

# Protection of Historical and Cultural Cities: Shaping Resident's Psychological Needs and Identity Formation

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**Abstract:** As a crystallization of human history and culture, historical and cultural cities have immeasurable value. However, with the acceleration of modernization, many famous cities face the contradiction between protection and development. As the owners of the city, residents' emotional identification and psychological needs are vital to the protection of historical and cultural cities. Therefore, how to balance residents' psychological needs and the preservation of historical and cultural cities has become a hot topic in current research. This study selected two historically and culturally famous cities at the national level: Nanjing and Liuzhou. By employing methods such as questionnaire survey, in-depth interviews, and participant observation, a comprehensive investigation was conducted on residents' psychological needs and their sense of identity towards the protection of the famous cities. Through data analysis, the characteristics of residents' psychological needs and their relationship with the protection of the famous cities were explored. This will provide a useful reference for the protection and development of the famous city.

**Keywords:** Historic and Cultural City; Residents; Psychological Needs; Psychological Identification

## 1. Introduction

Historic and cultural cities carry rich historical information and cultural traditions, and are precious treasures of the nation. These cities often have unique architectural features, cultural elements, and historical relics, reflecting the cultural characteristics and historical evolution of different periods and

different ethnic groups. Protecting historic and cultural cities means protecting our common national memory and cultural heritage, which is of great significance for maintaining national cultural security, promoting cultural prosperity, and enhancing national identity [1]. Residents are the mainstay of historic and cultural cities, and their psychological needs and identity are directly related to the protection and sustainable development of these cities. Residents' psychological needs and identity are mainly reflected in their sense of pride, sense of belonging, and sense of responsibility towards the city. When residents recognize the value of the historic and cultural city and consider it as part of their own honor and responsibility, they will actively participate in the protection and development of the city, creating a favorable atmosphere for social participation and cultural inheritance [2]. This article aims to explore how to shape residents' psychological needs and identity towards historic and cultural cities through various means, and provide theoretical support and practical guidance for the protection and development of these cities. The main contents include: the relationship between residents' psychological needs and identity and the protection of historic and cultural cities; methods and strategies for shaping residents' psychological needs and identity; analysis of practical cases; and finally, a conclusion and prospect. Through the elaboration of these contents, it is expected to provide new ideas and methods for the protection of historic and cultural cities.

## 2. The Relationship between the Psychological Needs and Identification of Residents and the Preservation of Historic and Cultural Cities

Resident psychological needs and identification are mainly composed of three elements: cognition, emotion, and behavior. Cognition refers to residents' understanding and recognition of the historic city. Emotion refers to residents' emotional connection and sense of belonging to the historic city. Behavior refers to specific actions taken by residents under the guidance of psychological identification. These three elements interact and promote each other, collectively forming a complete system of resident psychological needs and identification.

The formation of psychological needs and identification is a dynamic process influenced by various factors, including the material environment, social environment, and cultural environment of the historic city. These factors influence residents' cognition, emotion, and behavior, thereby affecting their psychological needs and identification. There is a close relationship between resident psychological needs and identification and the protection of historic and cultural cities. Firstly, as the main body of historic and cultural cities, residents' psychological needs and identification directly influence the protection and sustainable development of the cities. These psychological needs and identification are mainly manifested in residents' sense of pride, belonging, and responsibility towards the historic city. When residents recognize the value of the city and consider it as part of their honor and responsibility, they will participate more actively in the protection and development of the city, creating a good atmosphere for social participation and cultural inheritance. Secondly, the impact of the protection of historic and cultural cities on residents' psychological identification is also evident. Effective protection work can make residents cherish and identify with their cultural environment, enhancing their sense of pride and belonging. At the same time, protection work can also enhance community cohesion and a sense of belonging, enabling residents to actively participate in the inheritance and development of historic cities.

In summary, resident psychological needs and identification are important factors in the protection of historic and cultural cities.

By strengthening residents' sense of pride, belonging, and responsibility towards the city, better protection and development of the city can be achieved, promoting cultural inheritance and social progress[3]. Therefore, in the work of protecting historic and cultural cities, it is important to pay full attention to the shaping and enhancement of resident psychological identification, considering it as an important goal and work content.

## **2.1 Elements of Residents' Psychological Needs and Identity**

### **2.1.1 Sense of Belonging**

Residents' sense of belonging to a historic and cultural city is based on their identification with and attachment to their living environment. This emotion leads residents to see the city as "our city" and creates a shared sense of home [4]. Sense of belonging is a core element of residents' psychological needs and identity, as it can inspire residents' love for and willingness to protect the city.

### **2.1.2 Values**

Residents' values regarding historic and cultural cities are reflected in their respect for and preservation of the city's traditions, history, and culture. These values prompt residents to recognize the value of the city and actively participate in preservation efforts. Values are an important foundation of residents' psychological needs and identity, as they can influence residents' attitudes and behaviors toward city preservation [5].

### **2.1.3 Historical Memory**

Historic and cultural cities often carry rich historical memories, which are passed down through buildings, relics, legends, and other means. By identifying with and passing on these historical memories, residents develop a special emotional connection with the city[6]. Historical memory is a unique identifier of residents' psychological needs and identity, as it can enhance residents' emotional connection and sense of identity with the city.

In summary, the elements of residents' psychological needs and identity mainly include a sense of belonging, values, and historical memory. These elements interact and influence each other, collectively forming residents' inner identity with historic and cultural cities. Understanding and grasping these elements facilitate the preservation of

historic and cultural cities, promote residents' active participation, and achieve sustainable development of these cities[7].

## **2.2 The Influence of Historic and Cultural City Preservation on Residents' Psychological Identity**

### **2.2.1 Increasing residents' sense of pride and identity**

When historic and cultural cities are effectively preserved, their unique culture, history, and landscape are maintained and enhanced, leading to residents' strong sense of pride and identity with the city. Preservation work makes residents cherish and take pride in their cultural environment, enhancing their sense of belonging and identity with the city.

### **2.2.2 Enhancing community cohesion and sense of belonging**

During the preservation process of historic and cultural cities, various community activities and volunteer projects are often organized, strengthening the connections and interactions among residents and thus enhancing community cohesion and sense of belonging. Through participating in preservation work together, residents become more closely united, forming stronger community relationships [8].

### **2.2.3 Promoting the inheritance and development of cultural heritage**

The preservation of historic and cultural cities is not only a gesture of respect for the past but also a commitment to the future. Through preservation, we can ensure the effective inheritance of cultural heritage and provide a solid foundation for the future development of the city. This expectation and responsibility for the future can inspire residents' sense of mission and responsibility toward the preservation of the city, encouraging them to actively participate in the inheritance and development of the city.

In conclusion, the influence of historic and cultural city preservation on residents' psychological needs and identity is multifaceted. It can increase residents' sense of pride and identity, enhance community cohesion and sense of belonging, as well as promote the inheritance and development of cultural heritage [9]. Therefore, in the preservation work of historic and cultural cities, it is important to fully consider these impacts and treat them as important goals and sources of motivation.

## **3. Methods and Strategies to Shape Residents' Psychological Needs and Identification.**

### **3.1 Enhancing Residents' Awareness of the Value of Historical and Cultural Cities**

#### **3.1.1 Conducting cultural heritage education activities**

By organizing lectures, exhibitions, cultural festivals, and other forms of activities, residents can be educated about the value and significance of historical and cultural cities, thereby improving their understanding and cognition of cultural heritage.

#### **3.1.2 Increasing residents' understanding and awareness of historical buildings and traditional culture**

By organizing visits and guided tours, residents can personally experience the charm of historical buildings and traditional culture, thereby enhancing their cultural identity with the city.

### **3.2 Promoting Residents' Enthusiasm for Participating in the Preservation of Historical and Cultural Cities**

#### **3.2.1 Establishing resident participation mechanism**

By establishing resident councils, preservation associations, and other platforms, residents can have opportunities to participate in decision-making and practical work related to the preservation of the city[10].

#### **3.2.2 Encouraging residents to participate in preservation activities and volunteer work**

Organize residents to participate in activities such as cleaning, restoration, and inspections, as well as volunteer programs, to enhance their sense of responsibility and mission in city preservation.

The above methods and strategies are specific approaches to shaping residents' psychological needs and identity. The integrated application of these methods and strategies can help residents better understand the value of historical and cultural cities, increase their enthusiasm for participating in preservation work, and strengthen their emotional connection and inheritance of historical memory, thereby promoting the sustainable development of the city[11].

### **3.3 Strengthening Emotional Connection**

## and the Inheritance of Historical Memory

### 3.3.1 Organizing commemorative events and traditional celebrations

By organizing celebrations, ceremonies, temple fairs, and other activities to commemorate the historical and cultural city, residents can participate in the celebration of the city's history and culture, thereby enhancing their emotional connection and historical memory with the city[12].

### 3.3.2 Promoting the dissemination and development of local cultural characteristics

By promoting local cultural characteristics, traditional craftsmanship, etc., residents can have a deeper understanding and inheritance of the city's cultural heritage, thereby enhancing their sense of identity and pride in the city[13].

## 4. Practice Case Analysis

In China, there are many successful cases of historical and cultural city preservation, which have rich experience and lessons in shaping residents' psychological needs and identity. Here are some representative case studies:

### 4.1 Case 1

Historical and Cultural City Preservation in Nanjing, Jiangsu Province Nanjing, as one of China's historical and cultural cities, has a wealth of historical and cultural heritage. However, like many other historical and cultural cities, Nanjing also faces numerous challenges in balancing preservation and development. In the practice of preserving Nanjing's historical and cultural city, the following points are worth learning from:

#### 4.1.1 Promotion and Education

Nanjing promotes its historical and cultural values through various channels and platforms, such as organizing lectures, exhibitions, and cultural festivals, to enhance residents' awareness and understanding of the city. At the same time, through school education, young people are encouraged to learn about and love Nanjing's history and culture, fostering a sense of belonging and pride in the city.

#### 4.1.2 Resident Participation

Nanjing encourages residents to participate in preservation efforts by establishing resident self-governing organizations, volunteer teams, etc., enabling them to deepen their identification with the city through practical involvement. Resident involvement in the

restoration of historical buildings and the maintenance of cultural relics allows them to gain a deeper understanding and experience of the city's culture and history.

#### 4.1.3 Shared Space Construction

Nanjing emphasizes the creation of public spaces for residents to interact and communicate, such as building public green spaces, squares, cultural centers, etc. These shared spaces provide residents with places for mutual communication and collective activities, promoting community cohesion and a sense of belonging.

#### 4.1.4 Incentive Mechanisms

Nanjing has established reward and recognition mechanisms to motivate residents to actively participate in the preservation of the city. For example, outstanding volunteers are selected and cultural heritage awards are presented to recognize and encourage residents who contribute to the preservation of the city.

#### 4.1.5 Economic Development

Nanjing focuses on the development of industries related to the city's culture and history, such as tourism and cultural industries. The development of these industries brings more employment opportunities and social benefits, making residents more concerned and involved in the preservation of the city.

### 4.2 Case 2

Historical and Cultural City Preservation in Liuzhou, Guangxi Zhuang Autonomous Region Liuzhou, as one of China's historical and cultural cities, has a rich heritage. However, like many other historical and cultural cities, Liuzhou also faces various challenges in balancing preservation and development. In recent years, the Liuzhou municipal government and people from all walks of life have started to pay attention to the psychological needs and sense of identity of the residents towards the historical and cultural city, and have taken a series of measures. By analyzing the case study of Liuzhou, we can explore how to balance residents' psychological needs with the preservation of historical and cultural cities.

#### 4.2.1 Overview

Liuzhou is located in the central part of Guangxi Zhuang Autonomous Region and has a history of over 2,000 years. The city is known for its beautiful scenery and rich cultural heritage, earning the title of "Chinese

Stone Capital". However, with the acceleration of urban modernization, Liuzhou's historical and cultural heritage faces many threats. In order to better protect these valuable resources, relevant departments have started to focus on residents' psychological needs and sense of identity.

#### 4.2.2 Practical methodology

(1) Resident participation in planning and decision-making: When formulating the protection plan for the historical and cultural city of Liuzhou, the municipal government actively invited residents to participate. Through methods such as questionnaires and symposiums, they collected residents' opinions and suggestions on the protection of the historical and cultural city. This kind of participation not only enhances residents' sense of belonging and identification, but also makes the protection plan more closely aligned with actual needs.

(2) Cultural activities and education: In order to enhance residents' understanding of the value of the historical and cultural city, relevant departments have organized a series of cultural activities. For example, January 4th is designated as "Liuzhou Historical and Cultural City Protection Promotion Day", and "Liuzhou Tourism Map" is published annually. In addition, cooperation with universities is carried out to offer courses and training related to the protection of the historical and cultural city, providing learning opportunities for residents.

(3) Community building and economic development: While protecting the historical and cultural city, relevant departments also focus on community building and economic development. By guiding residents' participation in tourism development and the creation of distinctive neighborhoods, the needs for economic development are met while achieving the protection of the historical and cultural city.

#### 4.2.3 Practical effects

Through the implementation of these measures, Liuzhou has achieved significant results in the protection of the historical and cultural city. Residents' sense of identification and belonging to the historical and cultural city has significantly increased, and their enthusiasm for participation in protection efforts has also been greatly improved. At the same time, through the implementation of community

building and economic development projects, residents' quality of life has been improved, achieving a virtuous cycle between protection and development.

The case studies of the two historical and cultural cities in shaping residents' psychological needs and identification practices indicate that in order to achieve sustainable development of historical and cultural cities, it is necessary to fully consider residents' psychological needs and sense of identification. The government should actively guide residents' participation in planning and decision-making to enhance their awareness of protection. Meanwhile, through cultural activities, education, and other means, residents' sense of belonging and identification should be strengthened. In terms of economic development, it is important to combine it with the protection of the historical and cultural city to achieve a win-win situation between protection and development.

## 5. Conclusion and Recommendations

In this article, we delve into the importance and role of residents' psychological needs and identification in the protection of historical and cultural cities. Based on the analysis of successful cases in China, we summarize the experiences and lessons in shaping residents' psychological identification. Building upon this, the article proposes the following suggestions and prospects to further promote the development of historical and cultural city preservation.

### 5.1 Continuously Strengthen Publicity and Education

Propaganda and education are key to enhancing residents' psychological needs and identification. The government and various sectors of society should continuously strengthen publicity and education through various channels and platforms, increasing residents' awareness and understanding of historical and cultural cities. This includes implementing relevant courses in schools, organizing lectures on historical and cultural topics, and producing and distributing brochures and posters. Additionally, modern technology methods, such as social media and online platforms, should be actively utilized to expand the coverage and influence of publicity.

### **5.2 Encourage Resident Participation in Preservation Efforts**

Residents play a crucial role in the preservation of historical and cultural cities. The government should establish effective mechanisms for participation to encourage residents to contribute to preservation efforts. This may include setting up resident autonomous organizations, volunteer teams, etc., allowing them to strengthen their sense of identification and belonging through practical activities. At the same time, the government should respect and support the opinions and suggestions of residents, jointly promoting progress and development in preservation work.

### **5.3 Strengthen the Construction of Shared Spaces**

Shared spaces are important places for promoting community cohesion and a sense of belonging. The government should strengthen the construction of shared spaces, including public green areas, squares, cultural centers, etc., providing residents with places for interaction and communication. Moreover, attention should be given to the maintenance and restoration of historical buildings and landmarks, preserving their historical features and cultural value. The construction of shared spaces can not only enhance residents' quality of life but also strengthen their sense of identification and belonging to the city.

### **5.4 Formulate and Improve Laws and Regulations**

Formulating and improving laws and regulations is essential for the protection of historical and cultural cities. The government should enact strict laws and regulations to protect historical buildings, landmarks, etc., while strengthening law enforcement to ensure their effective implementation. Simultaneously, emphasis should be placed on publicity and education regarding laws and regulations, enhancing residents' legal awareness and compliance.

### **5.5 Develop the Cultural Industry**

The cultural industry is a vital support for the development of historical and cultural cities. The government should establish corresponding policies and measures to support the development of the cultural

industry, including but not limited to cultural tourism, art creation and trade, cultural activities, etc. By developing the cultural industry, the attractiveness and competitiveness of the city can be enhanced, while also providing residents with more employment opportunities and sources of income, further strengthening their sense of identification and belonging.

### **5.6 Strengthen International Cooperation and Exchanges**

The preservation of historical and cultural cities is a global issue that requires enhanced international cooperation and exchanges. The government should actively participate in international organizations and activities, learn from advanced experiences and practices abroad, and promote the internationalization of preservation efforts. Through international cooperation and exchanges, the influence and recognition of the city can be expanded, strengthening residents' sense of pride and confidence.

### **5.7 Establish Effective Incentive Mechanisms**

The government should establish effective incentive mechanisms to encourage residents and businesses to actively participate in the preservation of historical and cultural cities. This includes measures such as providing financial support, tax incentives, honorary rewards, etc., to stimulate their enthusiasm and creativity. By establishing incentive mechanisms, a positive social atmosphere can be formed, promoting sustainable development in preservation work.

### **5.8 Emphasize Continuous Innovation and Improvement**

The preservation of historical and cultural cities requires continuous innovation and improvement. The government should pay attention to the latest trends and development in preservation work both domestically and internationally, innovating and improving according to the actual situation. At the same time, residents and businesses should be encouraged to provide opinions and suggestions, jointly promoting progress and development in preservation efforts. Through continuous innovation and improvement, the

competitiveness and attractiveness of the city can be enhanced, facilitating its sustainable development.

In summary, residents' psychological needs and identification play a crucial role in the preservation of historical and cultural cities. The government and various sectors of society should work together to strengthen publicity and education, encourage resident participation, construct shared spaces, formulate laws and regulations, develop the cultural industry, enhance international cooperation and exchanges, establish incentive mechanisms, and emphasize continuous innovation and improvement. By implementing these measures, residents' awareness and identification of the city can be effectively enhanced, stimulating their enthusiasm and initiative in preservation efforts, and promoting the sustainable development of the city. Additionally, it is important to recognize that the preservation of historical and cultural cities is a long-term and challenging task, requiring persistent efforts and commitment. Only through the joint efforts of society as a whole can the goals of the preservation work be achieved, making our cities more beautiful and prosperous.

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