

Investigation and Research on the Current Situation of Fitness Qigong Training among Middle-aged and Elderly People in Nanchang City

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Abstract

Health Qigong as an old but fashionable movement, with its unique practice in the form of won the love of the elderly. This movement is a combination of human physical activity, psychological adjustment and breathing and breathing as the main form of movement, is the traditional Chinese national sports, is an important part of China's outstanding traditional culture. This article through the questionnaire survey, literature, interviews and mathematical statistics to understand that the city of Nanchang in the elderly practitioners Qigong practitioners in the male-based, practitioners to the majority of highly educated, practitioners in the middle class Mainly, they are more concerned about the price of sports consumption, practice the crowd practice is better, fitness effect is obvious and so on. And proposed to further increase the publicity efforts to promote fitness Qigong, and further improve the fitness Qigong site facilities and other recommendations. Aiming to understand the situation of practicing qigong in middle-aged and old people in Nanchang and find out the problems in the development of Putonghua, and put forward the suggestions of rationalization to help the development of healthy qigong in Nanchang.

Keywords

Nanchang City; wrinkly; fitness qigong; Status.

1. Introduction

With the development of the social economy and the gradual improvement of people's living standards, people are paying more and more attention to the quality of life, that is, health. Health is vital for everyone, but due to the rising standard of living, the problem of aging and the high incidence of chronic diseases in the middle-aged and elderly population have also received attention. Relevant research shows that China must The first problem that will enter an aging society is how to enter a healthy and aging society [1]. This is not only a question of demographic structure, but also a series of economic and social issues. If it is only to study how to make the elderly live in their old age, it is only a palliative treatment. How to make the healthy life of middle-aged and elderly people is fundamental.

As an old but fashionable sport, Health Qigong has won the favor of middle-aged and old people with its unique practice form. This movement is a combination of human physical activity, psychological adjustment and breathing and breathing [2]. It is a national traditional sports project of the Chinese nation and an important part of China's excellent traditional culture. Practicing Health Qigong can enhance people's psychological quality, improve people's quality of life, improve people's physiological functions, and improve moral cultivation. Long-term adherence to Health Qigong exercise not only strengthens the body of the elderly, improves their physical health, but also has the effect of preventing and curing diseases and prolonging life [3]. Its various forms, simple movements, soft and soothing, and the requirements of the venue are not high, so it has a deep mass base and a large number of exercise groups, especially

the middle-aged and elderly people. This paper takes the current situation of health Qigong practice of middle-aged and elderly people in Nanchang as the research object, investigates and analyzes the health qigong site of middle-aged and elderly people in Nanchang, and the attitude and practice of health qigong among middle-aged and elderly people, and finds problems and proposes problems. The corresponding recommendations provide a realistic basis for the development of Health Qigong in Nanchang City.

2. Research Objects and Research Methods

This study used the middle-aged and elderly population of Health Qigong in Nanchang as the research object, including 126 males and 74 females. Through questionnaires, literature methods, mathematical statistics.

3. Research Results and Analysis

3.1. Basic Situation of Middle-Aged and Elderly People Practicing Health Qigong in Nanchang City

3.1.1. Practice the Gender Situation of the Elderly in Health Qigong

It can be seen from Table 3-1-1 that the gender distribution characteristics of the middle-aged and elderly people in Nanchang City were found through surveys. The male trainers were higher than the female trainers, and the males had 126, accounting for the total survey [4]. 63% of the population and 74 women, accounting for 37% of the total number of surveys. Through analysis, we can easily find that the movement of Health Qigong is decent and easy to retract, and the movement itself is less difficult and easy to master, which is in line with the requirements of middle-aged and older men.

Table 1. Gender Survey of Seniors in Health Qigong

	male	Female
Number of people	126	74
Percentage	63%	37%

3.1.2. Practice the Age of the Elderly in Health Qigong

It can be seen from Table 3-1-2 that the age of the health Qigong practitioners in middle-aged and elderly people in Nanchang is mainly concentrated in the population between 55 and 64 years old, with 117, accounting for 58.5% of the total number of people surveyed [5]. Followed by the 65-74 year olds, there are 46 people, accounting for 23% of the total number of surveys. People over the age of 75 accounted for 11.5% of the total number of surveys. The population between the ages of 45 and 54 accounts for 7% of the total number of surveys. According to the statistical results, the distribution of the age of health Qigong practitioners in middle-aged and elderly people in Nanchang City is mainly concentrated in the ages of 55-64 and 65-74 years old. As people's living standards continue to improve, they are healthy. The requirements are also getting higher and higher. How to better use leisure time and night to pay attention to people, Health Qigong is undoubtedly a good choice. At the same time of fitness, it can also enrich the lives of middle-aged and elderly people. The material living standards are constantly improving, and the requirements for life in the middle-aged and elderly population have also increased. They have devoted their energy to Health Qigong.

Table 2. The age questionnaire for the elderly in Health Qigong

	45-54 years old	55-64 years old	65-74 years old	75 years old or older
Number of people	14	117	46	23
Percentage	7	58.5	23	11.5

3.1.3. Studying the Academic Qualifications of the Elderly in Health Qigong

It can be seen from Table 3 that the academic qualifications of the middle-aged and elderly people in Nanchang City are mainly concentrated in undergraduate and above, and there are 127 people with bachelor degree or above, accounting for 63.5 of the total number of surveys. There are 50 college graduates, accounting for 25% of the total number of surveys. There were 19 high school graduates, accounting for 9.5% of the total number of surveys. There are 4 people with high school education or below, accounting for 2% of the total number of surveys. According to the statistical results, most of the people in the health Qigong practice of middle-aged and elderly people in Nanchang have high education. It shows that highly educated intellectuals attach great importance to their own health, and at the same time have a strong sense of fitness. Health Qigong has a good mass base in high education, which is very beneficial to the development of Health Qigong.

Table 3. Qualifications for Seniors in Health Qigong

	Below high school	high school	Specialist	Bachelor degree or above
Number of people	4	19	50	127
Percentage (%)	2	9.5	25	63.5

3.1.4. Practice the Occupation of the Elderly in Health Qigong

It can be seen from Table4 that the basic situation of middle-aged and elderly people in Health Qigong in Nanchang City. Mainly retirees, 105 people, accounting for 52.5% of the total number of surveys, ranked second in the public service industry, 40 people, accounting for 20% of the total number of surveys. The third place is the institution, with 34 people, accounting for 17% of the total number of investigations. The fourth place is other occupations, accounting for 8.5%. At the end of the list is an individual occupation, with 4 people, accounting for 2% of the total number of surveys. It is not difficult to find through observation that the population of health Qigong practiced by middle-aged and elderly people in Nanchang is mainly retirees. This is because such people have more free time and no work pressure.

Table 4. Occupational questionnaire for practicing the elderly in Health Qigong

	Institutions	public services	individual occupations	retirees	other occupations
Number of people	34	40	4	105	17
Percentage (%)	17	20	2	52.5	8.5

3.2. Analysis of the Popularity of Qigong Practitioners in the Middle-Aged and Elderly People on Health Qigong Activities

3.2.1. Analysis of the Motivation of the Elderly in Health Qigong

It can be seen from Table 5 that the distribution of motives of health Qigong practitioners in middle-aged and elderly people in Nanchang is mainly to strengthen the body and prevent diseases. Among them, there are 99 people who are physically fit, accounting for 49.5% of the total number of surveys. There are 60 people who prevent diseases, accounting for 30% of the total number of investigations. Other motives with 13 people accounted for 6.5% of the total number of investigations, 11 people in entertainment and leisure, accounting for 5.5% of the total number of investigations, 10 people who cultivated sentiment, accounting for 5% of the total number of investigations, and 7 People accounted for 3.5% of the total number of surveys. As the middle-aged and elderly people surveyed have a large number of retired people, they have higher requirements for health. Therefore, among the people surveyed, the number of people who have improved physical fitness and disease prevention is the highest.

Table 5. Questionnaire for Motivation of the Elderly in Health Qigong

	Entertainment	prevention of disease	physical fitness	cultivation of sentiment	communication	other
Number of people	11	60	99	10	7	13
Percentage (%)	5.5	30	49.5	5	3.5	6.5

3.2.2. Practice Health Qigong Middle-aged Practice Time

It can be seen from Table 6 that the practice time of the health Qigong practice group of middle-aged and elderly people in Nanchang City is the highest in 2-3 small people, with 123 people, accounting for 61.5% of the total number of investigations [6]. Followed by 1-2 hours, there are 49 people, accounting for 24.5% of the total number of surveys, the third is more than 3 hours, accounting for 9.5% of the total number of surveys, and the last one hour is 9 people, accounting for 4.5% of the total survey. Due to the limitations of Health Qigong venues and weather conditions, the time for practicing Qigong is different. However, a small number of middle-aged and elderly people who love Health Qigong can still guarantee 2-3 hours of fitness time per day. It can be seen from Table 3-2-3 that the choice of practice time for fitness Qigong practitioners in middle-aged and elderly people in Nanchang City. In the morning, the most people who participated in the Health Qigong exercise, the middle-aged and the elderly have better living habits, can go to bed early and get up early, and the venue and time in the morning are more abundant, so this time period is favored by Health Qigong lovers. There were 156 people in this period, accounting for 78% of the total number of surveys. There were 27 people in the morning or afternoon, accounting for 13.5% of the total number of surveys. There are 17 people who choose the evening, accounting for 8.5% of the total number of surveys. Most of the people who choose this time period have fixed practice venues, which are not limited by the venue and time.

Table 6. Questionnaire for practicing the practice time of the elderly in Health Qigong

	1 hour or less	1-2 hours	2-3 hours	3 hours or more
Number of people	9	49	123	19
Percentage (%)	4.5	24.5	61.5	9.5

Table 7. Questionnaire for practicing the practice time of the elderly in Qigong

	Early morning	morning or afternoon	dusk
Number of people	156	27	17
Percentage (%)	78	13.5	8.5

3.2.3. Practice the Frequency of Exercise for the Elderly in Health Qigong

It can be seen from Table 3-2-4 that the number of health Qigong exercises in the middle-aged and elderly people in Nanchang City is the highest [7], with 3-5 times the largest number, 109 people, accounting for 54.5% of the total number of surveys. There were 41 people in 5-7 times, accounting for 20.5% of the total number of surveys, 33 people under 3 times, accounting for 16.5% of the total number of surveys, and 17 people more than 7 times, accounting for 8.5% of the total number of surveys. Through observation, it can be found that the number of times of training for the middle-aged and elderly qigong practitioners in Nanchang is concentrated in 3-5 times. The number of exercises in this stage can achieve a good fitness effect, and the effect is less obvious after 3 times.

Table 8. Questionnaire on the frequency of practice of middle-aged and elderly people in

	3 times or less	3-5 times	5-7 times	7 times or more
Number of people	33	109	41	17
Percentage (%)	16.5	54.5	20.5	8.5

3.2.4. Health Qigong Practitioners' Love for Health Qigong

It can be seen from Table 9 that among the four sets of Health Qigong practiced by middle-aged and elderly people in Nanchang City[8], the most popular among them is Yijinjing, with 82 people, accounting for 41% of the total number of surveys. Secondly, there are 48 people in Ba Duan Jin, accounting for 24% of the total number of investigations. There were 41 people who chose the five birds, accounting for 20.5% of the total number of surveys. At least 29 people like the six-character scorpion, accounting for 14.5% of the total number of surveys, and 20 others, accounting for 10% of the total number of surveys. Due to the different forms of exercises, movements and exercise effects of different sets of exercises, different fitness Qigong practitioners chose their favorite exercises. Yi Jin Jing, stretch generous, Shu Jin live bone, has a very good fitness effect. The ever-changing movements have reached a variety of intentions, so they are loved by most middle-aged and elderly people.

Table 9. Health Qigong Practitioners' Love for Health Qigong Skills

	Yi Jin Jing	Wu Qin Xi	Liu Zi Yan	Ba Duan Jin	others
Number of people	62	41	29	48	20
Percentage (%)	31	20.5	14.5	24	10

3.3. Requirements for Training Conditions for Middle-Aged And Elderly Qigong Practitioners

3.3.1. Middle-Aged and Elderly Qigong Practitioners Choose the Venue

The selection of the venue for the fitness and qigong practitioners of middle-aged and elderly people in Nanchang City. Site selection includes parks, plazas, stadiums, school venues, and community vacant lots. However, it was learned through interviews that most people are still willing to practice Health Qigong in open air when the weather is fine and the temperature is right, but when it encounters bad weather conditions such as wind and sun, the community

Middle-aged and older people can transfer the venue to the interior. Therefore, the people in Nanchang City's middle-aged and old-aged qigong practice are more flexible in the choice of venues.

3.3.2. Satisfaction of Middle-Aged and Elderly Qigong Practitioners on Fitness Qigong Venues

It can be seen from Table that the satisfaction rate of the fitness qigong practitioners in the middle and old people in Nanchang is the highest in the general situation[9], with 94 people accounting for 47% of the total number of surveys, followed by More than 50 people were satisfied, accounting for 25% of the total number of surveys. There were 33 people satisfied, accounting for 16.5% of the total number of surveys. There were 33 people who were dissatisfied and very dissatisfied, accounting for 16.5% of the total number of investigations. Through observation, people in Nanchang City's middle-aged and old-aged qigong practice, the overall satisfaction of the Health Qigong site, the overall better, dissatisfied only accounted for 11.5%. As a first-tier city, Nanchang City has achieved a high level of economic development and people's living standards. Therefore, in the construction of sports facilities, it can also be sold to meet the needs of the masses. In different weather conditions, residents can have venues to participate in sports activities.

4. Conclusions and Recommendations

4.1. Conclusion

4.1.1. Health Qigong Is Dominated By Males, and the Population Is Highly Educated

According to the survey of the health Qigong practice of middle-aged and elderly people in Nanchang City, there are more males than females, and most of them are undergraduate and above, and their ages are mainly distributed between 55-64 years old.

4.1.2. The Population Is Mainly Middle-Class, Focusing on Sports Consumption Prices

The practice group of middle-aged and old-age health Qigong in Nanchang is mainly retirees. Its economic source is their laid-off wages, and they cannot afford higher economic consumption. The restrictions on health Qigong venues and the investment in sports consumption are low.

4.1.3. Fitness Qigong Practice Is Better, the Fitness Effect Is Obvious

The number of times of training for the middle-aged and old-aged qigong in Nanchang City is 3-5 times per week, and this amount of exercise is maintained every week, which can achieve a good fitness effect.

4.2. Suggestions

4.2.1. Increase Publicity and Promote Health Qigong

Through the investigation of the people practicing Qigong practice in Nanchang City, it is found that the retirees are the main part, and the concentrated development of Health Qigong is also in the middle-aged and elderly. As a traditional Chinese sports project, Health Qigong has a strong cultural heritage and is suitable for all people to learn. Therefore, in addition to the middle-aged and elderly population, other groups can also learn health Qigong and exercise.

4.2.2. Further Improve the Facilities of Health Qigong

Through the survey on the satisfaction of the Health Qigong site in Nanchang City, although the overall satisfaction is good, it needs further improvement. Sports facilities are the basic conditions for physical exercise. Good fitness qigong sports grounds can promote the development of health qigong to a certain extent.

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