

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. Slovincs 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 (PA) and sports can help improve the over-all well-being of the individuals. For the student, the most accessible way to development the PA is participating the physical education course which is one of the most significant courses. Snedden et al. (2018) indicated that college students with higher levels of sports skills and physical activity are more positive and healthier psychologically. 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).

PA not only do students reap the benefits of physical fitness from the physical education program, but also other aspects of wellness such as mental health, social health, and emotional health.

In terms of mental health, participation in athletic competitions provides students with the opportunity to develop decision-making and problem-solving skills in high-pressure environments as they cope with the unpredictability inherent in competition and deal directly with obstacles. The practical experience of navigating and overcoming difficult circumstances develops the ability to adjust and bounce back. In terms of emotional well-being, participation in sports also promotes the development of students' emotional intelligence, as the use of the comprehension function and emotion regulation promotes empathy for the emotions of teammates and opponents. Consequently, this develops their ability to make connections and motivate others (Fahimirad, et.al. 2019).

It is extremely important to study the impact of badminton on improving the health of Chinese university students. First of all, sports have been deeply integrated into the social

structure of Chinese culture, and badminton, as one of the most popular sports among Chinese people, has also appeared on a large scale in the physical education courses of major universities and even as one of the course assessment items. Second, many students actively learn and participate in badminton as part of a widely popular curriculum or even extracurricular activities. Therefore, it is of great significance to explore how badminton courses can contribute to the development and improvement of college students' health, especially their physical health, emotional, psychological and social conditions. This will further promote the development of badminton in Chinese universities.

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 sport 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 sport 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

①Cardiovascular fitness

②Muscular strength and endurance

③Flexibility

④Body composition

2)Skill –related fitness

①agility

②speed

③balance and coordination

④power

⑤reaction 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 the social development of college students. From the point of view of social adaptation of college students, good emotional intelligence can to a certain extent help college students to better adapt to college life, help them to carry out various activities, and provide a pavement for them to enter the society and take part in the work afterwards.

Self-awareness. Self-Awareness. Simply put, it refers to an individual's awareness, experience, and desire to be aware of his or her various physical and mental states. It is characterized by purposefulness and dynamism, among other things, and it plays a role in regulating, monitoring and correcting the formation and development of personality. It helps us to quickly discover how we feel and why we feel that way. The more we understand how we feel, the easier it is to manage our feelings and the easier it is to decide how we respond to others. Self-awareness also includes recognizing that our feelings and our behavior are related and being aware of our 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. If motivation is considered a component of emotional intelligence, it refers to motivation that is driven by internal drives rather than external factors. People who are intrinsically motivated also experience a state of "flow" by immersing themselves in an activity. A person with intrinsic motivation means that he is motivated to start an action in order to satisfy his personal needs and achieve his personal goals, rather than being driven by external rewards such as money, fame and recognition.

Empathy. The ability to empathize with others refers to understanding the feelings of others, i.e., empathy. People with high emotional intelligence are able to respond appropriately to others based on understanding their emotions. Having a strong professional identity as a leader facilitates more empathy for students, which in turn enables teachers with a strong professional identity to take a more appropriate approach to understanding and caring for the students in their care.

Social Skills. Social skills refer to interacting well with others. It involves applying an understanding of one's own and others' emotions to communicate and interact with others on a day-to-day basis. College students' own social concepts are changing, and the traditional relationship-oriented model is gradually being replaced by a new and less expensive way of socializing. "This conceptual change is part of the re-understanding and cognition of the nature of social interaction among college students, who are more autonomous and self-selective, and this new social mode enables them to establish more flexible social relationships without passive participation."

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. During the sport of badminton, college students need to concentrate. This concentration exercise can be transferred to daily life and study, and they are able to concentrate and complete tasks more efficiently. Badminton can also develop self-discipline and perseverance in young people. In sports, teenagers need to overcome difficulties and challenges and constantly adjust their condition to achieve their best performance. This experience can help them develop self-confidence and good habits of perseverance, which will lead to greater focus and self-discipline in life and learning.

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.

Hunan is also the hometown of badminton. According to incomplete statistics, there are 256 badminton courts in Changsha. Changsha has a traditional badminton primary school, there is a first-class sports school, Changsha's mass sports, badminton has been very hot, but for some reason, Changsha in the past 20 years, there is no chance to hold national and continental badminton competitions.

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.

The badminton court is not only an arena, but also a great social platform. It has no direct physical confrontation, low risk of injury, good exercise effect, and can communicate feelings and enhance friendship like tennis, and this social attribute also makes badminton more fashionable.

In the past four years, badminton, cycling, camping and frisbee have become the four new fashion and leisure in China. Compared with other sports, badminton is a new branch from an old tree, reflecting the people's new pursuit of a healthy lifestyle.

Finally, badminton in the category of mass sports can not only exercise but also bring fun, and the exercise intensity can be adjusted according to everyone's physical fitness and needs, and there is no threshold for people of all ages.

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