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Title: Health-related quality of life among adult Tai Chi practitioners: A cross-sectional descriptive survey

ABSTRACT

Global concern that aging is one of the main medical financial burden. To improve the situation, health promotion contributes to prevent and control of chronic disease. Tai Chi is low-tech, low-cost and highly accessible alternative to exercise interventions in anywhere, appear particularly suitable to the adult and to be effective in promoting health. Although Tai Chi is a traditional exercise which has been widely practiced, and there are various evidences shown that Tai Chi had significant benefit on both physical and mental health in elderly and patients, limited evidence has shown its effect on the health-related quality of life (HRQoL) among adult Tai Chi practitioners.

The aim of this cross-sectional descriptive survey design study was to assess the health-related quality of life (HRQoL) among adult Tai Chi practitioners. In this study, 150 participants who were from Tai Chi associations in Hong Kong and practicing Tai Chi for more than 3 months were recruited by convenience sampling. HRQoL was assessed using the 36-item Short-Form Health Survey (SF-36) in Hong Kong Chinese version. Demographic characteristics of the participants were collected by demographic data questionnaire. Collected data were analyzed using descriptive and inferential statistics tests with the statistical package for social sciences (SPSS) version 17.0 software. The differences of physical component summary (PCS) score and mental component summary (MCS) score between gender groups were calculated by independent two-tailed t-test. The differences of the PCS and MCS scores between different groups of style, health status, education level, occupation, income and marital status were calculated by one way analysis of variance (ANOVA). The relationships between the PCS and MCS scores with ages and duration of Tai Chi

practice were calculated by Pearson correlation.

In this study, the PCS level was 51.10 (mean=50) which was lower than the PCS level of Hong Kong general population: 52.83, and the MCS level was 50.57 (mean=50) which was higher than the MCS level of Hong Kong general population: 47.18. The findings indicated that the PCS level was significantly different between groups of gender ($t=3.357$, $p=0.001$), health status ($t=4.766$, $p=0.001$), education level ($F=5.731$, $p=0.004$), income ($F=2.327$, $p=0.046$) and marital status ($F=3.809$, $p=0.024$). PCS level had a weak significant negative correlation with age ($r=-0.292$, $p=0.000$). Also, the findings indicated that MCS level was significantly different between groups of occupation ($F=2.130$, $p=0.044$) and marital status ($F=5.009$, $p=0.008$). MCS level had a weak significant positive correlation with duration of Tai Chi practice ($r=0.200$, $p=0.015$).

To conclude, Tai Chi may have benefits in health-related quality of life among adult because of its combination of body and mind, which has potential benefits in health promotion. Thus, Tai Chi is recommended for people to be a mean of health promotion in the community.