

# Influence of Wu Shu on the Holistic Development of Preschool Learners

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**Abstract:** This survey aims to understand the impact of martial arts education on children's physical and mental development, including physical, psychological, social and emotional four dimensions. The research results will provide theoretical and practical guidance for early childhood education and promote the all-round development of young children. Through the observation and data analysis of children's participation in martial arts activities, we found that martial arts training can promote children's physical development, mental health and social ability, and have a positive impact on academic performance and learning motivation. This research result has certain enlightenment significance for the practice of early childhood education and physical and mental development.

**Keywords:** Wu Shu; Preschool Learner; Physical development; Mental development; Social development; Emotional development

## 1. Introduction

Early childhood development is one of the important research directions in the field of education. In recent years, with the development of social economy and people's attention to early childhood education, more and more parents and educators begin to pay attention to the development of early childhood scholars. Scholar development refers to children's comprehensive development in cognition, language, social and other aspects.

As a traditional sports and cultural art form, Wushu has been deeply involved in people's life. The development of preschool scholars is an important issue in the field of education, and how to promote the comprehensive development of preschool scholars has been concerned and explored. Under such conditions, this topic will explore the impact of martial arts on the development of early childhood scholars, aiming to provide beneficial reference and guidance for the all-round development of early childhood scholars. As a traditional form of sports, Wushu has unique educational value and training effect.

Through in-depth analysis of the relationship between martial arts training and the development of early childhood scholars, it can provide scientific reference and guidance for professionals in the field of early childhood education and parents. In addition, by studying the influence of martial arts on the development of preschool scholars, it can also provide new ideas and inspiration for improving the methods and teaching strategies of early childhood education. Therefore, it is of great theoretical and practical significance to study the influence of wushu on the development of preschool scholars.

## 2. Literature Review

### 2.1 Domestic research status

At present, there have been some studies on the influence of wushu on the development of young children. Children are in an important stage of physical and psychological development, so it is particularly important for young children in martial arts teaching and training. The development and teaching of children's martial arts training, to a large extent, enriches the content of children's physical education, so that children's vision is broader.

Yang Lu and Ji Benping (2014) wrote in the Exploration of carrying out Martial arts Teaching for Children that the impact of martial arts training on children can not only strengthen their health, but also

have a non-negligible effect on their physical and mental development.

Li Shusheng (2016) pointed out in the Experimental Research on the Influence of Martial Arts Exercise on the physical and mental Development of children aged five to six that martial arts exercise can not only improve and enhance the physical quality of children aged five to six, but also cultivate their good social adaptability and strong will quality and other psychological qualities; And physical fitness and mental fitness are closely related.

On the whole, the domestic research results show that martial arts training has a positive impact on the development of early childhood scholars. Children who participate in martial arts training show better development in physical, cognitive and emotional aspects. However, the current research still has some shortcomings, such as small sample size and limited research methods, so there is still a need for further research.

## **2.2 Foreign research status**

At present, there is no literature research on children's martial arts in foreign countries. However, developed countries such as Europe, America and Japan have conducted systematic and comprehensive research and monitoring on the physical form and functional development level of preschool children. Pica (2008) In the article, it is pointed out that "kindergarten teachers should take physical training of children as a point of view to develop children's sensitivity, cardiopulmonary endurance, muscle strength, stretching and health components in children's physical activities".

Barnett LM, Salmon J, Hesketh KD(2016) In the relevant research results show that scientific physical education can promote the good development of children's physical fitness, and different intervention methods have different effects on physical fitness.

To sum up, for foreign educators, the physical education curriculum for early childhood is more to let children feel the beauty of nature, ascribe all the origin of education to game and play education, so that children can fully feel the fun brought by game education, so that their body and mind can get better development.

## **2.3 Definition of relevant concepts**

WU SHU: Wushu is an ancient traditional Chinese sport, including boxing, sword, sword, cudgels and other practical skills and routine performances. Martial arts emphasize the strength, coordination and flexibility of the body, and cultivate people's physical quality and will quality.

Preschool Learner: Children according to different age stages can be divided into: 1-3 years old for early childhood, 3-6 years old for pre-school, also known as school age. The gradual maturation and improvement of a child's physical, cognitive, emotional, and social abilities from birth to adulthood.

Physical development: Physical development refers to a child's growth, weight, bone and muscle development. In the early stages of childhood, good nutrition and adequate sleep are essential for physical development. Proper exercise can also promote children's physical development and help them establish healthy lifestyle habits. Physical development has an important impact on a child's overall health and quality of life.

Mental development: Mental development refers to the development of children's cognition, will and personality.

Social development: Social development refers to their growth in social interaction, ability to cooperate, share and understand others.

Emotional development: Emotional development refers to a child's growth in emotional, self-awareness and social skills.

## **3. Research Method**

### **3.1 Document method**

Through the Internet, periodicals and other ways to collect the previous scholars on the impact of children's martial arts teaching on children, understand the domestic and foreign research materials of children's martial arts teaching, integrated analysis, so as to lay a solid theoretical foundation for this

study.

### 3.2 Interview method

Interviews were conducted with kindergarten martial arts teachers and educational supervisors to understand their views on the impact of existing martial arts courses on children's growth, solicit their opinions, accurately understand the current status of martial arts classes and explore the reasons behind the phenomenon, so as to provide a more solid foundation for the theoretical improvement and deepening of this study and provide references for the compilation of questionnaires.

## 4. Results and Discussion

### 4.1 Draw conclusions based on research data

The purpose of this survey is to determine the influence the impact of martial arts education on children's development, including physical, psychological, social and emotional four aspects. From 10 schools in the high-tech zone, 300 parents were randomly selected to participate in the questionnaire survey. Based on the parents' responses, we rated the impact of martial arts teaching on young children's development on a scale of 1 to 4, representing no Influential, Slightly Influential, Influential, and Highly Influential.

*Table 1: Level of Influence of Wu Shu to the Physical Development of Preschool Learners*

Content	Mean value	Influence
1. Kindergarten martial arts education can promote children's physical flexibility	3.65	Highly Influential
2. Kindergarten martial arts education can improve children's heart and lung function, change the quality of blood	2.48	General
3. Kindergarten martial arts education can increase the development of children's muscles, bones and joints	3.48	Highly Influential
4. Kindergarten martial arts education can improve balance ability, upper and lower limb endurance	3.16	Influential
5. Kindergarten martial arts education can enhance children's physical strength and reaction speed	3.56	Highly Influential
Overall eighted mean	3.27	Highly Influential

According to Table 1, the total average value is 3.27. The research shows that martial arts has a great impact on the physical development of children, especially in terms of physical flexibility and growth and development of children. Because the articular surface cartilage of children is relatively thick, the extensibility of the joint capsule and ligament is large, and the muscles around the joint are slender, martial arts practice can enhance the flexibility of children

Peng Song (2017) pointed out in a Comparative Study on the Influence of Basic Martial Arts Training on children's physique that martial arts training can significantly change children's speed, agility and flexibility. Through targeted leg strength training, bone development, bone density thickening, have a positive effect. It has a certain promotion effect on the lung capacity index of children, but the impact is not big.

*Table 2: Level of Influence of Wu Shu to the Mental Development of Preschool Learners*

Content	Mean value	Influence
1. Kindergarten martial arts education can effectively develop children's observation, attention, memory, thinking, imagination	3.47	Highly Influential
2. Kindergarten martial arts education can improve children's ability to resist setbacks, the spirit of hard work can also be exercised	2.65	Influential
3. Kindergarten martial arts education can cultivate children's patriotic feelings, enhance national self-esteem and pride has a very obvious promoting role	3.55	Highly Influential
4. Martial arts education in kindergarten is conducive to developing the potential of the right hemisphere of the brain and promoting the all-round development of children's intelligence	3.52	Highly Influential
5. Kindergarten martial arts education to cultivate children solidarity, mutual help to improve their ability to know the things around	3.12	Influential
Overall eighted mean	3.26	Highly Influential

According to Table 2, the total average value is 3.26. The research shows that martial arts has a great impact on the psychological development of children. Martial arts education can effectively develop

children's observation, attention, memory, thinking power, imagination, etc., cultivate children's patriotic feelings, promote the all-round development of intelligence, and improve the ability of solidarity and friendship and understanding of the surrounding things. Because in the early childhood stage, children's memory is mainly based on image thinking to remember. In general, children's willpower is still relatively weak, easily affected by external factors and their own wishes, and they are not good at controlling and dominating their own behavior, making it difficult for children to stick to many things.

Yang Jingyuan and Huang Jianxin (2011) in their article "Discussion on the Feasibility of the Development of Children's Martial Arts Movement" believe that early childhood is the key period for children's physical and mental development. Reasonable and scientific martial arts training for children can not only strengthen children's physical quality, but also play a certain role in improving children's physical function, and at the same time, it can temper children's will quality and develop their intelligence. It has the dual function of education and fitness.

*Table 3: Level of Influence of Wu Shu to the Social Development of Preschool Learners*

Content	Mean value	Influence
1. Kindergarten martial arts education can improve children's ability to actively integrate into the new environment and participate in collective games	3.50	Highly Influential
2. Kindergarten martial arts education is conducive to children's ability to communicate with others and to express their will clearly	3.37	Highly Influential
3. Kindergarten martial arts education can make children take the initiative to help other children to improve children's interpersonal relations	3.40	Highly Influential
4. Kindergarten martial arts education makes children actively participate in collective games and take the initiative to play with children	3.43	Highly Influential
5. Kindergarten martial arts education can help children encounter unpleasant things and talk to teachers or family members	2.51	Influential
Overall eighted mean	3.24	Influential

According to Table 3, the total average value is 3.24. The research shows that martial arts has an impact on children's social development, and martial arts education can improve children's integration ability, communication ability, interpersonal relationship, and ability to actively participate in collective activities and express their will. Martial arts activities have a unique role in children's development of social adaptability. Studies have shown that children who practice martial arts show greater self-confidence than those who do not practice, and also promote their social adaptability.

Ji Yuliang (2013) discussed from two aspects of children's martial arts games and society, and believed that children's martial arts games can promote children's physical, mental and intellectual development, while social value is reflected in individual socialization, moral development, the initial formation of children's values and the development of their will, and the role and significance of children's martial arts education on the development of children and society.

*Table 4: Level of Influence of Wu Shu to the Emotional Development of Preschool Learners*

Content	Mean value	Influence
1. Kindergarten martial arts education can relieve children's cheerful personality, not easy to get angry	3.43	Highly Influential
2. Kindergarten martial arts education can help children can easily get rid of fear without worry	2.61	Influential
3. Kindergarten martial arts education can make children act confident in front of unfamiliar people	3.54	Highly Influential
4. Kindergarten martial arts education can make children open-minded, can control their temper well	3.48	Influential
5. Kindergarten martial arts education can train children to express themselves freely in front of strangers and not be shy	3.15	Slightly Influential
Overall eighted mean	3.24	Influential

According to table 4 that the total average of 3.24, studies have shown that wushu has influence to the children's emotional development, in the emotional aspects, martial arts education can help young children cheerful, confident, out of fear and control my temper, in front of strangers. Relevant studies have shown that sports are emotional outlets, appropriate martial arts practice, can make children release bad emotions, so as to have a happy mood.

Huang Xinmei, Huang Diquan, Yang Yatao (2018) et al. found that the combination of martial arts training with martial arts education, behavioral training and psychological assistance can not only reduce children's depression, loneliness and inferiority, reduce rebellion and hatred, but also help children improve courage and self-confidence and improve bad behavior habits. Guo Wenqian (2012) believes that martial arts training also has a positive impact on children's self-confidence and independence, and

lays a solid foundation for gradually cultivating children's social skills.

*Table 5: Summary*

Content	Mean value	Influence
Physical	3.27	Highly Influential
Mental	3.26	Highly Influential
Social	3.24	Influential
Emotional	3.24	Influential
Overall eighted mean	3.25	Influential

According to the summary table 5, the total average value is 3.25. The research shows that the degree of influence of martial arts teaching on children's development is very influential in both physical and psychological aspects. Both social and emotional aspects of the relative impact. Physical performance children form a correct body posture and the development of various physical and comprehensive physical qualities, in the training of children's sensitivity, should be closely combined with the characteristics of martial arts itself, combined with children's physiological and psychological characteristics to carry out reasonable martial arts training, to stimulate children's training interest, so as to strengthen children's physique in all aspects, so that children's physical and mental development.

Lei Xingxing and Wang Fang (2017) believe that "early childhood martial arts education refers to the educational behavior that promotes the normal physical and intellectual development of children in a planned and step-by-step way through martial arts teaching and practice." Zhu Anzhou (2014) adopted the Wechsler Preschool and Beginning School Intelligence Scale to conduct teaching experiments in the article "The Fact Research of Children's Martial Arts Games on Children's Intellectual Development", proving that "children's martial arts games can promote children's intellectual development and can be applied and promoted as an educational means to promote children's physical and mental development".

## 5. Conclusion and Recommendation

### 5.1 Conclusion

Through the research, it is found that the learning of wushu class in kindergarten has an important impact on the physical and mental development of preschool scholars. Children will be able to enhance physical fitness, master the basic skills of children's martial arts, cultivate children's interest and hobbies in participating in martial arts, develop the habit of adhering to martial arts exercise, cultivate children's will quality, develop good psychological quality, show the spirit of unity, cooperation and love, cultivate children's personality, carry forward the spirit of martial arts, carry forward the national spirit, and enhance national pride, Laying the foundation for lifelong martial arts. Children's participation in martial arts training can promote the improvement of their physical quality and the development of sports skills. Martial arts training requires preschool scholars to practice various movements and postures, thereby improving their flexibility, coordination and strength and other motor abilities. At the same time, martial arts training can also enhance the endurance of early childhood scholars and the body's ability to resist pressure, so that they can better cope with various challenges in daily life. Martial arts training can also promote the cognitive and intellectual development of early childhood scholars, in martial arts training, children need to learn and remember the steps and order of various techniques and movements, but also need to use judgment and thinking ability to cope with various situations and problems. This kind of thinking training can promote the cognitive and intellectual development of early childhood scholars, improve their thinking ability and problem solving ability.

### 5.2 Recommendation

In the formulation of martial arts teaching and training program, it is necessary to comply with the law of physical and mental development of children, based on the physical and mental health status of children, pay attention to the physical and mental characteristics of children, control the frequency, intensity, duration and training means of each exercise, list children's martial arts as a kindergarten characteristic course construction, implement kindergarten sports day, and perform martial arts for children. It can also better publicize and promote martial arts. Kindergartens should first pay attention to children's physical development. Organize theme activities similar to martial arts, and promote them to other kindergartens, encourage the introduction of qualified martial arts teachers, and carry out scientific, standardized and comprehensive physical education teaching activities for children. Let children double practice, now the children themselves are affected by the bad social atmosphere, martial arts education,

is to let them maintain good habits and quality, cultivate self-confidence and willpower, but also promote cognitive and intellectual development. Therefore, the inclusion of martial arts in the education of early childhood scholars helps to comprehensively promote their physical and mental development.

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