

Analysis of the positive influence of Wushu routine training on Teenagers' physical and mental development

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ABSTRACT

This paper discusses the importance of Wushu routine training in teenagers' physical education and its positive impact on Teenagers' physical and mental development. The research points out that Wushu routine training not only improves the physical quality of teenagers, promotes bone development and immunity enhancement, but also has a significant positive effect on psychological development, including the cultivation of willpower, cognitive ability, emotion regulation and moral quality. In addition, Wushu routine training also enhances teenagers' interpersonal skills, improves their ability to resist setbacks, and promotes social integration. This paper emphasizes the irreplaceable role of Wushu education in youth education, and proposes to strengthen the research and promotion of Wushu education, so as to better meet the physical and mental development needs of teenagers.

KEYWORDS

Wushu routine training; Adolescents; Physical development; Psychological development; Social adaptability

Wushu, as a treasure of the Chinese nation, not only has a long history and profound cultural heritage, but also plays an irreplaceable role in promoting the physical and mental health of teenagers. With the continuous progress of society and the continuous renewal of educational philosophy, Wushu routine training has gradually become an indispensable part of youth physical education.

1 The positive influence of Wushu routine training on Teenagers' physical development

The positive impact of Wushu routine training on Teenagers' physical development is reflected in many aspects. It can comprehensively improve teenagers' physical quality, promote the healthy development of bones, and enhance their immunity through systematic physical exercise.

1.1 Improve physical fitness

Wushu routine training requires practitioners to combine various body movements, including kicking, hitting, falling, holding, etc. these movements need the coordination of all parts of the body and the joint participation of muscle groups in all parts of the body. Through long-term training, teenagers' muscle strength and endurance have been significantly improved. For example, the horsestep punch movement requires the practitioner to maintain a stable horsestep posture and punch at the same time, which can enhance the strength of the legs and core muscles and improve the stability of the body; The palm shining action requires the practitioner to lower the body weight to the posture of the footstep and perform the palm shining action at the same time, which can improve the arm strength, shoulder flexibility and muscle strength of the waist and back. The flying feet and whirlwind kicks in routine training not only require the practitioner to have strong leg strength as the basis, but also need good body coordination and balance ability to maintain the stability of the body in the air. In addition, various stretching movements in routine training, such as leg pressing after lunge punching, can effectively improve the flexibility of the body, increase the range of motion of joints, reduce the risk of sports injury, and improve the flexibility and adaptability of the body. Therefore, Wushu routine training can comprehensively improve the physical quality of teenagers, including strength, endurance, flexibility and coordination, and lay a solid foundation for their healthy growth.

1.2 Promote bone development

All kinds of movements in Wushu training produce appropriate stimulation to teenagers' bones, contribute to the healthy growth of bones, and contribute to the development and perfection of bones. Jumping, tumbling and other movements in routine training can increase the load of bones, stimulate the growth of bones, and promote the growth and development of bones. For example, flying feet, whirlwind kicks and other actions require strong leg strength and explosive force. These forces are transmitted through bones, generating benign stimulation to bones and promoting the

growth and development of bones. Long term Wushu routine training can promote bone growth, increase bone mineral density, make bones stronger, prevent common bone diseases in adolescence, such as rickets, osteoporosis, and reduce the risk of fracture. In addition, all kinds of standing pile movements in routine training, such as lunge and horse stance, can enhance leg muscle strength, stabilize joints, prevent joint deformation, maintain normal joint function, promote the healthy development of bones, and provide protection for teenagers' bone health.

1.3 Enhance immunity

Regular Wushu training can improve the immune function of teenagers, enhance the resistance to diseases, and improve the body's immunity. Wushu routine training is an aerobic exercise, which can improve cardiopulmonary function, promote blood circulation, enhance metabolism, and provide sufficient oxygen and nutrition to all organs of the body. Long term Wushu routine training can improve the cardiopulmonary function of teenagers, make them more adapt to various environmental changes, and improve the adaptability of the body. In addition, Wushu routine training can enhance the physique of teenagers, improve their anti fatigue ability, keep them full of energy in learning and life, and improve learning efficiency. Good physical fitness and healthy metabolism help teenagers resist the invasion of various diseases, reduce the chance of getting sick, so as to improve their overall health level and maintain a healthy physical state. Therefore, regular Wushu training is also of great significance to the improvement of teenagers' immunity, which is conducive to their healthy growth.

2 The positive influence of Wushu routine training on Teenagers' psychological development

2.1 Cultivate willpower

Wushu training has high requirements for the cultivation of willpower. Routine training often requires repeated practice, constantly polishing each action until excellence. This training process is a great test of teenagers' willpower. In the face of difficulties and challenges, teenagers need to overcome physical fatigue and psychological boredom and practice unrelentingly. For example, a simple kick may take hundreds of times to reach the standard; A complex routine may take months to master. In this process, teenagers need to constantly challenge their limits and overcome various difficulties and setbacks. Through long-term Wushu training, teenagers can gradually cultivate the willpower of perseverance and perseverance. This kind of willpower is not only crucial to Wushu training itself, but also can be transferred to the daily life and learning of teenagers, so that they can maintain a positive attitude in the face of various challenges, unrelentingly pursue goals, and finally overcome difficulties and achieve success. For example, in the face of learning difficulties, they can practice martial arts routines and study repeatedly until they find a solution to the problem; In the face of setbacks in life, they can not give up easily and stick to it in the end, just like facing the challenges in Wushu training.

2.2 Improve cognitive ability

The practice of Wushu routines needs the sequence and skills of memorizing and understanding movements, which helps to improve the memory and understanding of teenagers. Each Wushu routine contains tens or even hundreds of movements, which have a specific order and combination. Teenagers need to memorize these movements and understand the skills and principles behind them through observation, imitation and practice. This learning process can effectively exercise teenagers' memory, attention and understanding. For example, when learning Changquan routine, teenagers need to remember the name, order and direction of each action and practice it consistently. When learning the Nanquan routine, teenagers need to understand the way of exerting force, the meaning of attack and defense, and the connection and conversion between movements. This kind of understanding and memory of movements can promote the development of teenagers' cognitive ability and improve their learning efficiency and academic performance. In addition, the learning of Wushu routines also requires young people to have certain spatial imagination and reaction ability. They need to be able to construct an image of the action in their mind according to the coach's explanation and demonstration, and turn it into practical action. This improvement of spatial imagination and reaction ability is also of great significance to the cognitive development of teenagers.

2.3 Promote emotion regulation

Breathing and movement coordination in Wushu training can help teenagers learn to adjust their emotions, relieve pressure and maintain psychological balance. Wushu training emphasizes "the shape of the air belt and the integration of form and Qi", which requires the practitioner to coordinate the adjustment of breathing while moving. This combination

of breathing and movement can help teenagers relax and relieve pressure. For example, when practicing Taijiquan, slow and deep breathing combined with soft and soothing movements can relax the body and mind and regulate the mood. When practicing Baduanjin, the guidance of ideas and the cooperation of actions can help teenagers focus on the present and forget their troubles and pressures. With long-term Wushu training, teenagers can gradually learn to adjust their emotions, relieve pressure and maintain psychological balance through the cooperation of breathing and movement. This emotion regulation ability is of great significance to the mental health of teenagers, and can help them better cope with various pressures and challenges in their study and life. For example, when they feel anxious before the exam, they can relax their body and mind and relieve tension by practicing Taijiquan; When they have conflicts with their classmates, they can calm down and solve problems rationally by practicing Baduanjin.

2.4 Cultivate moral character

Wushu stresses Wushu Morality. Through learning wushu, teenagers can learn traditional virtues such as respect, humility and integrity, and cultivate good moral quality. Wushu Morality is the essence of Wushu, which requires practitioners to have noble moral character and good code of conduct. In martial arts training, coaches will teach young people relevant knowledge of martial ethics, such as respecting teachers and respecting morality, being modest and polite to teachers and brothers, and being honest with others. These Wushu ethics education can imperceptibly affect the moral concepts and behavior habits of teenagers. For example, in a martial arts school, teenagers need to respect the coach and follow the coach's guidance; We need to get along well with our brothers, help each other and make progress together. In Wushu competitions, teenagers need to abide by the rules of the competition, respect their opponents, win without pride and lose without discouragement. This kind of competition experience can cultivate teenagers' awareness of fair competition and good sports spirit. By learning wushu, teenagers can gradually cultivate good moral qualities such as respect, humility and integrity, which will have a positive impact on their life. For example, in their future work, they can respect leaders, unite colleagues, and be honest and trustworthy; In life, they can respect the old and care for the young, be willing to help others, and become a moral and responsible social citizen.

3 The positive influence of Wushu routine training on Teenagers' social adaptability

Wushu routine training not only has a significant role in promoting the physical and mental development of teenagers, but also plays an important role in the cultivation of their social adaptability. Through Wushu training, teenagers can significantly improve their interpersonal communication, anti frustration ability and social integration.

3.1 Enhance interpersonal skills

Wushu training, especially routine training, usually needs to be carried out in a collective environment, which provides rich social opportunities for teenagers. In the process of training, teenagers need to have frequent interaction and communication with coaches and teammates. They need to ask the coach for action essentials and understand the norms and standards of each action; Carry out routine practice with teammates to cultivate tacit understanding in repeated practice; Correct each other's actions and make common progress in helping each other. This training mode provides a lot of opportunities for teenagers to learn how to communicate with others and how to cooperate effectively with others. In Wushu competitions, teenagers need to compete with players from different regions and at different levels. This kind of competition experience can help them learn how to establish contact with strangers, how to maintain good demeanor in the competitive environment, and how to keep calm in the face of victory and defeat. In addition, Wushu training also emphasizes team spirit and collective sense of honor. Teenagers need to train with their teammates, support and encourage each other, and fight for the honor of the team together. This experience of team cooperation can cultivate their team consciousness and enable them to learn how to play their role in the team, how to cooperate with others, how to work hard for common goals and ultimately achieve common goals. Therefore, Wushu training can effectively enhance teenagers' interpersonal skills, let them learn teamwork, and lay a solid foundation for them to better integrate into society and cooperate with others in the future.

3.2 Improve the ability to resist setbacks

The process of Wushu training is not smooth, and teenagers will inevitably encounter failures and setbacks in training and competition. For example, an action may require repeated practice to master, requiring a lot of time and energy; A game may end in failure. We need to face the blow of failure and a sense of loss. These failures and setbacks are an inevitable part of Wushu training. However, it is these failures and setbacks that provide young people with valuable

opportunities to exercise their ability to resist setbacks. Under the guidance of coaches, teenagers need to learn from failures, carefully analyze the causes of failure, find out the crux of the problem, and find ways to improve. They need to constantly try, constantly overcome difficulties, constantly challenge themselves, and finally overcome setbacks. This process of constantly trying and overcoming difficulties can cultivate teenagers' indomitable will and spirit of never giving up. They can gradually understand that failure is not terrible. The important thing is to learn from failure, summarize experience and lessons, and continue to work hard and pursue goals unrelentingly. This improvement of anti-frustration ability is not only crucial to Wushu training itself, but also can be transferred to the daily life and learning of teenagers, so that when facing various challenges, they can maintain a positive attitude, do not give up easily, pursue their goals unrelentingly, and finally overcome difficulties and achieve success.

3.3 Promoting social integration

Wushu, as the traditional cultural treasure of the Chinese nation, carries rich historical and cultural connotations. Through learning wushu, teenagers can have a deeper understanding of the excellent traditional culture of the Chinese nation and enhance their national pride and cultural identity. Every action in Wushu routines contains rich cultural information and carries the cultural memory of the Chinese nation. For example, some movements may come from ancient military battles, reflecting the ancient military thought; Some movements may imitate the form of animals, reflecting the observation and imitation of nature in Chinese traditional culture; Some actions reflect the traditional Chinese philosophy, such as the balance of yin and Yang, the combination of hardness and softness, etc. In the process of Learning Wushu routines, teenagers can not only exercise and strengthen their physique, but also learn these cultural knowledge and understand the breadth and depth of Chinese culture. In addition, Wushu also emphasizes the spirit of "advocating martial arts and morality", requiring practitioners to have high moral quality and good code of conduct. This kind of military ethics education can cultivate teenagers' sense of social responsibility and public morality, make them social citizens with a sense of responsibility and responsibility, and let them understand their roles and responsibilities in society. Therefore, Wushu training can help teenagers better understand and integrate into society, enhance their sense of national pride and cultural identity, and lay a solid foundation for them to better serve the society and the motherland in the future.

4 Conclusion

To sum up, Wushu routine training plays an important role in promoting teenagers' physical and mental development and social adaptability. It not only improves the physical quality of teenagers, promotes bone development and immunity enhancement, but also has a positive impact on their psychological development, cultivates the indomitable will quality, improves cognitive ability, promotes emotion regulation, and cultivates good moral quality. In addition, Wushu routine training also enhances teenagers' interpersonal skills, improves their ability to resist setbacks, and promotes social integration. Therefore, we should pay more attention to the role of Wushu routine training in youth education, actively promote Wushu education, so that more teenagers can benefit from this traditional sports. At the same time, we should also strengthen the research on Wushu education, and constantly improve the teaching methods and training mode, so as to better meet the physical and mental development needs of teenagers.

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