

The Current Situation of Taichi Boxing among International Learners in Jiangsu Universities and its Influence on Learners' Mental Health

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Abstract:

Taichi boxing is not only beneficial for physical fitness, but also an integral part of Chinese folklore and traditional sports culture, as one of the most representative items of Chinese folklore and traditional sports culture. Taichi boxing is not only beneficial to the body and mind, but also helps spread the nation's excellent traditional culture. Taichi boxing in colleges and universities has also ushered in new opportunities due to the general environment and trend, and it will be of great value to cultivate the physical and mental health of college learners. It is necessary to investigate the growth of Taichi boxing among international learners enrolled in colleges and universities, and the survey data will serve as a baseline for future research. The purpose of this thesis is to determine the current situation of Taichi boxing and its influence on learners' mental health among international learners in Jiangsu colleges and universities, to summarize the regular and special Taichi boxing activities available to international learners in each college, and to analyze the training status of Taichi boxing in Jiangsu colleges and universities. International learners have a strong desire to practice international Taichi boxing. However, because these learners come from a variety of countries and ethnic and cultural backgrounds, their personal circumstances, Chinese language proficiency, thinking styles, national mentality, cognitive habits, and study methods all vary, affecting their Taichi boxing instruction and practice. From the perspective of study content and course purpose, the majority of international learners come to China primarily to learn the Chinese language and experience Chinese culture. From the perspective of program design and course difficulties, the majority of colleges and universities are ineffective at providing Taichi boxing instruction to international learners. The courses' content includes some comparisons between Chinese Taichi boxing culture and the cultures of various countries, with the goal of increasing learners' interest in practicing Taichi boxing and bridging the gap between international learners and teachers. According to the course assessment, the primary purpose of the examination in the majority of universities is to ascertain learners' comprehension of the fundamental content of Taichi boxing. The thesis concludes that if the status of Taichi boxing among international learners in Jiangsu colleges and universities is to be improved, two aspects of the international learners' martial arts program's management and training systems must be improved. Taichi boxing's dissemination among international

learners at Jiangsu universities can be enhanced through the development of selected contents, the most effective training mode, the most optimal classroom format, teachers who are integrated with science and practice, effective Taichi boxing propaganda, and regularly organized training competitions and exchange activities. Only by combining scientific popularization and instructional improvement can Taichi boxing's development among international learners at Jiangsu universities be more stable and sustainable.

Keywords: *Taichi boxing, International learners, Mental health, Jiangsu universities, Countermeasures.*

1. INTRODUCTION

The "Health China 2030" plan mentions that the popularization of Taichi boxing, health care qigong and other ethnic folklore traditional sports should be supported ^[1]. By 2030, China will establish a Taichi boxing service system with the "Taichi boxing health project" as its core component, with the overall goal of integrating Taichi boxing into campuses, communities, and so on. Taichi boxing not only strengthens the body, but also serves as a significant part of cultural heritage as a representative item of Chinese folklore and traditional sports culture. Taichi boxing combines yin and yang, movement and static, rigidity and flexibility, and harmony, emulating the traditional Chinese philosophical view and perception of the world while simultaneously strengthening the body and ensuring the transmission and dissemination of traditional Chinese culture. Taichi boxing in colleges and universities has also ushered in new opportunities due to the general environment and trend. At the moment, the Taichi boxing research hotspots in colleges and universities are divided into three broad categories.

One is an examination of the current state of Taichi boxing instruction in colleges and universities and the formulation of recommendations for improvement. For instance, Qi Haohao investigated the current training situation of Taichi boxing courses in major universities in Hubei, analyzed the current problems associated with training Taichi boxing courses in major universities in Hubei, and recommended measures to improve the training methods of Taichi boxing courses in Hubei institutions in accordance with the current problems, in order to serve as a reference point for promoting the development of training methods of Taichi boxing courses in Hubei institutions ^[2]. Deng Huiru et al. investigated the current state of development of Taichi boxing sports courses at Sichuan Agricultural University, analyzed the syllabus, assessment methods, and physical culture festival of Taichi boxing courses offered as public elective courses at Sichuan Agricultural University via questionnaires, and proposed targeted measures for the popularization of Taichi boxing instruction in order to provide theoretical references for further popularization of the inheritance ^[3]. Xu Junju analyzed the problems of Taichi boxing with regard to the knowledge of learners in many colleges and universities, and provided measures and opinions to popularize Taichi boxing courses in higher instruction institutions, thus improving the status of Taichi boxing in the physical instruction program of higher instruction institutions in China ^[4].

Second, the role of Taichi boxing in college learners' instruction is examined, and it is concluded that studying Taichi boxing not only benefits the body and mind, but also helps spread the excellent national traditional culture. For instance, Fan Wei's "Research on the cultivation of a healthy personality in college

learners in the new era through Taichi boxing" and "Research on the cultivation of a healthy personality in college learners in the context of Taichi boxing training"^[5-6]; Xu Weiwei et al.'s "Value transmutation and development path of Taichi boxing course in China's colleges and universities in the new era"^[7]; Zhang Lulu et al.'s "Taichi boxing sport on the value of cultivating physical and mental health of college learners"^[8]; Duan Zhenzhen's "The role of Taichi boxing in school martial arts instruction"^[9]; Liu Xinping et al.'s "Psychological impact of Taichi boxing sport on contemporary college learners"^[10] have been covered in research papers.

The third objective is to ascertain the current state of martial arts instruction among international learners enrolled in Chinese universities, to analyze existing issues, and to propose appropriate solutions. Han Aifang, for instance, conducted a systematic investigation into the global transmission path of martial arts for foreign learners enrolled in Sias foreign colleges and universities in Zhengzhou City. The international transmission of martial arts has been bolstered by improved management of martial arts courses for international learners enrolled in higher instruction institutions^[11]. Liu Chen investigated the instruction status of martial arts courses for foreign learners in five general colleges and universities in Guangxi Province, and formulated specific measures for the reform and development of martial arts courses for foreign learners in general colleges and universities in Guangxi Province in the context of "the Belt and Road", based on the advocacy of "the Belt and Road" and the current training activities of martial arts courses for foreign learners in Guangxi Province, in order to improve the quality of martial arts courses for foreign learners in Guangxi Province. The quality of boxing courses for learners coming to China is improved^[12]. Jing Xinchao conducted an in-depth study on the possibility of boxing quality instruction for international learners in universities in North China under the vision of intercultural instruction cooperation, analyzed and diagnosed the new problems that the study abroad learners might face in the work of boxing quality instruction, and provided specific measures to promote the implementation of boxing quality instruction and intercultural instruction cooperation for international learners in universities in North China^[13].

According to available data, research on the training and role analysis of Taichi boxing in colleges and universities is burgeoning, and while there are numerous studies on the current state, problem analysis, and countermeasures for the development of martial arts instruction among international learners in colleges and universities, research on Taichi boxing training related to international learners in colleges and universities remains scarce. As a result, it is necessary to investigate the development of Taichi boxing among international learners enrolled in colleges and universities, with the data serving as a reference point for future research. The purpose of this thesis is to examine the issue of international learners study Taichi boxing in Jiangsu's higher instruction institutions. Scientific research was conducted using documentary data, questionnaires, and mathematical statistics to ascertain their participation in sports and cultural festivals, Taichi boxing competitions, and games. This section contains suggestions and ideas for promoting and developing Taichi boxing.

2. RESEARCH ON THE CURRENT SITUATION OF INTERNATIONAL LEARNERS IN JIANGSU UNIVERSITIES

By 2021, Jiangsu will have approximately 167 higher instruction institutions, including 78 undergraduate schools and 89 specialized schools. Jiangsu's international learner population has grown rapidly in recent years, from nearly 26,000 in 2015 to 50,000 in 2020, with South Korea, India, and the United States as the primary sources of international learners. According to data from Jiangsu Province's instruction authorities, the number of international learners from Belt and Road countries has increased by 26.13 percent annually over the last five years, and 13,616 and 21,056 learners from Belt and Road countries studied in Jiangsu Province in 2016 and 2017, respectively. Jiangsu's higher instruction institutions are also active in accepting international learners, particularly Nanjing University in Suzhou, Jiangsu University in Jiangsu, Jiangsu University in Southeast University, Nanjing Normal University in Nanjing, and Jiangsu Normal University in Jiangsu.

Nanjing University, which will have over 3,300 Chinese learners by 2020, has welcomed tens of thousands of international learner from over 100 countries and regions worldwide. In 2020, Soochow University will have 3,286 international learner from more than 50 countries, including nearly half of all international learner with a bachelor's degree or higher. Jiangsu University will enroll 2,840 international learner from 114 countries by 2020, focusing on the "Belt and Road" initiative, deepening the integration of instruction and industry, and developing an international talent cultivation platform that is cross-disciplinary and cross-cultural. Southeastern University currently enrolls over 105 international learner from 105 countries and regions, with a goal of 1,928 international learner by 2020, with a focus on long-term engineering learner from the Arab, African, and Southeast Asian regions. Nanjing Normal University has four international training bases, including the Nanjing Base of the UNESCO International Research and Training Center for Rural Instruction, and the university expects to enroll 1,589 international learner by 2020. Jiangsu Normal University now enrolls more than 1,000 international learner from more than 60 countries on five continents, with academic learner accounting for more than half of the total, as shown in Fig 1.

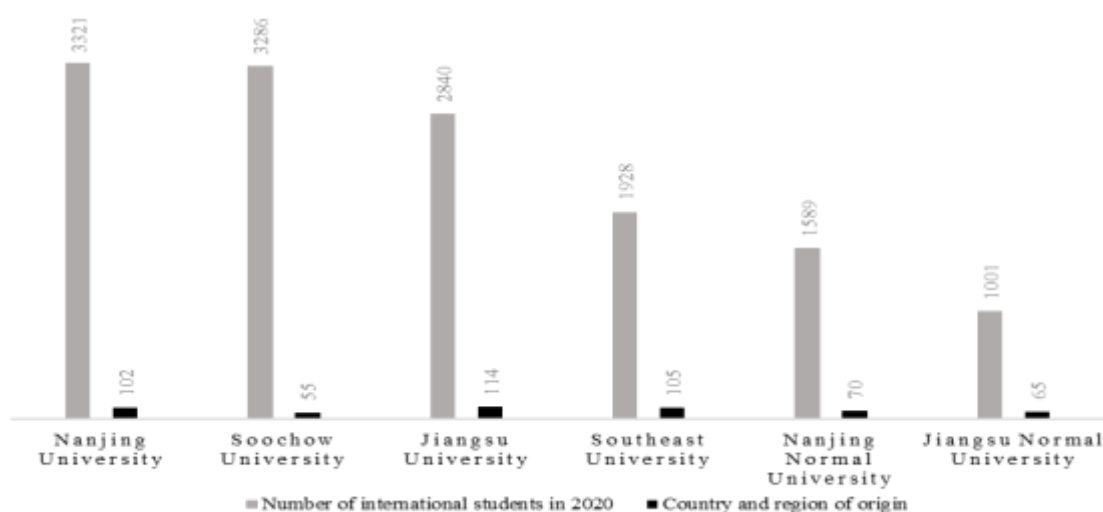


Fig 1: Current situation of international learner in some universities in Jiangsu

3. THE CURRENT SITUATION AND ANALYSIS OF THE DISSEMINATION OF TAICHI BOXING AMONG INTERNATIONAL LEARNER IN JIANGSU COLLEGES AND UNIVERSITIES

3.1 Overview of Dissemination

Nanjing Medical University regularly hosts Taichi boxing activities for international learner, in which teachers from the Department of Physical Instruction and inheritors of "Chen-style Taichi boxing" guide international learner in order for them to experience the allure of traditional Chinese martial arts while strengthening their bodies. Nanjing University of Technology's Taichi boxing club has been attracting international learner from Bangladesh, Togo, and other "Belt and Road" countries. The university has always placed a premium on cultural instruction and cultivation for learner studying in China, through the organization of art classes for cultural construction such as traditional Chinese martial arts and Chinese painting, as well as cultural exchange activities such as international cultural festivals and martial arts festivals, in order to deepen learner' understanding of Chinese culture and cultivate them into interactive cultural messengers. The Department of Overseas Cultural Instruction at NanJing XiaoZhuang University has not only established mandatory Chinese language courses to help foreign learner improve their Chinese language skills, but also mandatory Chinese traditional culture courses such as Chinese calligraphy and Taichi boxing each semester to help foreign learner gain a better understanding of Chinese traditional culture. Jiangnan University actively improves the overall cultural and physical skills of college learner, expands opportunities for international learner to practice social and cultural skills, and hosts Taichi boxing competitions, which attracts international learner to participate in Taichi boxing competitions, furthering their understanding of traditional Chinese society and culture, and demonstrating their enthusiasm for Taichi boxing culture. Culture of boxing. To keep the courses flexible and interesting for foreign learner, Jiangsu Construction Vocational Technology College interspersed Chinese culture, study Chinese characters through film, art painting, handicraft, badminton, Taichi boxing, and other cultural and sports courses. Nanjing Normal University's College of Sports Science offers year-round Chinese martial arts fitness courses to international learner. The courses not only increase international learner' enthusiasm for physical activity, enrich campus activities, and foster international learner cohesion, but also promote traditional Chinese martial arts and facilitate international exchange.

3.2 Analysis of the Current Situation of Taichi Boxing Training for International Learner

The age range of overseas learner at Jiangsu universities is generally between 18 and 24 years; the degree level of international learner consists primarily of general secondary school graduates, college graduates, and doctoral learner; the region of international learner consists primarily of international schools on five continents; and the Chinese language level consists primarily of Chinese learner. There are primarily three levels of Chinese proficiency: beginner, intermediate, and advanced. Due to their youth, these learners have a strong desire to practice international Taichi boxing. However, because international learners come from a variety of countries and ethnic and cultural backgrounds, their personal circumstances, Chinese language proficiency, thinking styles, national mentality, cognitive habits, and study methods all vary, affecting their Taichi boxing instruction and practice.

From the perspective of study content and course purpose, the majority of international learners come to China primarily to learn the Chinese language and experience Chinese culture. Taichi boxing, as a vehicle for embodying Chinese culture, not only strengthens and nourishes learners, but also allows them to experience the expression of Chinese philosophical thoughts to a degree. Chinese literature is a required course, while Taichi boxing is an elective. Thus, the purpose of the international Taichi boxing course is to teach learners the fundamental techniques and theoretical knowledge of international Taichi boxing, to familiarize them with the health and wellness functions of the Chinese Taichi boxing culture, to enrich the cultural lives of international learners during their free time, to elevate the connotation of international learners' fitness exercise, to further improve the fitness effect and quality, and to integrate closely with the tea culture. It is also closely integrated with the training of their related professional courses, which benefits the dissemination and promotion of advanced culture in China, enabling them to adapt to the study and cultural exchange requirements of China and successfully complete their studies.

From the perspective of program design and course difficulties, Taichi boxing is an elective course for international learners, and most universities schedule class time in such a way that it does not interfere with the normal activities of the main courses, and the specific time arrangement is usually no more than one class per week, and each class is no longer than two hours, or from the perspective of course connection and long-term activities, the maximum number of classes is usually three. However, the majority of colleges and universities are ineffective at providing Taichi boxing instruction to international learners. The courses' content includes some comparisons between Chinese Taichi boxing culture and the cultures of various countries, with the goal of increasing learners' interest in practicing Taichi boxing and bridging the gap between international learners and teachers.

According to the course assessment, the primary purpose of the examination in the majority of universities is to ascertain learners' comprehension of the fundamental content of Taichi boxing. For instance, the International College of Suzhou Vocational University has implemented a music-based Taichi boxing culture assessment for foreign learners, one per session, with the basic requirement that learners possess fundamental Taichi boxing culture skills and are proficient in performing the routines at the time of assessment. And, in general, assessment results are not given directly to learners to score, but to excellent, good, or failing as appropriate, in order to foster learners' enthusiasm for taking the course.

4. TAICHI BOXING DISSEMINATION STRATEGY AMONG INTERNATIONAL LEARNERS IN JIANGSU UNIVERSITIES

To enhance the institutional system of martial arts instruction for international learners, universities should leverage the Chinese government's current preferential policies on vigorously developing foreign exchanges and cultural promotion activities to further expand their influence on martial arts instruction, and leverage various communication media to increase the depth and breadth of martial arts instruction dissemination, as well as the channels of distribution. Schools and relevant authorities can form social groups or organizations dedicated to managing martial arts instruction in schools in China and abroad, with the goal of improving management systems and services and establishing specialized management systems

in order to develop a comprehensive set of specialized martial arts instruction systems for overseas schools.

4.1 Selected Training Contents

Prior to selecting content, the teacher should be familiar with the characteristics and difficulties associated with training martial arts to international learners in order to tailor the instruction to their specific needs. International learners are taught martial arts in a variety of ways, including cultural heritage, physical exercise, physical fitness, recreation, and non-step. The primary criteria for selecting instructional content are to consider learners' interests and to combine the characteristics of various regions in China. By prioritizing learners' interests and abilities and allowing them to share the joy of martial arts, learners can more easily penetrate the humanistic environment of the entire community, experience the joy of martial arts study, and expand their knowledge of Chinese culture; And by diversifying the training, more options can be offered to foreign learners. As international learners come to China from a diverse range of nationalities and cultural backgrounds, it is critical to consider the diversity of traditional Chinese cultural instruction in order to increase the program's flexibility and to attract international learners with the program's practical value. By helping foreign learners to strengthen their bodies and bodies, this also enhances their knowledge of Chinese food culture, complemented by a rich humanistic content. With the aim of integrating Chinese and foreign learners, it is also important to actively promote a change in the philosophy of instruction for international learners by combining courses in Chinese studies, which promote Chinese culture, with courses in basic martial arts theory and practical exercises.

4.2 Optimal Training Methods

The principle of 'learner-centred' instruction must always be borne in mind when selecting appropriate training methods for international learners. The main competencies and motivations of learners should be fully engaged in the training and study process. However, training methods for foreign learners are not yet perfect, and instructional methods are insufficiently diverse and rich in training characteristics. Thus, elements of contemporary instruction technology can be incorporated into the training of martial arts to foreign learners, thereby diversifying and modernizing instructional methods. For instance, modern training technology, animation technology, and virtual reality technology can all be integrated into the program of international learners' martial arts instruction. Not only can modern information technology assist teachers in the classroom, but it can also empower learners to teach in the classroom, overcoming some of the shortcomings of traditional training methods, and the classroom application focuses on enabling learners to improve their mastery of the content, acquire new knowledge, and gain a better understanding of the classroom's key points.

4.3 The Best Training Format

There is a significant difference between how learners prefer to be instructed and how teachers intend to instruct in Taichi boxing. Typically, the teacher is the primary instructor, ignoring the learners' active participation and not fully utilizing their initiative in the classroom. Teachers should foster learner

initiative, increase learner participation, use a variety of training methods, improve the Taichi boxing course syllabus and tutorials, clearly define the purpose of the course based on the assumption that learners have a working knowledge of the fundamental skills, guide learners to create or adapt something innovative and personalized, and fully mobilize learners to practice actively and actively, in order to improve the assessment method. The school's extracurricular activities serve as an integral part of the training program, organically integrating Taichi boxing training activities both inside and outside the classroom.

4.4 Integrated Theoretical and Practical Faculty

Teachers are critical in the development of martial arts instruction. The teacher's strength and level have a direct impact on the quality of training activities and the learners' enjoyment of martial arts instruction. Although highly skilled teachers are the primary implementers of Taichi boxing culture instruction in schools and are responsible for determining learners' mastery of traditional culture and professional skills, the standard of Taichi boxing professional instruction teachers varies by institution, and high-quality Taichi boxing culture professionals are scarce. Schools should improve teacher professional development, actively implement new instructional methods, fully utilize multimedia, provide learners with a comprehensive understanding of international Taichi Boxing culture from a global perspective, establish a standard system, and innovate the model and training in order to promote instructional effectiveness. Along with the introduction and training of professional teachers, the quality of teachers is strictly regulated, and regular technical training is provided to Taichi boxing teachers at schools. A standardized teacher training system is gradually established, while active guidance and training of professionals is conducted to ensure they possess the professional ethics and skills required of professional Taichi boxing culture teachers.

4.5 Effective Taichi Boxing Propaganda

Taichi is a vital part of the magnificent Chinese civilization and is inextricably linked to the excellent traditional Chinese culture; it is not only a traditional Chinese sport, but also incorporates the concept of health and wellness, philosophical perspectives, and numerous other functions, precipitating the essence of traditional Chinese sports culture and serving as an important means of spreading Chinese culture. Learners from all over the world have embraced and widely spread its scientific thinking theory and health practice. However, many international learners still have a superficial understanding of Taichi boxing, and thus it is necessary to continue to use lectures, posters, and campus web pages to increase awareness and interest in Taichi's connotation culture and health functions.

4.6 Regular Training Competitions and Exchange Activities

Gamification and competition are used to pique international learners' interest in Taichi boxing practice. Regular Taichi boxing tournaments and cultural exchange activities can be held at major festivals and sporting events, or performances and lectures can be held at school parties to bring celebrities to the school

and strengthen instructional promotion, allowing primary and secondary school learners to become more acquainted with Taichi boxing and develop a strong interest in it. The objective is to create a strong interest in Taichi boxing and a positive school culture. There are few Taichi boxing cultural exchanges within Jiangsu universities and colleges, and support for Taichi boxing sports from universities and relevant government departments is extremely limited, which means that a school cannot host large Taichi boxing cultural activities and events on its own, which is detrimental to the popularity of Taichi boxing sports within and around universities. Jiangsu colleges and universities can conduct a variety of Taichi boxing activities and implement goal-directed incentive mechanisms to fully motivate learners to learn, enhance their social skills and social activities, and encourage international learners to take the initiative to participate in the national campus duan system cutting competition. Additionally, each institution can participate in provincial, municipal, or national duan system assessment, with the goal of improving learners' social skills and social activities. A high-style, high-grade, and high-quality school sports culture will be developed.

5. CONCLUSION

To supplement existing resources, it is possible to analyze fieldwork materials in order to provide an overview of the current state and characteristics of the Taichi boxing movement, as well as the difficulties encountered by international learners at Jiangsu colleges and universities in China. Therefore, the guiding principle of "combining development and promotion" should be followed if Taichi boxing is to continue to be promoted. On the one hand, it should be vigorously promoted in order for a greater number of people to become aware of and exposed to Taichi boxing culture, and thus properly exercise it. On the other hand, it is necessary to work not only on Taichi boxing culture improvement, but also on Taichi boxing culture training and discussion, dissemination research, Taichi boxing culture competition and exchange activities, Taichi boxing talent training reserve, and promotion of Taichi boxing industrial operations. The Taichi Boxing Movement will raise the profile of Taichi Boxing among global learners by improving the management system for international learner martial arts programs at universities and in overseas schools. To actively improve the martial arts program system for international learners, construction elements such as a carefully selected program, the best training model, the most optimized program format, a science and practical faculty, proven Taichi boxing propaganda, and regularly organized training competitions and exchange activities can be used to increase Taichi boxing's spread among international learners at Jiangsu universities. Popularization serves as the foundation for development, while improvement serves as the end goal. Only by combining scientific popularization and improvement instruction can Taichi boxing develop more steadily and sustainably among international learners in Jiangsu colleges and universities.

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