

SLEEP QUALITY AND LIFE SATISFACTION OF HEALTH PERSEVERANCE BA DUAN JIN PARTICIPANTS

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Abstract

The purpose of this study is to explore quality of sleeping and life for the elderly participating in Ba Duan Jin. The study in question was carried out at a community college in Taipei. Interview, observation and document collection were applied in this study. Administration executives, host agencies and Ba Duan Jin team members from the community college were interviewed. The results show that Ba Duan Jin exercise could: 1. shape participants' figures and make friends with others; 2. improve sleep quality and life quality; 3. enhance participants' immunity, relieve sore muscles, against aging, and strengthen muscle strength; and 4. circulate Qi for those who coordinate with meditation and discover the depth and function of the exercise. We suggest that more Ba Duan Jin coaches or instructors should be trained and educated. Moreover, government should encourage communities to release more space for convenience of the elderly to do exercise.

Keywords: Ba Duan Jin, health preserving Qigong, life satisfaction, sleep quality

Introduction

First of all, we inquired sleep quality and life for the elderly participating in Ba Duan Jin. There was a great deal of evidence showing that the elderly who exercised more, especially

practicing Ba Duan Jin, can improve their emotional well-being. Furthermore, they indicated that Ba Duan Jin is a classical and healthy exercise which includes eight Forms. The movements of Ba Duan Jin, covering training in all direction—front, back, left, right, up and down, are gentle and

steady. It's a set of aerobic exercise built upon the contents of Chinese philosophy.

On the other hand, most of researchers used PSQI as an indicator for sleep quality. General speaking, it is useful to begin with Ba Duan Jin exercise for elderly about thirty minutes every day. (Tu cheng-hsiung, 2019) Actually, it seems reasonable to consider fitness and health promotion for the elderly. It is important that traditional Chinese health-promoting exercise are never just simple physical movements; moreover, they have been well developed to contain deeper philosophy in culture aspects. The important point to note is that Ba Duan Jin exercise, comparing with no treatment, could modulate the blood lipid profile by decreasing plasma TC, TG, and LDL-C levels and increasing plasma HDL-C levels of the participants. Therefore, the effectiveness of Ba Duan Jin exercise cannot be overemphasized (Li JuanMei, Qingyue Chen, Li Ge, Guohua Zheng, 2012).

Meanwhile, we noticed that the eight Forms of Ba Duan Jin, corresponding to the eight natural elements of Ba Gua, are just like the internal training methods described in the Kung fu novels through methods of dynamic medication. Then, you will be liberated into a state of peace and harmony (Lee, chang-chih, Tu cheng-hsiung, 2019)

Literature Review

Eating rich food and doing less exercise have become a common lifestyle of most of people in this modern age, especially for those nine to five office workers. "However, such a life-

style has become a trigger to an array of modern diseases as well as pre-matured aging, and the tricky part is that, most of the time, when warning signs are detected the best time for proper treatment is missed. (Lee, chang-chih 2011). It has been a renewal of interest in martial art Tai Chi Chuan and fitness training in recent years. Particularly in the Ba Duan Jin Qigong. People practice Qigong with steady and gentle movements. The point I am here to emphasize is that Ba Duan Jin and other health promotion exercises have become viable options since they are easy to learn and most of all effective. After a period of regular practice, most of the learners find that they have not only become healthier and have more energy, but that their annoying health problem and symptoms have also been notably improved (Wan yu, 2011).

Refer to the fans of Kungfu novel or martial art learners, Ba Duan Jin is a familiar term. If you ask them about the history, only a few can answer the question. The history of Ba Duan Jin can be traced back to the ancient time, but the exact time of its origin as well as who created it is still uncertain. There are different versions of stories, but none have been confirmed. Some think it was created by one of the Eight Fairies, Han Zhong-Li, at the end of the Tang Dynasty. Some think the creator was a disciple of Han Zhong-Li named Lu Do Bing. However, some documents mentioned that Ba Duan Jin was created by the Grand General of Southern Song Dynasty, Yue Fei, as a course of training in the battles against Jin (the Manchurians). The documents argued that the original name of the training course was "Duan Jin (breaking the force of Jin)" and was renamed

as “Ba Duan Jin (eight section of brocade)” for a softer-touch. No matter who the original creator was, one thing is for sure: through the years of development, wisdom of our ancestors has been passed on to Ba Duan Jin training as we see today. (Tu cheng-hsiung, Lee, chang-chih, 2019).

Based on the documents available today, the term “Ba Duan Jin” first emerged from the Northern Song Dynasty Relevant recordings which were found in the Collection of Legends (YiJian Zhi, 1162-1174 A. D.) written by Hong Mai. (Lee, chang-chih, Tu cheng-hsiung , 2019) Seventh Year of the Zhenghe era, Northern Song Dynasty, Li Si-Ju was the imperial historian. He preferred a quiet and secluded life and often meditated solitude. He imitated the stretching arts practiced by Taoist monks in the late night, he woke up to practice breath and massage known as Ba Duan Jin From the description, we find that people in the Northern Song Dynasty took Ba Duan Jin as a training course for health. The practice integrated with breath and massage as well as dynamic meditation practice in sitting posture. (Lee, chang-chih, 2019) So, what are the effects of Ba Duan Jin. The prominent scholar of the Southern Song Dynasty, Zhu Xi (1130-1200AD.), gave it a very high rating. At first, he felt it was only a set of simple exercises with no valuable significance to match up with the practice of Can Tong Qi , which is the profound philosophy of Taoism. However, Zhu Xi had a different opinion and wrote this interesting comment in his later years. (Lee, chang-chih, Tu cheng-hsiung , 2019)

Methods

The Study And Methods

The main objects of the study are students from a community college in Taipei. Six community college male and 5 female students in a total number of 11 were sampled. Information referred to the case, such as: interview transcript analysis, observation and reflection logs, collected documents as well as inductive analysis, was used to establish our finding. (Merriam, S. B, 1998)

Research Process

Except for the field observations, Ba Duan Jin sports, fitness and health Information was collected by interview. At the same time, data collected from 6 male and female students (all of them were 58 years old) were analyzed. Inductive analysis, utilized member check, researcher’s opinions, peer review and triangulation were used to strengthen the validity of the research. (Stake. R. E, 1995).

It can be summarized in the following sentences. In order to study the relationship between Ba Duan Jin exercise and elderly’s sleep quality and well-being, 11 elderly aged over 58 were interviewed and 11 questionnaires were made purposely at Taipei Wan Hua community of College and sites for exercise.

Results and Discussion

The mystery of Ba Duan Jin

The creation of Ba Duan Jin can not be proved. Some said it was likely to be created by one of the eight fairies, Han Zhong-li, at the end of the Tang

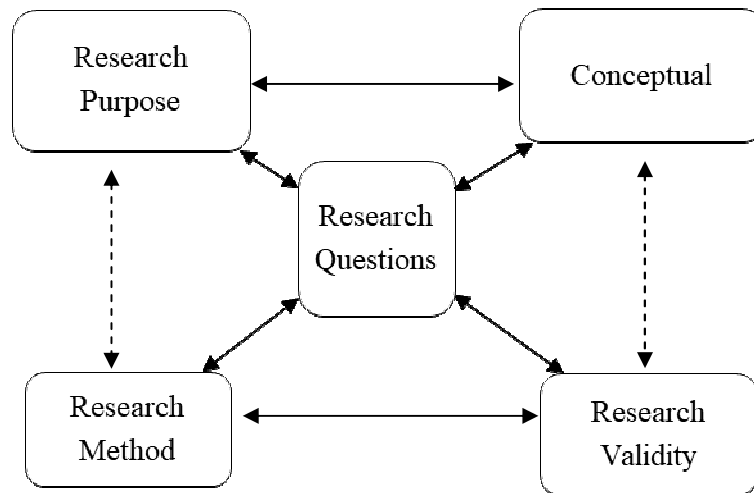


Figure 1. (Adapted from Maxelwel, 2002)

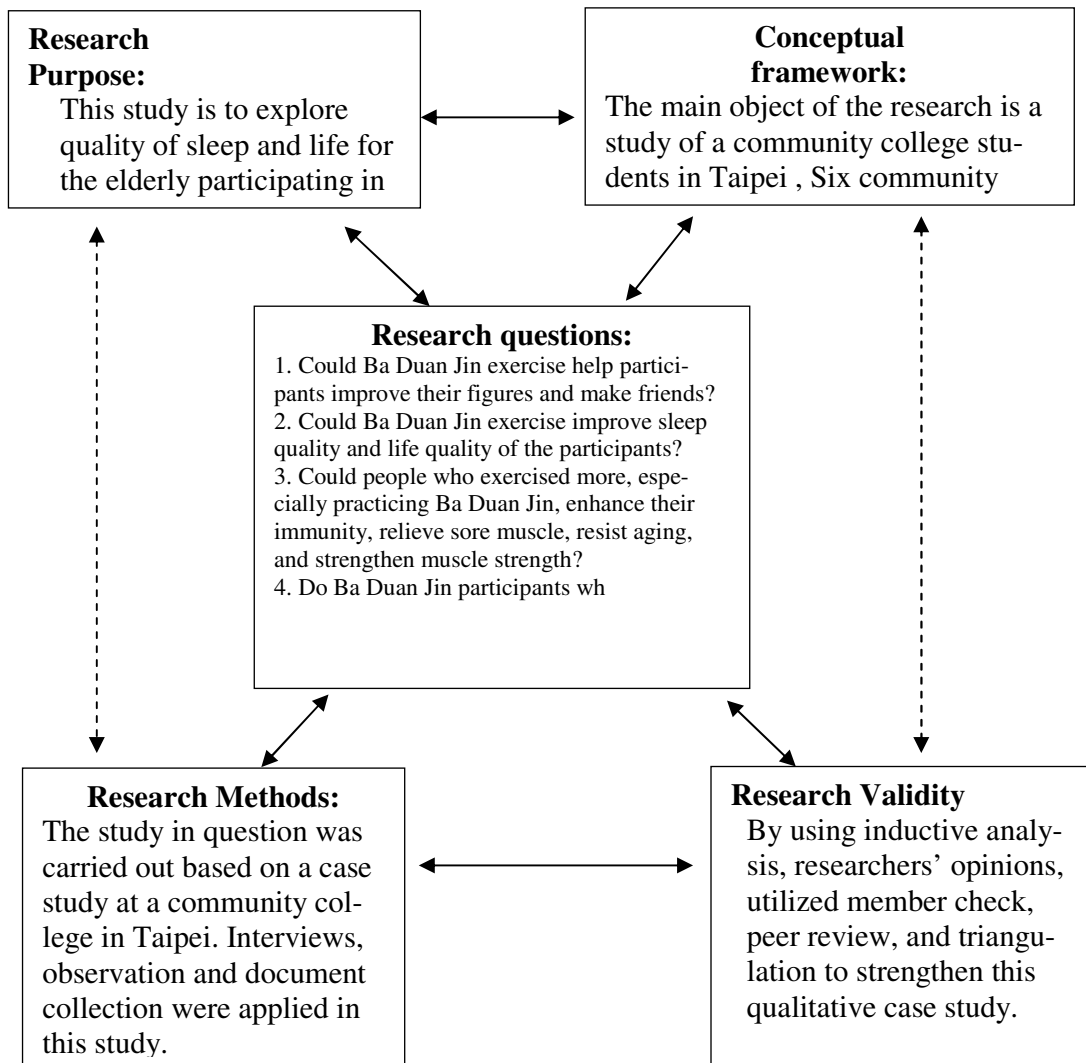


Figure 2. (Adapted from Researcher 2019)

Dynasty. Some thought the creator was the disciple of Han zhong-Li, named Lu Dong-bing. However, there was evidence to prove that some documents mentioned Ba Duan Jin was created by the Grand General of Southern Song Dynasty Yue Fei.

Finally, it is important that no matter who the original creator was, one thing is for sure: through many years of development, the wisdom of our ancestors has been continuously integrated into the Ba Duan Jin training as we see today.

Personal Experience

Ba Duan Jin, includes eight Forms, as follows:

- Form I: Hold up the sky for well-turned Sanjiao
 - Form II: Draw the bow to hunt the eagle
 - Form III: Asymmetric stretch for good digestion
 - Form IV: Look back for cures of the five fatigues and seven weariness
 - Form V: Shake head and tail for good internal balance
 - Form VI: Hands reaching the feet for stronger waist
 - Form VII: Fist twisting and wide opening eyes amass power
 - Form VIII: Heel clicking heals one hundred illnesses
- (See the Ten postures of Ba Duan Jin in Figure 3.)

We should notice that instructors and train and educate more coaches in Ba Duan Jin , and encourage communities to open more exercise place, in order to provide convenient spaces for elderly to conduct regular exercise.

(Zheng, 2013).

Conclusions

Few literatures propounded to explore whether “Health Qigong Ba Duan Jin” could have an effect on well-being , psychology distress, self-image and stress of college students.

According to the data collected from interview, research logs and documents, we found:

1. Health Qigong Ba Duan Jin can shape figure, make friends, as well as improve sleep quality and life satisfaction.
2. Health Qigong Ba Duan Jin can improve the well-being psychologically, because it can effectively improve sleep quality and efficiency and against insomnia.
3. Health Qigong Ba Duan Jin can enhance immunity, cure aches and pains, prevent from poison and aging as well as strengthen muscles.
4. Health Qigong Ba Duan Jin can significantly help circulate Qi with meditation and the eight meridian.
5. It is highly recommended to train more Health Qigong Ba Duan Jin coaches and encourage to make more space available for the exercise in towns or villages.

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Figure 3. Ten postures of Ba Duan Jin

Warm up: Preparation posture (A)

Form I: Hold up the sky for well-turned Sanjiao (B)

Form II: Draw the bow to hunt the eagle (C)

Form III: Asymmetric stretch for good digestion (D)

Form IV: Look back for cures of the five fatigues and seven weariness (E)

Form V: Shake head and tail for good internal balance (F)

Form VI: : Hands reaching feet for stronger waist (G)

Form VII: Fist twisting and wide opening eyes amass power (H)

Form VIII: Heel clicking heals one hundred illnesses (I)

warm down: Ending posture (J)