

# 基于文献计量的太极拳发展现状及演化路径研究

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**摘要:** 文章通过文献计量可视化方法, 探讨有关太极拳研究中文文献的研究现状与演化路径。本文检索了 CNKI 数据库中 CSSCI、CSCD 以及北大核心中包含的 1343 项太极拳相关文献, 利用 CNKI 数据库进行可视化分析对我国太极拳相关文献的研究主题、作者、机构分布、研究主题网络结构以及太极拳发展演进特征等进行计量分析, 旨在探索我国太极拳研究发展的动态趋势及特点, 为太极拳的进一步发展提供理论数据探索。研究显示: 太极拳发文量从整体上呈波动增长趋势; 太极拳科研机构主要分布在高校, 机构之间合作频率较低, 可以进一步提升; 太极拳研究热点和前沿主要集中在太极拳运动, 对骨密度和生存质量的调控等方面。**目的:** 旨在探索我国太极拳研究发展的动态趋势及特点, 为太极拳的进一步发展提供理论数据探索。**方法:** 太极拳作为传统的民族运动项目, 具有文化传播的作用。为了探索太极拳的研究热点, 笔者在知识网络上搜索“太极拳”, 搜索时间为 2021 年 4 月 6 日, 最新数据更新日期为 2021 年 4 月 15 日, 通过 CNKI, 利用 CiteSpace 可视化分析工具对其收录的太极拳文献进行分析, 在定量与定性相结合的基础上, 绘制太极拳运动研究知识图谱, 明确太极拳研究的前沿热点, 在此基础上, 阐述国内太极拳研究作者、研究机构的相关内容, 解读太极拳运动研究领域的演化路径。**结果:** 太极拳研究热点演化特征分析如下, 我国太极拳运动起源于明清时期, 经历了漫长的发展阶段, 分别在民国时期和新中国成立后得到大发展, 在 20 世纪 90 年代开始对太极拳进行深层次的学术性研究。在快速发展阶段 (2000-2010), 太极拳被列入中国首批国家非物质文化遗产名录, 我国成功申奥和办奥对体育事业起到了极大促进作用, 太极拳运动进一步发展。波动发展阶段 (2010-2020), 这一时期研究结构发生变化, 发文量有所回落, 但研究关注度依然很高。国内学者对于太极拳的研究热点不断变化, 太极拳文化上, 从太极拳的哲学思想研究到现在对于传统文化的继承与创新, 研究角度不断扩大, 研究呈现多维化。太极拳运动的研究越来越细化, 表现在研究对象的具体化, 从中老年人到中年女性, 不同年龄阶段进行分层研究, 包括青少年。研究内容实践性提高, 不仅仅是对动作内容的简化和研究, 还运用于疾病的预防和治疗, 以及辅助其他专业的能力改善。研究手段科学化, 数据化分析程度提高。太极拳发文量从整体上呈波动增长趋势, 在 2016 年之后出现回落关注度较高。我国太极拳研究领域的主要力量集中在专业的体育院校以及综合类、师范类的高校。太极拳研究

的热点依次为太极拳、太极拳运动、武术和王宗岳，并以这些热点展开进行太极拳运动，太极拳教学，太极拳文化等主题进行研究。太极拳运动研究群体主要集中在中老年人，其中重点是中老年女性和老年男性，通过围绕运动干预的方式，来提高生存质量展开研究，如改善骨密度和心肺功能，以及对慢性病的运动治疗与科学监控。研究主题的变迁以 2010 年为分界，从太极拳运动为主逐步过渡到关于太极拳运动对健康促进的研究。太极拳领域的主要研究者为邱丕相、姜娟、虞定海、杨建营，存在合作关系，但其他研究学者之间合作较少，主要以本机构为主，研究机构之间合作交流并不密切，可以进一步拓展合作空间，加强跨学科交流，进行项目之间的共性研究，充分发挥人才资源互补优势。通过太极拳来提高生存质量的目标要求将持续存在，因此，加大学科之间交流，进行科学化研究，切实可行的使群众身体机能得到改善和帮助。构建综合性研究机制，积极探索太极拳发展的实施路径，促进创新性研究。**结论：**太极拳发文量从整体上呈波动增长趋势；太极拳科研机构主要分布在校，机构之间合作频率较低，可以进一步提升；太极拳研究热点和前沿主要集中在太极拳运动，对骨密度和生存质量的调控等方面。

**关键词：**太极拳；可视化；研究热点；演化路径

## Research on the development status and evolution path of Taijiquan based on Philology

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**Abstract:** This paper discusses the current status and evolution path of Chinese literature. This paper retrieved 1343 Taijiquan related documents including CSSCI, CSCD in CNKI database and Peking University, and used the CNKI database to visually analyze the research topics, author, organization distribution, research network structure and evolution characteristics of Taijiquan, aiming to explore the dynamic trend and characteristics of Taijiquan research and provide theoretical data exploration for the further development of Taijiquan. The research shows that the number of Taijiquan fluctuates on the whole; the research institutions are mainly distributed in universities and low cooperation frequency can be further improved; the research is mainly focused on Taijiquan, the regulation of bone density and quality of life. **Objective:** To explore the dynamic trend and characteristics of Taijiquan in China and provide theoretical data for the further development of Taijiquan. **Methods:** As a traditional national sport project, Taijiquan has the role

of cultural communication. In order to explore Taijiquan research hotspot, the author on the knowledge network search "taichi", search time on April 6, 2021, the latest data update date is April 15, 2021, through CNKI, using CiteSpace visual analysis tools for Taijiquan literature analysis, on the basis of quantitative and qualitative combination, to map taichi research knowledge map, clear the forefront of Taijiquan research, expounds the relevant content of domestic taichi research authors, interpret the evolution path of taichi research field. **Results:** The movement of Taijiquan research in China originated in the Ming and Qing Dynasties and experienced a long period of development. It developed after the founding of the Republic of China and the New Republic of China. Deep academic research on Taijiquan began in the 1990s. In the stage of rapid development (2000-2010), Taijiquan was included in the list of the first batch of national intangible cultural heritage in China. China's successful bid and Olympic Games played a great role in promoting sports, and Taijiquan was further developed. During the fluctuation development stage (2010-2020), the research structure has changed and the number of documents fell somewhat, but the research attention is still very high. The hot spots of domestic scholars on Taijiquan are constantly changing. In terms of Taijiquan culture, from the study of philosophy of Taijiquan to the inheritance and innovation of traditional culture, the research perspective has been constantly expanding, and the research is multi-dimensional. The research of Taijiquan is becoming more and more detailed, manifested in the embodiment of the research subjects, from middle-aged and elderly to middle-aged women, and cross-aged research at different aged stages, including young women. The practical improvement of research content is not only for the simplification and study of action content, but also for the prevention and treatment of disease, and to assist in the ability improvement of other specialties. Research means are scientific, and the degree of data analysis is improved. The number of Taijiquan issued showed a fluctuating growth trend, falling highly after 2016. The main strength in the field of Taijiquan is concentrated in professional sports colleges and comprehensive and normal universities. The hot spots of Taijiquan research are Taijiquan, Taijiquan, Wushu and Wang Zongyue, and with these hot topics to conduct Taijiquan, Taijiquan teaching, Taijiquan culture and other topics. Taijiquan sports research group is mainly concentrated in middle-aged and elderly, focusing on middle-aged and elderly women and elderly men. Follow the study to improve the quality of survival, such as improving bone density and cardiopulmonary function, as well as exercise treatment and scientific

monitoring of chronic diseases. The change of the research theme is divided by 2010, gradually transforming from Taijiquan to the research on the health promotion of Taijiquan. Key researchers in the field of Taijiquan, Jiang Juan, Yu Dinghai, Yang Jianying, there are cooperation relationship, but the cooperation between other research scholars is less, mainly to the institution, cooperation and exchanges between research institutions is not close, can further expand the cooperation space, strengthen interdisciplinary exchanges, common research between projects, give full play to the complementary advantages of human resources. The goals and requirements to improve the quality of survival through Taijiquan will continue, Therefore, increase communication between disciplines, conduct scientific research, and effectively make the physical function of the masses to improve and help. Build a comprehensive research mechanism, actively explore the implementation path of the development of Taijiquan, and promote innovative research. **Conclusion:** The volume of Taijiquan fluctuates on the whole; Taijiquan research institutions are mainly distributed in universities with low cooperation frequency and can be further improved; Taijiquan is mainly focused on the regulation of bone density and quality of life.

**Key words:** Tai Chi, Visualization, Research hot spots, Evolution path