

八段锦联合正念冥想对离退休综合征老年人的影响

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摘要:目的 探讨八段锦锻炼联合正念冥想训练对离退休综合征老年人主观幸福感、社会功能和应对方式的影响。**方法** 选择2013年12月—2014年12月河北省唐山市某社区离退休综合征老年人89例, 随机分为观察组45例和对照组44例。对照组给予八段锦锻炼, 观察组在八段锦锻炼基础上联合进行正念冥想训练。应用正念注意觉知量表(Mindful Attention Awareness Scale, MAAS)、纽芬兰纪念大学幸福度量表(Memorial University of Newfoundland Scale of Happiness, MUNSH)、个体和社会功能量表中文版(Chinese Version of the Personal and Social Performance Scale, PSP-CHN)、简易应对方式量表(Simple Coping Style Questionnaire, SCSS)对两组老年人干预前后的主观幸福感、社会功能和应对方式进行效果评价。**结果** 两组老年人干预前MAAS评分、MUNSH评分、PSP-CHN评分和SCSS评分比较, 差异无统计学意义($P < 0.05$)。两组老年人干预后MAAS评分、MUNSH评分、PSP-CHN评分和SCSS评分优于干预前, 差异有统计学意义($P < 0.05$)。观察组MAAS评分、MUNSH评分、PSP-CHN评分和SCSS评分优于对照组, 差异有统计学意义($P < 0.05$)。**结论** 八段锦锻炼联合正念冥想训练可提高离退休综合征老年人主观幸福感、社会功能和积极应对方式。

关键词: 离退休综合征; 正念冥想; 八段锦; 主观幸福感; 社会功能; 应对方式

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Effect of mindfulness meditation training combined with Ba Duan Jin exercise on retirement syndrome

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Abstract: Objective To investigate the effects of mindfulness meditation training combined with Ba Duan Jin exercise on the coping style, subjective well-beings and social function in the elderly with retirement syndrome.

Methods A total of 89 cases with retirement syndrome in Tangshan City, Hebei Province were randomly divided into the experimental group ($n = 45$) and control group ($n = 44$) from December 2013 to December 2014. The control group adopted regular Ba Duan Jin exercise interventions and the experimental group adopted mindfulness meditation training therapy combined with regular Ba Duan Jin exercise interventions. The patients were assessed by Memorial University of Newfoundland Scale of Happiness (MUNSH), Simple Coping Style Questionnaire (SCSS), Mindful Attention Awareness Scale (MAAS) and Chinese Version of the Personal and Social Performance Scale (PSP-CHN). **Results** Before training, there were no significant differences in the scores of MUNSH, SCSS, MAAS and PSP-CHN ($P > 0.05$) between the two groups. After training the scores of MUNSH, SCSS, MAAS and PSP-CHN were all improved ($P < 0.05$). The scores of MUNSH, SCSS, MAAS and PSP-CHN in the experimental group were better than those in the control group ($P < 0.05$). **Conclusion**

Mindfulness meditation training combined with Ba Duan Jin exercise can improve the coping style, subjective well-beings and social function in the elderly with retirement syndrome.

Key Words: Retirement syndrome; Mindfulness meditation practice; Ba Duan Jin; Subjective well-beings; Social function; Coping style

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