
The Passion Theory of Stoicism and How to Apply It to Enhance Students' Mental Health: Experiment at University Of Economics Ho Chi Minh City

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Abstract: Mental health is critical during young adulthood as this is a formative time for psychological development. However, in Vietnam, there has traditionally been greater emphasis on physical well-being, neglecting mental health needs. This paper aims to determine whether Stoicism, an ancient school of philosophy, is capable of dealing with such a modern issue as mental health difficulties, followed by an examination of mental health among University of Economics Ho Chi Minh City (UEH) students. To conduct the research, the authors use analytical, comparison and synthesis methods to explore Stoicism, the Passion theory in Stoicism and its impact on mental health. Also, the authors applied Passion theory in Stoicism combined with current psychology research to create The Supporting Research Model and The Main Research Model. The result shows that four classes in Passion are qualified to be the factors affecting negative emotional states and Stoicism has the ability to positively affect and enhance the students' negative emotional states. Based on the results, the study makes valuable recommendations offered for the student, family, university, and society to enhance students' mental health.

Keywords: *mentality, Passion, Stoicism, student.*

I. Introduction

Research summary

In the context of Vietnam's rapid advancement towards the 5.0 era, young students face numerous challenges that can negatively impact their mental health. These challenges include the need to maintain professional knowledge and develop interdisciplinary skills to adapt to changing labor demands, the pressure to surpass others, and other unforeseen difficulties. This can cause mental health issues such as anxiety, depression, and stress. Additionally, young people are at this age when their physical and mental health are still forming and evolving. Nevertheless, it has been long established that physical health is the focus in Vietnam, while mental health is generally ignored. As a result, the prevalence of mental health problems among Vietnamese young adults is on the rise.

Stoicism, with its emphasis on the Passion theory, offers a potent tool for addressing these challenges and promoting mental well-being among young Vietnamese. It teaches us to focus on controlling our judgments and reactions to external events rather than attempting to control the events themselves. By accepting what we cannot control and focusing on what we can (our thoughts and actions), we can cultivate greater resilience and emotional well-being.

This research explores the Passion theory and how Stoicism can be applied to enhance students' mental health. With regard to the research method, the authors used analysis and synthesis methods to clarify the basic knowledge of Stoicism and its Passion theory. Additionally, the authors use analytical, comparison and synthesis methods to identify UEH students' most common syndromes, whether Passion affects negative emotions, and Stoicism's role in enhancing mental health.

This article clarifies the basic knowledge of Stoicism, the Passion theory and determines the emotional life status of students through factors related to the three psychological syndromes: Peer Pressure, Fear of Missing Out, and Toxic Positivity. Additionally, this study identifies factors affecting students' negative emotional states and proposes solutions for students in using Stoicism to improve their emotional well-being. It also recommends solutions for families, universities, and society, particularly for universities to promote mental health care programs to enhance education quality and focus on students' physical and mental health, promoting comprehensive and sustainable values.

The findings of this study hold potentially significant meaning for the future of mental health in Vietnam. By embracing Stoicism, students, families, universities, and society can collaborate to create a supportive environment, contributing to the mental health of UEH students and all Vietnamese students. This improvement in students' emotional life, in turn, will result in enhancing the quality of education, aligning with values of University of Economics Ho Chi Minh City: "Unbounded creativity. Empowered futures. Holistic values".

II. Methodology

The authors employed multiple approaches to investigate the mental health of UEH students and the potential of Stoicism. First, the authors used analysis and synthesis methods to clarify the core principles of Stoicism, particularly the Passion Theory. Then, the authors also used statistical methods to collect responses with two online surveys and in-depth interviews. In the first survey, 200 responses were collected using online questionnaires in order to identify the mental health issue that most students face; in the second survey, 113 responses were collected using online questionnaires in order to determine what factors influence quality of life. Regarding in-depth interviews, they were conducted with three research respondents using direct conversation and open-ended questions. After providing them with the necessary information about Stoicism to apply for enhancing their mental health, the authors compared their mental state one week later. Once the necessary data were gathered, the authors used theoretical analysis, comparison and synthesis methods to explore what are the most common syndromes among students at University of Economics Ho Chi Minh City, whether Passion given in the original model is qualified to be the factors affecting negative emotional states and what is the role of Stoicism in enhancing students' mental health.

Research questions

The article focuses on clarifying research questions, which is also the orientation in which the report conducts research:

1. What is Stoicism and the Passion theory of Stoicism?
2. What factors affect students' negative emotional states?
3. How can Stoicism be used to help students resolve their Passion?

Literature Review

Stoicism

Stoicism is one of the four major schools of thought established in the Hellenistic period. It was founded in 301 BC by Zeno of Citium in Athens. The history of Stoicism is usually divided into three phases: the period of formation of Stoicism (301-207 BC), the period of Stoicism change (185-51 BC), the period Stoicism developed (30 BC-180 AD). In the third phase, there are some authors who have composed their own works on Stoic themes: Seneca, Epictetus, Musonius Rufus, and emperor Marcus Aurelius.

At its core, Stoicism is a practical philosophy that teaches us to live a virtuous life by cultivating self-awareness, discipline, and rationality. It also encourages us to align ourselves with nature. It emphasizes the importance of understanding what lies within our control and what does not, empowering us to navigate life's challenges with a resilient peace of mind and emotional composure.

Stoicism holds that since man is a social being, our path to happiness will be through accepting everything as it is, not allowing ourselves to be controlled by desire, satisfaction or fear in the face of unhappiness. By controlling our perception, the Stoics tell us, we can find mental clarity. With that awareness, we can try to consider endurance and renunciation in our daily lives. To begin with, we should face our irrational fears and dislikes with bravery and determination. Additionally, we exercise discretion and self-discipline to relinquish or abstain from what we irrationally crave. Stoicism teaches people to distinguish clearly between the world of things we can control and the world of things we cannot control. In simple terms, Stoicism teaches us to focus on the things we can control - our thoughts, emotions, and actions - while accepting the things we cannot, such as the actions of others or the natural course of events going on in the world around us. In doing so, we learn to cultivate a resilient mindset, fostering inner peace and a deep sense of contentment that transcends the fleeting pleasures, disappointments, and hardships of life. So, Stoicism, in essence, is a philosophy that instructs its students to examine their lives, focus on what they can control, and develop the virtues necessary to withstand life's adversities with a resilient peace of mind.

The Stoic Happiness Triangle

The Stoic Triangle of Happiness is a conceptual framework that illustrates the requirements for Stoic happiness or eudaimonia. The Stoics held that the ideal human state was one in which wisdom, self-control, and personal responsibility coexisted in balance. They visualized these as three arms of a triangle with the area inside representing Eudaimonia. This is the concept of the Stoic Happiness Triangle. It gives you a simple overview of the core principles of Stoicism. If you recognize the triangle, you will understand and be able to explain what the most important aspects of Stoicism are. It's the best way to present Stoic philosophy simply and visually. By practicing the Stoic Happiness Triangle personally, you develop more head space. You become more purposeful, and your priorities become clearer. You become a better, stronger version of yourself.

In order to reach the goal of full happiness, it is necessary to follow the three principles of The Stoic Happiness Triangle. These principles are closely interconnected to form the most perfect Stoicism. By focusing on what we can control in our lives, we can take responsibility for our own judgments about the events around us and then choose our actions by living virtuously to find the best version of ourselves.

Firstly, living with Areté (Virtue). Applying the philosophy of Socrates, the Stoics summed up four basic virtues: Wisdom, Self-Discipline, Justice, and Courage. These virtues are interrelated and interdependent and work together to help individuals achieve inner peace and live a fulfilling life.

Secondly, focusing on what you can control. There are three smaller groups (also known as the trichotomy of control): Things we can fully control (Group 1); Things we cannot fully control (Group 2); Things we can partially control (Group 3). For Stoicism, we should not be concerned about group 2 but rather focus entirely on group 1, as well as set clear goals and plans for group 3 (Salzgeber, 2019).

Thirdly, taking responsibility. The final angle of The Stoic Happiness Triangle is built upon the first two angles. This means that Areté alone is sufficient for a good life, but because it is within our control, it makes us responsible for our own development. With the principle of taking responsibility, we will have the strength to make the best choices in every situation.

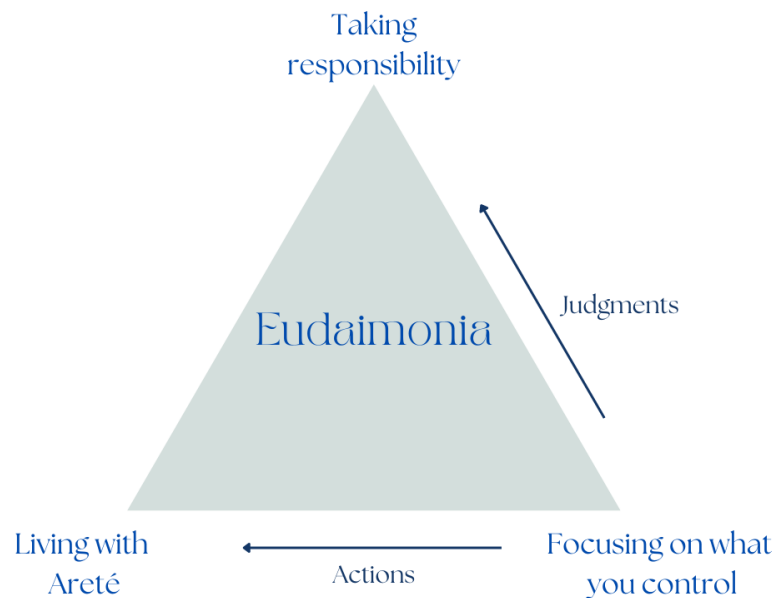


Figure 1. The Stoic Happiness Triangle (Salzgeber, 2019)

The Passion theory

Passion is derived from the Latin root word “passio” from the verb “patior” (pati, passus sum), to suffer, endure, resign... Passion in Greek is translated to “páthos”. The Greek word páthos means “experience, misfortune, emotion, condition,” and comes from Greek path-, meaning “experience, undergo, suffer”. The definition of Passion in this paper research is used: A fluttering [ptoia] of the soul as the result is emotional conflict. On the Passion, book ii., and Zeno in his treatise with the same title, constitute four great classes: Grief, Fear, Desire, Pleasure.

Aristotle thinks that passions are pleasures and pains, where these are understood as states with representational contents, and where these contents are taken by the subject to be the way things actually are. (Jamie Dow, 2015). Plato and Aristotle held the opinion that the soul included both rational and irrational elements, which they applied to explain mental conflict. The irrational “appetitive element” of the soul. The rational element of the soul, on the other hand, will oppose the irrational element's demands since such a diet is harmful. As a result, there is emotional and, in a few cases, moral conflict (Heinrich, 1978).

Modern neuroscience provides strong similarities to the Stoic viewpoint on “Passion”. For example, Joseph LeDoux (2015) emphasizes the essential, if sometimes overlooked, point that there is a distinction between what neuroscientists and psychologists mean by “Passion” For example, “fear” is a result of an instinctive and nonconscious protection and reaction mechanism whose principal neural correlate is the amygdala. What psychologists mean by “fear” is a more complicated way than in the Passion theory, created as part of the basic protection and reaction system, to which the conscious mind adds cognitive interpretation, similar to the Stoic definition. The two meanings are not mutually exclusive, but rather complementing.

III. Research Methods

The supporting research model

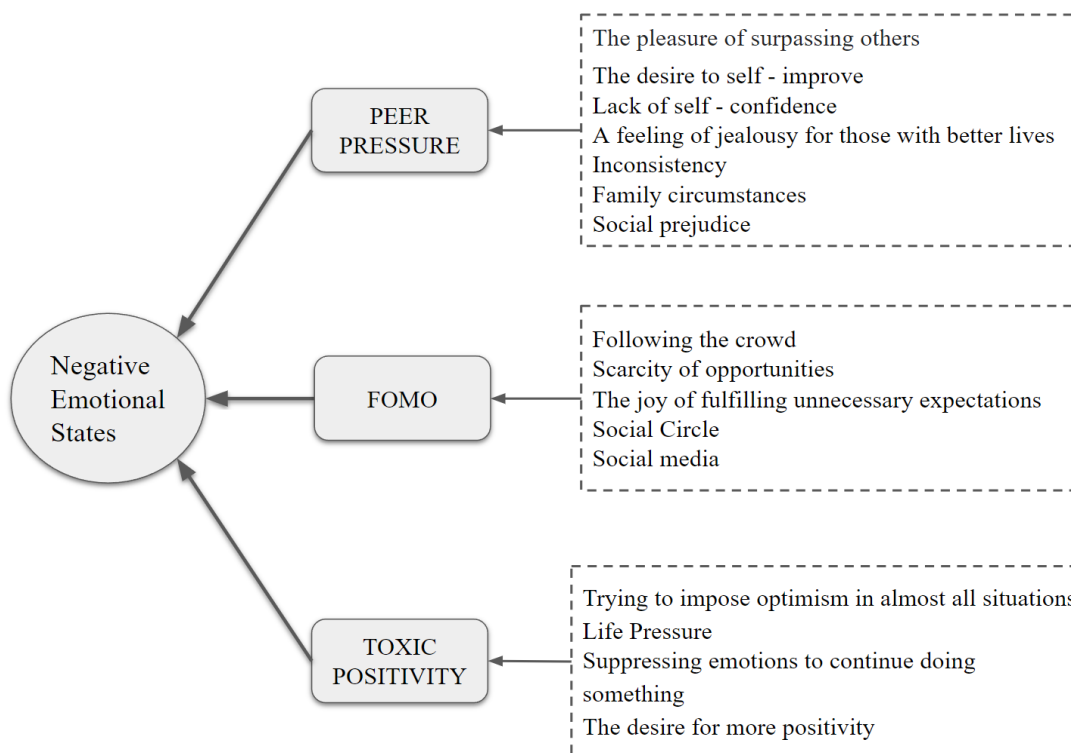


Figure 2. The Supporting Research Model

Mental disorders including some of negative emotional states such as depression, anxiety disorders, schizophrenia and bipolar disorder caused by a stressful event such as that of public speaking is a normal reaction to immediate stress and in fact is a motivation to do better (Samina Salim, 2014; Lovibond, 1995). Students at University of Economics Ho Chi Minh City face similar characteristics to those mentioned above, which can cause worrying problems regarding their psychological health. A survey was conducted on 113 students, and the results showed that the three most common psychological disorders among students are: Peer Pressure, FOMO, Toxic Positivity. Then, each disease was analyzed to identify the factors contributing to it.

	Definition	Factor	Reference
Peer Pressure	According to the APA Dictionary of Psychology, peer pressure is when an individual is influenced by others of the same social group with similar interests, experiences, or status and has a tendency to change attitudes, values, and behaviors to conform to group norms. To put it simply, peer pressure is the feeling of self-deprecation	The pleasure of surpassing others	Pham et.al., (2022)
		The desire to self - improve	

	when one doesn't achieve the same things as others.	Lack of self - confidence	
		A feeling of jealousy for those with better lives	
		Inconsistency	
		Family circumstances	
		Social prejudice	
FOMO	The definition of FOMO (Fear of missing out) from the Cambridge Dictionary describes FOMO as a “worried feeling” people have when they think they are missing exciting experiences that other people are having, especially when they see updates from social media platforms. Past research suggests that FOMO is a combination of irritability, feeling of inadequacy and anxiety is worsen, which gets worsened by the use of social media and receiving information from fellows and friends. (Wortham, 2011).	Following the crowd	Doan et.al., (1993)
		Social circle	
		Scarcity of opportunities	Christopher T. Barry et.al., (2020)
		The joy of fulfilling unnecessary expectations	
		Social media	

Toxic Positivity	<p>The term toxic positivity refers to the concept that staying positive, and only staying positive, is the right way to live your life (Lukin, 2019). The Psychology Group (2019) defined toxic positivity as an excessive and ineffective overgeneralization of a happy, optimistic state across all situations that results in the denial, minimization, and invalidation of the authentic human emotional experience. Supplementary, an article from Medical News Today by Villines (2021) defined toxic positivity as “an obsession with positive thinking,” a belief that all experiences, even the most terrible, should be viewed in a positive light.</p>	Trying to impose optimism in almost all situations	The Psychology Group (2019), Gross (1997)
		Life Pressure	
		Suppressing emotions to continue doing something	
		The desire for more positivity	

The main research model

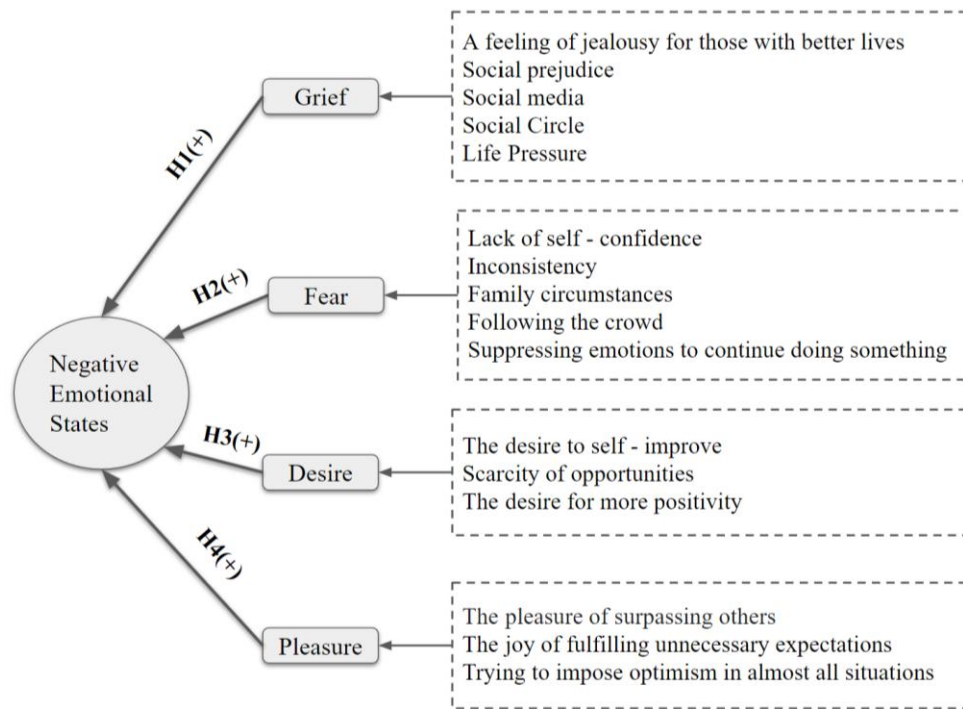


Figure 3. The Main Research Model

From the 16 disease-causing factors, which were analyzed in the supporting research model, classified into the main research model and categorized according to 4 factors (Grief, Fear, Desire, and Pleasure) to be included in the differentiation table.

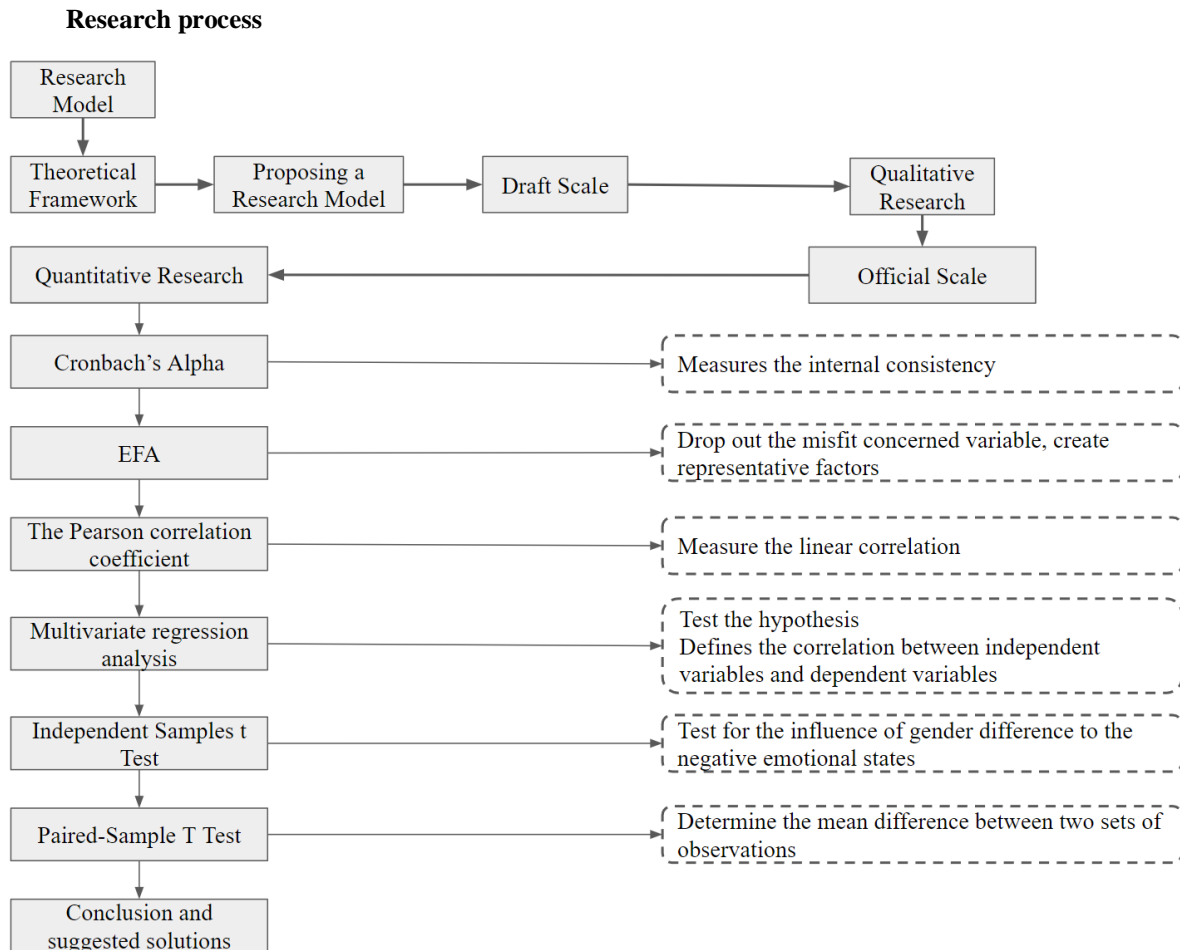


Figure 4. Research Process

Qualitative research

The authors frequently use qualitative psychological research. Qualitative research aims to gather information and data in non-numerical form in order to get thorough information on the study object for analysis or in-depth analysis. The study focuses on conducting in-depth interviews and collecting information from respondents in the most flexible and full way possible via the use of open-ended questions (no multiple-choice answers).

Quantitative research

In this research, four methods of non-probability sampling will be applied:

Convenience sampling: Create a survey question form for research objectives, then post and share it with students who are studying at University of Economics Ho Chi Minh City.

Quota sampling: Collect data from a homogeneous group to investigate relationships between different subgroups.

Purposive sampling: Choosing members of the population to participate in surveys by relying on the author's own judgment.

Voluntary response sampling: It is the decision of the respondents to decide whether or not to participate in the survey.

Topic research tools

Searching tools: The authors use tools such as Google Scholar, ResearchGate, publications relating to Stoicism, previous research papers and certain journals, and articles related to the research paper to gather data for research purposes.

Data analysis tools: Collect survey data for the first and second times using Google Forms' online questionnaire. Aggregate data from 200 different responses to the first survey and 113 different responses to the second survey using Google Spreadsheet (Google Sheet). In-depth interviews with three research respondents were carried out in the second survey via direct conversation and the exchange of open-ended questions in order to acquire research respondents' thoughts and personal viewpoints.

Statistical analysis tools: After the survey results were available, the authors rechecked the data and coded it to upload it to SPSS.26 software for further analysis and data processing.

Conclusion and Discussion

Results

Component				
	1	2	3	4
FE2	.935			
FE1	.934			
DE3		.927		
DE1		.900		
DE2		.566		
GR3			.754	
GR5			.724	
GR4			.702	
GR1			.653	
PL1				.871
PL3				.851

Table 1. Rotated Component Matrix

Following the result of EFA exploratory factor analysis, the following 11 observed variables generated after analysis accomplished the convergence and discriminant requirements and were used in the next analysis.

Model		Coefficients					
		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics
		B	Std. Error	Beta			Tolerance
1	(Constant)	-3.623	.278		-13.052	<0.001	
	GR	.251	.070	.191	3.564	<0.001	.724
	FE	.370	.057	.338	6.534	<0.001	.775
	DE	.368	.068	.287	5.429	<0.001	.740
	PL	.457	.047	.047	9.648	<0.001	.860

Table 2. Regression Analysis Table

The Sig column results show that all four factors have a positive influence on the dependent variable Negative Emotional State (NES) since all Sig values are below 0.05 or have a confidence level of greater than 95%, positive β -normalized regression.

Summary table of Hypothesis Testing results		
Hypothesis	Result	
	Sig. Value	Conclusion
GR	<0.001	Accepted Hypothesis
FE	<0.001	Accepted Hypothesis
DE	<0.001	Accepted Hypothesis
PL	<0.001	Accepted Hypothesis

Table 3. Summary table of Hypothesis Testing results

The variable Pleasure has the greatest positive influence on the dependent variable Negative Emotional State ($\beta= 0.473$), followed by the variable Fear ($\beta= 0.338$), the variable Desire ($\beta= 0.287$), and the last variable - Grief ($\beta= 0.191$) is the weakest. We can generate the following normalized regression equation from the previous results:

$$NES = 0.473*PL + 0.338*FE + 0.287*DE + 0.191*GR + \epsilon$$

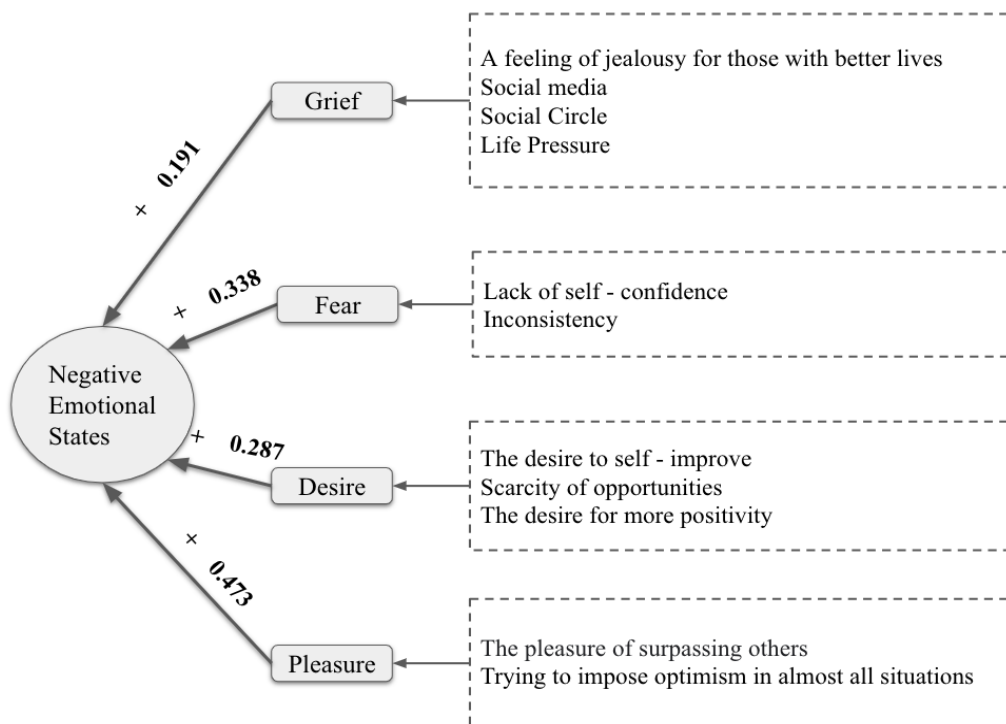


Figure 5. The Final Research Model

Through factor analysis of negative emotional states combined with analysis of smaller factors of the syndromes that are common among UEH students (including Peer Pressure, FOMO, and Toxic Positivity), our research concludes that Passion (which we are studying for a solution to resolve) given in the original model is qualified to be the factors affecting negative emotional states.

Through the result of the interview, the respondents who practiced Stoicism to solve Passion in two weeks all responded that they had a positive change in their emotional state related to the three syndromes that they were suffering from: Peer Pressure, FOMO, and Toxic Positivity. The authors make a broader view from this result that solving Passion can not only help students reduce the pain that they are suffering from the three syndromes studied but can also help students defuse the negativity in their emotional states generally.

The Paired-Samples T Test										
		Paired Differences							Significance	
		Mean	Std. Deviation	Std. Error Mean	99% Confidence Interval of the Difference		t	df	One - Sided p	Two - Sided p
					Lower	Upper				
Pair 1	BS-AS	4.00000	1.00000	.57735	-1.73011	9.73011	6.928	2	.010	.020
Pair 2	BS-AA	1.66667	.57735	.33333	-1.64161	4.97495	5.000	2	.019	.038
Pair 3	BD-AD	1.66667	.57735	.33333	-1.64161	4.97495	5.000	2	.019	.038

Table 4. The Paired-Samples T Test

In addition, the results of the DASS 21 (Depression, Anxiety, and Stress Scale 21) survey showed that the respondent's emotional state improved considerably when the Stress, Anxiety, and Depression index in the survey improved after practicing Stoicism to solve Passion, and this result matches with the respondent's verbal assessment. Although the level of improvement was not much as it was due to the limitation of the survey to a

short period of two weeks, the results would have improved significantly if the respondents had practiced Stoicism for a longer period of time.

The role of Stoicism in resolving the Passion

Control Grief: There are some Stoic strategies to prevent oneself from experiencing excessive grief and to quickly overcome the Grief. The top strategy is to practice negative visualization. Philosopher Seneca believed that people need to practice negative visualization of everything that could happen in life so as not to be surprised by those Grief, because the surprise of those Grief will make people suffer more. Another strategy is to control your own emotions and actions when dealing with Grief. Because of excessive crying, sadness does not make us feel better, nor does it change the Grief that has occurred. Practitioners of Stoicism need to know that excessive sadness is wasteful.

Overcome Fear: Stoic philosophers use *the trichotomy of control* (Salzgeber, 2019) to prevent Fear. Epictetus believed that people who are affected by Fear are those who seek something outside of their control. Therefore, it can be said that one of the best strategies to prevent Fear is to focus on what one can control - a corner of The Stoic Triangle of Happiness. Stoic philosophers advise people to imagine negative scenarios of potential suffering but it does not mean that people let themselves sink into fear of potential future grief. Stoic philosophers believe that people need to focus on the present life, enjoy or solve difficulties in reality, and stop constantly thinking about the bad things that might happen in the future.

Reduction of Desires: One argument Stoic philosophers use to minimize Desire is *the trichotomy of control* (Salzgeber, 2019) of our lives. Stoic philosophers believe in the existence of God and Fate, so they advise us to give up things we cannot control, such as "body, wealth, reputation, position, and everything we don't do" (Higginson, 2009), and leave them to God and Fate to decide. Instead of that, we should focus on things they can control, such as "judgment, choice, desire, resentment, and everything we do" (Higginson, 2009), and how we react to feelings of sadness, fear, as well as how we enjoy, act for the present.

Do not indulge in Pleasure: By imagining the negative visualization of Pleasure, this will help practitioners of Stoicism overcome these Pleasures in order to fulfill their life's tasks. Epictetus advises that whenever we are tempted by Pleasure, we should think of two moments: right after enjoying the Pleasure (feeling satisfied, happy), and after this emotion passes (feeling regretful, self-disgusted). At the same time, compare it to the joy and satisfaction that can be felt by completely giving up these irrational Pleasures, thereby helping oneself not to be immersed in them.

IV. Conclusion

The research focuses on the theory of Passion from the perspective of Stoicism and its application in addressing the Passion of University of Economics Ho Chi Minh City students at in enhancing their mental health, particularly the concepts of the Stoic Happiness Triangle and Passion.

Additionally, the study has developed a model of factors that influence students' Passion. Through the use of research methods and tools, the authors have reached an appropriate conclusion that four classes of Passion influence negative emotional states (NES) to varying degrees. Furthermore, the authors have compared the psychological results of students before and after applying Stoicism to provide relevant recommendations for specific target groups.

Among four classes of Passion, Grief is the class with the least impact on NES, consisting of four factors: A feeling of jealousy for those with better lives, Social media, Social circle, and Life pressure. In the face of fear, the Stoics advise that people need to practice negative visualization of everything and avoid letting themselves grieve too much by understanding that excessive sadness is wasteful.

The next two classes that affect NES are Desire and Fear. In which, Fear includes two factors: Lack of

self-confidence, Inconsistency; Desire includes three factors: The desire to self-improve, Scarcity of opportunities, and The desire for more positivity. In order to deal with Desire and Fear, the Stoics often employ a prominent theory called *the trichotomy of control* (Salzgeber, 2019). Stoic philosophers believe that people need to focus on what we can control in the present life.

Finally, the class with the strongest impact on NES is Pleasure, consisting of two factors: The pleasure of surpassing others, and Trying to impose optimism in almost all situations. Facing this class of Passion, the Stoics use the negative visualization strategy one time, by thinking negatively practitioners of Stoicism can overcome those pleasures in order to focus on and fulfill their life's tasks.

Applying Passion Theory, students need to know that there are things beyond their control, such as skin color, body shape, intelligence, wealth, etc., but you can study hard, read books, do exercise, and maintain a healthy lifestyle. Students should not be overly sad when they fail or watch others' succeed, avoid taking the standards of others' success to impose on themselves. Instead students should understand their personal values, have a development orientation that suits them, set goals for improving their lives. Instead of worrying and fearing about the future, students need to focus on developing themselves right now to become a better version.

V. Discussion

Stoicism, a Western philosophical school, has only recently become popular again. Research topics on this school seem to be very rare, with most of the references to this study found in books, theoretical papers on the history of Western philosophy, and individual arguments related to Stoicism. The views of Stoics such as Zeno, Aristotle, Plato... on the theory of Passion, state that Passion is the source of emotional conflict caused by rationality and irrationality (Robertson, D., 2018; Heinrich, 1978; Joseph LeDoux, 2015). Besides, the theory of Stoicism also claims that applying Stoicism to life helps people face irrational fear and neutralize negative emotions (Salzgeber, J., 2019a; Seneca, L. A., & Campbell, R., 1969b; White, S., 2021). This study is based on the above viewpoints to build a research model on the origin of students' negative emotional state today, Passion, and applying the theory of Stoicism to life can help students improve the quality of mental health.

This research is an analysis and synthesis of theories in a structured, clear, and logical layout. The research presents the history of the formation, the concept of Stoicism, and analyzes in detail two prominent theories: The Stoic Happiness Triangle and The Passion theory. Based on these theoretical foundations, the study has applied the arguments of Stoicism in a scientific way to the real lives of some students who participated in the interview, thereby testing the practical nature of the theories of Stoicism.

From a scientific perspective, this research is a logical and reliable synthesis of theories about Stoicism in general and the Passion theory in particular. It provides a theoretical foundation for graduate students and scientists to develop more in-depth research on topics in philosophy and psychology in the future. From a practical perspective, this research has initially applied Stoicism to real-life practice. It has also tested the scientific nature of the study using statistical indicators and the DASS21 test, instead of being limited to the theories and examples simply observed, contemplated, and written into books by the Stoics.

Through the collection and analysis of data based on the factors defined in the 3 psychological syndromes of Peer Pressure, FOMO, and Toxic Positivity, and then arranged into the 4 factors of Passion and calculated. The final results showed that all 4 classes of Passion have a significant impact on the negative emotional state of students. In other words, Passion is the cause of these negative emotional states. In which, Grief is the class with the least impact on negative emotional states. The next two classes are Desire and Fear. The factor with the strongest impact on NES is Pleasure.

The final result is consistent with the theory of Stoicism, pleasure is the source of unrealistic desires, it is the greed to achieve illusions, and this causes the fear of missing opportunities to achieve success or worry that one will fail. The Pleasure class consists two factors: The pleasure of surpassing others, and Trying to impose

optimism in almost all situations. The pleasure of surpassing others creates desires, avaricious that beyond their control, which can lead to grief and fear. Trying to impose optimism in almost all situations causes lack of vigilance, so being surprised can increase grief and make it more sad (Seneca). This factor also makes them immerse in it, become an unrealistic person, who don't try to find the solution for their problem (what they can control) in the present.

Epictetus wrote what we can't control are "body, wealth, reputation, position, and everything we don't do". However, in the modern era, we can achieve wealth, reputation, position by our efforts. So we should understand what we can't control in Stoicism means "everything we don't do", such as ethnicity, genotype; and "everything we do" is what we can control, this example includes how we react to negative feelings, how we enjoy life, and how we act for the present.

In brief, Stoicism encompasses a variety of strategies that are designed to help people become the best versions of themselves by taking responsibility and focusing on what they can control (The Stoic Happiness Triangle). By applying Stoic strategies, students can improve their negative emotional state. The study used the DASS21 test for the participants before and after they learned about Stoicism to demonstrate the impact of this philosophy.

In light of this positive impact, colleges and universities can research, experiment with, and support students in improving their mental health by conducting surveys on stress, anxiety, and depression, or organizing workshops and soft skill training courses on the application of Stoicism to provide students with useful knowledge to raise awareness of mental health. In addition, to have a sustainable and developing society, besides improving material life, it is important to enhance spiritual life, especially for students - the current generation who are facing serious psychological problems is also an important aspect. Therefore, the government needs to have appropriate and timely policies to promote mental health care for adolescents in general and students in particular, thereby contributing to ensuring social security, safety, and sustainable development.

However, due to limited resources, the research still has some limitations such as: the research collected data on a small scale, hence the data may not be representative of the entire population; the research topic is relatively new, and there are a few studies on the factors related to the concept of "Passion" in Stoicism, so the research still has a subjective element from the author group; the research model does not encompass all factors that cause mental and emotional health issues in students, so it cannot fully study all aspects of the problem.

To overcome the limitations of this research project, and develop the theoretical or practical philosophy research, the authors propose some research directions as follows: subsequent studies should be conducted on a larger and more uniform scale for an objective overview and to ensure representativeness of the data; subsequent studies should compare the results of applying some philosophies to improving the negative emotional state of students, thereby clarifying the positive aspects and limitations of Stoicism; future research should invest in building a research model that includes all factors influencing students' Passion so as to compare and identify prominent factors for more practical solutions.

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