

The Physical and Mental Regulating Effect of Tai Chi Chuan Traditional Health Sports Based on Two-Sift Methods

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Objectives: The research on the physical and mental regulation of college students based on two-screen Tai Chi style traditional health sports can help to improve the teaching process of Tai Chi Chuan and help students to obtain better adjustment of their physical and mental state. **Methods:** In this study, based on the understanding of related theories, and then the author compares the physical and mental status of a college student before and after Tai Chi Chuan training, and finally uses two algorithms to analyze the physical and mental adjustment role of Tai Chi Chuan to college students. **Results:** The results show that Tai Chi can play a positive and positive role in regulating the physical and mental health of college students to some extent. **Conclusion:** The research aims to provide reference for the physical and psychological development of Chinese college students.

Keywords: two-screen method; tai chi; traditional health sports; college students' physical and mental adjustment
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With the development of today's era, the rapid development of the world economy, people began to become more aware of the importance of physical and mental development¹. Especially in the current economic development makes people's life pace faster, it makes people's physical health and mental health gradually decline, and ultimately causes people's sub-health status². Therefore, under this trend, many countries and regions in the world have begun to consider the further adjustment of the physical and mental status of people through the development of sports programs, and finally achieve further improvement in their comprehensive quality³. With the gradual diversification and popularization of sports programs, traditional sports programs such as Tai Chi that are more suitable for people's physical and mental adjustment began to be accepted by more people

⁴. However, how to determine the effect of this kind of sports on people's physical and mental adjustments, which in turn may prompt adjustments to their inadequacies in the subsequent adjustment process and thus ensure that the applied sports programs exert better results have become the main research topic in the development of the current era⁵. The development of computer technology has provided technical support for the collection and analysis of massive data information. Especially in the trend of rapid growth of data information in the development of certain industries, the data mining technology of this kind of technology shows more advantages⁶. Obviously, in this study, the author will use the two-screen method as the research algorithm, and then study the physical and mental adjustment role of Tai Chi Chuan traditional health sports programs for college students. The research aims to provide reference for the development of Tai Chi

Chuantraditional health sports programs in China and provides a reference for the comprehensive improvement of college students and even the entire country and nation.

In the development of the world, while people's material and cultural life is being satisfied, the importance of physical and mental adjustment is also more important⁷. Especially under the premise that the rapid development of the economic level and the people's physical and mental state cannot show a positive correlation, the various countries and regions in the world have increased their attention to people's comprehensive literacy⁸. Therefore, under this trend, the advantages exhibited by the development of the sports industry are even more pronounced. It not only shows that the development of the sports industry has not only promoted people's physical training to a certain extent, but also that this form of exercise can help people increase their catharsis when their emotions change, and ultimately make people's physical and mental gains with better regulation⁹. In the development of the sports industry, due to the continuous improvement of its theories, more sports have begun to appear in people's eyes, such as some health sports¹⁰. Compared with traditional sports items, these sports items are relatively weak in competitiveness, and their applicable population is also more diversified, which to a certain extent makes the form of health sports further widespread¹¹. And under the influence of computer technology, the ability of this kind of technology to process massive data also prompts it to play an important role in the basic data information of various industries¹². Therefore, there are sports professional research scholars began to apply this kind of technology in the actual sports project for the role of physical and mental adjustment in college students¹³. And in many sports developed countries, they began to realize the application of big data processing methods through computers, thus providing a positive impetus for the promotion of the effectiveness of sport's actual role in human society¹⁴. After obtaining the basic data of the physical regulation of sports using this technology, it also provides basic data support for people to choose more suitable sports¹⁵.

METHODS

The correct adjustment and guidance of college students' physical and mental health has become an important trend in the current study, and its role is also enormous. The adjustment of students' self-enthusiasm and their physical and mental health can help students clearly recognize themselves and help them meet the basic needs of the society, thus gradually becoming more useful to the society. At the national level, the adjustment of students' physical and mental health can provide the nation with comprehensive talents with more comprehensive literacy, and then learn more about innovative theories and knowledge, and ultimately contribute to the development of various industries, which is the power of self. And only if a country has a high level of literacy can it lead to a higher stability of the country and stronger international influence and competitiveness. Therefore, our country began to advocate that appropriate ways and methods should be chosen to adjust the students' physical and mental health, so as to help them better self-improvement, and provide a positive driving force for China's sustainable development. As an important industry in the development of China in the modern era, the sports industry's enthusiasm for development is unquestionable. By increasing physical activity, we can increase the opportunity for our country's citizens to exercise, so that their physical health can be maintained in an optimal state, and provide basic guarantees for them to better cope with external pressure. Moreover, researchers in sports majors in China also believe that enhancing physical education can help certain groups of people to better vent their bad emotions when their mental state is low, and eventually make their psychological state tend to be peaceful, which in turn makes their mentality undistorted. Therefore, sports programs began to be popularized in many colleges and universities in China, and provided a positive impetus for the improvement of comprehensive literacy among Chinese college students. In the popularization of sports programs for college students, Tai Chi as a health-promoting sports program has a relatively low requirement for the student's physical fitness, and this kind of exercise forms a relatively smooth rhythm, which can reduce the possibility of injuries in the process of training. Therefore, the

Figure1
The Development of Tai Chi Chuan Sports in Colleges and Universities in China



However, in some colleges and universities, students and teachers have a relatively shallow understanding of the Tai Chi Chuan physical education program. This has led to a deep misunderstanding of Tai Chi, a health-care sports program, which has affected Tai Chi. The popularity of sports. The development of computer technology can analyze and discuss the massive data information. This can accurately determine and analyze the effect of Tai Chi Chuan traditional health sports projects on the physical and mental adjustment of college students, thus providing the Tai Chi Chuan with recognition and popularity. Data support also lays the foundation for students to be able to learn the sport with a more optimistic attitude and further promote their self-development. Therefore, in this study, the author will use the two-screen method of big data mining for computer technology as a research object, and then conduct an example analysis of the effect of Tai Chi Chuan traditional health sports on college students' physical and mental adjustment. The research aims to provide theoretical support

for the gradual improvement and innovation of sports programs in China and the subsequent improvement of the comprehensive level of college students in China. The detailed scheme for this study is as follows:

(1) In this study, the author first reads relevant information from China HowNet, and then summarizes the related issues faced by contemporary college students' physical and mental health, which is intended to provide a reference for this study.

(2) Based on the clear recognition of the increasingly serious physical and mental health problems of college students in China, the author then took a university student as an example to study the physical and mental health status of Tai Chi Chuan traditional physical education before and after training. Analyze and compare to determine the actual applicability of the sport from the perspective of the example. The basic situation of investigators in this study is shown in Table 1. All investigators were trained in Tai Chi before the experiment.

Table1
Basic Facts of Investigators in This Study

Survey area	Dimensions	Number of people	average age
School headquarters	male	35	19.73±1.22
	Female	59	19.87±1.09
University City Campus	male	21	19.77±1.72
	Female	63	19.94±1.26

Questionnaires were used to investigate questionnaires of basic physical fitness such as pulse, blood pressure (diastolic blood pressure and systolic blood pressure), vital capacity, body weight, and measurements (breast, waist circumference, and hip circumference) and body flexion. Collect and use examinations to study the physical and mental health of all respondents, and then determine the pre-training state of all the subjects. Then, for all professors practicing the 24 style Tai Chi, the teaching practice was 32 hours, and the teaching time and self-training practice for each lesson is totally 90 minutes. All the participants to participate in Tai Chi training do not participate in other forms of physical training, so as to ensure the accuracy of the indicators studied. After the completion of all classes, the above physical health indicators and mental health indicators were again investigated and evaluated through questionnaires and examinations. The acquired data were simply stored and processed using Excel software and SPSS 22.0 software. The significant difference was measured by $P < 0.05$.

In this study, the author introduced the second screening method as the calculation method for the physical and mental adjustment role of Tai Chi Chuan traditional sports programs for college students. This algorithm is a computer algorithm formed on the basis of Pegasus decomposition method, because this kind of algorithm can use a relatively simple understanding method for the solution of certain problems, so that step-by-step and efficient acquisition meets the initial hypothetical coefficient factor is gradually applied to the processing of various relational problems. The calculation formula for the two-screen method is as follows:

$$x^2 \equiv y^2 \pmod{N} \tag{1}$$

$$\rightarrow x^2 - y^2 \equiv 0 \pmod{N} \tag{2}$$

$$\rightarrow (x + y) * (x - y) \equiv 0 \pmod{N} \tag{3}$$

Among them, x and y represent the actual values of physical and psychological factors of college students after Tai Chi training. N value represents the relationship between Tai Chi and the change of two factors. Mod represents two kinds of relationship. The factor base between the two, ie the correlation between the two relationships, is at least 0.

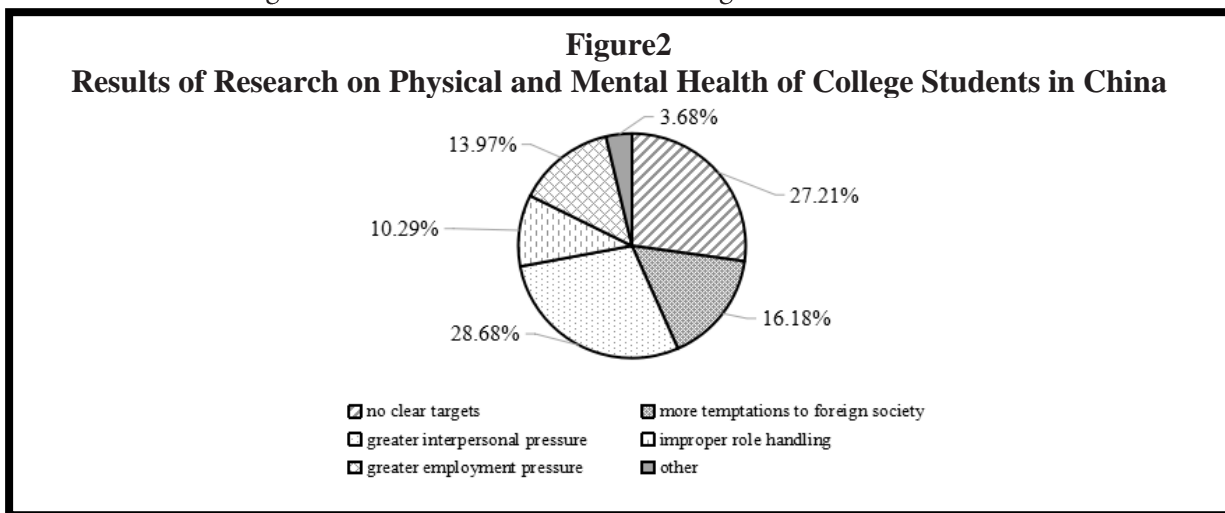
RESULTS

Results of Research on Physical and Mental Health of College Students in China

Since China entered a new era, the comprehensive level of various industries in the country has been greatly improved and improved. People's material and cultural levels have been continuously improved, and the country's overall strength has achieved a certain degree of development. China's international status has been recognized by the world and has become one of the most influential countries in the world today. However, although China's national economy has met its most basic material and cultural needs, the country still realizes that the most important issue facing China at the moment is the issue of national physical and mental health. In particular, people's living conditions are faster, and the daily pressures they face in daily life are more serious. This not only results in people's basic physical health being sub-healthy, but also as a result, the psychology of many nationalities has been distorted, which has caused the physical and mental health of our country to show a decreasing trend. The rapid development of the current network information age has also made more

people in China, especially undergraduates, increase the access to information, and because it cannot make a clearer division of the basic information obtained, thus causing students to face the temptation of real problems. With weak resistance, unhealthy ideas such as “wealth worship” and “realism” have been spread, eventually causing a new generation of psychological crisis and decline in health. Therefore, it should be known how to adjust the physical and mental health of college students in our country in a timely manner, and further promote their self-development and promotion. The ultimate realization of self-worth of life has become an important trend in the development of colleges and universities in China. In this study, the author is based on the relevant information to read, and then the author of the current state of college students are in our

country's physical and mental status summary, the summary results shown in Figure 2. The results show that the physical and mental health problems of college students in our country are mainly manifested in the absence of clear goals, more temptations of foreign society, greater pressure on interpersonal relationships, improper handling of roles, and greater employment pressure. Therefore, in the subsequent development of college education, we should conduct professional diagnosis on the problem of unhealthy students in colleges and universities, and use physical education as a means of venting emotions to achieve further development and improvement of college students' physical and mental health, and ultimately for the students themselves. It is the comprehensive level of development and promotion provide positive driving force.



Results of Changes in Physical Fitness of Chinese College Students Before and After Application of Traditional Health Education of Tai Chi style

The authors used questionnaires to collect questionnaires on the basic physique health survey indicators including pulse, blood pressure (diastolic blood pressure and systolic blood pressure), vital capacity, body weight, measurements (breast, waist circumference, and

hip circumference), and body flexion. The results of the survey are shown in Table 2. The results showed that the students' average value ± standard deviation (X±SD) of the related factors of physical fitness level after the Tai Chi training was significantly higher than before the learning (P<0.05). Therefore, the teaching of Tai Chi Chuan can be considered as The physical fitness of students has a positive effect.

Table2
Results of Changes in Physical Fitness of College Students in China Before and After the Application of Tai Chi Chuan Traditional Health Sports

	After learning	result	pulse	blood pressure		Vital capacity	body weight	Measurements			Body bending
				Diastolic pressure	Systolic pressure			bust	Waist circumference	Hip circumference	
Before learning	boys	X	70.32	129.63	76.32	2658.2	76.31	97.28	92.91	102.43	6.34
		SD	7.93	15.2	17.1	641.4	10.8	5.6	7.6	5.8	2.50
	girls	X	77.61	125.96	83.09	2030.37	66.86	96.93	88.01	102.94	8.51
		SD	10.73	18.94	10.59	580.14	7.64	6.13	7.14	5.84	2.97
After learning	boys	X	74.17	125.43	75.522	3382.71	75.24	95.97	91.84	102.09	12.64
		SD	9.20	17.24	8.61	638.43	7.70	4.99	8.63	5.37	3.01
	girls	X	77.64	119.31	77.84	1997.09	62.53	93.36	81.17	100.09	9.04
		SD	8.63	9.27	6.56	537.22	7.41	5.72	6.34	5.92	3.03

The Results of Psychological Changes in College Students Before and After the Application of Tai Chi Chuan Traditional Health Sports Items

The author used the test method to study the physical and mental health of all respondents, and then determined the psychological state of all subjects before and after Tai Chi training. The results of the examination are shown in Table 3.

The results show that all the participants experienced a great improvement in their mental state and physiological state after undergoing Tai Chi training. The scores of SF-36 and SCL-90 were evaluated. It also shows that the Tai Chi Chuan traditional health sports project has a positive impact on the psychological status of college students.

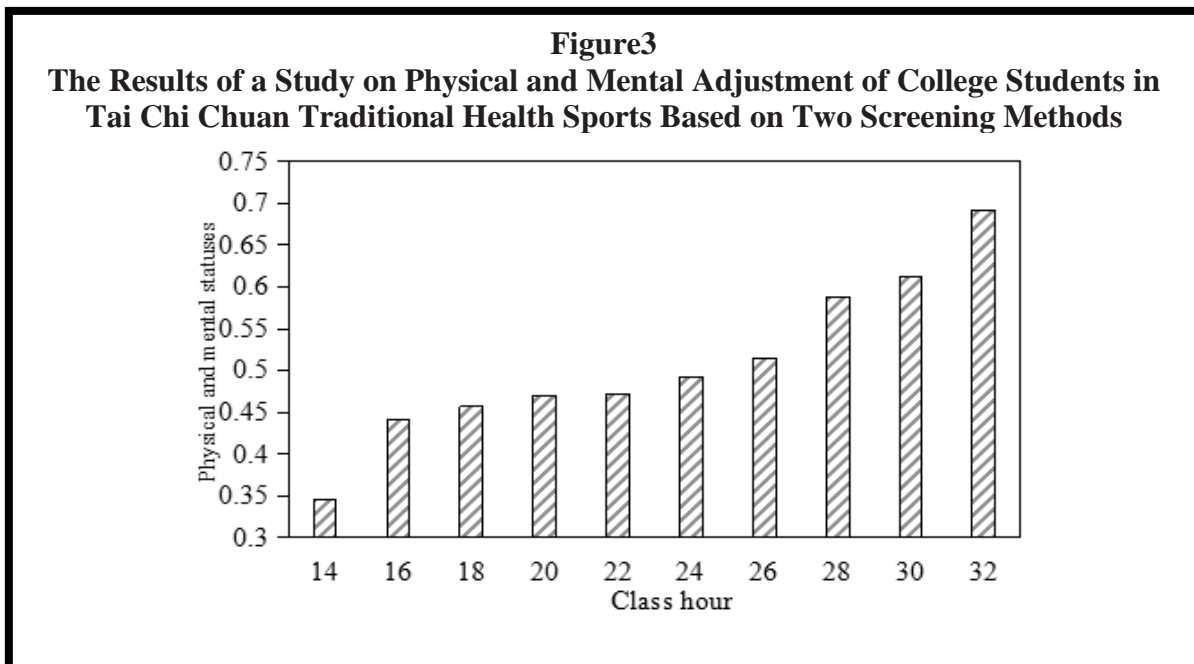
Table3
Results of Changes in Psychological Status of Chinese College Students Before and After the Application of Tai Chi Chuan Traditional Health Sports Items

	Dimensions	result	SF-36	Physiologic al state	Mental state	SCL-90
Before learning	male	X	56.34	59.92	51.17	1.34
		SD	13.24	14.13	14.29	0.16
	Female	X	60.51	53.72	61.39	1.39
		SD	13.22	18.57	16.29	0.10
After learning	male	X	69.34	65.52	69.73	1.47
		SD	17.24	13.72	15.43	0.11
	Female	X	77.03	77.69	72.54	1.39
		SD	14.27	15.17	16.54	0.38

The Results of the Research on Physical and Mental Regulation of Tai Chi Chuan Traditional Health Sports Based on Two Screening Methods

The authors finally calculated the physical and mental regulation of Tai Chi Chuan traditional health sports through the two screening methods. The calculated results are shown in Figure 3. The

results show that with the increase in the training duration of traditional Tai Chi health sports, students. The state of physical and mental health has also grown positively, and thus it can be considered that such sports programs have a positive impact on students' physical and mental status.



DISCUSSION

With the development of the times, various countries and regions in the world have gradually realized that the improvement of their comprehensive national strength is no longer merely the enhancement of hard power such as national economic strength and military strength, but also the need to pay attention to the physical and mental state of their nationals. This will in turn promote greater development and progress in the overall literacy of the people. In the process of the development of our country, due to the neglect of the development of national literacy, and with the unhealthy habits of the public, the level of physical and mental health of our country's citizens has been reduced. This phenomenon especially occurs among college students. College students, as the backbone of our country's sustainable development in the future, make appropriate adjustments to their physical and mental state, which in turn promotes them to obtain higher levels of improvement. This has also become an important trend in China's development. Therefore, under this background, China began to vigorously develop the sports industry. It aims to lay the foundation for the improvement of students' physical and mental status through the promotion of sports programs and the use of their advantages. In this study, the author takes Tai Chi Chuan traditional health sports as an example, and uses the two-screen method to analyze the effect of the physical and mental state on the students' physical and mental status. The results show that this kind of sports item had useful value. Because of the limitation of the author's theoretical level, the study still has some deficiencies, but it still has reference value.

Human Subjects Approval Statement

This paper did not include human subjects.

Conflict of Interest Disclosure Statement

None declared.

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