

## 八段锦对大学生心理健康问题影响的研究综述

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**摘要：研究目的：**在当今社会，大学生面临着来自学业、就业、人际关系等多方面的压力，心理健康问题日益凸显。焦虑、抑郁、睡眠障碍等心理困扰不仅影响着大学生的学习和生活质量，更对其未来的发展构成潜在威胁。因此，探寻有效的心理健康促进方法对于大学生的成长至关重要。八段锦作为我国传统的健身功法，历经数百年的传承与发展，以其独特的动作编排、呼吸调节和身心合一的理念，受到了广泛的关注。近年来，越来越多的研究表明，八段锦在改善心理健康方面具有潜在的积极作用。本研究旨在深入探讨八段锦对大学生心理健康问题的影响，能够为大学生的心理健康教育提供新的思路和方法，促进大学生的身心健康发展，为未来的人生道路奠定坚实的基础。**研究方法：**通过文献资料法、逻辑分析法等研究方法对传统武术套路八段锦及其对大学生心理健康影响的相关论文进行梳理。**研究结果：**（一）八段锦可以缓解大学生的焦虑与抑郁 八段锦是一种身心合一的锻炼方式。在练习过程中，进行放松舒展的肢体活动来缓解身体上的肌肉疲劳与身体上的压迫感，从而使身体得以休息，身体上的放松也是利于心理上的状态，从而降低焦虑和抑郁情绪的程度。在练习的过程中，需要注意力放在每一个动作以及每一次呼吸之间的协调搭配中，这样就可以排除其他的杂念，减少由于学业压力大，人际关系不好所产生的心理困扰，使人的内心更为静止和安定。（二）八段锦可以促进大学生的人际关系和社会适应 参与八段锦的练习通常是以团体形式进行，在相互学习的同时，也实现了相互之间的熟悉和了解，并且共同之间形成了一定的凝聚力和向心力，而其要求人们在练习的时候要注重身与心的结合，所以要有一颗淡然的心来专心练功，每天练习会使人的形体去完善，长以往会使得大学生在日常生活中不受情绪起伏而出现过度表现，也不会因为某些人心情不好或者小插曲就能将他们带入低迷心情。为此，在与人交往时表现的更为从容自若，坦诚友善，大学生自身具有较强的亲和，在八段锦集体练习中成员间彼此鼓励，互相关心。这种积极的互动氛围有助于培养大学生的团队合作精神和协作能力，使他们在面对集体任务和社会活动时，能够更好地与他人配合，适应团队环境。通过练习八段锦，大学生能够提升自身的身体素质和精神状态，以更加积极、健康的形象融入社会生活，增强对社会环境的适应能力，更好地应对各种挑战和变化。（三）八段锦可以增强大学生的心理韧性和应对压力的能力 在习练八段锦

的过程中需要注意做到气沉丹田，做到集中精神；又要注意呼吸，做到呼吸得宜。日积月累练习下去可以磨练大学生的心志和定力，使其面对压力时能够较快地调整自己的心神，保持理智、冷静的态度。要想练好八段锦需要一定的毅力与坚持每一次完成都要挑战自我、战胜自我、超越自我，日复一日地积累这顽强的精神，这对提升大学生的自信心和成就感具有很大作用。在练习的同时锻炼人的毅力和品质，用更加良好的精神面貌、更加饱满的精神姿态，去接受工作与学习中的各种挑战。

（四）八段锦可以增强大学生的情绪调节能力和改善睡眠质量 坚持长期练习八段锦，会使得大学生更容易地觉察自身的情绪变化，提升情绪敏感性水平，从而掌握有效的应对措施，八段锦可以通过经络、活气血、松肌骸、散肌肉之痹痛起到缓解身体疲惫感的作用，在临睡前做一些练习八段锦的动作可以使人体处在一种较为放松的状态中，有利于入睡，增加睡眠深度，改善睡眠质量。另外，八段锦对人的心理有调节作用，能在一定程度上缓解压力、放松情绪，有利于改善由心理因素引起的失眠状况。**研究结论：**①八段锦起源于北宋，至今有八百多年的历史。在历史的发展过程中，八段锦不断得到传承和改进，一直流传至今，经过“取其精华、去其糟粕”，形成了更具科学性和规范性的健身气法。②八段锦具有动作舒展优美、刚柔相济、动静结合和与呼吸相配合等特点。并且八段锦对大学生的身体和心理健康都起到积极的促进作用。③现如今，大学生面临学业与就业压力、人际关系困扰、网络依赖与虚拟社交、心理调适能力不足等问题。④八段锦对大学生心理健康问题的影响包括：缓解焦虑与抑郁、促进人际关系和社会适应、增强心理韧性和应对压力的能力和增强情绪调节能力和改善睡眠质量等。

**关键词：**八段锦；大学生；心理健康；影响

## **A review of the research on the impact of Ba Duan Jin on the mental health problems of college students**

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**Abstract:** In order to better alleviate various psychological problems among Chinese college students, this study uses research methods such as literature review and logical analysis to sort out relevant papers on the traditional martial arts routine Ba Duan Jin and its impact on college students' mental health. Scholars at home and abroad mainly conduct research from three aspects: an overview of Ba Duan Jin, the current situation of mental health problems among college students, and the impact of Ba Duan Jin on college students' mental health problems: 1) Overview of Ba Duan Jin: the origin and development of Ba Duan Jin;

The characteristics and effects of Ba Duan Jin. 2) The current situation of mental health problems among college students: anxiety caused by academic and employment pressure faced by college students; College students have interpersonal relationship problems; College students have internet dependence and virtual social problems; The psychological adjustment ability of college students is insufficient; The incidence rate of psychological diseases among college students is rising. 3) The impact of Ba Duan Jin on the mental health problems of college students: Ba Duan Jin can alleviate the anxiety and depression of college students; Ba Duan Jin can promote interpersonal relationships and social adaptation among college students; Ba Duan Jin can enhance the psychological resilience and ability to cope with stress of college students; Ba Duan Jin can enhance the emotional regulation ability and improve sleep quality of college students. The conclusion of this study is that the Ba Duan Jin can effectively improve the mental health problems of college students, and other means can also be used to assist in achieving the goal of physical and mental health of college students based on the Ba Duan Jin. **Research objective:** In today's society, college students face pressure from various aspects such as academics, employment, and interpersonal relationships, and mental health issues are becoming increasingly prominent. Psychological distress such as anxiety, depression, and sleep disorders not only affect the learning and quality of life of college students, but also pose a potential threat to their future development. Therefore, exploring effective methods to promote mental health is crucial for the growth of college students. As a traditional fitness technique in China, Ba Duan Jin has been passed down and developed for hundreds of years. With its unique concept of movement arrangement, breathing regulation, and the integration of body and mind, it has received widespread attention. In recent years, an increasing number of studies have shown that Ba Duan Jin has potential positive effects in improving mental health. This study aims to explore in depth the impact of Ba Duan Jin on the mental health issues of college students, providing new ideas and methods for their mental health education, promoting their physical and mental health development, and laying a solid foundation for their future life path. **Research method:** By using research methods such as literature review and logical analysis, this paper summarizes the relevant papers on the traditional martial arts routine Ba Duan Jin and its impact on the mental health of college students. **Finding:** (1) Anxiety caused by academic and employment pressure faced by college students With the increasing difficulty of professional courses and innovative teaching models, coupled with the existence of "inner circle" behavior among college students, college students have to cope with peer competition pressure, leading to the

formation of "academic anxiety". This psychological response is particularly prominent during critical academic assessment periods such as final exams, thesis reviews, and graduate entrance exams. In addition, besides academic pressure caused by personal reasons, the expectations and demands of others in terms of academic performance are also a troubling factor. Whether it is the expectation of educational returns from family members or external reference standards such as society's requirements for high-level talents' qualities and abilities, it will create a huge psychological burden on students, which can trigger negative emotions such as anxiety. With the continuous development of the economy, the current employment situation is becoming increasingly severe. College students may experience employment anxiety due to difficulties in matching ideal positions and a lack of clear career planning and employment goals. (2) Ba Duan Jin can alleviate anxiety and depression among college students Ba Duan Jin is a form of exercise that combines body and mind. During the practice process, engage in relaxing and stretching physical activities to alleviate muscle fatigue and pressure on the body, allowing the body to rest. Physical relaxation is also beneficial for the psychological state, thereby reducing the degree of anxiety and depression. In the process of practice, attention should be paid to the coordination and combination between each movement and every breath, so as to eliminate other distractions, reduce psychological distress caused by high academic pressure and poor interpersonal relationships, and make people's hearts more calm and peaceful. (3) Ba Duan Jin can promote interpersonal relationships and social adaptation among college students The practice of participating in the Ba Duan Jin is usually carried out in a group form. While learning from each other, it also achieves familiarity and understanding between each other, and forms a certain cohesion and centripetal force together. It requires people to pay attention to the combination of body and mind when practicing, so they need to have a calm heart to concentrate on practicing. Daily practice will improve people's physical fitness, and in the long run, college students will not be affected by emotional fluctuations in daily life, nor will they be led into a depressed mood due to some people's bad mood or small incidents. Therefore, when interacting with others, college students tend to be more calm, honest, and friendly. They have a strong affinity for each other and encourage and care for each other during the Ba Duan Jin group practice. This positive interactive atmosphere helps cultivate the team spirit and collaborative ability of college students, enabling them to better cooperate with others and adapt to the team environment when facing collective tasks and social activities. By practicing the Ba Duan Jin, college students can improve their physical fitness and mental state, integrate into social life

with a more positive and healthy image, enhance their adaptability to the social environment, and better cope with various challenges and changes.(4) Ba Duan Jin can enhance the psychological resilience and ability to cope with stress of college students In the process of practicing the Ba Duan Jin, it is important to pay attention to maintaining a calm and focused state of mind; Also pay attention to breathing and ensure proper breathing. By practicing over time, college students can hone their willpower and concentration, enabling them to quickly adjust their minds and maintain a rational and calm attitude when facing pressure. To practice the Ba Duan Jin well requires a certain amount of perseverance and persistence. Every time you complete it, you must challenge yourself, overcome yourself, and surpass yourself. Day after day, you accumulate this tenacious spirit, which plays a great role in enhancing the confidence and sense of achievement of college students. While practicing, one can also develop perseverance and character, and accept various challenges in work and study with a better mental outlook and fuller mental attitude.(5) Ba Duan Jin can enhance the emotional regulation ability and improve sleep quality of college students Persisting in long-term practice of Ba Duan Jin will make it easier for college students to perceive their own emotional changes, improve their emotional sensitivity, and thus master effective coping measures. Ba Duan Jin can unblock meridians, activate qi and blood, relax muscles and bones, relieve muscle pain, and relieve physical fatigue. Doing some exercises of Ba Duan Jin before going to bed can put the body in a relatively relaxed state, which is conducive to falling asleep, increasing sleep depth, and improving sleep quality. In addition, Ba Duan Jin has a regulating effect on human psychology, which can alleviate stress and relax emotions to a certain extent, and is beneficial for improving insomnia caused by psychological factors. **Research conclusion:** ① Ba Duan Jin originated in the Northern Song Dynasty and has a history of over 800 years. In the process of historical development, Ba Duan Jin has been continuously inherited and improved, and has been passed down to the present day. After "taking the essence and eliminating the dross", it has formed a more scientific and standardized health qi method. ② Ba Duan Jin has the characteristics of graceful movements, a balance of rigidity and softness, a combination of movement and stillness, and coordination with breathing. And the Ba Duan Jin has a positive promoting effect on the physical and mental health of college students. ③ Nowadays, college students face problems such as academic and employment pressure, interpersonal relationship difficulties, network dependence and virtual social interaction, and insufficient psychological adjustment ability. ④ The impact of Ba Duan Jin on the mental health problems of college students includes: alleviating anxiety and depression, promoting

interpersonal relationships and social adaptation, enhancing psychological resilience and coping ability, improving emotional regulation ability, and improving sleep quality. **Research suggestions:** Firstly, the traditional fitness culture in our country contains significant and beneficial resources for mental health. Educational institutions and social organizations should systematically organize, explore, and disseminate these resources, and organically integrate them into the mental health service system. On the one hand, this will enable the continuation and development of traditional culture, and on the other hand, it can provide new ideas and approaches for the in-depth development of modern mental health work. Universities can fully leverage their organizational advantages and regularly organize various collective fitness activities to optimize the ecological environment of campus culture. Under the professional guidance of teachers, students can gradually develop good exercise habits. While participating in exercise together, they can also form mutual aid relationships between groups, allowing more students to have their own psychological companions. This not only helps everyone better achieve the goal of mutual assistance, but also enhances friendship between each other, which is beneficial to everyone's mental health. In addition, traditional fitness concepts can be organically integrated into mental health courses, using the method of integrating theory with practice to explain the phenomenon of combining students' physical and mental health, and teach students how to improve their psychological condition through their own limbs. Adopting this approach to health education can achieve twice the result with half the effort. And in the specific operation process, it is also necessary to pay attention to the principle of individualization, because each student's physical and mental condition is different. Therefore, it is necessary to tailor their exercise plan according to their actual physical conditions and psychological characteristics, and to use it together with other psychological intervention methods, and to cooperate with each other, thus forming a multi-dimensional and all-round process to promote mental health.

**Keywords:** Baduanjin College student; Mental health; Influence

