

Research on the Significance and Strategy of Health Qigong Incorporating into Community Care Services*

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Abstract—With the aging of China's population, the status quo of social aging is inevitable. In order to alleviate the current situation of social aging, various countermeasures have emerged. Among them, community pension service is one of the important ways to alleviate the status quo. However, community pension services are still lacking in pension health care. Health Qigong plays an important role in the health care of the elderly. Health Qigong is easy to learn for the elderly, and it is easy for the elderly to have high enthusiasm.

Keywords—Health Qigong; community pension; pension service

I. INTRODUCTION

The aging of the world's population is one of the major social problems facing the world. As the world's most populous country, the population of the elderly is one-fifth of the world's elderly, and it is the country with the most aging society in the world. According to the data, the number of elderly people over the age of 60 in China has exceeded 200 million. In the 20 years from 2016 to 2036, the aging of our society will be more serious, and the number of elderly people will double. Around 2020, the proportion of the elderly population over 60 years old will be expected to exceed 15%. This is just a watershed. After that, China will face an accelerated development stage of severe aging. According to these data, in the 21st century, China's social population aging phenomenon will always be maintained at a high level of development, and the social pension problem brought about by it will become a hot spot of social concern. For the elderly, if these problems of how to take care of them, in what ways to take care of them, and where to care for the

elderly can not be resolved, it would be related to the stability of social harmonious development. This study takes Health Qigong into the community care service as the starting point, and promotes the integration of Health Qigong and community care services through the improvement of the community pension service system.

II. THE CONNOTATION AND STATUS QUO OF PENSION

In the context of the gradual weakening of the family pension system and the imperfect social pension institutions, in order to solve the crisis of social aging, China has gradually explored and formed a new pension service system based on family pension services, and supplemented by community pension services as a unit and social institution pension service, which has become one of the important ways to alleviate the aging of the society. Community pension services are especially important compared to the other two types of pension services. Community pension has a sense of belonging to the elderly, social participation and psychological identity. For the problems encountered by the elderly in the ordinary life, the community staff can solve the problem in time, thus reducing the burden of labor and the burden on the children. However, community pension services also have imperfections. For example, in the fitness and health care of the elderly, the fitness and health care for the elderly still stays at the stage of drug treatment. Medication does not only require a lot of money, but it can't prevent diseases in advance. There is no way for diseases that don't show up. As a traditional pension health care method in China, Health Qigong plays an important role in health care and cure, and Health Qigong has great help to the physical, psychological and physiological aspects of the elderly.

A. The Concept and Service Content of Community Pension

Community pension is not a social pension, nor is it a family pension in the traditional sense. Community pension

*Project: Shandong Province Social Science Popularization and Application Research Project "Elderly Physique and Traditional Sports Health Prescription" (Project No.: 2019-SKZC-18);

Teaching Reform Project of Jining University "Practical Study on the Teaching Mode of the Sports Department of the Traditional Sports Health Option Course in Colleges and Universities" (Project No.: 2017JX21).

is to provide pension for the elderly in the community at day and at home at night. It is to introduce the service model in the social care institution into the community and introduce it into the home. The community pension service model fully absorbs the advantages and operability of the family pension service model and the social pension service model, and concentrates the best places for social pension and family pension in the community, which is one of the current coping strategies for social transformation in China and a new way of pension provided for the elderly in the face of social aging. Community pension is established by the support of the government, the operation of the market economy, and the participation of the society. The family pension is the center, the community pension service is the background, and the professional service is the means to provide medical care, spiritual comfort, daily care, cultural entertainment and other services for the elderly in the community.

B. The Status and Existing Problems of Community Pension

In recent years, China has made great efforts to develop community pension services, actively promotes pension services, continuously improves the environment for the family pension of the elderly, and strives to meet the social service needs of the elderly, thus forming a new type of social pension based on family pension services and community pension service system. However, there are still many problems in promoting the construction of community pension services, such as inadequate health care and fitness facilities, lack of spiritual culture and recreational activities, and serious formalization of pension services. In order to solve the current situation of community pension, it is necessary to enrich the service mode of community care services. Health Qigong is very helpful to the elderly in terms of health care, spiritual entertainment, etc., and Health Qigong is a fitness and entertainment activity that many older people like. It should be introduced into the community pension service system to improve the quality of life and health of the elderly and improve community pension services. What this paper studies is the significance of introducing health Qigong into community pension services.

III. CHARACTERISTICS AND EFFECT OF HEALTH QIGONG

A. Characteristics of Health Qigong

The movements of Health Qigong are soft. Just like spinning, there is arc-shaped everywhere with slow movements, seemingly extension, round and unsettled movements, soft movements, and static and dynamic movements. The whole set of movements is like the flowing water in one go. Under the even and slender breathing, consciousness is used to guide the movement, so that the whole body's activities are even and coordinated. Health Qigong has little exercise intensity and is suitable for people of different populations, different physiques and different ages, especially the elderly.

B. The Effect of Health Qigong

Health Qigong is a movement of the whole body. It pays special attention to the coordination of breathing and movement. Through the combination of breathing in and out, it accelerates the flow of blood, and the nutrients in the blood are quickly transmitted to various parts of the body. It plays a role in the circulation of blood circulation and has a great effect on preventing arteriosclerosis in the elderly. Health Qigong is carried out by coordination of consciousness and movements, which is conducive to promoting the coordinated, flexible and effective control of the central nervous system of the elderly, so that the practitioners can be happy.

IV. THE ROLE OF HEALTH QIGONG IN THE INTRODUCTION OF COMMUNITY PENSION SERVICES

A. Fitness Methods

Health Qigong is proceeded in a gentle and slow state. The elderly have no safety hazards during exercise, and the children will be relieved. The movements are simple and easy to acquire. For example, the performance of the eight-section movement technique is symmetrical, easy to learn and easy for the elderly to master. The five-animal exercise is mimicry of the five animals of birds, deer, tigers, baboons and bears. It is more vivid and intuitive. The elderly have no difficulty in learning and are highly motivated. And the most important thing is that it is suitable for people of different physiques and different ages to practice.

B. Fitness Effect

The fitness value of Health Qigong is more significant in the rehabilitation effect of fitness and cure, especially for the elderly, Health Qigong has significant rehabilitation effect on rheumatism, scapulohumeral peri-arthritis and hyperostosis in the elderly. Moreover, it has a good effect on neurasthenia and hypertension in the elderly. By practicing Health Qigong, the joints and tissues of the elderly are improved, and the body functions can be significantly enhanced. Long-term adherence to Health Qigong exercise will promote blood flow and enhance the blood pumping function of the heart. It shows that Health Qigong is also very helpful for improving the cardiovascular system. In addition, Health Qigong can also enhance the sensitivity of the nervous system, and can effectively slow down the deterioration of the motor function of the elderly. Therefore, Health Qigong plays an important role in the health care of the elderly, anti-aging, and longevity.

C. Physical and Mental Entertainment

Health Qigong competitions and Health Qigong performances are regularly carried out in the community to enrich the spiritual life of the elderly and deepen the understanding in the health pension of the elderly. In the learning phase of Health Qigong, the elderly concentrate on learning and imitate the movements, subconsciously improve the ability and attention of the elderly to observe things, and enhance the ability of the elderly in thinking. In addition, it improves the sense of well-being and entertainment of the

elderly, promotes the participation of the elderly in fitness activities, improves the social ability of the elderly, alleviates the anxiety, depression and loneliness of the elderly in the spirit, and promotes mental health of the elderly.

D. Funds and Venues

Health Qigong is less binding on the venues. The elderly can exercise on the flat ground. If the weather is good, they can exercise it outdoors. While exercising, they can breathe fresh air and feel the charm from nature. It is more conducive to good health. If the weather is not good, they can choose to exercise indoors without any interruption of the pension plan for the elderly.

In terms of funds, under the aging society, China's social security system is still not mature enough, and the level of social consumption is not high. In order to reduce the expenditure on medical expenses for the elderly, promote the harmonious development of society, and improve the quality of life and level of the elderly, China has specially proposed a national fitness program to reduce the incidence of diseases in the elderly. Health Qigong has important help for the health and rickets of the elderly, and Health Qigong is basically non-consumption in the economy, which can reduce the financial investment of the community pension service and alleviate the economic burden on the family and the community.

V. CONCLUSION AND SUGGESTION

A. Conclusion

Health Qigong in China has an important position and role in community care services. The physical, mental and functional status of the elderly with Health Qigong has significant curative effect. Therefore, the introduction of Health Qigong into the community care service is of great significance to the pension of the elderly. However, the current promotion and popularization of Health Qigong has great limitations, which hinders the popularization and spread of Health Qigong in community care services.

B. Suggestion

On the basis of the original Qigong site, it will be necessary to promote the development of Health Qigong and promote the improvement of community care services. China should train specialized Health Qigong coaches and regularly train the staff of Qigong site. The staff of Qigong site is responsible for the Health Qigong in the community pension service mode regulates and guides, thus promoting the construction of community care services and improving the health quality and living standards of the elderly.

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