

# 坐式太极拳对大学生身心调节的实践与思考

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**摘要：**太极拳蕴含了古导引术、中医阴阳学、经络学等经典养生学问，强调“天人合一”“内外兼修”。自从改革开放以来，我国的经济发展日新月异，在经济高速发展的同时，人民的物质水平也有了飞跃式的提高，人们慢慢的从解决温饱问题到现在的小康生活，也有着越来越多的人开始关注并且重视自己的健康。而健康早已不仅仅是指身体方面的健康，世界卫生组织在 1989 年把健康进一步定义为：健康不仅仅只是指身体上没有疾病，还包括躯体健康、心理健康、社会适应良好和道德健康。大学生这个庞大而又脆弱的群体，有着自身许多特殊的问题，如对新的学习、生活环境的适应问题，人际关系和恋爱问题，以及职业选择问题等等。不论是基于“人才强国”战略，亦或是出自对于青少年群体的关爱，都需要整个社会迅速的帮助大学生寻找到一种缓解心理压力、促进心理健康的途径和方法。**目的：**已有研究发现，太极拳能改善神经系统、增强人体机能、预防骨质疏松，最重要的是可以促进习练者的个性发展，加强心理健康。坐式太极拳亦称轮椅太极拳，由郭子斌教授创造，在太极拳精华招式的基础上不断创新与改编，形成了著名的十三式坐式太极拳，该套路备受老年人或常年处于坐姿状态人群的欢迎。但坐式太极拳由于文化宣传、宗旨目标上的偏差使得自身在其他群体中的推广十分缓慢，导致无法将坐式太极拳的价值和功能让更多人知晓。反观大学生群体上，目前一种不健康的行为却发展的非常迅速：即在手机互联网时代下大部分高校学生出现惰性行为，这些不仅体现在课堂学习中、还出现在体育锻炼和社交生活中；甚至形成了“饿了点外卖”“吃喝在寝室”等现象。这种惰性心理和行为都是时代背景下的产物，但尚未有研究寻得根除该类心理的有效手段，因此利用大学生惰性心理去挖掘坐式太极拳对大学生的身心锻炼功能和价值显得非常有必要，相比于传统站立的太极拳，坐式太极拳可以使大学生将注意力放在自己身心感受上，同时可以缓解腿部的劳累，从而满足大学生锻炼身体的需求，又一定程度上符合大学生的“惰性”心理。**方法：**基于大学生惰性心理而出现的身心亚健康问题，文章采用文献资料、问卷法、逻辑分析、实验法对坐式太极拳与大学生心理健康展开进一步研究。问卷结果显示，当前大学生的身心健康程度非常不理想，存在的现状有：学生身体素质下降、感觉到体虚乏力、心理焦虑加重、感到孤独抑郁等。结合现状，分析了大学生习练坐式太极拳的

可行性：坐式太极拳易学易练且不易疲劳、时空灵活不受限制、有丰富的理论体系和实践案例、高校教师对坐式太极拳的认可与学习。实验中，采用十三式坐式太极拳对大学生进行了干预治疗，在实验组的实施方面，由 15 年以上经验的太极拳教师进行十三式太极拳的教授，教学策略上强调动作外形的规范性，重视太极拳动作在身体重心方面要求，并让参与实验的大学生尽可能地感受坐式太极拳带来的不一样的身心感受。**结果：**干预结束后，被试的情绪有极大好转，焦虑抑郁症状大幅度减轻，失眠次数减少甚至没有，自我内在感知觉加强，开始关注身心健康，热爱太极拳以及其他运动。**结论：**坐式太极拳重视调息调心，使用腹式呼吸可以有效缓解交感神经系统的紧张，改善大学生的心情，从而实现固本培元，养心安神，协调阴阳的功效。太极拳在坐着练习中最常使用的技巧是手臂的旋转，这有助于刺激心经、心包经、肺经等经络，可以人体三焦的调通。坐式太极拳虽然淡化了下肢的使用，但依旧要求习练者做到腰转胯调，从而增强对臀部和腰部的神经、骨骼、肌肉、关节的刺激，促使筋骨强健、关节灵活，实现身体素质提高的目标。建议：政府加强坐式太极拳套路的研发、在高校中开设推广坐式太极拳的社团、建立坐式太极拳交流平台、开展坐式太极拳竞赛活动和表演活动、加强师资队伍的建设。

**关键词：**坐式太极拳；大学生；心理；身体；健康

## Practice and reflection of sitting Taijiquan on college students' physical and mental adjustment

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**Abstract:** Taijiquan contains ancient guidance, Traditional Chinese medicine Yin and Yang, meridians and other classical knowledge of health, emphasizing the "unity of nature and man" and "both inside and outside". Since the reform and opening up, China's economic development is changing with each passing day. With the rapid economic development, people's material level has also been improved by leaps and bounds. People have gradually changed from solving the problem of food and clothing to the present well-off life. In 1989, the World Health Organization further defined health as: health not only refers to the absence of physical diseases, but also includes physical health, mental health, good social adaptation and moral health. College students, a large and vulnerable group, have their own many special problems, such as adapting to the new

study and living environment, interpersonal relationship and love problems, as well as the problem of career choice and so on. Whether based on the "talent power" strategy, or from the care of the youth group, the whole society needs to quickly help college students to find a way to relieve psychological pressure and promote mental health. **Objective:** Studies have found that tai Chi can improve the nervous system, enhance human function, prevent osteoporosis, and most importantly, promote the development of personality and mental health of practitioners. Seated Taijiquan, also known as wheelchair Taijiquan, was created by Professor Guo Zibin. Based on the essence of Taijiquan, continuous innovation and adaptation have formed the famous 13-style seated Taijiquan, which is popular among the elderly or those who have been sitting all year round. However, due to the deviation in cultural propaganda and objectives, the promotion of seated tai Chi among other groups is very slow, which leads to the failure to make the value and function of seated Tai Chi known to more people. On the other hand, an unhealthy behavior of college students is developing very rapidly. That is, in the era of mobile Internet, most college students show lazy behavior, which is not only reflected in classroom learning, but also in physical exercise and social life. Some people are hungry for takeout food, and others eat and drink in their dormitory. This inertia psychology and behavior is a product of the era background, but there is no research finds the eradication of the psychological, so the use of inert psychological dig practicing tai chi chuan on college students' physical and mental exercise the functions and value is very necessary, compared to traditional stand of tai chi chuan, practicing tai chi can make college students will focus on their physical and mental feeling. At the same time, it can relieve the fatigue of the legs, so as to meet the needs of college students to exercise, and to a certain extent in line with the "inertia" psychology of college students. **Results:** Based on the problems of mental and physical sub-health caused by inert psychology of college students, this paper adopts the methods of literature, questionnaire, logical analysis and experiment to further study the seated taijiquan and college students' mental health. The results of the questionnaire show that the physical and mental health of the current college students is not ideal. The existing status quo includes: the decline of students' physical quality, the feeling of physical weakness, mental anxiety, loneliness and depression. Based on the present situation, this paper analyzes the feasibility of practicing seated taijiquan for college students: it is easy to learn, easy to practice and not easy to

fatigue, flexible in time and space, abundant theoretical system and practical cases, and the recognition and learning of college teachers. In the experiment, 13-style sitting Tai Chi was used for intervention treatment of college students. In the implementation of the experimental group, the 13-style Tai Chi was taught by tai Chi teachers with more than 15 years of experience. In terms of teaching strategies, the standardization of movements and shapes was emphasized, and the requirements of tai chi movements in the center of gravity were emphasized. And let the students participate in the experiment as much as possible to feel the different physical and mental feelings brought by the seated tai Chi. **Results:** After the intervention, the mood of the subjects was greatly improved, the symptoms of anxiety and depression were greatly alleviated, the number of insomnia was reduced or even no, the inner self perception was strengthened, and they began to pay attention to physical and mental health, love tai Chi and other sports. **Conclusion:** Taijiquan attaches importance to regulating breath and heart, and abdominal breathing can effectively relieve the tension of sympathetic nervous system, improve the mood of college students, so as to realize the effect of strengthening the essence, nourishing the mind and calming the mind, and coordinating Yin and Yang. The most commonly used technique in the sitting exercise of Tai Chi is the rotation of the arms, which helps to stimulate the meridians such as the heart meridian, the pericardium meridian and the lung meridian, and can adjust the three jiao of the human body. Although the seated taijiquan weakens the use of lower limbs, it still requires practitioners to do the waist turning hip tone, so as to enhance the stimulation of the nerves, bones, muscles and joints of the buttocks and waist, promote the muscles and bones strong, flexible joints, and achieve the goal of improving physical quality. **Suggestions:** The government should strengthen the research and development of seated taijiquan sets, set up associations to promote seated taijiquan in universities, establish a platform for exchange of seated taijiquan, carry out seated Taijiquan competitions, and strengthen the construction of teaching staff.

**Key words:** Seated Tai Chi, College students, Psychological, Body, Health