

How to Face Fear - From the Perspective of Homeric Hymns

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Abstract

Fear is one of human emotions, which has a great impact on people's body, mind and spirit. With the advancement of the times, some objects of human fear have changed. The fields of medicine, psychology, religion and so on have also proposed methods to help people face fear, but the alienation problems caused by the changing times are often ignored. Homer is the earliest personality education teacher in the West. The view of harmony and balance in Homeric Hymns is especially worth learning from today. This study aims to explore the methods of facing fear in Homeric Hymns and provide new possibilities for modern people to face fear. This study adopts the historical research method, using the background of Homeric Hymns as a reference for interpreting the viewpoints of fear mentioned in Homeric Hymns, and critically thinking about them. This study found that the way to face fear in Homeric Hymns is from the perspective of an ideal personality with a harmonious balance of physiological, psychological and social levels. Facing fear is both a brave and witty response to the changing situation and a respect for social norms. It emphasizes the value of personality in Homeric Hymns. In contrast, after industrialization, people have been alienated into a small part of the machine. The fear of confusion about selfworth has existed for a long time. Perhaps people who are committed to being healthy in physical, psychological and social aspects can dispel the current unnecessary fear, and respect for social norms will help to jointly create a humanistic and physical environment for survival free from fear. However, it should be noted that social norms need to be verified as reasonable through rationality.

Keywords: courage; fear; harmonious balance; homeric hymns; lifelong education