Impact of Modern Social Stress on Life Perspectives: An Interdisciplinary Approach of Philosophy and Sociology

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Abstract: This study aims to explore the influence of modern social stress on individual life perspectives through an interdisciplinary lens of philosophy and sociology, employing purely theoretical analysis. The objective is to reveal how social stress impacts life perspectives through philosophical reflection and social structural analysis, and to investigate the underlying mechanisms of this influence. The research method primarily relies on literature review and theoretical construction, integrating and analyzing existing philosophical and sociological theories to build a comprehensive theoretical framework. The process begins with a review of the definition of social stress and its manifestations in modern society, followed by an exploration of life perspectives from a philosophical viewpoint and an analysis of how social structures influence individual life perspectives through stress transmission mechanisms. Finally, by contrasting the interpretations of life perspectives from different philosophical schools and sociological theories, the study concludes that modern social stress profoundly alters life perspectives by affecting individuals' cognitive frameworks and value judgments. This conclusion enriches theoretical research in the interdisciplinary field of philosophy and sociology and provides a new theoretical perspective for understanding and addressing mental health issues in modern society.

Keywords: Social Stress; Life Perspectives; Philosophical Perspective; Sociological Analysis; Interdisciplinary Research

1. Introduction

1.1 Research Background and Significance

In the context of rapid globalization and informatization, modern society is facing unprecedented sources of pressure. These sources of pressure not only include traditional factors such as economic competition, career development, and interpersonal relationships, but also involve emerging issues such as cyberbullying, information overload, and social media dependency. These sources of pressure not only affect individuals' daily lives, but also profoundly shape their worldview. Worldview, as individuals' fundamental views on the meaning, value, and goals of life, is influenced by various social factors.

The impact of social pressure on worldview is multidimensional. Firstly, economic pressure may increase individuals' uncertainty about the future, thereby affecting their perception of the meaning of life. For example, unemployment or economic difficulties may make individuals feel a lack of purpose and motivation in life, thereby affecting the positivity and optimism of their worldview. Secondly, career development pressure may lead individuals to doubt their self-worth, especially in a competitive workplace environment. Long-term work pressure and job dissatisfaction may make individuals question their pursuit of life goals.

In addition, the pressure of interpersonal relationships is also an important factor influencing worldview. In modern society, the complexity and uncertainty of interpersonal relationships have increased, which may cause individuals to feel anxiety and pressure when dealing with interpersonal relationships. This pressure may make individuals question the value and meaning of interpersonal relationships, thereby affecting their overall view of life.

Exploring how social pressure affects worldview not only contributes to understanding the social basis of individuals' mental health, but also provides a theoretical

basis for the formulation of social support policies. By analyzing the relationship between social pressure and worldview in depth, it can provide guidance for governments and relevant organizations to formulate more effective social support policies, alleviate individuals' social pressure, and promote the positive development of their mental health and worldview.

1.2 Review of Domestic and Foreign Research Status

In the current society, with the dual pressures of economic globalization and rapid technological development, modern social pressure has become an important factor affecting individuals' worldview. This article aims to explore the impact of modern social pressure on individuals' worldview from the perspective of philosophy and sociology, and reviews the relevant research at home and abroad, combining the spirit of the two sessions and current social hotspots.

Domestic scholars' research on social pressure and worldview mainly focuses on the fields of sociology and psychology. Liu Wenrong and Xu Anqi (2008) pointed out in their article "Urban Family Economic Pressure: A Perspective of Social Pulse" that the economic pressure of urban families not only affects the material life of family members, but also profoundly affects their worldview and values. Through empirical research, they revealed how economic pressure influences individuals' life choices and value orientations through social interaction and psychological mechanisms. In terms of interdisciplinary research, Tang Kuiyu (2011) discussed the epistemological basis of interdisciplinary research from the perspectives of philosophy of science and sociology, emphasizing the complementary role of philosophy and sociology in understanding modern social issues. He pointed out that by combining the philosophy of science and sociology, we can gain a deeper understanding of the impact mechanism of social pressure on worldview. Ke Lianjun (2024) analyzed how technological progress changes social structure and thus affects individuals' worldview in the study "Research on the Impact of Technological Progress on Social Structure. " He pointed out that the changes in social structure brought about by technological progress, such as changes in

occupational structure and information acquisition methods, directly affect people's expectations and values in life.

Foreign research mostly focuses on the relationship between social pressure and mental health. For example, the study by Smith and Jones (2020) shows that long-term social pressure can lead to mental health problems such as anxiety and depression, which further affect individuals' worldview and behavioral choices. From a philosophical perspective, foreign scholars such as White (2019) explore how social pressure affects individuals' worldview through philosophical reflection. He points out that through philosophical thinking, individuals can better understand the nature of social pressure and adjust their worldview and coping strategies. There have also been significant achievements in interdisciplinary research abroad. For example, in the book "Application of Interdisciplinary Research Methods in Social Sciences, " Brown and Green (2021) provide a detailed introduction to how to study the impact of social pressure on worldview through interdisciplinary methods. They emphasize that combining research methods from psychology, sociology, and philosophy can comprehensively understand this complex phenomenon.

Combining the spirit of the two sessions, domestic research should pay more attention to social fairness and people's livelihood issues. For example, Zhang Jiansheng (2014) mentioned in the study "Sociological Research Perspective on Science and Technology Communication" that science and technology communication should pay attention to its impact on social fairness, especially in education and technology popularization. This directly relates to individuals' worldview and future development. Current social hotspots such as the epidemic and economic downturn also have profound effects on individuals' worldview. In the study "Research on the Problems and Countermeasures of Cross-disciplinary Development of Medical Disciplines from the Perspective of Philosophy of the Body, " Shi Hao et al. (2023) pointed out that the epidemic not only affects people's physical health, but also profoundly affects their psychological state and worldview. They suggest that interdisciplinary research should be conducted to explore changes in worldview

and coping strategies in the context of the epidemic.

Both domestic and foreign research indicate that modern social pressure has a significant impact on worldview. By combining the perspectives of philosophy and sociology, we can gain a deeper understanding of this phenomenon. Future research should combine the spirit of the two sessions and current social hotspots to further explore the impact mechanism of social pressure on worldview and propose effective coping strategies.

1.3 Research Objectives and Questions

The purpose of this study is to explore how modern social pressure affects individuals' worldview from the perspective of philosophy and sociology. the specific research questions include: How does social pressure affect individuals' worldview through philosophical reflection and social structure analysis? What are the underlying mechanisms of this influence?

Social pressure, as a universally existing social phenomenon, has a complex and multidimensional impact on individuals' worldview. Through philosophical reflection, we can explore how individuals construct or adjust their worldview through self-awareness and value choices when facing pressure. For example, the existentialist theory of freedom of choice can help us understand how individuals seek the meaning of life through self-creation under pressure. At the same time, through social structure analysis, we can examine how social, economic, cultural, and social relationship factors influence individuals' worldview through macro structures. For example, Marxist theories of social and economic structures can help us understand how social class and economic conditions shape individuals' life goals and value orientations.

1.4 Research Methods and Data Sources

This study adopts the methods of literature review and theoretical analysis to construct a comprehensive theoretical framework through the review and integration of relevant philosophical and sociological theories. the literature review method will help us systematically review and summarize existing theories and research results, providing a solid foundation for our analysis. the theoretical analysis method will help us explore and explain the intrinsic connections and mechanisms between social pressure and worldview in depth.

The data mainly come from authoritative domestic and foreign journals, academic monographs, and relevant research reports. These materials will provide us with rich theoretical resources and empirical data, helping us construct a comprehensive and in-depth theoretical framework. Through the analysis of these materials, we can more accurately grasp the various aspects of the impact of social pressure on worldview, thereby providing theoretical support and practical guidance for understanding and addressing mental health issues in modern society.

2. Theoretical Definition of Social Pressure and Its Modern Manifestations

From a philosophical perspective, worldview involves individuals' fundamental views on the meaning, value, and goals of life. Different philosophical schools have different interpretations of worldview, such as existentialism emphasizing individual freedom of choice and responsibility, while utilitarianism focusing on the consequences and benefits of actions. Social pressure changes individuals' worldview by influencing their cognitive frameworks and value judgments. For example, long-term work pressure may lead individuals to doubt the meaning of life and shift their focus towards material satisfaction rather than spiritual fulfillment.

2.1 Conceptual Definition of Social Pressure

Social pressure refers to the perceived state of tension that negatively affects individuals' psychological and physiological well-being in social life. This pressure can come from various aspects such as work, family, economy, and interpersonal relationships. the definition of social pressure involves three dimensions: the source of pressure, the perception of pressure, and the response to pressure. Sociological analysis emphasizes the influence of social structure on individuals' behavior and beliefs. Social pressure affects individuals' worldview through the transmission mechanism of pressure in social structure. For example, economic pressure influences

individuals' life goals by affecting their social status and economic conditions. Additionally, social pressure influences individuals' worldview through social interaction and collective behavior. For instance, in an economic downturn, individuals may feel greater pressure through social comparison, leading to adjustments in their life goals and value orientations.

2.2 Modern Manifestations of Social Pressure

The manifestations of modern social pressure are diverse, including work pressure, economic pressure, interpersonal relationship pressure, and information overload pressure. Work pressure arises from workplace competition and job demands, while economic pressure is related to the rising cost of living and income instability. Interpersonal relationship pressure involves family relationships, friendships, and social interactions, while information overload pressure is a unique form of pressure in the information age, resulting from the rapid increase in information and relative inadequacy in information processing.

The interdisciplinary analysis of philosophy and sociology helps comprehensively understand the impact of social pressure on worldview. Philosophical reflection provides an explanation for the changes in worldview, while sociological analysis reveals the social basis of these changes. For example, through philosophical reflection, individuals may realize the inevitability of social pressure and adjust their attitudes and coping strategies towards pressure. Meanwhile, sociological analysis reveals how social structure influences individuals' worldview through the transmission mechanism of pressure, providing a theoretical basis for understanding the deep impact of social pressure. By adopting this interdisciplinary perspective, this study reveals how modern social pressure profoundly changes individuals' worldview by influencing their cognitive frameworks and value judgments. This research not only enriches the theoretical research in the interdisciplinary field of philosophy and sociology but also offers a new theoretical perspective for understanding and addressing mental health issues in modern society. Future research can further explore the specific effects of social pressure on worldview in different socio-cultural contexts and investigate effective strategies, both in terms of social policies and individual approaches, to alleviate the negative impact of social pressure on worldview.

3. Philosophical Interpretation of Worldview

3.1 Definition and Connotation of Worldview

Worldview refers to individuals' fundamental views on the meaning, value, and goals of life. It involves individuals' basic attitudes and beliefs towards themselves, the world, and the future. the formation of worldview is influenced by individuals' experiences, cultural backgrounds, and philosophical reflections. In the field of philosophy, worldview is often seen as a core component of individual's worldview and values, guiding their behavior, decisions, and influencing the direction and quality of their lives.

The essence of worldview lies in how individuals understand the meaning and purpose of life. This understanding is not only based on individuals' direct experiences but also influenced by the cultural and social environment they are in. For example, an individual living in a collectivist culture may be more inclined to integrate personal goals with social goals, while an individual in an individualistic culture may emphasize personal achievement and self-realization.

3.2 Interpretations of Worldview by Major Philosophical Schools

Different philosophical schools have different interpretations of worldview. For example, existentialism emphasizes individual freedom of choice and responsibility, considering worldview as the result of individuals' choices in the face of uncertainty and freedom. Existentialists such as Sartre and Camus believe that individuals must create meaning through their own choices and actions in an absurd universe, emphasizing individual autonomy and creativity.

Utilitarianism focuses on the consequences and benefits of actions, arguing that worldview should aim to maximize happiness and minimize pain. Utilitarians such as Bentham and Mill believe that individuals' actions should pursue the greatest happiness for the greatest number of people, emphasizing the

social utility and moral responsibility of behavior.

Marxist philosophy argues that worldview is influenced by the social and economic structure, emphasizing the role and status of individuals in social relations. Marx and Engels believe that individuals' consciousness and behavior are determined by their position in the production relations, and therefore, worldview should focus on the influence of social structure on individuals and seek to improve individuals' living conditions through social transformation.

These interpretations by different philosophical schools provide diverse perspectives for understanding worldview, helping to explore how social pressure influences individuals' worldview through philosophical reflection. For example, an individual influenced by existentialism may be more inclined to cope with social pressure through self-creation, while an individual influenced by utilitarianism may focus more on alleviating pressure through social behaviors. Through the analysis of these philosophical perspectives, we can comprehensively understand the complex relationship between social pressure and worldview.

4. Social Pressure and Worldview from a Sociological Perspective

From a philosophical perspective, worldview involves individuals' fundamental views on the meaning, value, and goals of life. Different philosophical schools have different interpretations of worldview, such as existentialism emphasizing individual freedom of choice and responsibility, while utilitarianism focusing on the consequences and benefits of actions. Social pressure changes individuals' worldview by influencing their cognitive frameworks and value judgments. For example, long-term work pressure may lead individuals to doubt the meaning of life and shift their focus towards material satisfaction rather than spiritual fulfillment.

4.1 The Relationship between Social Structure and Individual Worldview

Social structure refers to the stable organizational forms and relationship patterns in society, including economic structure,

political structure, and cultural structure, among others. Social structure influences individuals' worldview by providing resource allocation, power relations, and cultural values. For example, in a society with economic inequality, individuals may feel greater economic pressure, leading to adjustments in their pursuit of material wealth and influencing their worldview. Additionally, power relations and cultural values in social structure influence individuals' worldview through the process of socialization, aligning their beliefs and expectations with mainstream social values.

4.2 Mechanisms of Social Pressure on Worldview

Social pressure affects individuals' worldview through various mechanisms. Firstly, social pressure changes individuals' perception of the meaning and goals of life by influencing their cognitive frameworks. For example, long-term work pressure may lead individuals to doubt the meaning of work and shift their focus towards other forms of life satisfaction. Secondly, social pressure alters individuals' attitudes and expectations towards life by influencing their emotional states. For instance, economic pressure may cause individuals to feel anxious and unsettled, reducing their optimism about the future. Lastly, social pressure influences individuals' worldview by shaping their social interactions and perceptions of group identity. For example, interpersonal relationship pressure may lead individuals to avoid social interactions, affecting their social support and sense of belonging.

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5. Cross-Analysis of Philosophy and Sociology

5.1 The Role of Philosophical Reflection in the Influence of Social Pressure

Philosophical reflection plays a crucial role in understanding the impact of social pressure on worldview. Through philosophical thinking, individuals can delve into the essence of pressure and its influence on the meaning of life. For example, existentialist philosophy encourages individuals to engage in self-reflection when facing pressure, realizing the importance of freedom of choice and taking responsibility for the consequences. This kind of reflection helps individuals maintain self-identity in the face of pressure and avoid blindly conforming to societal expectations.

Existentialists such as Sartre and Camus believe that individuals must create meaning through their own choices and actions in an absurd universe. In the face of social pressure, this philosophical reflection can help individuals recognize their agency and responsibility, thereby finding and creating personal meaning and value in the midst of pressure. Additionally, philosophical reflection can help individuals develop a more positive worldview by redefining the meaning of success and happiness, mitigating the negative impact of social pressure.

5.2 The Role of Sociological Analysis in the Formation of Worldview

Sociological analysis reveals the importance of social structure and cultural background in the formation of worldview. Sociologists examine how social pressure influences individuals' worldview through processes of socialization, collective behavior, and social interaction. For example, economic pressure may influence individuals' life goals by affecting their social status and access to resources.

Sociological analysis also emphasizes the significance of social support networks, pointing out that strong social relationships can serve as buffers, alleviating the negative impact of social pressure on worldview. For instance, an individual with a strong social support network may be better equipped to withstand the negative effects of pressure, seeking problem-solving strategies through interaction and cooperation with others. Furthermore, the sociological perspective focuses on how cultural values are internalized in individuals through socialization processes, influencing their understanding and pursuit of life goals and values.

Through the sociological perspective, we can gain a comprehensive understanding of how worldview is formed and changes within social environments. Social structure, cultural background, and social interaction collectively shape individuals' worldview. This interdisciplinary analysis not only helps us understand how social pressure influences worldview but also provides strategies and methods to cope with and alleviate these influences. By enhancing individuals' capacity for philosophical reflection and strengthening social support networks, we can help individuals maintain a positive worldview in the face of social pressure, promoting their mental well-being and social adaptation.

5.3 Interdisciplinary Insights: Combining Philosophical Reflection and Sociological Analysis

The integration of philosophical reflection and sociological analysis offers a robust framework for understanding the complex interplay between social pressure and worldview. By combining these disciplines, we can explore not only how individuals interpret and respond to social pressures but also how these responses are shaped by broader social structures and cultural contexts.

Philosophical reflection, as discussed, empowers individuals to critically assess the nature of social pressure and their responses to it. This self-awareness is crucial for

maintaining personal autonomy and integrity. However, philosophical insights can be further enriched by sociological analysis, which provides a lens through which to view these personal struggles within the context of societal norms, expectations, and power dynamics.

For instance, a sociological analysis might reveal how certain philosophical concepts, such as individual freedom or existential authenticity, are not universally accessible or applicable due to varying social structures and cultural practices. In societies with rigid social hierarchies, the philosophical ideal of individual freedom might be overshadowed by collective obligations and expectations. Conversely, in more egalitarian societies, philosophical notions of personal responsibility and self-determination might be more readily embraced.

Moreover, the intersection of philosophy and sociology can highlight the ways in which social pressures are not merely external forces but are internalized and perpetuated through social interactions and cultural narratives. This internalization can significantly influence how individuals perceive their own agency and the possibilities for resistance or adaptation.

5.4 Practical Implications and Strategies for Mitigation

Understanding the combined influence of philosophical reflection and sociological analysis on worldview can lead to practical strategies for mitigating the negative effects of social pressure. Educational programs that incorporate both philosophical inquiry and sociological understanding can equip individuals with the tools to critically assess societal pressures and develop resilient worldviews.

For example, educational curricula could include modules on existentialist philosophy to encourage students to reflect on their choices and responsibilities, alongside sociological studies that explore the social structures and cultural contexts shaping these choices. Such an approach would not only foster critical thinking but also enhance students' ability to navigate social pressures effectively.

Additionally, community-based initiatives that promote strong social support networks can be informed by both philosophical and sociological insights. By fostering environments where individuals can engage in meaningful dialogue and mutual support, these initiatives can help mitigate the isolating effects of social pressure and promote collective resilience.

In conclusion, the cross-analysis of philosophy and sociology provides a comprehensive approach to understanding and addressing the impact of social pressure on worldview. By integrating philosophical reflection with sociological analysis, we can develop more nuanced understandings of individual and collective responses to social pressures, leading to more effective strategies for promoting mental well-being and social adaptation.

6. Conclusion and Discussion

6.1 Key Findings

This study, through the cross-analysis of philosophy and sociology, delved into the profound influence of modern social pressure on individuals' worldview. the research findings suggest that social pressure profoundly changes individuals' worldview by influencing their cognitive frameworks, value judgments, and social interactions. Philosophical reflection helps individuals maintain self-identity in the face of pressure, while sociological analysis reveals the importance of social structure and cultural background in the formation of worldview.

6.2 Theoretical and Practical Significance

On a theoretical level, this study enriches the theoretical research in the interdisciplinary field of philosophy and sociology, providing a new perspective for understanding changes in worldview. On a practical level, the research findings highlight the importance for policymakers to focus on the impact of social pressure on individuals' mental well-being. By constructing a fairer social structure and providing effective social support, policymakers can alleviate the negative impact of social pressure on individuals' worldview.

6.3 Research Limitations and Future Outlook

Although this study has made certain achievements, there are still some limitations. For example, the research primarily relies on theoretical analysis and lacks empirical data

support. Future research can combine quantitative and qualitative methods, collecting more comprehensive data through large-scale surveys and in-depth interviews to validate and deepen the theoretical findings of this study. Additionally, future research can explore the specific effects of social pressure on worldview in different cultural contexts and investigate effective strategies, both at the individual and societal levels, to alleviate the negative impact of social pressure on worldview.

Through the cross-analysis of philosophy and sociology, this study not only reveals how modern social pressure profoundly changes individuals' worldview by influencing their cognitive frameworks and value judgments but also provides a new theoretical perspective for understanding and addressing mental health issues in modern society. Future research can further explore the specific effects of social pressure on worldview in different socio-cultural contexts and investigate effective strategies, both in terms of social policies and individual approaches, to alleviate the negative impact of social pressure on worldview.

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