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检索结果	经计算机联机检索，纪海续(第一作者、共同通讯作者)等如下 1 篇文章已被美国《科学引文索引》(SCIE)数据库收录，其收录记录简要信息摘选如下： 标题：Perspectives of community-dwelling older adults with chronic diseases on Baduanjin practice: A qualitative study 作者：Ji, HX(Ji, Haixu);Li, W(Li, Wei);Zhang, JH(Zhang, Jinhua);Liu, XY(Liu, Xuyan);Wang, J(Wang, Jing);Dong, GL(Dong, Guanglei) 来 源 出 版 物：PLOS ONE 卷：21 期：6 文 献 号：e0351557 DOI:10.1371/journal.pone.0351557 在线发表：JUN 2026 出版时间：JUN 12 2026 文献类型：Article 中科院 JCR 分区（数据来自中科院 2025 年分区结果） 大类 综合性期刊 3 小类 综合性期刊 3 影响因子：2.8（2025IF） 被引次数：0（来自 SCIE 数据库） （详细结果见 SCIE 数据库收录论文题录检索页）		
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Perspectives of community-dwelling older adults with chronic diseases on Baduanjin practice: A qualitative study

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来源出版物

PLOS ONE

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卷: 21 期: 6

DOI: 10.1371/journal.pone.0351557

文献号

e0351557

出版时间

JUN 12 2026

在线发表

JUN 2026

已索引

2026-06-18

文献类型

Article

跳转至

↓ 被引参考文献深度分析

摘要

Background With the accelerating aging of China's population, Baduanjin has been promoted as a community-based exercise to enhance public health, particularly among older adults with chronic diseases. As a traditional Chinese exercise with a long history and profound cultural connotations, Baduanjin has attracted a large number of practitioners. However, the factors underlying the sustained practice of Baduanjin remain insufficiently explored. Objective This study aims to explore the factors underlying the persistence of older adults with chronic diseases in practicing Baduanjin. Methods A qualitative research approach was adopted in this study. 25 practitioners participated in semi-structured face-to-face interviews. Thematic analysis was employed to analyze the data and generate core themes. Results The factors driving community-dwelling older adults with chronic diseases to persist in practicing Baduanjin were analyzed across five dimensions: perceived safety and learning-practice ease, improvements in physical health, promotion of mental well-being, enhancement of social functioning, and appreciation of traditional culture. Conclusion Community-dwelling older adults with chronic diseases maintain long-term Baduanjin practice not only due to its perceived safety and ease of learning and practice, but also because it embodies the essence of traditional Chinese culture. Moreover, regular practice contributes to improved physical health, promoted mental well-being, and enhanced social functioning in this population. Accordingly, Baduanjin shows considerable potential as a community-based exercise intervention to support health promotion among community-dwelling older adults with chronic diseases.

关键词

Keywords Plus: EXERCISE

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基金资助

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基金资助机构

基金资助编号

Henan Provincial Science and Technology Research Project

242102310167

语种

English

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WOS:001792566300006

PubMed ID

42284267

eISSN

1932-6203

IDS 号

JM0ZK

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期刊信息

PLOS ONE

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1932-6203

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