Study on community Tai Chi Chuan participants' leisure benefits and well-being: Using Taoyuan City as an example

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ABSTRACT
The aim of this study was to discuss the Research of Community Tai Chi Chuan Participants' Leisure Benefits and Well-being. A questionnaire survey was conducted on the community Tai Chi Chuan participants in Taoyuan city. A total of 500 valid questionnaires were retrieved, and the data were analyzed with SPSS 12.0 and AMOS 7.0 structural equation model analysis (SEM). The findings were as followed: 1) The background variables of the community Tai Chi Chuan participants in Taoyuan City: Gender had no difference in the factor of "psychological benefit" of leisure benefits. Occupation, age, education, the number of times a week to participate community Tai Chi Chuan and participation in seniority reached significant difference in leisure benefits. 2) The background variables of the community Tai Chi Chuan participants in Taoyuan City: gender, occupation, age, education, the number of times a week to participate community Tai Chi Chuan, participation in seniority reached significant difference in well-being. 3) The study showed community Tai Chi Chuan participants' leisure benefits had a significant positive correlation in well-being. Based on the findings, suggestions were proposed to related Taiwan Tai Chi Chuan promotion for reference.

Keywords: Community, Tai Chi Chuan, leisure benefits, well-being

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