

太极拳在鄂东南地区发展对助力乡村振兴的效果研究

丰硕蕾^{1,2}, 马智玉¹

1. 黄冈市团风县文化和旅游局, 黄冈 438000

2. 马来亚大学, 吉隆坡 50603

摘要: 目的: 习近平总书记在党的十九大报告中强调, 在实施乡村振兴战略中, 农业、农村、农民问题是关系经济的根本性问题, 民生改善和提升农村公共体育服务供给是乡村振兴战略的重要组成部分。实施乡村振兴战略, 目的在于丰富乡村民众的物质、精神和文化生活, 从而满足乡村民众日益增长的美好生活需要, 解决需求与发展不平衡、发展不足的矛盾。习近平总书记在党的十九大报告中更加明确地强调, 没有高度的文化自信, 没有文化的繁荣, 就没有中华民族的伟大复兴。太极拳在我国具有深厚的传统文化底蕴, 其动作缓慢、轻柔, 同时该运动对练习的场地、运动装备要求不高, 因此国内外太极拳习的练者有众多。太极拳能够帮助锻炼者改善身体机能水平、辅助治疗慢性疾病、提升生活质量等。在健康中国的建设中, 国家和地方政府要扶持推广已经有着广泛群众基础的太极拳项目, 要对太极拳项目高度重视。本文选取鄂东南地区摘帽贫困县进行实地调研和问卷调查, 试探寻该地区太极拳的发展现状以及其在乡村振兴中对发展全民健身的促进作用。**方法:** 文献资料法、专家咨询法、问卷调查法、实地调研法。首先通过知网搜索关键词“太极拳”“全民健身”“乡村振兴”, 查阅文献和书籍。在中国知网等各类数据库开展了大量相关著作的检索工作, 查询了相关的文献资料。了解促乡村振兴发展的可能要素, 以及太极拳活动有关的开展现状, 从而为本研究提供理论依据。其次, 开展调研前咨询了武汉体育学院民族传统体育的专家、本地体育局官员以及该地区太极拳协会会长、秘书长等。初步了解该地区的太极拳开展相关情况, 有助于更科学的形成研究框架, 同时, 确定了本次研究的问卷调查问题内容。实地调研选取了湖北省团风县为代表进行, 团风县为红色革命老区, 2019年摘帽国家级贫困县。团风县地处鄂东南、大别山南麓、长江中游北岸, 面积838平方公里, 总人口38万, 8镇2乡共有296个行政村(社区)。同时从不同的群体中随机按比例抽取一定人数进行问卷调查, 共发放问卷120份, 收回113份, 其中有效问卷110份。**结果:** 1. 团风县本地政府及体育局高度重视扶持推广太极拳这类民族传统运动项目。太极拳是中华民族传统文化载体的重要组成, 它融合了中华几千年传统文化中的多学科知识精髓, 深受本地群众, 尤其是中老年人的欢迎。关注中老年人群的身心健康是世

界各国的民生大计，中老年人的健康保障也是我国社会和谐、国家进步的重要体现。2. 太极拳在鄂东南地区的贫困摘帽县当中发展相比较其他运动开展的更为积极，本地开展和参加太极拳活动场次远超于其他体育项目。从不断庞大发展的太极拳锻炼队伍以及越来越频繁的太极拳活动可以看出。本地太极拳协会登记会员人数 279 人，常参加活动的为 120 人左右，参与太极拳运动的主要为 60 岁以上的退休老年人。乡村体育文化娱乐活动及健身康体指导服务的质量日益提升，都在为乡镇民众提供丰富的体育物质与精神文化生活做好充分准备。3. 长期练习太极拳可以增强人体的活性，延长细胞寿命，增强人机体的免疫力。同时，进行该运动的锻炼还可以有效缓解心理压力，降低焦虑水平，提高参与锻炼者的应激能力，促进人际关系协调发展。**结论：**1. 当地政府重视太极拳运动的发展，在全民健身工程和全民健身路径没有全面覆盖的现状之下，太极拳运动有利于该地区发展全民健身，中老年人的健康有利于社会稳定和谐的发展，有利于加速乡村振兴的发展。2. 太极拳在团风县发展蓬勃，同时在全民健身运动中扮演着十分重要的角色，它的健身功效与篮球、游泳、足球、田径等运动形式存在一定差异，太极拳主要是有氧供能运动，开展太极拳运动对场地对参与者体能要求不高，适宜在鄂东南地区城镇、乡村推广。3. 太极拳运动属于中低强度运动，适量的太极拳练习可以有效提高参与锻炼者的免疫机能，长期进行太极拳练习还对锻炼群众的身心发展有促进作用。团风县太极拳参与人数较多，受众面较广，但其发展程度还较低，民众普遍希望政府在该项运动的组织和开展中加大资金扶持力度同时加强专业性的引导。

关键词：太极拳; 全民健身; 乡村振兴

Research on the effect of Tai Chi's development in the southeast of Hubei on the promotion of rural revitalization

Shuolei Feng^{1,2}, Zhiyu Ma¹

1 Tuanfeng county culture and tourism bureau, Huanggang 438000

2 University of Malaya, Kuala Lumpur 858700

Abstract: Objective: General Secretary Xi Jinping emphasized in the report of the 19th National Congress of the Communist Party of China that in the implementation of the rural revitalization strategy, agriculture, rural areas, and farmers are fundamental issues related to the economy. Improving people's livelihood and enhancing the supply of rural public sports services is the rural

revitalization strategy. An important part of. The purpose of implementing the rural revitalization strategy is to enrich the material, spiritual and cultural life of the rural people, so as to meet the growing needs of the rural people for a better life, and to solve the contradiction between demand, unbalanced development and insufficient development. In his report to the 19th National Congress of the Communist Party of China, General Secretary Xi Jinping emphasized more clearly that without a high degree of cultural self-confidence and cultural prosperity, there would be no great rejuvenation of the Chinese nation. Tai Chi has a profound traditional cultural heritage in our country, and its movements are slow and gentle. At the same time, the exercise does not require high training venues and sports equipment. Therefore, there are many practitioners of Tai Chi at home and abroad. Tai Chi can help exercisers improve their physical functions, assist in the treatment of chronic diseases, and improve their quality of life. In the construction of a healthy China, the national and local governments must support and promote Tai Chi events that already have a broad mass base, and they must attach great importance to Tai Chi events. This article selects the poor counties in southeastern Hubei province to conduct field investigation and questionnaire survey to explore the development status of Tai Chi in this area and its role in promoting the development of national fitness in rural revitalization. **Methods:** literature method, expert consultation method, questionnaire survey method, and field investigation method. First, search the keywords "Tai Chi", "National Fitness" and "Rural Revitalization" through HowNet, and look up literature and books. A large number of related works have been searched in various databases such as CNKI, and related literature materials have been inquired. To understand the possible elements of promoting rural revitalization and development, as well as the current situation of Tai Chi activities, so as to provide a theoretical basis for this research. Secondly, before conducting the survey, I consulted experts on traditional ethnic sports in Wuhan Institute of Physical Education, officials of the local sports bureau, and the president and secretary-general of the Tai Chi Association of the region. A preliminary understanding of the development of Tai Chi in the area will help to form a more scientific research framework. At the same time, the questionnaire survey question content of this research has been determined. The field survey selected Tuanfeng County in Hubei Province as a representative. Tuanfeng County is located in the southeast of Hubei, the southern foot of the Dabie Mountains, and the north bank of the middle

reaches of the Yangtze River. It covers an area of 838 square kilometers and has a total population of 380,000. There are 296 administrative villages (communities) in 8 towns and 2 townships. At the same time, a certain number of people were randomly selected from different groups to conduct a questionnaire survey. A total of 120 questionnaires were distributed and 113 were returned, of which 110 were valid questionnaires. **Results:** 1. The local government of Tuanfeng County and the Sports Bureau attach great importance to supporting and promoting traditional national sports such as Tai Chi. Tai Chi is an important component of the traditional cultural carrier of the Chinese nation. It combines the essence of multi-disciplinary knowledge in the traditional Chinese culture for thousands of years. It is very popular among local people, especially middle-aged and elderly people. Paying attention to the health of middle-aged and elderly people is the livelihood of all countries in the world, and the health protection of middle-aged and elderly people is also an important manifestation of social harmony and national progress in our country. 2. Compared with other sports, the development of Tai Chi in the impoverished counties in southeastern Hubei is more active. The number of local Tai Chi activities developed and participated in far exceeds that of other sports. It can be seen from the ever-growing Tai Chi training team and the increasingly frequent Tai Chi activities. The number of registered members of the local Tai Chi Association is 279, of which around 120 people often participate in activities. The main participants in Tai Chi are retired elderly people over 60 years old. The quality of rural sports, cultural and recreational activities and fitness and sports guidance services is improving day by day, and they are all making full preparations for providing rich sports material and spiritual and cultural life for the township people. 3. Long-term practice of Tai Chi can enhance the activity of the human body, prolong the lifespan of cells, and enhance the immunity of the human body. At the same time, the exercise of this exercise can also effectively relieve psychological pressure, reduce the level of anxiety, improve the stress ability of participants, and promote the coordinated development of interpersonal relationships. **Conclusion:** 1. The local government attaches great importance to the development of Tai Chi. Under the current situation that the national fitness project and the national fitness path are not fully covered, Tai Chi is conducive to the development of national fitness in the area, and the health of the middle-aged and elderly is conducive to the stable and harmonious development of society, Is

conducive to accelerating the development of rural revitalization. 2. Tai Chi is developing vigorously in Tuanfeng County, and at the same time it plays a very important role in national fitness. Its fitness effect is different from basketball, swimming, football, track and field and other sports. Tai Chi is mainly aerobic. To be able to exercise, Tai Chi does not require high physical fitness on the venue, and it is suitable for promotion in towns and villages in southeastern Hubei. 3. Tai Chi exercise is a low-intensity exercise. A proper amount of Tai Chi exercise can effectively improve the immune function of the participants. Long-term Tai Chi exercises can also promote the physical and mental development of the exercised people. Tuanfeng County Tai Chi has a large number of participants and a wide audience, but its level of development is still low. The people generally hope that the government will increase financial support and strengthen professional guidance in the organization and development of the sport.

Key words: Tai Chi, National fitness, Rural revitalization