

# 太极拳运动融入社区养老服务的理论意义与实践价值研究

曹祖瑞，杨红军

沈阳体育学院 运动训练学院，辽宁 110102

**摘要：目的：**近年来，为了缓解社会老龄化状况，我国大力发展社区养老服务，不断改善居家养老环境，满足老年人的社会服务需求，从而形成以家庭养老服务和社区养老服务为基础的新型社会养老服务体系。但是，在推进社区养老服务建设方面还存在许多问题，如医疗保健和健身设施不足、精神文化和娱乐活动缺乏、养老服务规范化等问题。为了解决社区养老现状，有必要丰富社区养老服务模式。而太极拳运动在保健、精神娱乐等方面对老年人有很大帮助，太极拳运动也是很多老年人喜欢的健身娱乐活动。本研究通过对太极拳运动融入社区养老服务的理论意义及实践价值进行系统的整理分析，为太极拳运动融入社区养老服务提供参考。**方法：**文献资料法，本研究采用文献资料研究法，利用中国知网、百度学术、维普等网站，检索搜集整理太极拳运动与社区养老服务相关的文献资料用于本文研究的理论依据；访谈法，对太极拳运动融入社区养老服务的理论意义与实践价值进行分析；逻辑分析法，本文在研究过程中，运用了归纳、演绎、比较、综合等逻辑分析方法对相关信息进行提取、分析、加工。**结果：**（1）健身效果。太极拳运动的健身价值在健身治疗的康复效果中极为显著，特别是对老年人，太极拳运动对老年人风湿病、肩周炎、骨质增生等疾病有显著的康复效果。对老年人神经衰弱及高血压有较好的疗效。通过太极拳运动，老年人的关节和组织得到改善，身体功能显著增强。长期坚持太极拳运动可以促进血液流动，增强心脏的泵血功能。这表明，太极拳运动对改善心血管系统也有很大帮助。此外，太极拳运动还能增强神经系统的敏感性，能有效减缓老年人运动功能的恶化。因此，太极拳运动在老年人的保健、抗衰老、长寿方面具有重要作用。（2）健身方法。太极拳是纯粹的有氧运动，是强而不猛的适量运动，是在温和缓慢的状态下进行的，老年人在运动中没有安全隐患。动作简单，容易掌握，学习没有困难，积极性高。更重要的是，太极拳运动强度小，适用于不同人群、不同体质、不同年龄的人，特别是老年人。（3）愉悦身心方面。定期在社区开展太极拳运动的表演活动，丰富老年人的精神生活，加深老年人对健康养老的认识。在太极拳运动学习阶段，老年人集中精力学习和模仿动作，潜移默化地提高了老年人观察事物的能力和注意力，增强了老年人的思维能力。此外，它还提高了老年人的幸福感和娱乐性，促进了老年人参与健身活动的积极性，减轻老年人的

焦虑、精神抑郁和孤独，促进了老年人的心理健康，提高了老年人的社交能力。（4）场地方面。太极拳运动受场地的约束力较小，老年人可以在平地上锻炼。如果天气好，他们可以在户外运动，在锻炼的同时，可以呼吸新鲜的空气，感受大自然的魅力，这更有利于老年人的身体健康。如果天气不好，他们可以选择在室内锻炼，而不会中断老年人的锻炼计划。（5）资金方面。在老龄化社会状况下，我国的社会保障体系还不够成熟，社会消费水平不高，为了减少老年人的医疗支出，促进社会的和谐发展，提高老年人的生活质量和水平，我国专门提出了全民健身计划，以降低老年人疾病的发病率。太极拳运动对老年人的健康及一些疾病的康复有重要的帮助，在经济上基本是非消费性的，可缓解社区养老服务的财政投入压力，减轻家庭和社区的经济负担。**结论：**太极拳运动在我国社区养老服务中具有重要的地位和作用。太极拳动作简单，容易掌握，老年人在运动中没有安全隐患；对老年人的身体、心理和功能状况的改善有显著效果；丰富老年人的精神生活，提高了幸福感和娱乐性，促进心理健康；可缓解社区养老服务的财政投入压力，减轻家庭和社区的经济负担，促进社会的和谐发展。因此，应将太极拳运动融入到社区养老服务中，从而促进社区养老服务建设，提高老年人的健康水平和生活质量。

**关键词：**太极拳；社区养老；养老服务

## Research on the theoretical significance and practical value of Tai Chi incorporating into community care services

Zurui Cao, Hongjun Yang

*School of sports training , Shenyang Sport University, Shenyang 110102*

**Abstract: Objective:** In recent years, in order to alleviate the social aging situation, my country has vigorously developed community elderly care services, continuously improved the home care environment, and met the needs of the elderly for social services, thus forming a new type of social elderly care service system based on family and community elderly care services. However, there are still many problems in advancing the construction of community elderly care services, such as insufficient medical care and fitness facilities, lack of spiritual culture and recreational activities, and standardization of elderly care services. In order to solve the status quo of community elderly care, it is necessary to enrich the community elderly care service model. Tai Chi exercise is very helpful to the elderly in terms of health care, spiritual entertainment, etc. Tai

Chi exercise is also a fitness and entertainment activity that many elderly people like. This study systematically analyzes the theoretical significance and practical value of Tai Chi into community elderly care services, and provides a reference for Tai Chi to integrate into community elderly care services. **Method:** Literature data method. This study adopts the literature data research method, using CNKI, Baidu Academic, VIP and other websites to search and collect literature data related to Tai Chi exercise and community elderly care services for the theoretical basis of this research; interview method, right Analyze the theoretical significance and practical value of Tai Chi movement into community elderly care services; logical analysis method, in the research process of this article, use logical analysis methods such as induction, deduction, comparison, and synthesis to extract, analyze, and process relevant information. **Results:** (1) Fitness effect. The fitness value of Tai Chi exercise is extremely significant in the rehabilitation effect of fitness therapy, especially for the elderly. Tai Chi exercise has a significant rehabilitation effect on the diseases of the elderly such as rheumatism, frozen shoulder and hyperosteoegeny. It has a good effect on neurasthenia and hypertension in the elderly. Through Tai Chi exercise, the joints and tissues of the elderly are improved, and the body functions are significantly enhanced. Long-term adherence to Tai Chi exercise can promote blood flow and enhance the pumping function of the heart. This shows that Health Tai Chi exercise is also very helpful in improving the cardiovascular system. In addition, Tai Chi exercise can also enhance the sensitivity of the nervous system and can effectively slow down the deterioration of the elderly motor function. Therefore, Tai Chi exercise plays an important role in health care, anti-aging, and longevity of the elderly. (2) Fitness methods. Tai Chi is pure aerobic exercise. It is a moderate exercise that is strong but not vigorous. It is performed in a gentle and slow state. There is no safety hazard for the elderly during exercise. The movements are simple, easy to master, there is no difficulty in learning, and the enthusiasm is high. More importantly, Tai Chi exercises are of low intensity and are suitable for people of different groups, different physiques, and different ages, especially the elderly. (3) Pleasure physically and mentally. Regularly carry out Tai Chi movement performance activities in the community to enrich the spiritual life of the elderly and deepen the elderly understanding of healthy elderly care. In the Tai Chi movement learning stage, the elderly concentrate on learning and imitating movements, subtly improving the elderly ability to observe things and attention, and

enhance the elderly thinking ability. In addition, it also improves the happiness and entertainment of the elderly, promotes the enthusiasm of the elderly to participate in fitness activities, reduces the anxiety, depression and loneliness of the elderly, promotes the mental health of the elderly, and improves the social interaction of the elderly ability. (4) The venue. Tai Chi exercise is less constrained by the venue, and the elderly can exercise on flat ground. If the weather is good, they can exercise outdoors, while exercising, they can breathe fresh air and feel the charm of nature, which is more conducive to the health of the elderly. If the weather is bad, they can choose to exercise indoors without interrupting the elderly exercise program. (5) In terms of funding. In an aging society, my country's social security system is not mature enough and the level of social consumption is not high. In order to reduce the medical expenditures of the elderly, promote the harmonious development of the society, and improve the quality and level of life of the elderly, my country has specifically proposed a national fitness programs to reduce the incidence of diseases in the elderly. Tai Chi exercise is an important help to the health of the elderly and the rehabilitation of some diseases. It is basically non-consumable economically, and can ease the pressure of financial investment in community elderly care services and reduce the economic burden on families and communities. **Conclusion:** Tai Chi has an important position and function in our country's community elderly care services. Tai Chi movements are simple and easy to master. The elderly has no safety hazards during exercise; it has a significant effect on the improvement of the physical, psychological and functional conditions of the elderly; enriches the spiritual life of the elderly, improves happiness and entertainment, and promotes psychology Health; it can alleviate the pressure of financial investment in community elderly care services, reduce the economic burden of families and communities, and promote the harmonious development of society. Therefore, Tai Chi exercise should be integrated into community elderly care services, so as to promote the construction of community elderly care services and improve the health quality and living standards of the elderly.

**Key words:** Tai Chi, Community care services, Elderly service