

DO YOU FEEL WHAT I FEEL: THE DEVELOPMENT PSYCHOBIOSOCIAL STATES ON COMPETITIVE BADMINTON

ABSTRACT

Emotions affect the way elite athletes respond to competition and distractions during competitive play. Elite athletes who can identify and regulate emotion during completion increase their chances of consistently high quality of play. Coaches can benefit from knowing how their players respond emotionally during a match. This study examines the extent to which psychobiosocial states of elite badminton players vary by age. Eight psychobiosocial states are contributing to athletes' performances in various sports contexts: cognitive, emotional, motivational, operational, bodily, volitional, motor behavioral, and communicative (Bortoli et al., 2008) during their self-identified best and worst performances during competitive tournaments. Two research questions are: 1). Which Psychobiosocial states are most intense during player's recall of their best badminton performance? 2). Are there developmental differences in the psychobiosocial states? The sample for the study included high performing male athletes who participated in sanctioned USA Badminton section tournaments during the 2017 season. The sample consisted of thirty juniors age between the ages of 10 to 12 ; thirty late adolescents between the ages of 16 to 19; and thirty-one adults between the ages of 23 to 45. Descriptive statistics will examine the strength of emotions on each item, and linear regression will test differences between the three groups. The result indicated the theoretical implications from both ZOF model and developmental psychology. Not all psychobiosocial states were perceived similarly across all age players. Developmental differences were found in the perception of the psychobiosocial states in competitive badminton matches. The goal of the study is assisting coaches in understanding athlete's developmental proper zone of optimal function (ZOF) to help them cope with changing psychobiosocial states during matches.

Keywords: Coaching research abstract, children/adolescents coaching, sport psychology