

# 后疫情时代下太极拳对老年人身心健康影响的可行性研究

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**摘要：目的：**随着新型冠状病毒的爆发，大量研究表明，因受年龄所影响，老年人身体等各方面机能呈现下降趋势，自身免疫力以及对外抵抗力相比年轻人较弱，更易患新型冠状病毒肺炎在内的呼吸道传染病，对老年人的心理和生理都造成了严重不良影响。随着我国老龄化程度不断加深，突发的新型冠状病毒给老年人健康带来了巨大的威胁。新冠疫情爆发期内，全国都进入居家隔离阶段，由于活动范围缩小、自身运动缺乏以及各种内外因素的原因，老年人更容易产生抑郁心理情绪，导致免疫力低下等症状。新冠肺炎这类传染类疾病，病情的危重程度与感染的病毒量和自身的免疫功能密切相关，因此老年人群体由于其年龄及生理特点易感染且较难痊愈，而这种现状可以通过练习太极拳逐渐改善，从而使老年人的身体机能以及情绪都得到良好的锻炼和充分的释放，增强机体的免疫力，预防各种细菌、病毒感染和流行性疾病，强化呼吸肌力量，提高肺功能，减少呼吸道感染性疾病的发生，有利于老年人身心健康，太极拳的这些功效在老年人应对新型冠状病毒的感染、预防和治疗方面都具有潜在的积极作用。**方法：**本文运用文献资料法和逻辑分析法，深入分析后疫情时代下太极拳对老年人身心健康影响的可行性研究，旨在探讨太极拳对老年人身心健康影响的积极作用，总结太极拳提升老年人健康水平的有效途径，为后疫情时代老年人的健康防护提供理论依据和参考。**结果：**研究表明太极拳可以缓解老年人的焦虑、抑郁等负面情绪，降低各类常见疾病的发病率和死亡率，提高老年人的生命质量以及自身免疫力。练习太极拳对老年人的健康具有积极意义，在疫情后期对于提升老年人健康水平可起到积极促进作用。**结论：**通过研究得出，遵循运动规律，循序渐进的练习太极拳，有助于疫情常态化防控条件下提高老年人健康水平，对老年人的身心健康影响具有积极的意义。首先，老年人群体练习太极拳对呼吸系统具有积极影响。太极拳主要是以腹式呼吸为主，在意念的引导下进行的深而缓的呼吸锻炼，同时，在音乐的节奏下，肢体动作自然地与呼吸相结合，以此调节身体各脏器之间的协调工作，促进血液循环，加速血液的流动速度，使各种营养物质能更快地运输到身体各器官，老年人可以通过练习太极拳，调整呼吸节奏，找到合理的运动方式；其次，老年人群体练习太极拳对神经系统具有积极影响。人类的所有活动都离不开神经系统的控制，神经系统是调节与支配身体器官活动的中枢。太

太极拳运动节奏舒缓、柔和，需要全身协调发力完成，通过意念与呼吸的配合来控制 and 协调人体神经系统兴奋和抑制状态。长期参加太极拳锻炼的老年人，他们的协调能力不仅能够得到提高，神经中枢功能也将得到改善，同时还能预防大脑退化，增强记忆，缓解疲劳，对睡眠、慢性疾病以及呼吸道传染病等常见病也有较好的防治作用，从而很好地增强机体对抗外来细菌和病毒的能力，增强老年人的自身免疫力以及抵抗力；再次，太极拳有助于促进老年人的思维，提高记忆力。太极拳是一项中小强度的有氧运动，能有效地促进全身血液循环，增强心肺功能，加强大脑新陈代谢，使大脑获取更多的氧气，给大脑的记忆和思维活动提供必要的物质保障，从而促进老年人思维的发展,增强记忆力；最后，太极拳有助于老年人获得更好的情绪体验。随着现在社会生活节奏越来越快，老年人更容易产生一些负面情绪，这些情绪都得不到良好的宣泄，而太极拳运动可以使人做到心灵平静、身体放松，可以很好地调节练习者的身心，帮助人们体会精神的最高境界，从而改善紧张的情绪，释放负面情绪，使老年人的身心得到良好的放松。中国传统体育是中国优秀文化的代表，诸如太极拳、八段锦、易筋经、传统气功等都可以起到健康促进作用。更好的分析新冠肺炎疫情下老年人练习太极拳对自身所带来的积极影响和帮助，及时落实太极拳对老年人身心健康发展的积极作用，逐渐将太极拳运动在老年人群中广泛传播，大力普及。太极拳刚柔并济，均匀协调呼吸和纤柔动作节奏的特点，广泛受到老年人的喜爱，对老年人的身心健康具有积极的促进作用。

**关键词：**太极拳；老年人；健康

## Feasibility study on the influence of Taijiquan on the physical and mental health of the elderly in the Post-epidemic Era

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**Abstract: Objective:** With the outbreak of the new coronavirus, a large number of studies have shown that due to the influence of age, the physical functions of the elderly are showing a downward trend, and their own immunity and external resistance are weaker than young people, and they are more susceptible to the new coronavirus. Respiratory tract infectious diseases, including viral pneumonia, have serious adverse effects on the mental and physical of the elderly. As my country's aging degree continues to deepen, the sudden new type of coronavirus has

brought a huge threat to the health of the elderly. During the outbreak of the new crown epidemic, the country has entered the home isolation stage. Due to the reduced range of activities, lack of self-exercise, and various internal and external factors, the elderly are more likely to develop depression and psychological symptoms, leading to symptoms such as low immunity. For infectious diseases such as new coronary pneumonia, the severity of the disease is closely related to the amount of virus infected and its own immune function. Therefore, the elderly are susceptible to infection and difficult to recover due to their age and physiological characteristics. This situation can be achieved by practicing Tai Chi. Boxing is gradually improved, so that the physical functions and emotions of the elderly can be well exercised and fully released, enhance the body's immunity, prevent various bacterial, viral infections and epidemic diseases, strengthen the strength of respiratory muscles, and improve lung function. Reducing the incidence of respiratory tract infectious diseases is beneficial to the physical and mental health of the elderly. These effects of Taijiquan have potential positive effects in the elderly's response to the new coronavirus infection, prevention and treatment. **method:** This article uses literature and logical analysis to analyze the feasibility study of Taijiquan's impact on the physical and mental health of the elderly in the post-epidemic era, aiming to explore the positive effects of Taijiquan on the physical and mental health of the elderly, and summarize Taijiquan An effective way to improve the health of the elderly provides a theoretical basis and reference for the health protection of the elderly in the post-epidemic era. **Results:** Studies have shown that Tai Chi can relieve the elderly's negative emotions such as anxiety and depression, reduce the incidence and mortality of various common diseases, and improve the quality of life and self-immunity of the elderly. Practicing Tai Chi has a positive effect on the health of the elderly, and it can play a positive role in improving the health of the elderly in the later stage of the epidemic. **Conclusion:** Through research, it is concluded that following the law of exercise and practicing Taijiquan step by step will help improve the health of the elderly under the conditions of normal epidemic prevention and control, and have a positive impact on the physical and mental health of the elderly. First of all, the elderly group practicing Tai Chi has a positive effect on the respiratory system. Taijiquan is mainly based on abdominal breathing, deep and slow breathing exercises under the guidance of the mind. At the same time, under the rhythm of music, the body movements are naturally combined with breathing

to regulate the body's various qi. The coordinated work between them promotes blood circulation and accelerates the speed of blood flow, so that various nutrients can be transported to the various organs of the body faster. The elderly can practice Tai Chi, adjust the breathing rhythm, and find a reasonable way of exercise; secondly, Practicing Taijiquan in the elderly group has a positive effect on the nervous system. All human activities are inseparable from the control of the nervous system, which is the center that regulates and innervates the activities of the body's organs. Taijiquan exercises have a slow and gentle rhythm, which requires the coordination of the whole body to complete. The coordination of mind and breathing is used to control and coordinate the excitement and inhibition of the human nervous system. The elderly who have participated in Tai Chi exercises for a long time will not only improve their coordination ability, but also improve their nerve center function. At the same time, they can also prevent brain degeneration, enhance memory, relieve fatigue, and are common to sleep, chronic diseases and respiratory infections. The disease also has a better prevention and treatment effect, which can well enhance the body's ability to fight foreign bacteria and viruses, and enhance the self-immunity and resistance of the elderly; again, Tai Chi helps to promote the thinking of the elderly and improve the memory. Tai Chi is a medium-to-small-intensity aerobic exercise that can effectively promote blood circulation throughout the body, enhance heart and lung function, strengthen brain metabolism, make the brain get more oxygen, and provide necessary material protection for the brain's memory and thinking activities. Promote the development of the thinking of the elderly and enhance their memory; finally, Tai Chi helps the elderly to obtain a better emotional experience. With the faster and faster pace of social life, the elderly are more likely to produce some negative emotions, these emotions are not well vented, and Tai Chi exercise can calm the mind and relax the body, which can be well regulated. The body and mind of the practitioner helps people to experience the highest state of the spirit, thereby improving tension, releasing negative emotions, and relaxing the mind and body of the elderly. Traditional Chinese sports are representative of China's excellent culture, such as Tai Chi, Baduan Jin, Yi Jin Jing, and traditional Qigong can all play a health promotion role. Analyze the positive impact and help that the elderly practicing Taijiquan brings to themselves under the new crown pneumonia epidemic, timely implement the positive effect of Taijiquan on the physical and mental health of the elderly, and gradually spread Taijiquan among

the elderly, Vigorously popularize. Taijiquan combines rigidity and softness, evenly coordinated breathing and delicate movement rhythm. It is widely loved by the elderly and has a positive effect on the physical and mental health of the elderly.

**Key words:** Taijiquan, Elderly, Health