

太极拳运动对青春期焦虑症的康复干预研究

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摘要：目的：焦虑是一种由多种因数影响照成的心理过程，它的核心成分是对与特定情境的交互作用的不确定性的预期，是一种典型的负性情绪。焦虑症则是临床用语，流行病学研究表明焦虑症是青少年群体最流行的精神病学问题，青春期是青少年群体焦虑症的易发期。这个时期个体的发育、身心变化处于一个转折点，随着第二性征的出现，个体对自己在体态、生理和心理的方面的变化，会产生好奇和不知所措，这时由于内在与外在转变机制欠缺，会对孩子的学习生活、人际交流等造成较大伤害，近年来，国内专家学者对此问题的研究逐渐深入，对其病体机理认识也越来越全面，新的治疗方法、治疗手段不断涌现，进一步提高了疗效。但医学临床上青春期焦虑症的总体治疗效果仍不令人满意，仍是治疗的难点之一。我国人口基数大，青少年群体数量多，青少年的健康成长关乎于国家的未来。本研究拟针对常规成长过程中心理与生理转变而导致的青春期焦虑所表现出的心理障碍、睡眠障碍、生理障碍等。利用陈式太极拳中各种功法选择性制定无损治疗和康复方案与标准，并评价其康复价值，最终使其获得良好的康复，预防由于药物治疗干预所造成的后遗症困扰，可使受损学生加速脱离病症的困扰,尽早恢复正常学业进度与交流，甚至提高生活质量水平。**方法：**于 2015-2020 年间，在广东晓武太极拳俱乐部陆陆续续接收总共约 300 多位青少年太极拳学员中，发现有 28 位青春期焦虑症患者是主动选择太极拳进行康复干预的。他们均属于男性，年龄从 11 到 17 岁，其大部分来自于广州各中学及因病在家休学者。据此，依据病史和症状及医院的确诊资料等，可知在 28 位青春期焦虑症状者中有 3 位重度焦虑，中度 7 位及轻度 18 位。结合中医经络学说、黄帝内经等在太极拳系列功法与拳术及对抗中主要选择太极站桩，雀地龙，抖大杆，炼精化气，陈氏太极拳春秋大刀及竞技太极推手的训练，并且进行太极拳现有拳理学习。根据不同情况采用不同功法与运动量，以三个月为第一观察锻炼效果时间点，然后半年与一年再检验康复效果情况。**结果：**

（1）从中医经络视角能够发现，男生的青春期焦虑问题主要是青春发育期需要大量的肾精、阴血的支撑，但由于男性对于女性及生理变化改变而形成的性幻想，手淫等问题造成了需求量大于供给的不足导致的矛盾，而这也间接的照成心理上和思想上的焦虑，影响脾胃的化源力量，特别是南方湿热的气候对青少年脾胃的影响也有很大的关系，使这对矛盾更难化解。（2）而通过对此为切入点，在第一阶段首先通过站桩培养元气疏解负面情绪，

将损耗的阳气进行恢复，每天一次 1-2 小时；第二，学习太极基本功中的雀地龙以及抖大杆，雀地龙通过左右上下起伏及配合内呼吸调节法，即可锻炼到下肢力量，又符合中医经络上下循环的功效，使得浊气下降，清气上升。而抖大杆则通过拧毛巾螺旋式的弹抖方式，反复摩擦双手掌心劳宫穴，练后令人有身心舒泰之感，同时对腰胯的旋转也可刺激脾胃运化。第三，每次练习结束后都需进行炼精化气的，每次 15 分钟，做两组。可将元精化为元气，而回精补脑。（3）第二阶段则是以学习陈式太极拳春秋大刀与竞技太极推手为主，每次大刀练习 15 次，推手 5 分钟一局，推 3 局。通过练习可以增加专注力，转移负面情绪，增加交流沟通，以上学习的同时每周都有一到两次拳理学习，接受传统文化洗礼。三个月的太极拳不间断修炼轻度与中度及一例重度患者获得良好康复效果，剩下两名重度半年后也均完全康复没有后遗症，一年后都回归正常学习与生活。**结论：**各种程度的青春期焦虑的康复都可通过太极拳内功运动进行，可愉悦身心和稳定情绪，缓解负面情绪，达到阴阳平衡，促进症状康复。太极拳运动量可大可小，注意要循序渐进。选择适合的量，防止由于操之过急而造成的负面情绪加重，也避免了由于药物增加所照成的身体素质下降问题。同时太极拳运动能够转换男性学生青春期手淫，性幻想等问题，达到滋补肾精，固本培元，疏通经络的效果，调节内部环境的功能。从而选择有经验的太极拳康复师，相信康复师合理科学的功法选择与安排，通过合理正确的练习可以很好地帮助受损的学生加速脱离焦虑的病症，尽早恢复到正常的学习、生活、交流中。并且太极拳是全身性运动，身体肌肉运动与经络和意识并重。注重民族传统文化、中医学说及拳理学习，理论与实践相结合，从盲目追求西方的心理治疗中摆脱出来，选择富有本民族特色的太极拳运动，为青春期学生的身心健康而努力，提高整个民族的素质与文化自信有重大意义。

关键词：太极拳；青春期焦虑；康复干预

Research on the rehabilitation intervention of Taijiquan on adolescent anxiety

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Abstract: Objective: Anxiety is a psychological process that is influenced by multiple factors. Its core component is the expectation of the uncertainty of the interaction with a specific situation, which is a typical negative emotion. Anxiety disorder is a clinical term. Epidemiological studies have shown that anxiety disorder is the most popular psychiatric problem in adolescents, and

adolescence is a prone period for anxiety in adolescents. During this period, the individual's development and physical and mental changes are at a turning point. With the emergence of secondary sexual characteristics, individuals will be curious and at a loss about their body, physical, and psychological changes. At this time, due to internal and external changes. The lack of a transformation mechanism will cause great harm to children's study life, interpersonal communication, etc. In recent years, domestic experts and scholars have gradually deepened their research on this issue, and their understanding of the disease mechanism has become more and more comprehensive. New treatment methods and treatments Means continue to emerge, further improving the efficacy. However, the overall treatment effect of adolescent anxiety in medical clinic is still not satisfactory, and it is still one of the difficulties in treatment. my country has a large population base and a large number of youth groups. The healthy growth of young people is critical to the future of the country. This study intends to focus on the psychological disorders, sleep disorders, and physical disorders of adolescent anxiety caused by psychological and physical changes in the normal growth process. Make use of various exercises in Chen-style Taijiquan to selectively formulate non-destructive treatment and rehabilitation programs and standards, and evaluate its rehabilitation value, so that it can get a good recovery, and prevent the sequelae caused by drug treatment intervention, which can cause damage Students speed up their escape from the trouble of illness, resume normal academic progress and communication as soon as possible, and even improve the quality of life. **Methods:** From 2015 to 2020, the Guangdong Xiaowu Taijiquan Club successively accepted a total of more than 300 young Taijiquan students. It was found that 28 adolescent anxiety patients chose Taijiquan for rehabilitation intervention. They are all males, ranging in age from 11 to 17 years old. Most of them come from middle schools in Guangzhou and scholars who leave home due to illness. Based on this, based on the medical history and symptoms, as well as the confirmed data from the hospital, it can be known that among the 28 adolescents with anxiety symptoms, 3 had severe anxiety, 7 had moderate anxiety, and 18 had mild anxiety. Combining the traditional Chinese medicine meridian theory, the Yellow Emperor's Internal Classic, etc. in the Taijiquan series of exercises and martial arts and confrontation, the main selections are Tai Chi Zhan Zhuang, Que Dilong, Shaking Big Rod, Refining Qi, Chen Style Tai Chi Spring and Autumn Broadsword and Competitive Tai Chi Push Hands Training, And learn the existing Taijiquan theory. According to different situations,

different exercises and exercise amounts are used, with three months as the first time point to observe the effect of exercise, and then check the rehabilitation effect in six months and one year.

Results: (1) From the perspective of traditional Chinese medicine meridians, it can be found that boys' adolescent anxiety is mainly due to the need for a large amount of kidney essence and yin and blood support during puberty, but it is caused by sexual fantasies, masturbation and other problems formed by men's changes in women and physiological changes. The contradiction caused by the insufficient demand is greater than the supply, and this indirectly reflects psychological and ideological anxiety, which affects the source of the spleen and stomach, especially the hot and humid climate in the south has a great relationship with the adolescent's spleen and stomach. Make this contradiction more difficult to resolve. (2) With this as an entry point, in the first stage, firstly cultivate vitality to relieve negative emotions and restore the lost yang energy once a day for 1-2 hours; second, learn the basic skills of Tai Chi The dragon and the big pole shake, the Qidilong can exercise the strength of the lower limbs through the left and right ups and downs and the internal breathing adjustment method, which is in line with the effect of the upper and lower circulation of the meridian in traditional Chinese medicine, so that the turbid qi decreases and the clear qi rises. And the big rod shakes by twisting the towel spirally, repeatedly rubbing the Laogong acupoint on the palms of both hands, after training, it makes people feel soothing. At the same time, the rotation of the waist and hips can also stimulate the spleen and stomach movement. Third, after each exercise, you need to refine the Qi, and do two sets for 15 minutes each time. It can turn the essence into vitality, and restore the essence and invigorate the brain. (3) The second stage is mainly to learn Chen-style Taijiquan Spring and Autumn Broadsword and competitive Taiji Push Hands, each practice 15 times, push hands for 5 minutes, push 3 rounds. Practice can increase concentration, transfer negative emotions, and increase communication. At the same time of the above learning, there will be one or two boxing learning lessons per week and accept the baptism of traditional culture. Three months of uninterrupted Taijiquan practice, mild and moderate, and one severe patient achieved good recovery results. The remaining two severe patients recovered completely after half a year without sequelae, and returned to normal study and life a year later. **Conclusion:** The recovery of various levels of adolescent anxiety can be carried out through Tai Chi internal exercises, which can delight the body and mind and stabilize emotions, relieve negative emotions, achieve yin and yang balance,

and promote symptom recovery. The amount of Tai Chi exercise can be large or small, so pay attention to step by step. Choose the right amount to prevent the aggravation of negative emotions caused by rushing, and to avoid the decline in physical fitness caused by the increase in drugs. At the same time, Tai Chi exercise can transform male students' adolescent masturbation, sexual fantasies and other problems, achieve the effects of nourishing kidney essence, strengthening the body, dredging the meridians, and regulating the function of the internal environment. Therefore, we choose an experienced Tai Chi rehabilitation teacher, and believe that the rehabilitation teacher's reasonable and scientific selection and arrangement of exercises, through reasonable and correct exercises, can well help the impaired students to accelerate their escape from anxiety and return to normal learning and life as soon as possible. Communicating. And Tai Chi is a systemic exercise, with equal emphasis on body muscle movement and meridian and consciousness. Pay attention to national traditional culture, traditional Chinese medicine theory and boxing theory learning, combine theory with practice, get rid of blind pursuit of Western psychotherapy, choose Tai Chi exercise with its own national characteristics, and work hard for the physical and mental health of adolescent students. The quality and cultural self-confidence of the entire nation is of great significance.

Key words: Tai Chi, Adolescent anxiety, Rehabilitation intervention