

青少年体质与心理健康关系的研究

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【摘要】 近几十年, 中国青少年体质健康与心理健康发展状况不容乐观。科学阐释青少年体质健康与心理健康之间的关系, 对于改善青少年健康非常必要。鉴于以上背景, 笔者对身体形态、体能等体质健康指标与青少年心理健康之间的关系进行深入探讨与分析, 旨在为建立合理、科学的干预机制, 促进中国青少年健康发展提供一定理论基础。

【关键词】 体质; 精神卫生; 营养状况; 生长和发育; 青少年

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Review on the relationship between adolescent physique and mental health/WU Huipan^{*}, YIN Xiaojian. ^{*} Research Center for Health Promotion of Children and Adolescents, Taiyuan Institute of Technology, Taiyuan(030008), China

【Abstract】 In recent decades, the development of the physical health and mental health of adolescents in China has not been viewed optimistically. It is necessary to explain the relationship between the physical health and mental health of adolescents to improve their health. Given the above background, the author completed an in-depth discussion and analysis of the relationships between body shape, fitness and adolescent mental health, aiming to provide a theoretical basis for establishing a reasonable and scientific intervention mechanism and promoting the healthy development of adolescents in China.

【Keywords】 Body constitution; Mental health; Nutritional status; Growth and development; Adolescent

青少年期作为儿童向成人过渡的时期以及成人化后的初期, 正处于人生发展发育的重要时期, 各种身体素质和心理素质处于形成阶段但却未呈稳定趋势, 易变性较强, 但具有较大的可塑性^[1]。我国政府高度重视青少年身心健康问题, 2016 年颁布的《“健康中国 2030”规划纲要》^[2] (以下简称《纲要》) 首次提出完成《国家学生体质健康标准》达标优秀率 25% 以上的具体目标。此外, 《纲要》还明确提出必须加大对青少年群体心理问题的早期发现和及时干预力度。2017 年, 《中长期青年发展规划(2016—2025 年)》^[3] 明确指出, 目前我国青年体质健康水平亟待提高和改善, 部分青年心理健康问题日益凸显, 应该加强对青年心理健康的干预和管理。鉴于“身心互相促进”发展的理念已经被诸多研究证实^[4-5], 笔者在查阅与总结国内外文献基础上, 阐释青少年身心之间的关系, 为促进我国青少年健康发展奠定一定的理论基础。

1 体质健康概念

体质健康概念以及体质与健康的关系一直是学

术界探讨和争论的热点。体育学界长期认为, 体质是指人体的质量, 是在遗传性和获得性的基础上表现出来的人体形态结构、身体素质和心理因素的复杂的、相对稳定的特征^[6]。在实践中, 主要对应于前两个方面, 即身高、体重等身体形态指标, 以及心肺耐力、柔韧性、力量等体能指标。本文即是在此概念基础上探讨体质健康与心理健康之间的关系。

2 身体形态与心理健康

2.1 身高发展与心理健康 体格包含身高、体重、腰围等在内的诸多指标, 但身高因具有的代表性, 在众多反映体格的指标中, 被学者重点关注。研究显示, 身高影响个体的行为、人格、心理健康程度等, 同时也密切影响着个体对他人的认知^[7]。在此基础上, 一些研究更进行了深入的探讨。如身高较高的个体被认为更具说服力, 更具有吸引力, 更容易成为领导者^[8-10]。在以青少年为特定研究对象的研究证实, 常处于情绪低落状态的 ≥ 18 岁的青少年发育水平较低^[11]; 身高和自尊之间呈曲线相关, 处于群体平均身高的大学有着较高的自尊, 身高处于两端(最低或最高)的大学生自尊水平相对较低^[12]。一些设计更为复杂的研究同样支持以上观点, 如一项研究显示在控制了一系列的诸如社会、经济、环境等因素影响后, 身高较高的青少年相比身高较低的同伴具有更高的自尊, 更为适应社会需求和学校环境^[13]。但并非所有研究结果都支持以上结论, 美国的一项研究显示, 身高较高的男性青少年心理幸福感相对更好, 但 17~19 岁

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女性的心理健康程度对其身高发育并不具有显著影响^[14]。

2.2 营养状况与心理健康 随着生活方式的改变,超重肥胖率飞速攀升,成为世界范围内重点关注的公共卫生问题。关注青少年营养状况与心理健康之间的关系,更多研究集中于“超重肥胖与心理健康”。Wardle 等^[15]研究表明,心理健康水平不佳青少年的超重、肥胖比例较高,反之超重与肥胖也会影响青少年心理健康程度,是一种互相影响的关系。Anderson 等^[16]的纵向研究表明,心理健康问题将会使青少年出现超重和肥胖的概率增加,而且超重与肥胖也会使青少年出现焦虑、抑郁等症状的概率增加,心理健康与营养状况相互影响。在另外一项纵向研究中,Anderson 等^[17]发现,女生的心理健康程度(焦虑、自信心)与肥胖相关,而且随着年龄的增长,这种关系呈现加强趋势。在我国,青少年心理健康程度和肥胖之间的关系也受到学者高度关注。洪忻等^[18]对南京儿童青少年的研究表明,体质量指数越高,儿童青少年罹患抑郁症状的风险越大;反之,个体抑郁也可以预测其肥胖的发生。杨怡等^[19]对我国儿童进行的实证研究显示,超重、肥胖儿童普遍在心理健康方面存在一些负面表现,如行为障碍和社会适应障碍,而且个体躯体自信较低,而这些心理障碍问题也可能影响儿童的正常生长发育。但是,并非所有研究都支持以上结果。Sawyer 等^[20]针对澳大利亚 4~12 和 13~15 岁两个年龄段青少年进行的研究显示,只有 13~15 岁青少年的心理健康水平与肥胖具有相关性。Curtin 等^[21]的研究显示,青少年的心理健康程度与家庭背景、教育背景、父母受教育程度等因素相关,对超重、肥胖不产生影响。

在高度关注超重、肥胖与心理健康关系的同时,消瘦与青少年心理健康的关联在某种程度上容易被忽视。研究表明,长期营养不良导致的消瘦和生长迟滞将抑制青少年大脑发展和身体发育,导致个体的免疫力降低,增加疾病感染风险,同时对心理造成负面影响^[22-23]。然而有研究显示,消瘦不一定与心理健康呈负相关,在女性青少年层面,消瘦者表现出比体重正常者更为积极的认知态度^[24]。

3 体能与心理健康

3.1 心肺耐力与心理健康 心肺耐力(cardiorespiratory fitness, CRF)能够客观反映个体摄取、转运和利用氧的能力,是体质健康各组成部分的核心要素^[25]。关于个体成长健康的研究表明,如果个体在儿童期和青春期经历不幸的事件、持续的压力和长期的情绪不稳定,将会对心肺功能造成较大负面影响,进入成年期后患心血管疾病的风险会增加^[26-28]。在诸多横断面研究中,同样证实了“心肺耐力与心理健康”之间的关系。Haugland 等^[29]利用“学校压力自测报告”对

1 670 名 11~17 岁的挪威青少年进行研究表明,学业、家庭与交友压力较大学生的健康水平相比较压力较小的学生表现更差,而在所有健康指标比较中,心肺耐力水平相差最为显著。Shomaker 等^[30]研究结果显示,有抑郁倾向青少年的心肺耐力水平低于无抑郁倾向的青少年。吴慧攀等^[31]利用 20 m 往返跑的心肺耐力测试方式,对心肺耐力与青少年心理亚健康的关系进行分析,发现相比心肺耐力水平较差的青少年,心肺耐力水平较高者心理亚健康状态检出率更低。一项关于青少年心肺功能与心理健康关系的纵向研究显示,在对 11~13 岁的青少年进行 4 年的追踪后,在追踪起始阶段具有焦虑、沮丧等症状的青少年心肺耐力水平相比其他正常青少年,增长趋势不明显^[32]。而一项关于心肺耐力与抑郁之间逻辑关系的研究同样证实两者之间的关系,如 Williams 等^[33]采用路径分析方法证明了高水平心肺耐力与低等级的抑郁水平高度相关。然而,Gerber 等^[34]对 407 名瑞士青少年进行的研究并不支持心肺耐力与心理健康之间存在显著关系。

3.2 肌肉力量、柔韧性与心理健康 肌肉力量对于青少年的健康发展非常重要,可以作为预测死亡率的重要指标,也可以作为判断青少年心肺功能以及癌症发病率的重要因子^[35]。Fox 等^[36]进行的研究验证了肌肉增重训练能够有效提升青少年自尊的假设,且相比有氧训练,肌肉练习对青少年自尊、自信的提升更为显著。Velez 等^[37]在对西班牙裔青少年进行了 12 周的抗阻训练后,研究对象的身体自我概念比训练前的反馈结果更为积极。此外,一些同类研究也证实了青少年自尊、社会适应能力与肌肉健康之间存在相关性^[38-40]。但是,有些研究结果显示与之相反的结论。Ransdell 等^[41]对美国青少年进行了营养、饮食习惯、身体活动与自尊变化关系的研究,结果发现,在所有测试的身体活动项目中,力量的改变与青少年自尊之间无显著关系。

在关注柔韧性与心理健康之间关系的研究中,主要分为如下两类:(1)关于特定的项目与心理健康之间的关系,如瑜伽;(2)关于特定人群的柔韧性与心理健康之间的关系,如严重心理疾病者,精神发育迟滞群体。Chandraabc^[42]认为,瑜伽对于参与者的柔韧性增强具有较好的帮助,而且在练习瑜伽的过程中,参与者的情绪相对比较平静。另一项研究同样运用瑜伽改善柔韧、力量等体质指标,结果表明,大学生在经过瑜伽练习后,更为主动、乐观,更为适应生活^[43]。还有研究对精神发育迟滞患者体质健康与心理之间的关系进行了探讨,发现柔韧性的改善能帮助患者改善心理状态,从而使生活质量得到一定程度的提升^[44]。

4 结语

综上所述,大部分研究结果支持心理健康与体质

健康之间存在联系。应该注意的是,以上研究采用的心理测量工具较为繁杂,研究结果很难进行横向比较。此外,多数研究为横截面研究,此类研究固然在一定程度上能够证明两者之间是否存在相关性,但对两者之间因果关系的探索则需要纵向研究作为支持,从而可以依据研究制定更为科学的改善青少年体质健康和心理健康的政策和措施。

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