

# HO CHI MINH'S IDEOLOGY ON LIFESTYLE AND THE CONSTRUCTION OF A NEW LIFESTYLE FOR THE YOUTH OF HO CHI MINH CITY

## LA IDEOLOGÍA DE HO CHI MINH SOBRE EL ESTILO DE VIDA Y LA CONSTRUCCIÓN DE UN NUEVO ESTILO DE VIDA PARA LOS JÓVENES DE LA CIUDAD DE HO CHI MINH

Huỳnh Đức Bình <sup>1</sup>; Cao Xuan Long <sup>2</sup> \*.

1. University of Social Sciences and Humanities – VNU - HCM, Vietnam. ducbinh2709@gmail.com
2. University of Social Sciences and Humanities – VNU - HCM, Vietnam. caoxuanlong.khoatriet@gmail.com

\*Corresponding author: Cao Xuan Long. e-mail: caoxuanlong.khoatriet@gmail.com

### ABSTRACT

Ho Chi Minh (1890 - 1969) was not only a genius leader of the Vietnamese nation but also a great cultural figure of the world. Throughout his life, Ho Chi Minh has left many precious ideas for the Vietnamese people and humanity, especially the ideology of lifestyle. His ideology covers a wide range of aspects including working style, manners; education and learning; training ethics of each individual in the society. It is also these views that have contributed to clarify and orient the views on the new way of life of the Party and the State that Vietnam is building for the entire people of Vietnam.

**Keywords:** Ho Chi Minh; lifestyle; living style; working style; behavior; education; learning; ethics.

#### Cómo citar:

Đức Bình, Huỳnh; Xuan Long, Cao. (2021). HO CHI MINH'S IDEOLOGY ON LIFESTYLE AND THE CONSTRUCTION OF A NEW LIFESTYLE FOR THE YOUTH OF HO CHI MINH CITY. *Revista de Investigaciones Universidad del Quindío*, 33(1), 206-213. <https://doi.org/10.33975/riuq.vol33n1.559>

Información del artículo:  
Recibido: 9 mayo 2021; Aceptado: 23 junio 2021

Revista de Investigaciones Universidad del Quindío,  
33(1), 206-213; 2021.

ISSN: 1794-631X e-ISSN: 2500-5782

Esta obra está bajo una licencia Creative Commons Atribución-  
NoComercial-SinDerivadas 4.0 Internacional.



## RESUMEN

Ho Chi Minh (1890 - 1969) no solo fue un líder genio de la nación vietnamita, sino también una gran figura cultural del mundo. A lo largo de su vida, Ho Chi Minh ha dejado muchas ideas preciosas para el pueblo vietnamita y la humanidad, especialmente la ideología del estilo de vida.

Su ideología cubre una amplia gama de aspectos que incluyen el estilo de trabajo, los modales; educación y aprendizaje; la formación de la ética de cada individuo en la sociedad. Son también estas opiniones las que han contribuido a aclarar y orientar las opiniones sobre la nueva forma de vida del Partido y del Estado que Vietnam está construyendo para todo el pueblo de Vietnam.

**Palabras clave:** Ho Chi Minh; estilo de vida; hábito de vida; estilo de trabajo; comportamiento; educación; aprendizaje; ética.

## INTRODUCTION

Up to now, there have been many scholars studying lifestyle with many novel views on this issue. However, through the precious ideological legacy left by Ho Chi Minh, all the content and core values of lifestyle have been mentioned by him, especially the work *New Life*. In this work, Ho Chi Minh clearly stated the idea of “*new life*” through which the characteristics, nature and content of lifestyle can be seen. Ho Chi Minh said that the new life is to live a good life, to improve all the ways of “*eating, dressing, staying, walking*”, “*way of working*”, “*behavior*”, “*way of teaching and education*”, “*how to practice one's morality*”. Besides, new life is also “*increasing production*”, and the expression of relationships among individuals, communities in a family, in a village, in school, in office, in the factory, in the military, etc. Therefore, it is Ho Chi Minh's ideology about a lifestyle that is an important premise for the views on the “**lifestyle**” of the Party-State of Vietnam.

## RESULTS AND DISCUSSIONS

It is possible to generalize Ho Chi Minh's thoughts on lifestyle expressed in the following contents:

### 1. Ho Chi Minh's point of view on lifestyle is reflected in his lifestyle

According to Ho Chi Minh, implementing a new way of life is not about doing noble things, but the most important thing is to perform very everyday human actions through daily activities, that is. modifying the way of eating, dressing, living style, walking ... If these things are done, each person will create a habit in their activities, thereby creating a new lifestyle for themselves... The implementation of a new lifestyle is essential for everyone, rich or poor. At the same time, the way of life of one person will have a close relationship with the way of life of the other. Therefore, everyone needs to support each other to build a new way of life for the whole society. So, from young people to adults, everyone has to change their way of life. But no matter what is modified, it must go through four things: eating, dressing, staying, traveling. According to Ho Chi Minh, young people like children need to “eat clean, live clean and have good personal hygiene” (Ho Chi Minh, *Complete Works*, volume 5, 2011, p. 114). As for adults, in addition to the clean eating and living and standard speaking, walking, standing, it is also necessary to change the way of dressing to be neat, tidy and economical. In order to do so, each person needs to be fair, their own

expenses should be as reasonable as possible. In addition, He also said that implementing a new lifestyle through lifestyle not only performs daily activities of individuals, but also has to maintain the hygiene of private living areas as well as public places. He wrote: "In the garden, always keep it clean and tidy" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 118). For public sanitation, it is necessary to make sure that: "roads must be clean. Bathing ponds, drinking water wells must be hygienic and carefully cared for. The ponds and lakes should not be covered up to avoid mosquitoes. We must have common toilets, or toilets separately from each house. That is much more hygienic" (Ho Chi Minh, Complete set, volume 5, 2011, p. 119).

The Government needs to put itself in the position of each individual in the society to understand the thoughts and aspirations of each person, thereby having specific orientations on personal activities, contributing to building a lifestyle common for the whole community, society and the whole nation of Vietnam.

Thus, the construction of a new way of life is not about equating all objects equally, but depending on each object to have different ways of building a way of living for each individual. The construction of a lifestyle starts from building a living habit, but it is necessary to have flexibility and flexibility on each individual. Only then can contribute to the construction of a lifestyle.

## **2. Ho Chi Minh's point of view on lifestyle is reflected in his working style**

According to Ho Chi Minh, the working style of each person, each group of people in society, especially the working style of soldiers, will contribute to building a new lifestyle. In order for the work to take place smoothly and to achieve the highest efficiency, Ho Chi Minh said that each person should have "*How to work*, be diligent, orderly, have a sense of responsibility. Anything, you can do it, you can do it to a destination. Do not lie" (Ho Chi Minh, Complete Works, volume

5, 2011, p. 117). But to be able to build such a working style, everyone needs to implement "diligence, being economical, integrity, justice", because this is the foundation of building a new lifestyle. According to Ho Chi Minh, "diligence" is "diligent, hardworking, trying to be flexible" (Ho Chi Minh, Complete Works, Volume 6, 2011, p. 118); "being economical" means "thrift, not a luxury, not wastefulness" (Ho Chi Minh, Complete Works, volume 6, 2011, p. 122). Saving here does not mean being stingy, but having to spend at the right job, at the right time, at the right place, appropriately and reasonably; Integrity is "pure, not greedy" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 126), integrity today is essential for everyone because integrity will make each person loyal to the group, nation, community and the People. Those who do the main work are those who are honest, and those who do evil deeds are mean people. The main practice is first for oneself, it is here that there should be no pride because pride is foolishness.

According to Ho Chi Minh, the practice of these four virtues in the working process will help to form the healthy working style of each State official and employee and when a person has impartiality, the weaknesses will be less and less, and the goods will be added. The cause here is "honestly love, wholeheartedly helping comrades and fellow citizens" (Ho Chi Minh, Complete Works volume 5, 2011, p. 291); it is "upright, no wrongdoing, nothing to hide from the Party" (Ho Chi Minh, Toan, volume 5, 2011, p. 292); the mind is pure and clear. When they have clear intelligence, State officials and employees will easily absorb all knowledge, ideas and arguments; Bravery means being brave and are willing to tacking anything that has to be done. "Seeing the defect and have the courage to fix it. Accept hardship and bravely endure" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 292).

Thus, the realization of humanity, responsibility, wisdom, courage and integrity in the practice of the moral character of the revolutionary. Therefore, in the working process also people

need these qualities to build a new working style of a new society with a new lifestyle.

### **3. Ho Chi Minh's views on lifestyle are reflected in his manners**

According to Ho Chi Minh, in order to build a new way of life, each person needs to have a subtle, skillful and delicate manner. The closer a person behaves to others, the more love and respect a person will receive for himself. Therefore, Ho Chi Minh said that each person should behave as follows: "With people, you should be honest, cordial, and willing to help" (Ho Chi Minh, Complete Works volume 5, 2011, p. 117). As for the family, everyone needs to love, care and care for each other, especially it is necessary to abandon the outdated behavioral cultures of feudal society and absorb new cultures of the times. If so, the family will be happy, full, in harmony. Each person needs to practice behavior that is consistent with the fine traditions and customs of the Vietnamese people, first of all, "loyal to the Fatherland, filial to the people" (Ho Chi Minh, Complete Works, volume 6, 2011, p. 126), the latter is to love and respect their parents, but that is not enough, but "we still have to love your parents, let everyone know how to love them" (Ho Chi Minh, Complete Works, volume 6, 2011, p. 126). It is love, mutual support and help that is key for everyone to overcome difficulties in life together. Therefore, if anyone can do this, building a new lifestyle will soon be successful.

According to Ho Chi Minh, the behavior of State officials and employees plays a very important role in building a new way of life. For that reason, Ho Chi Minh regularly reminded each of the State officials and employees to understand him "*From the people we learn; Deep into the people we understand*" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 288) in order to have the behavior to suit the position. That means there is always a right and standard attitude in all jobs as well as in relationships with superiors, subordinates, colleagues, friends, neighbors ... The right attitude here is "Clear analysis.

Clearly, what is right, what is wrong" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 304) does not let it happen, but always tries to help others to correct mistakes, overcome mistakes so that they will not harm the Party and the State, others and oneself. According to Ho Chi Minh, being a State official, it is necessary to have a soft attitude in all social relations, "for the elderly, it is necessary to be respectful, to brothers, to be humble: Women must be dignified, to children, to be loved, to everyone, to be sincere" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 192) and must be able to listen to what people say, "any matter must consult the people, discuss with the people, and explain to the people" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 335) understand what the Party and State are. In this way, the construction of a new lifestyle will be successful.

### **4. Ho Chi Minh's views on lifestyle are reflected in education and learning**

According to Ho Chi Minh, education has a very important meaning for the construction of a new lifestyle because it is the spiritual foundation, the destiny, the strength of the nation, the nation. He said that: "The ignorant nation is a weak people" (Ho Chi Minh, Complete Works, volume 4, 2011, p. 7) and the purpose of education is to "train good citizens and officials, future masters of the country" (Ho Chi Minh, Complete Works, volume 10, 2011, p. 185). Therefore, to build a new way of life, it is necessary to build a lifestyle for each individual in society, for the young generation and for State officials and employees.

*For the education for each individual in society,* Ho Chi Minh said that each person needs to be eager to learn because the desire to learn is the foundation for human understanding. But the most basic thing in each person's learning is to be literate, to be literate because: "Literacy, knowing count, doing anything will be easier. A person who is illiterate, can count as half blind. I know, we learn more" (Ho Chi Minh, Complete Works, volume 5, 2011, p. 117).

*For the young generation*, lifestyle education needs more attention and attention. Therefore, Ho Chi Minh believes that the role of the school in educating and building a lifestyle for the younger generation is very important. The school, in which teachers and teachers are the ones who directly teach, needs to teach students good things, linking reasoning with practice, avoiding clichés and stereotypes. The “most important thing is to teach students to be patriotic and compassionate. Must teach them to have an independent will, to be resilient, to be determined not to be outdone by anyone, to be determined not to be enslaved” (Ho Chi Minh, Complete Works, volume 5, 2011, p. 120). According to Ho Chi Minh, in the end, all the effects achieved in lifestyle education must stem from the strength of solidarity. Therefore, it is necessary to have “Real solidarity, between teachers and teachers, between teachers and students, between students and students, between officials and workers. The whole school must unite into one block, solidarity must be truly one hundred percent, not just verbal unity” (Ho Chi Minh, Complete Works, volume 14, 2011, p. 402).

Ho Chi Minh said that in educating the lifestyle of the young generation, educating the youth is the most important because influencing the youth is affecting the future of the whole nation because “the future of youth. that is the future of the home country” (Ho Chi Minh, Complete Works, volume 5, 2011, p. 120). Therefore, young people need to be aware of their historical roles and missions in order to constantly strive and determine to strive to become the country’s future pillar.

*For State officials and employees*, lifestyle education is more and more a key task because for the Party to be strong, the State to survive and develop requires a contingent of both State cadres and employees. “Germany” has both “Talent” and “pink” and “specialized”. Therefore, lifestyle education for State officials and employees is an important thing, demonstrating the superiority of our country’s revolution. According to Ho Chi Minh, the education of a new lifestyle for State officials and employees is “to build socialist

*people with socialist ideology and behavior”* (Ho Chi Minh, Complete Works, volume 13, 2011, p. 66). Socialist ideology and behavior mean that everyone thinks of the common good before thinking of their own interests against individualism because individualism is like a germ that produces many other diseases each other: “fear of difficulty, fear of suffering; liberalism; If you have fun, do it, don’t do it if you like it, you don’t like it, you don’t do it” (Ho Chi Minh, Complete Works, volume 11, 2011, p. 249), at the same time, State officials and employees must always appreciate organization, a discipline aimed at “Against trilogy; Right, left, right, clear, disrespectful. Courage to defend righteousness, courageous in self-criticism and criticism. Determined wholeheartedly, 100% serving the people” (Ho Chi Minh, Complete Works, volume 11, 2011, p. 249). From there, State officials and employees can avoid diseases that endanger the building of lifestyles such as subjective diseases, narrow-minded illnesses, bladder disease, cystic disease, disease blight. greed, laziness, arrogance, filial piety, lack of discipline, envy ... In that way, building a new way of life means building new socialism successfully nice. But in order to be consistent until the end of the way to build a new lifestyle, it is necessary to educate State officials and employees to be consistent with the Marxist-Leninist stance and ideology, because this is a private foundation thought, is the core direction for the construction of a new lifestyle.

### **5. Ho Chi Minh’s point of view on lifestyle is reflected in the practice of morality**

According to Ho Chi Minh, building a new way of life is also the practice and building of new morality. The new ethic here is the revolutionary morality - the most authentic, the most revolutionary and different from the old one. According to Ho Chi Minh in society, there are still some people who confuse the old morality and the new morality as the same, or nothing different. But the: “Saying that is a big mistake. The old morality and the new morality differ a lot. The old morality is like people with

their heads up to the ground and their feet up to the sky. The new morality is like a person with two legs standing firmly on the ground, head up to the sky” (Ho Chi Minh, Complete Works, volume 7, 2011, p. 220). The new morality is “great morality, it is not for the reputation of the individual, but for the common interests of the Party, of the nation, of the people” (Ho Chi Minh, Complete Works, volume 5, 2011, p. 292). The new morality that Ho Chi Minh built was the harmonious combination between traditional culture with the modern culture of the nation and between the national culture and the quintessence of human culture.

For Ho Chi Minh, morality is the spiritual foundation, the origin of the revolutionary, of every Vietnamese people. Therefore, the building of new morality will determine the future destiny of the country. Therefore, in order to build a new morality, He said that every citizen, State official and employee needs to practice following the following basic principles: *First*, say to go along with doing, practice set a moral example; *Second*, building new morality goes hand in hand with combating unethical manifestations; *Third*, constantly cultivating lifelong morality through the process of practical activities.

## **6. Ho Chi Minh's thoughts on a lifestyle with the construction of a lifestyle for Ho Chi Minh City's youth today**

In order to improve efficiency in building lifestyles for Ho Chi Minh City's youth, it is necessary to implement some basic solutions as follows:

### **Firstly, raising awareness among the government and youth unions of Ho Chi Minh City about the meaning and importance of building lifestyles for city youth**

It can be seen that this is a prerequisite solution and extremely important in building a lifestyle for young people. Because, when we have a correct and deep understanding of the meaning and importance of building a youth's lifestyle, we can plan great

strategies and plans in building a lifestyle. living for young people, thereby proposing effective ways to build youth paths. This shows the correlation between theory and practice. He once said: “Practice without guiding theory becomes a blind practice” (Ho Chi Minh, Complete Works, volume 11, 2011, p. 95). Therefore, if young people are not properly aware of the meaning and importance of lifestyle building, the lifestyle building cannot achieve high efficiency, sometimes the results are very bad. Lifestyle building is not only a very proactive and flexible job but also an event of social reality. Therefore, in order to build a clean, healthy and suitable lifestyle for social conditions, it requires young people to be clearly aware of the meaning and importance of building a lifestyle. What is it, how is it?

### **Secondly, strengthen the leadership of the Ho Chi Minh City government in defining guidelines and policies on lifestyle education for city youth**

According to Ho Chi Minh, building lifestyles for everyone, especially building lifestyles for young people, has special importance. Therefore, in order to build and train the next generation to succeed in the country's revolutionary cause, “the local government *must really pay more attention to this cause*” (Ho Chi Minh, Complete Works, volume 15, 2011, p. 508). Therefore, the management role of the State in the development of guidelines, lines and policies on education for young people has a very important meaning. Because it determines the success or failure of building a lifestyle for young people. Therefore, in order to build a new lifestyle for young people, the government of Ho Chi Minh City needs to orient the goals, contents and methods of lifestyle building.

### **Third, the union organizations need to regularly renew the content and methods of lifestyle education for Ho Chi Minh City youth**

In the rapid development of the era of technology 4.0, the need for education and building lifestyles for young people requires a change

from cognitive thinking to content and method. Regularly innovating content and lifestyle education methods for young people will help the lessons catch up with the trends of the times. Since then, building up young people with enough talents to serve effectively for the cause of building and defending the country. Therefore, in order to overcome the limitations of old educational content and methods, to build new educational content and methods, especially to renew the content and methods of lifestyle education for young people, request Ho Chi Minh City authorities need to implement some of the following basic solutions: *Firstly*, to renew the content of lifestyle education for Ho Chi Minh City youth; *Secondly*, reforming the lifestyle education method for Ho Chi Minh City youth, in which the implementation of the following basic principles will contribute to high efficiency in building new lifestyles for young people in Ho Chi Minh City: *Firstly*, linking theory with practice in the lifestyle education for that City youth; *Secondly*, to closely combine the relationship between family, school and society in educating the lifestyle of Ho Chi Minh City's youth; *Thirdly*, to renew the propaganda and education of political theory for that city youth; *Fourthly*, to educate about the lifestyle of that City's youth through the form of example.

**Fourth, promote the organization, discipline, dynamism and creativity of the Ho Chi Minh City Youth Union organization in building lifestyles for city youth**

This is a solution that holds a strategic position in educating and building lifestyles for young people. When promoting the organization, discipline, dynamism and creativity of the organization of the Ho Chi Minh Communist Youth Union, it will strengthen the solidarity, strengthen the role and position of the Youth Union towards youth in orientation, education and building active lifestyles. Therefore, this promotion has a very important meaning because it directly affects the thoughts, emotions and thoughts of young people. Because of that, it is very necessary to

promote the organization, discipline, dynamism and creativity of that city Youth Union in building lifestyles for the youth of the city.

**Fifth, promote the sense of self-education, self-cultivation and practice of each young Ho Chi Minh City youth in building a lifestyle**

It can be said that, along with the lifestyle education at home, school and society, the self-education, self-cultivation and training of the youth also play a very important role, because this is two sides of an educational process. On the one hand is the impact from the outside, on the other hand is the self-awareness of learning, cultivation and training of each individual. Therefore, in order to build a new lifestyle with positive results, Ho Chi Minh City's youth need to educate, self-cultivated and train themselves.

The fact that Ho Chi Minh City's youth regularly improve their knowledge will be the factor that makes that City's youth serve the revolutionary mission of the country in general and of that City in particular. But in order to get high results in self-education, self-cultivation and training, each young person must have the initiative, passion, desire, and perseverance because society is always on the move incessantly. Scientific knowledge, knowledge is constantly increasing, social relationships, values, and ethical standards are constantly changing. Therefore, Ho Chi Minh City's youth have to constantly strive and study for life, following Ho Chi Minh's moral examples.

**CONCLUSION**

Thought about lifestyle is one of the prominent topics in Ho Chi Minh's thought. Ho Chi Minh's thought on lifestyle is the expression in living, working style, behavioral style, in education, in moral training. Today, under the impact of the market economy, especially the technology era 4.0 has made a number of youth of the country in general and Ho Chi Minh City in particular to have a pragmatic lifestyle. Therefore, in order to

be able to well perform the youth work as well as City government and Ho Chi Minh City Youth  
build new lifestyles for all the youth of Ho Chi Union take Ho Chi Minh's ideology on lifestyle  
Minh City, it is necessary that the Ho Chi Minh as the core to build a lifestyle for the youth.

---

## REFERENCES

1. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 4*. Hà Nội: National Politics Publishing House.
2. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 5*. Hà Nội: National Politics Publishing House.
3. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 6*. Hà Nội: National Politics Publishing House.
4. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 7*. Hà Nội: National Politics Publishing House.
5. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 10*. Hà Nội: National Politics Publishing House..
6. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 11*. Hà Nội: National Politics Publishing House.
7. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 13*. Hà Nội: National Politics Publishing House.
8. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 14*. Hà Nội: National Politics Publishing House.
9. Hồ Chí Minh. (2011). *Complete Works -15 volumes, Vol 15*. Hà Nội: National Politics Publishing House.