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THE INFLUENCE OF TAIJIQUAN ON THE DEVELOPMENT OF PHYSICAL EDUCATION AND MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF HEALTHY CHINA

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Background: Health is an eternal theme of human. In modern society, with development and progress of living standard and scientific technology, people have increase awareness of health maintenance and focused on personal health, and then constantly sought for and studied healthy styles. Practice has proven that physical exercise is a kind of effective methods to enhance health. Many countries appeal national people to carry out public fitness, and constantly carry forward importance of public fitness to improve masses physical quality and then further keep good physical quality and healthy life styles. As “Healthy China 2030” planning outline came, health has become one of focus. During the construction process of “Healthy China”, “Sports” have played a more important role. Taijiquan was a typical example of eastern culture, focused on combination of form and spirit, highlighted the equal importance internally and externally, which could significantly improve people’s physiology, psychology and social adaptation, and become a kind of good fitness sports way at home and abroad that was specially favored by the middle-aged and aged people.

In Taijiquan psychological regulating role in modern people, Gang Wang started from basic theoretical knowledge of Taijiquan, carried out comprehensive analysis on the precondition of social development with times. With increasingly enlarged people’s work and life pressure, people undertook more and more burdens. During exercising process of Taijiquan, people have improved their mood and returned to their original nature, arriving at relaxed mood back to nature, their physical and psychological pressure was alleviated. Such Taijiquan exercise was conducive to physical and psychological health.

Subjects and methods: By consulting Taijiquan monograph, journal article, newspaper and magazine from library of Huanggang Normal College and utilizing Chinese academic journals, China National Knowledge Infrastructure’s searching engines to search related data, we read textbooks targeted at Taijiquan, collected relative knowledge about Taijiquan development and mastered basic information in the study. We interviewed or paid a telephone call to some experts and scholars in Huanggang Normal College, and meanwhile visited some folk teams’ Taijiquan organizers to learn opinions and suggestions on status of Taijiquan development status. We sorted out and analyzed a great deal of relative information, references and interviewing records, and analyzed and summarized Taijiquan popularization and development influence factors.

Results: Taijiquan, a kind of mass sports activity, is Chinese ancient gymnastics. Taijiquan belongs to aerobics of moderate and small intensity especially is fit for physical quality of the middle-aged and aged people. During Taijiquan exercising process, people take whole body exercises, focusing on natural breathing, relaxed and smoothly in action, use consciousness to guide action, with intention rather than strength. It is earlier recognized as one of sports events with best physical and psychological exercise results. In recent decades, lots of experts and scholars have studied theory and practice of Taijiquan fitness role. Lots of examples and scientific experiment have proved that Taijiquan has physiological functions to cure disease, health-care and rehabilitation, which also promotes psychological health. Taijiquan has over hundred years of development history. After the founding of new China in 1949, government vigorously supported Taijiquan development. Especially international propaganda in the later 1990s had it even rapidly developed and turned a leap trend. In China, Taijiquan exercisers were everywhere in life square, park and streets in all regions. Chinese National Ministry of Education, Ministry of Health and State Sports Bureau have paid highly attention, focusing on formulating goal and criterion to develop Taijiquan. Under this circumstance, various Taijiquan training classes, Taijiquan clubs sprung up. In foreign countries, the Chinese characteristic traditional sports events have also been well received. According to investigation statistics, Chinese Taijiquan has been wide spread and developed in nearly 150 countries and regions all over the world, from which over 80 ones emerged Taijiquan primary-level organization, the total number of exercisers accounting for 0.15 billion people.

Conclusions: In national development, efforts should be made to promote national fitness development and meanwhile popularize Taijiquan that is beneficial path to spread Taijiquan, mutual promote, common advance and then realize win-win. Besides, development of scientific fitness Taijiquan has improved previous forms. Relying on nation, we could improve national fitness demands, establish in development of Taijiquan, organize Taijiquan fitness instruction and lecturing, showing its social value, cultural connotation and economic efficiency. Promote and develop Taijiquan is feasible in healthy China that could implement

only under the background of healthy China, whose support would improve its feasibility. No matter in source of Taijiquan, Henan or Huanggang area, the event has been supported and shown efficiency. In the later period, further promotion should be done that needs more supportive policies.

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AN ANALYSIS OF THE INFLUENCE OF THE INTERNET PLUS ON THE ANXIETY OF COLLEGE STUDENTS IN COLLEGE ENGLISH TEACHING

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Background: With the continuous progress of social and economic development, the application of the “Internet plus” action plan has gradually expanded to every aspect of daily life, and promoted the innovation and development of all walks of life. The Internet plus mainly combines the Internet industry with other traditional industries through the information network platform, making full use of the advantages and advantages of information and communication technology, and then opens up new development ecology. Under the background of “Internet plus”, the education industry has ushered in a new opportunity for innovation and development, and the mode of college English teaching has been significantly innovating and optimizing. From the perspective of “Internet plus”, the innovation and upgrading of the teaching philosophy and mode of college English can effectively improve the effectiveness of college English teaching, promote the enthusiasm and initiative of college students in learning English, and ensure that college English teaching meets the trend of the times and meets the needs of college Students’ English learning and all-round development. In the process of daily study and life, college students often face the pressure from studies, employment, interpersonal communication and other aspects, and because their mental development is in a key stage, the phenomenon of anxiety among college students is very common. Under the background of “Internet plus”, the innovation and optimization of college English teaching will help to relieve the anxiety of college students and shape their healthy personality and improve their psychological quality.

Objective: Internet plus, imitating the immutable and frozen teaching mode in traditional English teaching, improving the interest and enthusiasm of college students in learning English, enriching the diversity and interest of English teaching through Internet technology, and enhancing the students’ English learning ability and improving their English level. Finally, it can effectively alleviate the anxiety of college students. This study will explore the positive impact of the innovation research on College English teaching anxiety from the background of “Internet plus”.

Research objects and methods: In this study, 230 college students will be selected from five universities by stratified cluster random sampling to explore the anxiety of college Students under different college English teaching modes. A questionnaire was used to investigate college students’ English learning level and the impact of anxiety.

Research design: 230 students from different colleges and universities were divided into two groups according to the random number table method, namely the control group and the experimental group. Each group contains 115 college students. The control group was given the conventional college English teaching mode; Aiming at the college students in the experimental group, the college English teaching mode is developed under the background of “Internet plus”. After one semester of intervention, the Self-rating Anxiety Scale (SAS) was used to compare the anxiety of the two groups of college students.

Methods: SAS was used as the main questionnaire to evaluate the anxiety of the two groups of college students before and after the intervention. The higher the SAS score, the more obvious the anxiety of college students and the more serious the anxiety symptoms. Through Excel and spss23.0 software to make statistics and comparison on the anxiety of the two groups of college students. The statistical data are expressed as $X \pm S$. *t*-test is used to compare the data between groups. $P < 0.05$ indicates that the difference is statistically significant.

Results: As shown in Table 1, there was no significant difference in SAS scores between the two groups before the intervention ($P > 0.05$), which maintained a high level, indicating that both groups of college students had certain anxiety. After the intervention, the SAS score of the control group showed a certain decrease, but the decrease was small. The SAS score of college students in the experimental group decreased significantly, and their anxiety was significantly relieved ($P < 0.05$).

Conclusions: In the process of college English learning, college students often face great academic pressure. Due to their fear of difficulties or resistance to English learning, college students have a certain degree of anxiety, which affects their mental health level. Under the background of “Internet plus”, the