

The Influence of Intervention of Traditional Physical Healthcare Exercise on Depression of College Students

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ABSTRACT. College students are an important force to promote social and economic development. Their health includes not only physical health, but also mental health. Under the influence of study pressure, employment pressure and life pressure, contemporary college students are prone to appear psychological problems of depression. If the educators cannot timely identify this phenomenon and take the corresponding intervention measures, it will seriously hinder the healthy development of college students. This paper first expounds the basic knowledge of Chinese traditional physical healthcare exercise, then analyzes the depression of contemporary college students, and focuses on the influence of traditional physical healthcare exercise on college students' depression.

KEYWORDS: Traditional physical; Physical healthcare; Exercise intervention; Depression

1. Introduction

Generally speaking, the traditional physical healthcare exercise is a healthcare method that individuals use a variety of traditional physical methods to exercise through posture adjustment, breathing exercise and conscious control, so as to enhance physical health, prevent diseases, cure diseases and prolong life. Traditional sports are an important part of Chinese traditional culture, China has a long history, there are many kinds of traditional physical which have their own characteristics. Chinese traditional physical rooted in the production, life and physical practice of Chinese people for thousands of years, which has high healthcare value and contains profound Chinese traditional healthcare thought and Chinese traditional philosophy thought. Over the years, with the development of Chinese physical and traditional Chinese medicine, the thought of Chinese traditional physical healthcare exercise has developed rapidly. In the new era, the continuous promotion of China's "national health" and "healthy China" has greatly promoted the further development of the traditional physical and healthcare thought. Nowadays, the traditional physical healthcare exercise has become a universal physical in Chinese society.

2. Depression and College Student' Depression

Depression, also be known as depressive disorder, is characterized by persistent low mood. As a typical mood disorder, depression has an enormous effect on one's health. People with mild depression are listless, logy, and sad, people with major depression have a persistent sense of hopelessness and may suddenly occur suicidal idea and behavior.

The main causes of depression are genetic, biochemical and psycho-social factors. Among these factors, psycho-social factors are the main causes of depression in contemporary college students. For example, those students who are just entering the university, leaving the care of their families, now they have to face and solve various problems by themselves, as a result, they are under increasing pressure. Facing pressure in life, study and employment will make some students suffer from persistent sadness and self-esteem, as well as insomnia and lack of interest in anything, all above will lead to depression [1]. Some college students are afraid to communicate with others because of their poor personal image and interpersonal relationship, then they have accumulated feelings of loneliness and loss, which also lead to depression.

3. The Influence of Intervention of Traditional Physical Healthcare Exercise on Depression of College Students

There are various types of Chinese traditional physical healthcare exercise which are effective in relieving and treating of depression. Taking qigong, shadowboxing and five-animals exercise as the research object, this paper expounds the influence of intervention of traditional physical healthcare exercise on depression of college students.

3.1 The Influence of Qigong on the Anxiety of College Students

Qigong is an active physical and mental exercise by adjusting the mind, body and shape, there are two kinds of qigong: static and dynamic. Static is a kind of healthcare that the body does not move and relies on mind and breath for self-control, dynamic is based on physical activity, most qigong exercises are a combination of dynamic and static. Qigong theory holds that “qi” is the fundamental substance that constitutes, sustains and nourishes the human body and its life activities [2]. Qigong does not have the intense feeling of strenuous exercise, but is a state kind of quiet, leisurely, single-minded and introverted, so that the athletes can be relax and calm. When practicing qigong, college students are required to relax, keep quiet, breathe slowly and naturally, and clear their minds of distractions, and their breathing mode is mostly abdominal breathing. Abdominal breathing is a kind of easy and slow breathing, which can replace the tense and rapid breathing of college students when they are anxious, so as to effectively reduce the anxiety and promote the generation of positive emotions. In a word, qigong has a good effect on college students' anxiety, if they often practice qigong, it can effectively remit the

tension and anxiety caused by various pressures, make them in a relaxed and comfortable psychological state, and finally reduce the probability of suffering from depression.

3.2 The Influence of Shadowboxing on College Students' Interpersonal Relationship

On the one hand, shadowboxing contains the traditional physical healthcare exercise with the eastern concept of inclusiveness, its movements are slow and natural, which reflects its idea of embracing and nourishing all things. When college students learn to practice shadowboxing, they can gradually realize the mutually tolerant relationship between people, people and nature in their movements like floating clouds and flowing water [3]. After the formation of this concept of tolerance, college students will have a correct understanding of some shortcomings of others, and will accept others with good tolerance and affinity, so as to establish a good interpersonal relationship with others. On the other hand, shadowboxing can be learned individually and collectively. In colleges and universities, students learn to practice shadowboxing in a collective form in the physical education class or extracurricular physical activities. In the interpersonal communication, they can not only discuss the knowledge of shadowboxing, but also exchange emotions, talk to each other about the problems encountered in life and study, encourage each other, relieve the pressure and troubles, get rid of loneliness and self-isolation, and hope for life and the future while gaining the benefits of friendship.

3.3 Effects of Five-Animals Exercise on Sleep Quality of College Students

As a manifestation of advanced central nervous system dysfunction, insomnia is a typical sleep disorder. According to some expert research, there are 61.2% female and 68.6% male depressive patient have insomnia problem. Insomnia is one of the reasons why many depression patients actively seek medical treatment. Some college students appear insomnia under subjective and objective factors, which leads to physical fatigue, low mood, loss of appetite, and doubt whether they have mental problems, so as to cause depression. Five-animals exercise is a pictographic interpretation of tiger, deer, bear, ape and bird which combines traditional Chinese medicine and the theory of health preservation[4]. College students often learn to practice five-animals exercise, which can effectively improve the physiological function of the organs, relax the tension of nervous system, and achieve the desired effect of good mood, relax the muscles and collaterals and peace of mind.

Compared with the medical treatment methods of depression, there are many advantages to intervene college students' depression through the traditional physical healthcare exercise: (1) Easy to accept by college students. Traditional physical healthcare exercise intervention emphasizes that college students get physical and mental relaxation during physical exercise and form a positive and optimistic mood, and physical exercise is one of the favorite recreational activities of college students. (2) No side effects. Traditional physical is an important part of China's excellent

traditional culture, which has been developing continuously in the development process of thousands of years, its healthcare, mind-raising, intellectual function has been confirmed by many scholars. (3) Quick results. Traditional physical healthcare exercise meet the needs of college students, as long as they insist on participating in physical and healthcare exercise, their depression can be well alleviated and suppressed. (4) Easy to carry out. The traditional physical healthcare exercise can be used as the content of both the classroom teaching and extracurricular physical activities, at the same time, the movement does not have very high requirements on the field, the number of people and the physical quality of the athletes, it is very convenient for the university to organize and develop. (5) Low cost. Compared with the expensive drug treatment for depression, the traditional physical healthcare exercise only requires college students to keep exercising, without investing a lot of money, which greatly reduces the economic pressure on college students.

Through the above research, it can be found that the traditional physical exercise intervention has a good impact and many advantages on college students' depression, so colleges and universities should pay more attention to the traditional physical healthcare exercise education.

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