

# Impact of Badminton Course on the Physical, Emotional and Social Wellness Status of the College Students

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**Abstract:** This research determined the impact of badminton course on selected wellness dimensions of the college students namely: physical, emotional and social only. Stratified random sampling was employed to determine the total number of respondents. Slovin's formula was used to determine the exact number of respondents. It can be concluded that badminton helps improve personal health-related fitness levels, such as strength and endurance, flexibility, cardiovascular and physical components. It can be concluded that badminton not only helps to improve an individual's health-related fitness level, such as strength and endurance, flexibility, cardiovascular health, and body composition, but also contributes to improving personal health-related fitness, such as speed, balance and coordination, reaction time, and agility. Moreover, badminton is also an effective way to improve personal emotions and social wellness. It is a simple and fun sport that is a great way to relax and enjoy. Lastly, anybody can play badminton regardless of sex, age and experiences in playing it. It is indeed a sport that can be offered not only in schools but also in sports clubs or recreation clubs because of the health benefit that it can contribute to those who want to try or play it.

**Keywords:** Badminton; Physical Wellness; Social Wellness; Emotional Wellness; Health-Related Fitness; Skill-Related Fitness.

## 1. Introduction

Participation in physical activities and sports can help improve the over-all well-being of the individuals. Physical education course is one of the most significant course because it aims to promote not only the physical well-being as well as the other wellness dimensions like mental wellness, social wellness, and emotional wellness.

Snedden et al., (2018) indicated that college students with higher levels of sports skills and physical activity are more positive and healthier psychologically.

Physical activity (PA) classes help college students add weekly physical activity, which can help improve health and maintain body weight. Activity classes provide college students with an option for increasing their weekly PA and help maintain body composition. Hollerbach, B. et al. (2021)

Engagement in athletic competitions provides students with opportunities to develop their decision-making and problem-solving skills in high-pressure situations, as they manage the inherent unpredictability of games and address obstacles directly. The practical experience of navigating and overcoming difficult circumstances cultivates the capacity to adjust and bounce back, which are crucial attributes for leaders confronted with a wide range of obstacles. In addition, participation in sports fosters the development of emotional intelligence among students, as it facilitates their comprehension and regulation of emotions, while also promoting empathy towards the emotions experienced by both teammates and opponents. Consequently, this cultivates their ability to establish connections and inspire others, so enhancing their leadership skills (Fahimirad, et al. 2019).

The need to conduct a research on the influence of Badminton on the improvement of the wellness status among college students in China is of utmost importance. Sports involvement is strongly embedded into the social structure of Chinese culture, as several students actively

participate in sports activities as a widely favored part of the curriculum or even on an extracurricular pursuit. The assessment of how the badminton course contributes to the development and improvement of the wellness status of the college students particularly the physical wellness status, emotional, mental and social status are of significant importance. This approach not only corresponds with the educational objectives of comprehensive development, but also illuminates the potential of utilizing sports like badminton as a means for fostering wellness among college students.

On a personal note, this study is deemed special to the researcher because she was trained as a Badminton player for more than twenty years. Her trainings not only developed but also enhanced her overall well-being. She was also given the opportunity to show her passion and dedication in playing this sports and joined several competitions of which she showed high level of craft as she won several badminton competitions. She was given the opportunity to train young aspiring badminton players too.

It is in this premise that she wanted to pursue this study, to determine the level of influences of the badminton as a course and as a sports to the physical, emotional and social wellbeing of the college students.

### 1.1. Statement of the Problem

This study aimed to determine the impact of Badminton course on the college students' physical, emotional and social wellness status.

Specifically, this study sought answer the following questions:

(1) What is the profile of the college student-respondents in terms of:

- 1) sex
- 2) age
- 3) grade level

(2) What is the level of impact of the badminton course on the physical fitness status of the college students in terms of :

1) Health –Related Fitness

① Cardiovascular fitness

② Muscular strength and endurance

③ Flexibility

④ Body composition

2) Skill –related fitness

① agility

② speed

③ balance and coordination

④ power

⑤ reaction time

(3) Is there a significant difference on the level of impact of the badminton course on the physical fitness status of the college students when their profile is taken as test factor?

(4) What is the level of impact of the badminton course on the emotional wellness status of the college students?

(5) Is there a significant difference on the level of impact of the badminton course on the emotional wellness status of the college students when their profile is taken as test factor?

(6) What is the level of impact of the badminton course on the social wellness status of the college students?

(7) Is there a significant difference on the level of impact of the badminton course on the social wellness status of the college students when their profile is taken as test factor?

Based on the result of the study, what wellness program can be proposed?

## 1.2. Hypotheses

Ho1: There is no significant difference on the level of impact of the badminton course on the physical fitness status of the college students when their profile is taken as test factor.

Ho2: There is no significant difference on the level of impact of the badminton course on the emotional wellness status of the college students when their profile is taken as test factor.

Ho3: There is no significant difference on the level of impact of the badminton course on the social wellness status of the college students when their profile is taken as test factor.

## 1.3. Theoretical Framework

### 1.3.1. Wellness Dimension Theory

The theory presented about wellness as a dynamic and conscious development of the whole self, with interdependent dimensions, is highly relevant to the study. The study aims to determine the level of influence of the Badminton course on the physical, emotional and social well-being of the college student-respondents enrolled in the said course. By examining these three dimensions, the study aligns with the notion that wellness is not just the absence of disease or infirmity but a proactive approach to achieving optimal well-being in all dimensions. The researcher acknowledges that these dimensions are interdependent and influence each other, which is essential to consider when investigating the influence of a specific activity or sport , such as Badminton course.

Additionally, the theory of wellness emphasizes the importance of intentions, choices, and actions in promoting well-being, which is also relevant to the study. By examining the influence of Badminton course on the well-being of students, the study can provide insights into how intentional choices and actions related to physical, emotional and social dimensions can impact overall wellness. Overall, the theory

of wellness provides a valuable framework for understanding the importance of holistic well-being and its relevance to the study.

### 1.3.2. Emotional Intelligence Theory

Goleman identified five factors that affect EI. They are: self-awareness, self-regulation, motivation, empathy and social skills. He has also mentioned the influence of communication on all these factors( Goleman et al. 2017). Emotional intelligence is also particularly important in its social development. From the perspective of college students' social adaptation, emotional intelligence can have an impact on college students' adaptability to a certain extent.

**Self-awareness.** It can simply be put that self-awareness is a basic understanding of how we feel and why we feel that way. The more we are aware of our feelings, the easier they are to manage and dictate how we might respond to others. It involves keeping track of emotions and noticing different emotional reactions, as well as being able to identify the emotions correctly. Self-awareness also includes recognizing that how we feel and what we do are related and having an awareness of one's own personal strengths and limitations.

**Self-organization.** Self-organization involves responsibility, effort, open-mindedness, reflective abilities, self-control, self-analysis, dedication, ability to function in uncertain situations. (Malova, 2019)

**Motivation.** When considered as a component of EI, motivation refers to intrinsic motivation. People who are intrinsically motivated also experience a state of 'flow' by being immersed in an activity. Intrinsic motivation means that an individual is driven to meet personal needs and goals rather than being motivated by external rewards such as money, fame, and recognition.

**Empathy.** The ability to empathize with others refers to understanding how they feel. A person with emotional intelligence is able to respond appropriately to other people based on their understanding of their emotions. Leadership with a strong professional identity facilitates greater empathy toward students, which allows teachers with a strong professional identity to adopt more appropriate methods to understand and care for the students under their care.

**Social Skills.** Social Skills refer to interacting well with other people. It involves applying an understanding of the emotions of ourselves and others to communicate and interact with others on a day-to-day basis. Moreover, social skills are essential for every social being. These skills are discrete, observable, and teachable behavior that initiate and sustain social interaction and that is decently associated with measures of social competence.

## 1.4. Significance of the Study

This study on the impact of Badminton on the physical , emotional and social wellness status of the college students is deemed important to the following groups:

College Students. The main people who will benefit are college students. They can learn how their participation in sport like badminton helps them improve their physical , emotional and social wellness status. This knowledge can help them make better decisions about their recreational or sport activities and help them improve their wellness status in a more deliberate way.

Educational leaders. Colleges and universities can learn more about how sports like badminton affect students' general wellness from this study. They can use the results to improve their educational programs and sport /recreational activities,

making students' lives more fulfilling and enjoyable.

**Coaches and Sports teachers.** Coaches and sports teachers can use what they learn from the study to change how they teach and coach. If they know how sports participation influence, they can help their players reach their wellness status better.

**Parents and Families.** Parents and families of college students can learn more about how their children's involvement in sports events can help them grow as people and leaders. This knowledge might make them more likely to push their kids to play sports.

**Community Groups.** Sports groups and teams in the community can use the study's results to improve their programs for kids and college students. Recognizing the wider influence of sports participation and badminton is an easy sport which anybody can easily learn.

**Researcher.** This study can help her improve her teaching and coaching in badminton.

**Future researcher.** The result of this study can help them provide more information which can be of use in their own research endeavors too.

## **2. Methodology**

### **2.1. Research Design**

The research design employed mainly the Quantitative approach particularly the descriptive comparative research design. This research approach incorporated an appropriate research design to address research questions in an appropriate and principled manner (Kotronoulas, G,2023; Creswell, 2010), which involved collecting, analyzing, interpreting and reporting quantitative data.

Quantitative research is a valuable approach for investigating phenomena and relationships between variables, particularly in fields such as psychology, sociology, and education. According to Creswell (2010), quantitative research is "used to answer questions about relationships among variables, to test theories, to evaluate programs, and to make predictions".

One key advantage of quantitative research is that it allows for precise measurement and quantification of variables, which can provide more objective and reliable data. For example, in a study examining the impact of the badminton course on the wellness status of the college students who are in their freshmen grade level. Quantitative measures such as self-report questionnaires could be used to provide numerical data on each variable.

### **2.2. Sampling Method**

The chosen sample technique for this research was stratified random sampling. Considering the potentially heterogeneous student populations in Hunan Sany Polytechnic College, this particular decision aligned well with the aims of the research. Stratified random sampling is a method that enables the deliberate and organized selection of participants, with the aim of ensuring that the sample is a true and representative reflection of the various subgroups or strata present within the broader student population. The first step in the implementation of stratified sampling involves the identification of relevant strata which was the grade level of the respondents in the chosen college. After the strata have been established, the process of proportionate allocation was used to ensure that the sample size assigned to each stratum accurately reflected its share in the whole population.

Stratified random sampling procedures are used within each stratum to pick the respondents, thereby mitigating the potential for bias in participant selection. The determination of the sample size was based on statistical considerations, taking into account the desired degree of confidence and accuracy in the conclusions of the research. The research used stratified sampling in order to ensure the inclusion of a wide array of student experiences and opinions, while also maintaining strong statistical validity.

### **2.3. Research Instrument**

The researcher utilized an adapted and modified researcher-made survey questionnaire particularly the emotional and social dimensions as the main instrument in gathering data for the study. For the respondents to have a complete understanding and appreciation of the questions indicated in the survey questionnaire, the researcher employed the translation method from the English language to the Chinese language. This allowed clarity of the questions when gathering the exact data intended for this purpose. The researcher's adviser and experts provided advice and assistance during the process of polishing and improving the instrument with the assistance of their colleagues who were seasoned in this field.

#### **2.3.1. Validation and Reliability of the Questionnaire**

The adapted and modified survey questionnaire was subjected to face validity and Cronbach test procedures for reliability. Furthermore, the researcher sought guidance and advice from scholarly experts in order to ensure the validity and reliability of the survey questionnaire that was used in this study, and the research also collected suggestions from tennis coaches and tennis experts who can attest to the validity and reliability of the questions, statements, and sections of the questionnaire where the data would be collected in this study.

As for the pilot testing, the questionnaire was administered to the randomly selected badminton students comprising 30 participants who were part of the actual study. The pilot test carried out at the research locale too. Cronbach's Alpha was used as the reliability coefficient to show how well the items in the instrument are positively correlated to each other. The results was 0.879 which is considered as highly reliable.

### **2.4. Ethical Considerations**

The researcher constructively considered and carefully followed the ethical considerations that must be met to protect the rights of all the respondents. The following are the Ethical considerations:

#### **2.4.1. Conflict of Interest**

The researcher of this study ensured that there would be no conflict of interest. The researcher needed to elaborate and clearly state the purpose of this research and study to the chosen respondents. It was also a must that the researcher stick to the purpose of gathering personal information and data. All gathered data must not be used for any form of exploitation against the respondents. The researcher must stick to the objective of the research and its purpose.

#### **2.4.2. Privacy and Confidentiality**

Before conducting this research, the respondents were assured that whatever information would be gathered would be confidential, and the survey results cannot be given to anyone aside from the researcher herself and the badminton students who answered the survey – questionnaire. The researcher must not mention the respondents' names in

presenting the data gathered to protect their privacy. The identity of the respondents would remain anonymous or free from any clues and suggestions that would lead others to connect or relate with the respondents.

### 3. Conclusion

Based from the detailed findings of the study, the following conclusions were drawn:

The respondents of this study were the freshmen students who were enrolled in physical education and specifically chose badminton as their course. Based on the results of the questionnaire, 71.59% of them are female students, over the age of 19, and have played badminton for more than two years. Based on this situation, it can be inferred that badminton is more attractive to female students. It can be attributed to the fact that it is considered as an easy and fun sport. Enthusiasts of this sports can even pay not only at the badminton court but anywhere as long as it is a safe place to play.

The study focused only on the three components of wellness namely: physical, emotional and social. It can be concluded that badminton can help improve the physical fitness status of the individuals . It can even help improve their health –related fitness like their level of strength and endurance e, flexibility , cardiovascular as well as their body composition. The same goes with the results of the skill-related component. Badminton helps to improve the level of speed, balance and coordination , reaction time and agility of the individuals. These skills are important in doing daily chores too.

Badminton also is an effective way of improving the emotional and social wellness of individuals it is an easy and fun sport. Playing with friends can be a great avenue of relaxation and enjoyment as well as gaining a healthier body .

Lastly, anybody can play badminton regardless of sex, age

and experiences in playing it . It is indeed a sport that can be offered not only in schools but also in sports clubs or recreation clubs because of the health benefit that it can contribute to those who want to try or play it.

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