature. The collapse of the earth in the life of man presents an unstoppable trend, the end of this special relationship both reflects the real state of man, but also man in the sense of the essence of the truest aspects of the concrete manifestations. Under the action of the brain, human beings are able to discover the existence of contradictory phenomena in their existence, and try to find out effective ways to solve these contradictions through rational thinking, so as to realize the real harmony between human beings and nature, between human beings and society, and between human beings and themselves.

2.2 Uneradicable Dichotomy of Survival

In digging deep into the answer of how to solve the various contradictions in human life, Fromm found the specific manifestation of the contradictions accompanying the conditions of human existence, and

called it the “survival of the two divergent”, which is rooted in the emergence of human beings as well as human societies, and in the process of transformation in which human beings begin to break free from the forces of nature and become real social beings. It is manifested in the process of transformation in three specific ways:

First, the existence of life and death, according to Fromm, this is the most basic way of expression of the existence of the two, people can not decide their own life and death, according to Fromm's point of view, the emergence and farewell of people is purely accidental, people are in the midst of a constantly changing and developing world, in the limited time of people's existence and life, there are too many unknowns, in addition to the past and the destination is certain, all the other things are not yet known. In this process, people are full of attachment to their own existence and fear of the ultimate inevitable death, and it is the deep understanding of the inevitability of death that acts as a lighthouse on the long road of life, guiding people to carry out meaningful survival activities.

Second, the dichotomy between the realization of potential and the shortness of life. Human potential can be unlimited to play, but all his life, human life is as short as a flash in the pan, the value of life can not be fully realized, therefore, according to Fromm, “people will die, which leads to another kind of bifurcation on the one hand, every human being enjoys the existence of all the potential of human beings, on the other hand, his short life does not allow him to realize the potential, even in the most favorable circumstances, and the potential of life is not the most favorable circumstances. even under the most favorable circumstances. Only when the individual's lifespan is identical with that of mankind can he participate in the development of the human being which takes place in the course of history.” Although man wants to realize true nobility, superiority over his past self, he cannot tamper with his personal path of life, and this longing eventually fades like a blossoming flower.

Finally, individualization and loneliness of the survival of the two divergent, people in the process of continuous growth, human loneliness is also more and more intense, “man is isolated, but at the same time is connected with others. He is isolated because he is a unique entity, not because he is one with any other person, and because he realizes that his ego is a separate entity. When he has to make a judgment or decision by the power of reason, he realizes that he must be isolated. However, he cannot bear to be isolated and unrelated to his own kind. He feels that his happiness depends on his solidarity with his kind, on solidarity with his ancestors and descendants.” In the process of shaping his own character and writing his life, man's dependence on everything around him and on his true self in the depths of his soul becomes smaller and smaller, and he becomes more and more lonely, and life never exists independently of loneliness, and loneliness exists in the corner of life from the beginning to the end as if it were a shadow, so that the process of man's development gives rise to the dichotomy between man's individualization and loneliness in his existence.

3. Human Nature and Human Needs

The contradiction people face in reality to promote their own ways to find a solution to the problem, on the basis of which to promote the emergence of a unique human thirst for survival, Fromm believes that “the understanding of the basic social needs of man, is the basis for understanding of human beings themselves.” One of the things that makes a human being distinct from all other animals is that he can fulfill his many needs: physiological, psychological and spiritual. He divided human needs into the following five kinds, these five kinds of needs are derived from the actual state of human existence, and built on the basis of the contradictions around the human being, all highlighting the human thirst, is the portrayal of all aspects of human nature.

3.1 *The Need for Association*

This need refers to people familiar with their own must be with nature, with society, with others to establish a specific connection between the inevitability of the need, which is an effective way to reflect the social attributes of human beings. According to Fromm, when human beings have surpassed the complete dependence on nature to a certain extent, it also means that the original umbilical cord between the two has been cut, and because human beings have rational thinking, people know clearly that human beings are small compared with nature, and individuals thus develop a strong sense of loneliness, and as loneliness becomes more and more intense in actual life, in order to overcome this sense of loneliness, and at the same time for the sake of survival, human beings attempt to To overcome this loneliness and to survive, people attempt to find new bonds with others. People must cooperate with others to establish close and good connections, this need to establish relationships with others is an important part of human nature, which prompts people to seek socialization, friendship and love.

3.2 *Transcendence Need*

This need refers to people beyond the human as an ordinary creature of nature, to realize the self-transcendence needs. Fromm believes that people are thrown into the world in an unexplained way, but also thrown out of the world, at this level, people and other creatures are in a passive state. However, in the final analysis, man is essentially different from all other creatures in that he possesses rational thinking, and through the guidance of rational thinking, he realizes the transcendence of his biological state on the basis of continuous creation. Human beings are gifted with rationality and talent that makes them unwilling to be satisfied with their passive and negative roles and eager to transcend the helplessness of animals and change their environment. This need for transcendence prompts human beings to constantly innovate, explore and develop in pursuit of higher goals and a better life.

3.3 *The need to Find Roots*

This kind of need is based on the reality of the situation, looking for a suitable mode of existence for the present need for existence. People as a life from the moment of birth means that the first with the natural state of separation, leaving the original belonging to the region, people's sense of loneliness becomes stronger and stronger. Fromm emphasizes that this unconscious dissociation is particularly frightening to man, and based on this, man is forced to find new supportive dynamics. Human beings

are separated from nature and have lost their natural roots, but they still want to belong to something inwardly, and need to belong to something. This may take the form of a sense of belonging to a family, a community, a religious group, or a belief system of some kind, and people gain a sense of security and identity by belonging to these groups or things. The ultimate goal of people looking for their roots is to gain emotional warmth and power, replace the primitive physiological structure with emotional attachment, and finally to explore the environmental space that matches the comfort of human existence in the thick atmosphere of love.

3.4 The need for Identity

This need refers to the human being is clear that they exist as an independent individual, on the basis of which people have social attributes, and inevitably require with others, with the community to suggest a certain connection, which is the essence of the human requirements, but also as an individual and the unity of the social existence of the existence of the individual. However, it should be pointed out that people's need for social and other people's connection is not born with the birth of human beings, it is in the process of saying goodbye to nature and mother, human beings gradually formed self-consciousness, and the need to answer the question of "who am I", that is to say, the need for identity. Through interaction with others, playing social roles, and exploring their own values and beliefs, people establish self-identity and clarify their position and value in society.

3.5 The Need for Goal and Presentation

This kind of need expresses a kind of people gradually determine the personal development goal after determined to make it into the reality of the existence of the firm determination of the need, in other words, people through the desire for this kind of demand, through the reality of the transformation, and ultimately to meet their own needs, to realize their own value. People from rational thinking, based on the objective world of inquiry and objective laws to follow, clear their own goals and as a result of his association and dedication to the point of the target, people have specific directions and goals, will not hesitate to work hard for it, and even dedication, this demand for their own state of existence in their own play a guiding role in their own, we all know that once the people lose the pursuit and realization of the ideal of the needs of the people, people finally We all know that once people lose the need to pursue and realize their ideals, they will lose the opportunity to create their own value, and there will be no difference between human beings and animals. Furthermore, it should be noted that with the maturity and deepening of human rational thinking, human goals become more and more realistic, and the spirit becomes more and more complete and rich.

4. The Implications of Fromm's Anthropological Thought for Modern Society

4.1 Personal Growth and Mental Health Aspects

4.1.1 Emphasize Self-Knowledge and Inner Needs

Fromm emphasized that people need to recognize their own existence situation and inner needs. In modern society, people are often busy with all kinds of affairs and easily neglect their real feelings and

needs. This reveals that we need to stop from time to time to reflect on our life goals, values, and emotional states, and to understand our needs in terms of love, transcendence, rootedness, sense of oneness, and orientation, in order to better realize self-growth and development. For example, self-reflection through meditation and journaling helps us to discover our deepest neglected needs so that we can take positive action to fulfill them and enhance our personal happiness and fulfillment.

4.1.2 Cultivate Healthy Relationships

Fromm pointed out that the need for relatedness is one of the important psychological needs of human beings, emphasizing the importance of love and connection with others. In modern society, relationships are increasingly complex and people often face loneliness and social isolation. This reminds us to emphasize the importance of building sincere and warm relationships with others, learning to care for and understand others, and developing the ability to love. This can be done by actively participating in social activities, joining interest groups or volunteer organizations, etc. This can help us to expand our social circle, make like-minded friends, satisfy the need for relevance, and at the same time help to improve our mental health.

4.1.3 Realize Individual Independence and Autonomy

The need for sameness contains both independence and obedience, and Fromm's thought reveals that we have to learn to adapt to social norms and others' expectations while maintaining the ability to think and act independently in modern society. This means that we should dare to stick to our own views and values and not follow the crowd, but we should also cooperate with others when appropriate and respect the rules of society. For example, when faced with pressure in the workplace or social opinion, we must have the courage to make choices that are in line with our own hearts, while at the same time taking into account the feelings of others and the interests of society as a whole, so as to realize the independence and autonomy of the individual and the harmonious development of society.

4.2 *Social Development and Cultural Construction*

4.2.1 Pay Attention to the Shaping of Social Character

Fromm believes that the social character of most subjects in human society based on this aspect of commonality, it is affected by economic, political, cultural and other factors. In modern society, we should pay attention to the shaping of social character, through positive cultural construction and education and guidance, to cultivate social character conducive to the harmonious development of society. For example, promoting values such as caring for others, respecting nature, and being innovative can promote the formation of a positive social character among members of the society and improve social cohesion and centripetal force.

4.2.2 Reflect on the Influence of Social Subconsciousness

The theory of social subconsciousness proposed by Fromm reminds us to pay attention to the repressed thoughts and emotions in the society. In modern society, various social taboos and cultural mechanisms may suppress people's real thoughts and feelings, resulting in some problems not being solved in time. We should reflect on the existence of these social subconsciousnesses and break down unreasonable

social taboos through open dialogues and discussions, so that people can express their views and feelings freely. For example, encouraging the exchange and collision of different viewpoints in the public opinion arena will help reveal the problems in the social subconscious and promote social progress and development.

4.2.3 Promote Social Reform and Innovation

Fromm advocates the establishment of “humanitarian and democratic socialism”, emphasizing the dignity, freedom and comprehensive development of human beings. This inspires us to continuously promote social reform and innovation in modern society, and to commit ourselves to building a fairer, more just and democratic social environment. For example, in the economic sphere, we should promote sustainable development and pay attention to the rights and welfare of workers; in the political sphere, we should strengthen the building of democratic institutions and increase citizen participation; and in the cultural sphere, we should advocate multicultural exchanges and integration to enrich people's spiritual life.

4.3 *Educational Philosophy and Methodology*

4.3.1 Cultivating the Complete Person

Fromm's anthropological thought emphasizes the all-round development of human beings, which is an important inspiration for modern education. Education should not only focus on the teaching of knowledge and the cultivation of skills, but should also emphasize the cultivation of students' emotions, morality and social responsibility, so that students can become people with complete personalities. Schools can cultivate students' ability to care for others, teamwork and innovative thinking through comprehensive quality education and social practice activities, so as to promote students' all-round growth.

4.3.2 Pay Attention to Students' Personality Differences

Fromm believes that personal character is the difference between the various members of the same society, education should respect the students' personality differences and teach according to their abilities. In modern education, teachers should pay attention to the infinite respect for each individual difference, through the effective enlightenment of multiple aspects and channels, to stimulate students' inner strength and enthusiasm for learning. For example, for different students who are given different expectations for learning and who have more or less commitment to learning, teachers should learn to teach according to their abilities and help them give full play to their strengths, overcome their difficulties and realize their personal development goals.

4.3.3 *Cultivate Critical Thinking*

Fromm's ideas encourage people to think critically about social reality, which should also be one of the important goals of modern education. Education should develop students' critical thinking skills so that they can think and analyze problems independently and not blindly accept ready-made ideas and values. Schools can cultivate students' spirit of questioning and their ability to analyse problems by offering courses on critical thinking and organizing debates, so as to improve their overall quality and creativity.

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