

太极拳运动促进中老年人心理调适及生活质量提升的作用路径研究

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研究目的：本研究聚焦于太极拳运动促进中老年人心理调适及生活质量提升的作用路径研究。其目的是分析太极拳运动促进中老年人心理调适和提升生活质量的具体作用方式和机制。阐述其在身体活动、心理调节、社交互动等中的作用，同时指出当前调查所面临的问题，并提出相应的应对策略，以促进太极拳运动在中老年人的普及性、科学性为核心，实现其在心理调适与生活质量提升方面的广泛应用和科学发展。太极拳作为传统养生文化的瑰宝，其身心协同的运动方式，承载着生命健康理念与人文关怀精神。本研究旨在探究太极拳运动促进中老年人心理调适及生活质量提升的具体作用路径进行推进研究。**研究方法：**本研究运用实地调查法、文献资料法、访谈法、综合分析法等研究方法，对太极拳运动促进中老年人心理调适及生活质量提升的具体作用路径研究，探索太极拳运动在身体活动、心理调节、社交互动等方面促进中老年人心理调适和提升生活质量的具体方式与内在机制。**研究内容：**一、太极拳运动的健身理论与文化内涵 1、太极拳运动的健身理论 太极拳运动的健身理论主要是融合了传统中医哲学与现代运动科学，形成了独具特色的身心锻炼体系。从传统理论视角来看，太极拳以中医经络学说和阴阳五行理论为基础，认为人体经络系统是气血运行的通道，通过习练太极拳可刺激经络穴位，促进气血流通，调节脏腑功能，实现身体的阴阳平衡。太极拳中常见的“揽雀尾（棚、捋、挤、按）”等动作，讲究的就是刚柔相济、虚实转换，正是阴阳对立哲学思想的具象化体现，有助于调和人体内外环境，增强机体免疫力。2、太极拳运动的文化内涵 太极拳运动以传统哲学为根基，其蕴含着许多中医理论：（1）阴阳辩证观：动作刚柔、虚实、开合的转换，体现“阴阳相生”的哲学思维。（2）中庸之道：姿态讲究“立身中正”，追求“不偏不倚”，契合儒家处世哲学。（3）道家养生观：中医经络学说：通过动作引导气血运行，调和脏腑，体现养生智慧。（4）文化符号属性：作为非物质文化遗产，承载着中华民族对生命、健康与宇宙的认知，是传统文化的活态传承。二、太极拳运动促进中老年人心理调适作用路径分析 1、身体活动维度的作用路径 太极拳以强身健体作为习练目的，太极拳具有独特的低强度、全身性的运动模式，以缓慢连贯的肢体动作（如：“倒卷肱”“云手”）持续刺激心肺功能，搭配呼吸规律，

长期练习可有效降低静息心率、提升肺活量，改善心血管系统的稳定性，为心理调适筑牢生理基础。

2、心理调节维度的作用路径 首先，太极拳缓慢柔和的动作韵律与腹式呼吸的深度配合，可激活人体副交感神经系统，降低皮质醇等应激激素水平，促使人们的身体进入深度放松状态，进而改善睡眠质量、调节内分泌系统，从生理层面消除负面情绪的物质基础。其次，太极拳蕴含的阴阳平衡、刚柔相济等哲学思想，潜移默化地影响练习者的思维方式，使其在面对生活矛盾时能够以更豁达、辩证的视角应对，最终实现心理韧性与幸福感的双重提升。3、社交互动维度的作用路径 太极拳在中老年人群中主要以集体习练为载体，形成“社群参与—关系深化—价值实现”的社交赋能路径。

首先，晨练、集体展演等活动场景为中老年人创造了高频次的互动机会，见面次数的增多打破了社交壁垒，构建情感支持网络；其次，师徒传承、同伴互助的练习模式强化了群体归属感，通过经验分享、动作纠正等互动行为，成员间形成紧密的互助关系，有效缓解孤独感；最后，参与太极拳比赛、集体展演、文化交流等活动，使中老年人获得展示自我的平台，实现社会角色与个人价值，最终提升生活满意度与幸福感。

三、太极拳运动提升中老年人生活质量的作用路径

1、身体机能优化与日常生活能力提升路径 太极拳中的“含胸拔背”“松胯圆裆”等姿态控制要求，深度激活核心肌群与关节的稳定性，可以提升平衡能力与肢体的协调性，有效降低跌倒风险。这些身体机能的改善进一步迁移至日常生活场景，助力中老年人更轻松地完成穿衣、购物、家务等活动，减少对他人

的依赖，增强独立生活能力，从身体基础层面夯实生活质量提升的根基。2、社交网络拓展与社会支持强化机制 太极拳的集体习练提供互动平台，中老年人在动作交流、经验分享中建立关系；师徒传承与习练群体、同伴互助深化情感联结，形成相互关心、倾诉的群体；参与赛事、展演等活动拓展社交圈，获得情感慰藉、信息共享与实际帮助，强化社会支持。

3、文化传承体验与精神价值实现路径 太极拳作为中华优秀传统文化的重要载体，为中老年人提供了独特的价值实现途径。在日常习练过程中，中老年人通过一招一式感受太极拳中的技法精髓，体会动作要领，在肢体训练中逐渐领悟传统养生智慧。随着练习的深入，太极拳蕴含的阴阳平衡、以柔克刚等哲学思想，以及“道法自然”的道家理念，潜移默化地影响着练习者的思维方式。参与太极拳赛事表演、文化交流活动时，获得社会认可与自我认同，实现了从个体锻炼到社会责任的升华。

四、太极拳运动推广的现存问题 在中老年群体里，太极拳运动推广有一定成果，已成为不少中老年人日常健身养生的选择，多地常举办集体展演、比赛活动，参与人数可观。但也存在不少问题：

1、认知层面，部分中老年人受传统观念束缚，觉得太极拳动作复杂难学，对其健身养生深层价值缺乏了解，认为不适合自己。

2、身体机能层面，随年龄增长，中老年人关节灵活性降低、平衡能力下降，面对太极拳里较复杂、对协调性要求高的动作，会显得力不从心，容易打击自信心。

3、师资资源层面，专业且有经验的

太极拳教练数量不足，缺乏专业性教练。4、推广渠道层面，主要依赖线下活动，对新媒体、社交网络等线上平台运用不足，覆盖面受限，这些都制约着太极拳在中老年群体中的进一步推广。**研究结论：**本研究证实，太极拳能从多方面助力中老年人调适心理、提升生活质量。在身体锻炼上，其低强度运动可改善心血管功能、增强关节稳定性；在心理调节方面，太极拳缓慢的动作节奏与哲学思想，能缓解焦虑；在社交层面，集体习练搭建了交流平台，各类赛事活动还能帮助中老年人实现个人价值，完成社会角色互动。综上所述，太极拳凭借其独特的身心锻炼与社交融合优势，为中老年人提供了具有健康效益与人文关怀的生活方式选择，对促进积极老龄化具有重要的实践价值与推广意义。

关键词：太极拳运动；中老年人；心理调适；生活质量

A Study on the Action Pathway of Tai Chi Exercise in Promoting Psychological Adjustment and Quality of Life Improvement among Middle-aged and Elderly People

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Research Purpose : This study focuses on the action pathway of Tai Chi exercise in promoting psychological adjustment and quality of life improvement among middle-aged and elderly people. Its purpose is to analyze the specific ways and mechanisms through which Tai Chi exercise promotes psychological adjustment and enhances the quality of life of middle-aged and elderly individuals. It expounds on its role in physical activity, psychological regulation, social interaction, etc., while pointing out the problems faced by the current research and putting forward corresponding coping strategies. With the core of promoting the popularity and scientificity of Tai Chi exercise among middle-aged and elderly people, it aims to realize its wide application and scientific development in terms of psychological adjustment and quality of life improvement. As a treasure of traditional health-preserving culture, Tai Chi, with its movement mode of coordinating body and mind, carries the concept of life health and the spirit of humanistic care. This study intends to further explore the specific action pathways through which Tai Chi exercise promotes psychological adjustment and quality of life improvement among middle-aged and elderly people. **Research Methods :** This study adopts research methods such as field investigation, literature review, interview, and comprehensive analysis to conduct research on the specific action

pathways through which Tai Chi exercise promotes psychological adjustment and quality of life improvement among middle-aged and elderly people, and explores the specific ways and internal mechanisms of Tai Chi exercise in promoting psychological adjustment and enhancing quality of life of middle-aged and elderly people in terms of physical activity, psychological regulation, social interaction, etc. **Research Content:** I. Fitness Theory and Cultural Connotations of Tai Chi Exercise 1. Fitness Theory of Tai Chi Exercise The fitness theory of Tai Chi exercise mainly integrates traditional Chinese medicine philosophy with modern sports science, forming a unique physical and mental exercise system. From the perspective of traditional theory, Tai Chi is based on the theory of meridians in traditional Chinese medicine and the theory of Yin-Yang and Five Elements. It holds that the meridian system of the human body is the channel for the circulation of Qi and blood. Practicing Tai Chi can stimulate the acupoints along the meridians, promote the circulation of Qi and blood, regulate the functions of the zang-fu organs, and achieve the balance of Yin and Yang in the body. Common movements in Tai Chi, such as "Grasping the Sparrow's Tail (Peng, Lv, Ji, An)", emphasize the combination of hardness and softness, and the transformation between emptiness and solidity, which is a concrete embodiment of the philosophical thought of Yin-Yang opposition, helping to reconcile the internal and external environment of the human body and enhance the body's immunity. 2. Cultural Connotations of Tai Chi Exercise Tai Chi exercise is rooted in traditional philosophy and contains many theories of traditional Chinese medicine: (1) The concept of Yin-Yang dialectics: The transformation of hardness and softness, emptiness and solidity, opening and closing in movements embodies the philosophical thinking of "Yin and Yang generate each other". (2) The doctrine of the mean: The posture emphasizes "upright body", pursuing "no bias", which is in line with the Confucian philosophy of life. (3) Taoist view of health preservation: The theory of meridians in traditional Chinese medicine: guiding the operation of Qi and blood through movements and regulating the zang-fu organs, embodying the wisdom of health preservation. (4) The attribute of cultural symbol: As an intangible cultural heritage, it carries the Chinese nation's cognition of life, health and the universe, and is a living inheritance of traditional culture. II. Analysis of the Pathway of Tai Chi Exercise in Promoting Psychological Adjustment of Middle-aged and Elderly People. 1. The pathway from the dimension of physical activity Tai Chi takes strengthening the body and keeping fit as the purpose of practice. It has a unique low-intensity, whole-body movement mode. The slow and coherent body movements (such as "Reeling Back" and "Cloud Hands") continuously stimulate cardiopulmonary function,

combined with regular breathing. Long-term practice can effectively reduce the resting heart rate, increase vital capacity, improve the stability of the cardiovascular system, and lay a solid physiological foundation for psychological adjustment.

2. The pathway from the dimension of psychological regulation Firstly, the slow and gentle movement rhythm of Tai Chi, combined with deep abdominal breathing, can activate the human parasympathetic nervous system, reduce the level of stress hormones such as cortisol, promote the body to enter a state of deep relaxation, thereby improving sleep quality, regulating the endocrine system, and eliminating the material basis of negative emotions from the physiological level. Secondly, the philosophical thoughts contained in Tai Chi, such as the balance of Yin and Yang, and the combination of hardness and softness, imperceptibly affect the thinking mode of practitioners, enabling them to deal with life conflicts from a more open-minded and dialectical perspective, and ultimately achieve the dual improvement of psychological resilience and happiness.

3. The pathway from the dimension of social interaction Tai Chi is mainly carried out in the form of collective practice among middle-aged and elderly people, forming a social empowerment pathway of "community participation - deepening relationships - realizing value". Firstly, activity scenarios such as morning exercises and collective performances create high-frequency interaction opportunities for middle-aged and elderly people. The increase in the number of meetings breaks down social barriers and builds an emotional support network. Secondly, the practice mode of master-apprentice inheritance and peer mutual assistance strengthens the sense of group belonging. Through interactive behaviors such as experience sharing and action correction, members form a close mutual assistance relationship, which effectively alleviates loneliness. Finally, participating in activities such as Tai Chi competitions, collective performances, and cultural exchanges provides middle-aged and elderly people with a platform to show themselves, realizes their social roles and personal values, and ultimately improves life satisfaction and happiness.

III. The Pathway of Tai Chi Exercise in Improving the Quality of Life of Middle-aged and Elderly People

1. The pathway of optimizing physical function and improving daily living ability The requirements for posture control in Tai Chi, such as "chest in and back out" and "relaxed hips and rounded crotch", deeply activate the core muscles and joint stability, which can improve balance ability and limb coordination, and effectively reduce the risk of falls. The improvement of these physical functions is further transferred to daily life scenarios, helping middle-aged and elderly people complete activities such as dressing, shopping, and housework more easily, reducing dependence on others, enhancing the ability of independent living, and laying a solid foundation for improving the quality

of life from the physical level. 2.The mechanism of expanding social network and strengthening social support The collective practice of Tai Chi provides an interactive platform, where middle-aged and elderly people establish relationships through action communication and experience sharing; master-apprentice inheritance, practice groups, and peer mutual assistance deepen emotional bonds, forming groups that care for and talk to each other; participating in events, performances and other activities expands social circles, obtains emotional comfort, information sharing and practical help, and strengthens social support. 3.The pathway of cultural inheritance experience and realization of spiritual value As an important carrier of traditional Chinese culture, Tai Chi provides a unique way for middle-aged and elderly people to realize their value. In the process of daily practice, middle-aged and elderly people feel the essence of Tai Chi techniques through each movement, understand the essentials of the movements, and gradually comprehend the traditional health-preserving wisdom in physical training. With the deepening of practice, the philosophical thoughts contained in Tai Chi, such as the balance of Yin and Yang, overcoming hardness with softness, and the Taoist concept of "following the way of nature", imperceptibly affect the thinking mode of practitioners. Participating in Tai Chi competitions, performances, and cultural exchange activities enables them to gain social recognition and self-identity, realizing the sublimation from individual exercise to social responsibility. IV. Existing Problems in the Promotion of Tai Chi Exercise In the middle-aged and elderly groups, the promotion of Tai Chi exercise has achieved certain results. It has become a choice for many middle-aged and elderly people to keep fit in daily life. Many places often hold collective performances and competitions, with a considerable number of participants. However, there are also many problems: 1. At the cognitive level, some middle-aged and elderly people are bound by traditional concepts, thinking that Tai Chi movements are complicated and difficult to learn, lacking an understanding of its in-depth value in fitness and health preservation, and thinking that it is not suitable for them. 2. At the level of physical function, with the growth of age, the joint flexibility and balance ability of middle-aged and elderly people decrease. Facing the more complex movements in Tai Chi that require high coordination, they will feel powerless, which is easy to hit their self-confidence. 3. At the level of teacher resources, there is a shortage of professional and experienced Tai Chi coaches, and there is a lack of professional coaches. 4. At the level of promotion channels, it mainly relies on offline activities, and the use of online platforms such as new media and social networks is insufficient, resulting in limited coverage, which restricts the further promotion of Tai Chi among middle-aged and elderly people. **Research Conclusions:**

This study confirms that Tai Chi can help middle-aged and elderly people adjust their psychology and improve their quality of life in multiple aspects. In terms of physical exercise, its low-intensity movements can improve cardiovascular function and enhance joint stability. In terms of psychological regulation, the slow movement rhythm and philosophical thoughts of Tai Chi can alleviate anxiety. At the social level, collective practice builds a communication platform, and various competitions and activities can also help middle-aged and elderly people realize their personal value and complete social role interaction. To sum up, with its unique advantages of integrating physical and mental exercise with social interaction, Tai Chi provides middle-aged and elderly people with a lifestyle choice that has health benefits and humanistic care, and has important practical value and promotion significance for promoting active aging.

Keywords: Tai Chi exercise; middle-aged and elderly people; psychological adjustment; quality of life

