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## Efficacy of TAIJI (TAICHI) in Stress Prevention

**Assogba Nocalbert**

Shanghai University of Sports, China

Studies prove that TAIJI (TAICHI) can help to reduce or cure psycho-clinic problems and be of benefit for the rehabilitation of substance abuse. In our study, we investigate if TAIJI (TAICHI) practicing can help to reduce or 'cure' the stress. We applied analyses from different studies to figure out conclusions about the mental change of excessive exposure people to psychosocial stress after practicing of TAIJI (TAICHI) training as a stress prevention program by measuring psychosocial stress reactivity in a laboratory setting. David Gaffney argues that TAIJI (TAICHI) arises from a comprehensive study of body as unified whole or system. The core training methods of the system are built around the qualities of loosens pliancy and slowness. Slow training provides a means by which to improve body co-ordination and to help to rid the body of any excess tension. The process of slow training over an extended time helps practitioners to achieve a unification of body and mind described in TAIJI (TAICHI) literature as the harmonization of the mind, intention, intrinsic energy and body strength.

m13262963010@163.com