DOES TAI CHI REALLY HAVE SO BENEFICIAL EFFECTS?

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Tai Chi has become more and more popular, more and more people practice Tai Chi. Is it only a fad, as a part of the turn to Eastern theses from the Westerns – or has the way of thinking and lifestyle of people changed so much? The aim of our research is to measure both the physical and the psychological effects of Tai Chi. We start our measurements with psychological tests, and we’d like to present these results in this presentation. We asked more than 150 Chen-Style Tai Chi Chuan practitioners to fill in the questionnaires. The participants are different in age groups (from 19 to 60), in the years of practicing (from half year to 7 years) and there are both females and males among them.

Many praise the psychological effects of Tai Chi, but few have examined them. These positive effects are e.g.: emotional stability, wellbeing, increased stress-tolerance, better concentration, higher level of arousability, flexibility, ingenuity, self-confidence, endurance, better coping abilities, decreased anxiety. Whether those people who practice Tai Chi are more calm and balanced individuals as a matter of course, or is this habit truly due to practicing Tai Chi?

We try to find the answers to these questions through different psychological tests: Psychological Immun System Inventory, Californian Personality Inventory, Athletic Coping Skill Inventory, Anxiety Arousability Inventory, State Trait Anxiety Inventory, Goldberg Health Questionnaire.

Keywords: Coping, Sport Psychology, Chen-Style Tai Chi Chuan