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ZHINÉNG QIGONG'S 智能气功 IMPACT ON QUALITY OF LIFE OF THE "TAPALPA PRODUCTS FOR PASTRY" ENTERPRISE PERSONNEL

By Citlalli Álvarez¹, Sofía González Becerril²,
José Alfredo Ochoa Castellanos³ and Andrea Dovarganes⁴.

The practice of zhinéng qigong (智能气功) 30 minutes a day, 6 times a week for 2 months improved the quality of life of the company staff. In oral interviews, some students reported decreased pain in legs, knees, joints, sciatic nerve, lower back, and when crouching. Other students reported decreased an umbilical hernia, elimination of a chronic cough and correction of the spine. Most of them also noticed enhanced physical performance, better posture, greater strength, more vitality, higher self-esteem, improved tranquility, greater tolerance, more patience, higher concentration, and less stress.

With nineteen students as a sample, this study showed that zhinéng qigong

practice is able to improve the quality of life of people who practice it.

Introduction

Qigong's 气功 systems were created, at least five thousand years ago, by Chinese masters in order to heal illnesses and maintain good health. Zhinéng qigong 智能气功 is a style of qigong created by teacher Páng Hè Míng 庞鹤鸣, a doctor of Chinese traditional medicine, Western medicine, and heir of nineteen lineages of qigong. Zhinéng qigong is both: a theoretical and practical system.

The practical system consists of several exercises with very soft but very deep movements involving the body

and the mind. The work generated from the zhinéng qigong practice is used to regulate the body functions, therefore, health is improved and elevated to a higher level^{[1][2]}.

Qigong research with enterprises:

Several qigong researches around the world have demonstrated that qigong's practice is able to cure and prevent diseases, enhancing intellectual and emotional functions, and therefore improve life quality overall. An experiment carried on at the University of Uppsala (Switzerland)^[3] measured the effects of qigong practice on 37 computer workers.

The results showed that there was an improvement in neck pain.^[3] Their qigong studies review suggest that qigong exercise reduces stress, and anxiety in healthy adults.^[4] An analysis of Wang's study, reported that qigong exercise can improve the functions of perception, attention, memory, and thinking.

Nowadays companies have implemented meditation programs due to the benefits. Some of which include more creative and focused worktime, improved personal relations amongst co-workers, improved energy and stress management, and enhanced energy and productivity^{[5][6]}.

The goal of the present study is to show the effects of zhinéng qigong's daily practice on quality of life of the "Tapalpa Products for Pastry" enterprise personnel and use these in further scientific research of possible benefits of zhinéng qigong practice for workers in Mexico.

Methodology

An informative talk was given to the workers and they signed their letter of informed consent to participate in the project. The group consisted of eighteen workers, three women and fifteen men, ranging from 23 to 73 years old.



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Before the project began the staff answered the WHOQOL-BREF Quality of Life questionnaire (twenty-six questions), and the certified instructor Tian Cheng 天成 gave them a zhinéng qigóng workshop teaching the theory, and nine different exercises.

Zhinéng qigóng was applied daily on workers at 'Tapalpa Products for Pastry' as a labor tool. Monday thru Saturday 30 minutes a day for eight weeks, the staff practiced the following methods within their working hours: *zū chāng fǎ* 组场法 (organizing qi field method), *pèng qì guàn dǐng fǎ* 捧气贯顶法 (lift qi up and pour qi down method), *lā qì fǎ* 拉气法 (gathering qi method), *zhí tuǐ zuò sōng yāo fǎ* 直腿坐松腰法 (sitting method for relaxing hip joints with straight legs), *dàn qiáng fǎ* 蹲墙法 (wall squat method) and *sān xīn bìng zhàn zhuàng* 三心并站庄 (three merging centers standing method)

In addition, the students received videos and audios to practice at home if they wanted.



Workers practicing 'gathering qi method'.

Two months later, the staff answered the Quality of Life Questionnaire again and oral interviews were performed. Data was analyzed with the student test for related samples.

Results

Statistically significant difference was found in workers quality of life between the first ($M=88.79$, $SD=19.657$) and the second measurement

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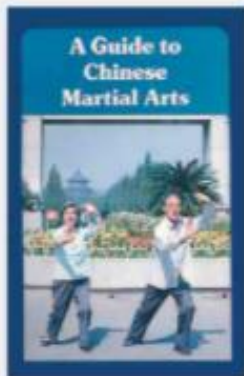
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Sitting method to relax hip joints with straight legs.



Lift qi up and pour qi down method.



Workers answering the Quality of Life Questionnaire.

($M=100.84$, $SD=9.347$); $t(19)=2.436$, $p=.025$ (See Table 1 below).

In oral interviews, some students reported decreased pain in legs, knees, joints, sciatic nerve, lower back, and when crouching. Other students reported decreased an umbilical hernia, elimination of a chronic cough and correction of the spine. Most of them also noticed enhanced physical performance, better posture, greater strength,

more vitality, higher self-esteem, improved tranquility, greater tolerance, more patience, higher concentration, and less stress.

The director and the workers decided to continue practicing every day.

The results of this study suggest that the practice of zhineng qigong is an effective therapy to improve people's life quality. It is suggested to do more studies with a larger sample. ■



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Quality of life questionnaire	Median	Standard deviation	t	p
Before learning Zhineng Qigong	88.79	19.657	2.436	0.025
After 2 months of practice	100.84	9.347		

Table 1. Quality of life data before learning Zhineng qigong and two months later.

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for their dedication. My teachers De Ming Qiu y Zhang Qing for their support. Teacher Páng Hè Míng, zhǐnéng qìgōng's creator.

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