

## LIFESTYLE EDUCATION FOR YOUNG PEOPLE IN VIETNAM: SITUATION AND SOLUTIONS

### *EDUCAÇÃO DE ESTILO DE VIDA PARA JOVENS NO VIETNÃ: SITUAÇÃO E SOLUÇÕES*

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**Abstract.** In the context of the country's integration with the world, the success of educating young Vietnamese people about lifestyle is evident. The youth have a deep understanding of moral values, demonstrate a spirit of solidarity, actively study, train, self-improve, respect the law, and maintain a healthy lifestyle. Their patriotism, national pride, and community service spirit are also very strong. However, alongside these achievements, there are still limitations that need to be addressed. This article analyzes the current state of lifestyle education for Vietnamese youth and proposes solutions to enhance its effectiveness. By addressing these limitations, we aim to cultivate a generation of young Vietnamese people who are capable, confident, and ready to face the challenges of socio-economic development.

**Keywords:** Lifestyle education, young people, Vietnam

**Resumo.** No contexto da integração do país com o mundo, é evidente o sucesso da educação dos jovens vietnamitas sobre o estilo de vida. Os jovens têm uma profunda compreensão dos valores morais, demonstram um espírito de solidariedade, estudam activamente, treinam, auto-aperfeiçoam-se, respeitam a lei e mantêm um estilo de vida saudável. O seu patriotismo, orgulho nacional e espírito de serviço comunitário são também muito fortes. No entanto, a par destas conquistas, existem ainda limitações que necessitam de ser abordadas. Este artigo analisa o estado atual da educação sobre o estilo de vida para os jovens vietnamitas e propõe soluções para aumentar a sua eficácia. Ao abordar estas limitações, pretendemos cultivar uma geração de jovens vietnamitas que sejam capazes, confiantes e prontos para enfrentar os desafios do desenvolvimento socioeconómico.

**Palavras-chave:** Educação para o estilo de vida, jovens, Vietname

## 1. INTRODUCTION

Young people are the pillars of the country, the future owners of the nation, the driving force in building and protecting the Fatherland, and are central to the strategy of fostering and promoting the human factor. Throughout its leadership, the Party has consistently emphasized the pivotal role of young people, recognizing them as the vanguard of Vietnam's ongoing revolution.

Central to this commitment is the Ho Chi Minh Communist Youth Union, which has played a crucial role as a steadfast pillar supporting the Party's initiatives. Through various policies and programs, the Union has been instrumental in educating, training, and organizing young individuals into a dedicated and potent force committed to advancing the revolutionary cause of Vietnam.

In the context of globalization, Vietnamese youth and students are presented with a wealth of opportunities. They have unprecedented access to education, scientific knowledge, and technological advancements, empowering them to shape promising futures and contribute meaningfully to the nation's development and defense. This access not only enhances their capabilities but also equips them with the skills necessary to navigate and thrive in an increasingly interconnected world. However, alongside these opportunities, the influence of the market economy has introduced complexities and challenges to the younger generation's lifestyles.



While economic liberalization has created new avenues for growth and innovation, it has also brought about shifts away from traditional ethical and cultural norms. This divergence necessitates a deliberate approach to education and guidance, ensuring that young people's development is grounded in strong ethical foundations and aligned with societal values and expectations.

To address these dynamics, it is imperative to establish comprehensive frameworks that provide guidance and set standards for youth development. This includes fostering environments that encourage critical thinking, ethical decision-making, and a deep understanding of cultural heritage. By doing so, Vietnam can harness the potential of its youth as drivers of sustainable progress, capable of navigating the complexities of globalization while preserving the rich cultural fabric that defines the nation's identity.

While globalization offers unprecedented opportunities for Vietnam's youth, it also requires careful stewardship to mitigate potential challenges and ensure that development is holistic and aligned with national values. The role of the Ho Chi Minh Communist Youth Union remains pivotal in this endeavor, as it continues to nurture and empower young leaders who will shape the future of the nation.

## 2. LITERATURE REVIEW

The theme of educating the lifestyle of Vietnamese youth has attracted significant research interest and various perspectives from scholars. Several notable works can be summarized concerning this research topic:

The work "Building the Character of Today's Youth" sheds light on theoretical issues regarding youth character, illustrating the current situation, directions, and solutions for developing youth character, especially political and cultural character in daily life and professions. This work is of great theoretical and practical significance in the current period, particularly in the training, cultivation, and educational guidance for youth to establish themselves, build careers, and contribute to the construction of a "wealthy, democratic, fair, and civilized" nation amidst globalization and comprehensive renovation efforts (Tham, 2016)

The book "Education in Ethics, Cultural Lifestyle, and Revolutionary Ideals for Today's Youth According to Ho Chi Minh's Thoughts" deeply analyzes Ho Chi Minh's thoughts on educating ethics, cultural lifestyle, and revolutionary ideals for the younger generation, applying his thoughts to contemporary youth education. To clarify these issues, the book is divided into three parts: Ho Chi Minh's thoughts on educating ethics, cultural lifestyle, and revolutionary ideals for the younger generation; Applying Ho Chi Minh's thoughts on educating ethics, cultural lifestyle, and revolutionary ideals for today's youth; and Speeches and writings of President Ho Chi Minh, Party Directives, Resolutions of the Party, State, and Central Youth Union on educating ethics, cultural lifestyle, and revolutionary ideals for the younger generation (Dung & Nhuan, 2015).

The scientific workshop themed "Nurturing the revolutionary generation for future generations according to President Ho Chi Minh's Testament" (held in Hanoi, May 2019) featured a collection of presentations by many reputable domestic scientists. The workshop aimed to review orientations, practices, and propose measures to implement the content of President Ho Chi Minh's Testament regarding youth development. Its goal was to leverage the intellect, spirit, and strength of the younger generation in nation-building and development, securing the socialist society while emphasizing solutions to enhance idealistic education, revolutionary ethics, cultural lifestyles, and civic awareness. The aim was to cultivate a morally upright, dignified, and determined youth generation dedicated to building a prosperous, strong, democratic, fair, and civilized country. Additionally, the proceedings suggested directions and solutions for youth education to meet current international integration requirements.

Furthermore, the Central Committee of the Communist Party of Vietnam Conference (July 2008) issued Resolution No. 25-NQ/TW on "Enhancing the Party's leadership in youth work during the period of industrialization and modernization of the country." The resolution assessed the situation of Vietnamese youth, affirmed their significant role in the nation's future and the revolutionary cause, and outlined tasks and solutions to strengthen the Party's leadership in youth work. This aimed to develop a youth generation with good moral qualities, knowledge, health, skills, dignity, and determination to successfully carry out the industrialization and modernization of the country.

In March 2015, the 11th Central Committee of the Party issued Directive No. 42-CT/TW on "Enhancing the Party's leadership in revolutionary idealistic education, ethics, and cultural lifestyles for the younger generation during the period of 2015-2030." This directive laid out tasks and solutions to improve the effectiveness of youth education. Additionally, the Prime Minister issued Decision No. 1501/QĐ-TTg on August 28, 2015, approving the Project to strengthen revolutionary idealistic education, ethics, and lifestyles for youth, adolescents, and children during the period 2015-2020. This decision defined objectives, tasks, and specific measures to enhance youth education.

Additionally, the Ho Chi Minh Communist Youth Union has issued resolutions and decisions regarding youth education work, specifically: Resolution No. 02-NQ/TWĐTN, dated August 22, 2013, of the Central Committee of the Ho Chi Minh Communist Youth Union, term X, on strengthening moral and lifestyle education, and fostering revolutionary ideals for youth and adolescents in the period 2013-2017; Decision No. 359-QĐ/TWĐTN, dated October 23, 2013, of the Secretariat of the Central Committee of the Ho Chi Minh Communist Youth Union on strengthening moral and lifestyle education, and fostering revolutionary ideals for youth and adolescents in the period 2017-2020; Decision No. 134-QĐ/TWĐTN dated November 7, 2018, on the issuance of the Project on strengthening revolutionary ideal education, and moral and cultural lifestyle for youth and adolescents in the period 2018-2022. All these resolutions and directives set out goals, tasks, and propose specific solutions to improve the effectiveness of youth education in each specific historical period.

The article "Revolutionary Moral Education for Youth According to Ho Chi Minh's Ideology" highly appreciates the special position of youth in the revolutionary cause, construction, and defense of the nation. Throughout his revolutionary activities, Ho Chi Minh highly valued the education and training of revolutionary morals for union members and youth. He regularly encouraged the younger generation to cultivate ethics and continuously strive to be worthy future leaders of the country (Sy, 2023).

These exemplary research works show that lifestyle education for Vietnamese youth has achieved certain successes, opening up many approaches and becoming valuable resources for research. Based on the results of previous scientific research, the study strives to comprehensively and systematically assess the current state of youth education in Vietnam.

### 3. MATERIALS AND METHODS

The article delves deeply into Vietnam's journey towards democratic development, drawing insights from Marxist theory, scientific perspectives, and historical analysis. It meticulously examines the complex interplay of these factors to illuminate the evolution of democracy in Vietnam. By employing both historical narrative and logical deduction, it synthesizes underlying issues and identifies specific areas that urgently require attention and reform.

Taking a comprehensive approach, the article systematically explores Vietnam's democratic landscape, critically evaluating its developmental strategies and sector-specific policies. It proposes multifaceted solutions aimed at addressing the challenges and opportunities presented in the country's pursuit of democratic governance.

Furthermore, the article enriches its analysis through a diverse array of research methodologies. These include comparative studies to contextualize Vietnam's experiences within broader global trends, analytical methods to dissect complex socio-political dynamics, synthetic approaches to integrate diverse perspectives, and both inductive and deductive reasoning to draw valid conclusions from empirical data. This methodological diversity ensures a robust examination and presentation of Vietnam's democratic trajectory, offering valuable insights for policymakers, scholars, and stakeholders alike.

## 4. RESULTS AND DISCUSSION

### 4.1. The reality of educating young people's lifestyle

In the era of Vietnam's integration into the global community, the nation consistently acknowledges the pivotal importance of its young populace and underscores their indispensable role in the country's progress and prosperity. The Communist Party of Vietnam, in its directives, has emphasized the necessity of providing regular political education to the youth, instilling in them ideals, ethics, and lifestyles conducive to the advancement of the nation, while simultaneously fostering an environment conducive to learning, recreation, labor, and holistic development both physical and intellectual thus contributing to the fortification and preservation of the Fatherland.

Moreover, there is a concerted effort to encourage young individuals to pursue self-improvement, enhance their skills, and embark on entrepreneurial endeavors. At the 12th Congress, the Party outlined the imperative of revamping the content and methodologies of political education, with a focus on instilling revolutionary ideals, patriotism, ethical values, and a healthy lifestyle, alongside a profound respect for the Constitution and the law among the youth. This includes the establishment of appropriate mechanisms and policies to facilitate conducive environments for learning, research, labor, leisure, intellectual growth, skill development, and physical fitness (Communist Party of Vietnam, 2006, p.106). Furthermore, there is a concerted push to nurture the dreams, ambitions, creativity, and mastery of modern science and technology among young people, leveraging their potential to contribute significantly to the nation's development and defense efforts.

The Party underscores the need to strengthen educational efforts targeting the young generation, with a specific focus on revolutionary ideals, ethical values, cultural lifestyles, patriotism, national pride, and the cultivation of aspirations for personal and collective advancement. This involves creating environments conducive to healthy, comprehensive, and harmonious development—intellectually, physically, and aesthetically.

The overarching goal is to ignite a sense of motivation among the youth, spurring them to excel in learning, labor, creativity, entrepreneurship, and the acquisition of modern scientific and technological knowledge, thus empowering them to play a pivotal role in the nation-building and defense endeavors (Communist Party of Vietnam, 2021, p. 168).

Therefore, the resolutions and significant documents of the Party consistently prioritize the cultivation of moral virtues and the establishment of positive lifestyles and cultural norms among young people, offering clear directives and orientations to harness this vital resource for the nation's development and defense.

The institutionalization of the Party's directives and perspectives on moral and lifestyle education for youth is underscored, alongside the implementation of the 5th Central Committee's resolution on fostering an advanced Vietnamese culture steeped in national identity. Central to this effort is the primary solution highlighted in the resolution: launching a patriotic education campaign in tandem with patriotic emulation and the collective Movement to unite the entire populace in building a culturally rich life.

The overarching objective of this nationwide movement is to foster unity in promoting sound moral values, ethics, and lifestyles while concurrently cultivating a culturally vibrant and wholesome existence, countering the spread of social vices. It is the collective responsibility of ministries, sectors, and localities to drive forward this movement and realize its objectives.

The Ministry of Education and Training, the Central Committee of the Ho Chi Minh Communist Youth Union, along with relevant ministries, sectors, and local authorities, have been entrusted with the pivotal task of spearheading moral education, lifestyle development, and the cultivation of cultural norms among young people, students, and learners. This concerted effort reflects the Party's unwavering commitment to nurturing a morally upright, socially responsible, and culturally enriched younger generation, poised to actively contribute to the nation's progress and resilience.

The Ministry of Education and Training has issued several documents regulating the education of political qualities, ethics, and lifestyle for students; regulations on the organization of cultural activities; strengthening the coordination of schools, families, and society with the aim of: "bringing the education of political qualities, ethics, lifestyle for students as a central and regular task" in training institutions to "form, train and develop political qualities, ethics, civilized lifestyle, progress contribute to a comprehensive education for students"; Organizing cultural activities for students "to contribute to fostering personality, comprehensive education for students, while forming a healthy cultural environment in the school".

The Ministry of Education and Training coordinates with many ministries and sectors to organize many activities to improve the spiritual and cultural life of students such as coordinating with Vietnam Television to organize the contest "Road to Olympia", in collaboration with the Ministry of Culture, Sports and Tourism organized the regular "Student Singing Festival"...

Through the concerted efforts of educational institutions, families, society, and various organizations, Vietnamese students have demonstrated remarkable maturity, equipped with the mental acuity and capabilities necessary to meet the demands of socio-economic development. These achievements are a testament to the continuous evolution of moral education and lifestyle cultivation for young individuals, with ongoing refinement in goals, content, and methodologies.

Recognizing the pivotal role of education, our Party advocates for its development, considering it a cornerstone of national progress. Education is deemed the foremost national asset, not only imparting essential knowledge, professional skills, and critical thinking abilities but also shaping the character and values of the youth. The comprehensive nurturing of young people through moral education and lifestyle guidance aims to cultivate a generation capable of meeting the challenges of modern careers. Under the guidance of the Party and the State, alongside the collective efforts of various sectors, levels, families, schools, and societal organizations such as the Ho Chi Minh Communist Youth Union, the Vietnam Youth Union, and the Vietnam Students' Union, significant strides have been made in youth education.

This has resulted in the emergence of a new generation embodying the cherished traditional values of the nation while embracing the progressive traits of the contemporary era. Driven by the practical needs of the nation and the times, youth education has undergone substantial innovation, fostering a new breed of ambitious individuals who aspire to establish themselves, pursue meaningful careers, and contribute to the nation's prosperity.

These young people, buoyed by their belief in the Party's reform agenda, honor the rich cultural heritage of their predecessors, embodying virtues such as patriotism and the indomitable spirit of their forebears in nation-building and defense. Vietnamese youth and students actively engage in learning, labor, and the nation's industrialization and modernization



efforts, serving as exemplary figures in the spheres of innovation and integration. Endowed with political courage, lofty ideals, and a commitment to leading meaningful lives, they possess a clear conscience, embrace healthy cultural lifestyles, possess professional expertise, and grasp advanced scientific and technological knowledge.

This collective spirit of aspiration and capability bodes well for Vietnam's continued advancement and prosperity. "Values of needs, tastes, aesthetics, fashion, music, and communication are ranked highly by young students.

Education, talent, and sensitive intelligence are always closely tied to the qualities of kindness, community, elegant civilization, friendship, and love, building a happy family, and building a society of legal discipline to create a harmony between material and spiritual values fully. Between a healthy society and a harmonious, equal, cultured life and mutual respect is the ideal of every young student of the present era" (Dam, 2007).

In addition to the achievements, the work of moral education and lifestyle for Vietnamese youth still shows limitations.

Apart from living without direction, many young people today loosen themselves and disregard the human values of life. They live without dreams or ambitions, lacking the drive to strive for the noble ideals associated with youth. They stray away from the noble purpose of life, refusing to engage in self-improvement or to actively participate in socio-political activities.

These individuals show indifference to the activities of the union and are less involved in the humane activities of the community. For instance, they do not participate in charitable humanitarian activities like "drinking water, remembering sources," "Youth for community life," or "Youth committed, establishing a career."

These activities aim to help the poor, take care of families of war invalids and martyrs, and support people with meritorious services to the revolution. Furthermore, they exhibit a lack of interest in building positive lifestyles and cultural habits within their learning environments as well as in the community life where they reside. This indifference extends to crucial social responsibilities and the broader goal of fostering a supportive, engaged, and morally grounded youth culture.

Some young people lack a reason to train and are too lazy to engage in study and research. Instead, they use their free time on trivial activities, living freely and indulging in deprived behaviors. This often leads them into social evils such as gambling and online gaming addiction. A portion of young people adopt a pragmatic lifestyle focused solely on enjoyment, living urgently and in a hurry, and engaging in reckless behaviors that drag them into further social evils, thereby corrupting themselves. This has led to an increase in school violence, juvenile crime, premarital sex, and abortion among young people, all of which are on the rise. These issues are causing significant anxiety for families and society as a whole.

Additionally, the situation where students speak profanity, swear, and show disrespect to teachers and older individuals is becoming less isolated and more widespread. Other disturbing phenomena include a disregard for traditional moral standards, such as engaging in early sexual activities, taking nude photos, and posting them on social networks or the internet to assert themselves or to scare friends.

There is also a troubling trend of young people making friends online, forming gangs, and engaging in deviant behaviors such as running away from home, living on the streets, dressing inappropriately, consuming excessive alcohol, and participating in dangerous activities like racing. These behaviors are worrying expressions of the challenges faced by today's youth, reflecting a broader issue that needs urgent attention and intervention from both families and society.

In recent years, moral and lifestyle education for Vietnamese youth has faced significant limitations, primarily due to the following factors:

Firstly, there is a significant lack of regular and consistent coordination among family, school, and society in imparting moral education to the young generation. Effectively shaping the moral compass of today's youth necessitates cohesive efforts from various educational entities, including families, schools, and broader societal structures. This coordination should be ongoing and frequent to ensure its effectiveness. The moral education provided by these entities needs to be synchronized and reinforced consistently, so that young individuals receive a uniform and continuous message about ethical behavior and values. Without this, the efforts of one group may be undermined by the lack of support or conflicting messages from another, leading to a fragmented and ineffective moral education.

Secondly, amidst the backdrop of globalization and international integration, Vietnam is experiencing an influx of new cultural and ethical values. While some of these influences bring positive changes, such as the introduction of progressive ideas and the promotion of human rights, others introduce counter-values and countercultures that are not aligned with traditional Vietnamese values. Young people, in their formative years and eager for novelty, are particularly susceptible to being swayed by these negative influences. This includes violent or depraved content propagated by reactionary forces, which can easily reach young minds through various media platforms and the internet.

The allure of such content, coupled with the natural curiosity and rebelliousness of youth, can lead them astray, away from the moral and ethical standards that their families and educators strive to instill.

Thirdly, there is a noticeable deficiency in the self-education and self-discipline among Vietnamese youth. While the responsibility for nurturing morally upright citizens rests on society as a whole, each young person bears a personal responsibility in this endeavor. Young people should not only be the recipients of education but also active participants in their own moral development. This requires a conscious effort from them to internalize and practice the values they are taught. However, in recent times, many youths have displayed a troubling passivity and disinterest in self-improvement.

Instead of taking initiative and striving for personal growth, a significant portion has strayed from revolutionary ideals and neglected traditional cultural values. They have adopted a self-centered, individualistic lifestyle that prioritizes personal gain over collective well-being. This trend towards selfishness, materialism, and a disregard for societal norms has led to an increase in social vices, lawlessness, and moral decay within Vietnamese youth.

The consequences of this shift are evident in the rising incidents of unethical behavior, criminal activities, and a general erosion of the moral fabric that has historically been a cornerstone of Vietnamese society. Addressing this issue requires a concerted effort to re-engage young people in the process of self-education and to instill in them a sense of personal responsibility and accountability for their actions.

## **4.2. Solutions to Educate Young People's Lifestyle**

Education, and the building of ethics, lifestyle, and cultural values for young people today is extremely important in the cause of comprehensive training for the young generation. The cultural environment plays a crucial role in shaping the standard value system of ethics and lifestyle for young people, and it positively impacts their moral development and overall character formation. Therefore, it is imperative to strengthen the education of lifestyles, cultural values, and moral standards for young people during this period of innovation.

To achieve this goal, it is necessary to implement a comprehensive approach that encompasses two key directions: "build" and "resist." On the "build" side, efforts should focus on constructing and reinforcing positive values, ethical standards, and cultural lifestyles among young people. This includes promoting principles of honesty, integrity, respect, responsibility, and community engagement. Educational programs and initiatives should encourage young

people to embrace these values and incorporate them into their daily lives. Schools, families, and community organizations should work together to create environments that support and nurture these positive behaviors, offering role models, mentorship, and opportunities for young people to practice and internalize ethical conduct. On the "resist" side, it is essential to actively combat and resist the negative influences that can undermine the moral and cultural development of young people.

This involves addressing and mitigating the impact of harmful content, such as violent or depraved media, that can lead young individuals astray. Efforts should be made to educate young people about the dangers of such content and to develop critical thinking skills that enable them to make informed choices. Additionally, there should be a concerted effort to discourage and reduce behaviors that contribute to social vices, lawlessness, and moral decay, such as substance abuse, gambling, and other forms of delinquency.

By implementing these strategies in a balanced and integrated manner, we can create a supportive and nurturing cultural environment that promotes the development of ethical, responsible, and well-rounded individuals. This approach will ensure that young people are not only well-educated academically but also possess the moral and cultural foundation necessary to contribute positively to society and lead fulfilling and meaningful lives

In order to enhance the importance of youth moral education, there is a crucial need to launch extensive educational campaigns across society. These campaigns should aim to instill a conscious understanding of the pivotal role that moral education plays in shaping the future of our youth. It is imperative to make people recognize that young individuals represent a significant societal force and hold the key to the success of our revolutionary endeavors, as they are the future custodians of our nation.

By fostering a genuine interest in the welfare of our youth and investing in their moral development, we can collaborate with the Party, the government, and various socio-political organizations to effectively educate them on ethical principles. Through concerted efforts, we can ensure that our youth are equipped with the moral compass needed to navigate the complexities of our ever-evolving society.

To achieve these goals, it is essential to perfect mechanisms and policies that promote ethical life and standards in schools. Promoting initiatives like "Youth Career and Youth Water Retention," "Volunteer Youth," and the "Green Summer Campaign" should become popular societal movements. Additionally, promoting the socialization of the development of rules, norms, and ethical standards will serve as a foundation for building a cultural lifestyle in schools.

The close integration of family, school, and society is essential in the holistic education, moral upbringing, and cultivation of desirable lifestyles among young individuals. This integration stands as a pivotal issue in fostering collaboration among various organizations and entities to prioritize the educational, moral, and lifestyle needs of our youth.

By fostering synergy among these institutions, we can effectively nurture the development of the new socialist man, imbued with high moral values and a commitment to the principles of socialism. It is through this collective effort that we can ensure the holistic growth and flourishing of our young generation, paving the way for a brighter future for our society as a whole. For society, we need to quickly resist re-establishing discipline in all areas of social life from transportation to land management, health management, educational culture, and strict management of the internet use of young people...

For families, it is necessary to improve the responsibility of parents in moral education, and lifestyle for children. The responsibility of universities in educating, and improve the ethics and qualities of young people. First of all, the school must create a humane, disciplined environment for learning and teaching. Cadres and lecturers must become examples of ethics, behavior, discipline, and discipline in teaching and learning.



Encouraging self-directed learning, moral development, and the cultivation of positive lifestyles among young individuals is crucial. Young people possess vigor, revolutionary zeal, and a keen sensitivity to innovation and progress. Prioritizing their engagement in self-directed learning and ethical lifestyle development is pivotal for their rapid progress and maturity. This approach also determines the outcomes of their personal development journeys. To begin with, it's imperative to instill in young people the drive and motivation to strive for improvement, providing them with appropriate training to foster a sense of mastery and a thirst for knowledge. Creating an environment conducive to their growth and providing necessary support are essential steps.

Regular monitoring, evaluation, and guidance are necessary to ensure they stay on the right path. Meeting the legitimate material and spiritual needs of young people and assigning tasks according to their abilities and inclinations will facilitate their ethical and lifestyle development. By catering to their individual characteristics and interests, we can create optimal conditions for them to thrive and assert themselves.

In recent years, Party committees and youth organizations have emphasized the role of young people in self-study, self-cultivation of ethics, lifestyles, and shaping their aspirations and motivations. They aim to nurture upright training and development, instilling a sense of self-mastery, a thirst for learning, and a drive for progress, enabling each individual to assert themselves.

Creating favorable conditions for the youth to strive and improve, while regularly monitoring, evaluating outcomes, and guiding their efforts, is essential. Moreover, it is crucial to address the legitimate material and spiritual needs of young people, assigning tasks that align with their strengths, talents, and psychological characteristics. This approach facilitates a conducive environment for ethical development and lifestyle refinement. Each young person must clearly define their responsibilities to the Motherland and the people, living with ideals and aspirations, aspiring for innovation and progress.

They should conscientiously cultivate themselves, practice self-restraint, and overcome societal temptations and negative influences, such as individualism, selfishness, and pragmatism. Young people need to have confidence in themselves, maintain steadfast faith in life's core values of truth, goodness, and beauty, and overcome hardships and adversities.

## 5. CONCLUSION

The younger generation, often referred to as the youth force, plays a crucial role in society by embodying vitality, knowledge, and ambition. They are pioneers in seeking beauty, daring to contemplate and act, and supporting previous generations while guiding the next.

The advent of a market-driven economy and increased international cooperation has profoundly influenced various aspects of social life, shaping the ethics, lifestyles, and personalities of young individuals. This societal shift has introduced new moral values and embraced healthier cultural lifestyles, yet it has also challenged traditional ethical standards and cultural practices. Therefore, alongside promoting active participation in the market economy and international engagement, there is an urgent need to strengthen moral and lifestyle education for youth.

This dual focus aims to nurture positive influences while mitigating the negative impacts on their ethical conduct and way of life. Recent years have seen a growing emphasis on enhancing the quality of holistic education for Vietnam's youth.

This initiative aligns with the nation's commitment to cultivating a skilled and ethically grounded workforce capable of meeting the demands of economic and social development. However, significant challenges and limitations persist. A concerted effort to implement these strategies in tandem will contribute significantly to cultivating a young workforce equipped with both qualifications and strong ethical values.



This approach is essential for addressing the evolving demands of society and ensuring sustainable development.

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