



The Impact of Zhìnéng qìgōng's 智能气功 Practice on Quality of Life of the 'Tapalpa Products for Pastry' Enterprise Personnel.

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Abstract - The practice of zhìnéng qìgōng 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 zhìnéng qìgōng practice is able to improve the quality of life of people who practice it.

Keywords - Enterprise, health, quality of life, zhìnéng qìgōng 智能气功.

I. INTRODUCCION

Qìgōng's 气功 systems were created, at least five thousand years ago, by Chinese masters in order to heal illnesses and maintain good health. Zhìnéng qìgōng 智能气功 is a style of qìgōng created by teacher Páng Hè Míng 庞鹤鸣, a doctor of Chinese traditional medicine, Western medicine, and heir of nineteen lineages of qìgōng. Zhìnéng qìgōng 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 zhìnéng qìgōng practice is used to regulate the body functions, therefore, health is improved and elevated to a higher level [1-2].

A. *Qìgōng research with enterprises:*

Several qìgōng research around the world have demonstrated that qìgōng's practice is able to cure and prevent diseases, enhancing intellectual and emotional functions, and therefore improve life quality overall [3]. An experiment carried on at the University of Uppsala (Switzerland) [4] measured the effects of qìgōng practice on 37 computer workers. The results showed that there was an improvement in neck pain. [5] Their qìgōng studies review suggest that qìgōng exercise reduces stress, and anxiety in healthy adults. [6] An analysis of Wang's study, reported that qìgōng 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 [7]-[9].

The goal of the present study is to show the effects of zhìnéng qìgōng'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 Zhìnéng qìgōng practice for workers in Mexico.

II. 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.

Before the project begun the staff answered the WHOQOL-BREF Quality of Life questionnaire (twenty-six questions), and the certified instructor Tiān Chéng 天成 gave them a zhìnéng qìgōng workshop teaching the theory, and nine different exercises.

Zhìnéng qìgōng was applied daily on workers at 'Tapalpa Products for Pastry' as a labor tool. Monday thru Saturday 30 minutes a day for 8 weeks, the staff practiced the following methods within their working hours: Zǔ chǎng fǎ 组场法 (organizing qì field method), Pěng qì guàn dǐng fǎ 捧气贯顶法 (lift qì up and pour qì down method), Lǎ qì fǎ 拉气法 (gathering qì method), Zhí tuǐ zuò sōng yāo fǎ 直腿坐松腰法 (sitting method for relaxing hip joints with straight legs), Dūn qiáng fǎ 蹲墙法 (wall squat method) and Sān xīn bìng zhàn zhuāng 三心并站庄 (3 merging centers standing method) (Figs. 1a, 1b y 1c). In addition, the students received videos and audios to practice at home if they wanted.



Fig. 1a. Workers practicing gathering qì method at their office.



Fig. 1b. Workers practicing lift qì up and pour qì down method within their working hours.



Fig. 1c. Workers practicing sitting method to relax hip joints with straight legs at the warehouse.

Two months later, the staff answered the Quality of Life Questionnaire again and oral interviews were performed (Fig. 2). Data were analyzed with the t student test for related samples.



Fig. 2. Workers answering the Quality of Life Questionnaire.

III. RESULTS

Statistically significant difference was found in workers quality of life between the first (M=88.79, SD= 19.657) and the second measurement (M= 100.84, SD= 9.347); $t(19)=2.436$, $p=.025$ (Table 1).

Table 1. Quality of life data before learning Zhìnéng qìgōng and two months later.

Quality of life questionnaire	Median	Standard deviation	t	p
Before learning zhìnéng qìgōng	88.79	19.657	2.436	0.025
After two months of practice	100.84	9.347		



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 zhìnéng qìgōng 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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