

Aspects of Lifestyle to Stimulate the Success of Badminton Players

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Published online: 02 June 2021

To cite this article (APA): Aman, M. S., Nik Rafeddi, N. S. N., Mat Saad, M. I., & Elumalai, G. (2021). Aspects of Lifestyle to Stimulate the Success of Badminton Players. *Jurnal Sains Sukan & Pendidikan Jasmani*, 10(1), 32-38. <https://doi.org/10.37134/jsspj.vol10.1.5.2021>

To link to this article: <https://doi.org/10.37134/jsspj.vol10.1.5.2021>

ABSTRACT

Lifestyle is the way of life or interests and orientations of an individual, group, or community. Lifestyle of a badminton player is the style of living that based on time-used, discipline and appearances. Known benefits of having a lifestyle that includes physical exercise, eating a diet high in vegetables and fruit, maintaining a healthy weight and not smoking. The aim of this study is to identify the social category aspects of lifestyle stimulate the success of badminton players. This semi structured mix mode study conducted among 80 badminton players, age between 13 to 18 years. They were selected randomly at several badminton clubs around the State of Selangor. This study utilized qualitative data which is converted to quantitative to understand behaviours of the group of people and make generalizations. The descriptive findings showed 32.5% use their free time in entertainment activities, 27.5% engage in their hobby activities and 23.75% choose to do physical recreational activities. Out of 80 respondents, a total of 35% acknowledging that rules and regulations are important in badminton as well as in life. A total of 32.5% asserted that the strength of discipline adhering to desire plays an important role. Meanwhile, 25% of badminton players' discipline is focused on maintaining performance. There are four elements of appearance, namely confidence, discipline, nationalism and equipment. Out of 53 respondents who said appearance was important, 64.2% were focused on confidence, 17% discipline, 9.4% nationalism and 9.4% equipment. As a conclusion three major aspects of lifestyle to be concerned by badminton players were time-used, discipline and appearance. These three aspects will enhance our badminton players' life style and performance.

Keywords: Lifestyle, discipline, badminton, appearances & performance

INTRODUCTION

National sport policymakers are starting to recognize the importance of lifestyle sport, particularly for youth agendas (Thorpe & Wheaton 2015). Although lifestyle is not an absolute factor that determines the achievement of a badminton player but it is able to shape a person's attitude and discipline to become a champion. To be a champion, one must have mental and physical strength as well as skills and strategies, but to be a successful badminton champion one must be able to maintain their overall performances throughout the years. According to Bompa (1995), it takes years of training to become a professional athlete. An athlete needs to strive to achieve success through a systematic long-term training plan and a good lifestyle. This is very much dependent on one's lifestyle. Lifestyle is the dominant social aspect in a person. Three major aspects of lifestyle concerned are time-used, discipline and appearances. This study will examine how these aspects of lifestyle stimulates the success of badminton players.

Modern badminton was likely to have originated in India and created by the British during the colonial period towards the end of the 19th century (Guillain, 2004:47-48). The game of battledore and shuttlecock took its name from Badminton House, the Duke of Beaufort's residence in Gloucestershire (now Avon). The game was quite widely played in English country houses (Adams, 1980: 16-18). Badminton Association of Malaysia (BAM) is represented by the 14 states in Malaysia (Siebel, 1964).

Badminton can be played as a single (two people) or doubles (four people) game and it offer a brisk full-body workout. All we need for a rousing game of badminton is a pair of rackets, a shuttlecock, and a net strung five feet off the ground. Badminton can be played inside and outside on the standard 20-foot wide by 44-foot long courts. Loose and comfortable shorts and T-shirts are the most common badminton apparel, along with running shoes or cross-trainers with rubber soles that provide good traction. Grasp the racket handle as though we were shaking hands with it, so that the face of the racket is perpendicular to the ground. As we swing, the racket should feel like an extension of our arm.

The most effective positioning is to stand in the middle of the court, knees slightly bent, feet pointing toward the net and spread shoulder-width apart. From this stable stance, badminton players can spring to any point on the court quickly and efficiently, striking the shuttlecock with their forehand or backhand, and then bouncing back to the court's center in preparation for the next volley. Such is the style and deed repeated by badminton players on the court. However, the focus in this writing is to explore how the aspects of lifestyle, both inside and outside the badminton court, stimulate and affects the success of badminton players.

Lifestyle is the way of life or interests and orientations of an individual, group, or community. Known benefits of having a lifestyle that includes physical exercise, eating a diet high in vegetables and fruit, maintaining a healthy weight and not smoking (Esposito, Pontillo, Di Palo, et al, 2003). Lifestyle of a badminton player is the style of living among badminton players that include time-used, discipline and appearances. In term of time-used for training, Chan Kwong Beng shared his experience:

I trained 6 days a week with Sunday being a rest day. From Monday to Friday, I trained from 6:30am to 10am and another session is from 3pm to 5pm. On Saturday I only trained from 6:30am to 10am. My training programs include on court as well as off court trainings.

Chan Kwong Beng, Malaysia National Team, 2012)

Factors that determine lifestyles are demographic, personal values and preferences. One international badminton player, the silver medal in the Rio Olympics, PV Sindhu, age 21, proved her success aroused from perseverance to go through the training routine regardless of time and their diet plans:

Can you imagine what time their day begins? 3.00 or 4.00 am! Players such as PV Sindhu, Kidambi Srikanth began their training with their coach Pullela Gopichand at 4.30 am which went on till lunch, just an hour's break for breakfast. This is just the tip of the iceberg

(Maleeva, Rebello (2018)

Sindhu's diet plans are high in protein, with zero sugar. Living on such a strict diet daily just shows how dedicated she is. The purpose is to keep the player fit and full of energy to last the long rounds. Good nutrition helps to concentrate during the game in order to maximize the skills. Thus, values that are developed automatically from routine, habits, outlooks, discipline and time used form a very good personal and stable attitudes to stimulate the success of a badminton players.

Research in badminton can be categorized under four subject headings as well as their respective sub-headings: Sports medicine (exercise physiology, sports nutrition, sports injuries, badminton injuries); Kinesiology (biomechanics and anthropometry); Coaching (sport pedagogy, sports psychology, skill development, sport sociology, match analysis, visualization studies and motivational

studies); Sport engineering (racket design, shoe design and flight of the shuttlecock) (Wilson, 2010). To date, there is no social category of badminton research available particularly to show how the aspects of lifestyle stimulate the success of badminton players.

METHODOLOGY

This study utilized qualitative data which is converted to quantitative to understand behaviours of the group of people and make generalizations from the samples being studied. An advantage of this method is that it would be suitable for a smaller group representing the larger group of people.

For primary data, this study employed questionnaires to gather information needed through online forms and hard copy. The data has been kept anonymous and confidential. Written informed consent was part of the data collection procedure. Respondents of 80 badminton players, age between 13 to 18 years of age are selected randomly at several badminton clubs around the State of Selangor, Malaysia to complete questionnaires. In this research, non-probability sampling method is employed by using the judgment sampling. The researcher is free to select more representative sample to obtain quantitative data that can bring more accurate results (Saunders et al., 2016). Respondents were asked first about their age and willingness, then only the data will be collected.

Secondary data was obtained via internet such as Google Scholar and Semantic Scholar. The data also was obtained via Internet Online Journal database such as Emerald and Wiley which are available in the University Malaya library database. To strengthen the analysis and discussion, the basic data obtained will be supported by statements of players available in the media and the internet. Researchers also took the initiative to interview some selected players among the respondents. The results of these interviews were recorded and analyzed to strengthen and justify the findings based on free time used, discipline control and appearance.

FINDINGS

The finding of this study analysed descriptively and discussed with the statements from selected respondents though their experience as a badminton player. The data divided into three domains, free time used, discipline control and appearance. Each and every domain will show how this badminton players lifestyle contributes towards their performance and success.

Free Time-used

The following table 1 and figure 1, shows types of activities among badminton players during their free time. The table shows, out of 80 respondents, a total of 32.5% use their free time in entertainment activities, 27.5% engage in their hobby activities and 23.75% choose to do physical recreational activities. Only 10% of this group is interested in knowledge-based activities and 6.25% use their time for travel.

Table 1: Types of free time-used activities

Types of activities	Number of badminton players and percentage
Entertainment	26 (32.5%)
Hobby	22 (27.5%)
Physical recreation	19 (23.75%)
Knowledge	8 (10%)
Travelling	5 (6.25%)

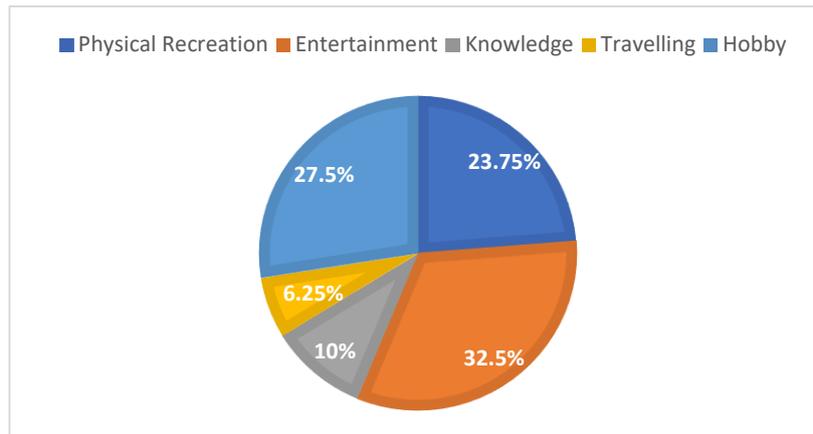


Figure 1: Five types of activities in free time

Discipline control

Discipline of badminton players for this research has been divided into four categories such as rules & regulation, desire, performance and health. Table 2 and figure 2 shows, out of 80 respondents, a total of 35% acknowledging that rules and regulations are important in badminton as well as in life. A total of 32.5% asserted that the strength of discipline adhering to desire plays an important role. Meanwhile, 25% of badminton players' discipline is focused on maintaining performance and only 7.5% prioritize health.

Table 2: Category of discipline among badminton players

Category of discipline among badminton players	Number of badminton players & percentage
Rules & Regulations	28 (35%)
Desire	26 (32.5%)
Performance	20 (25%)
Health	6 (7.5%)

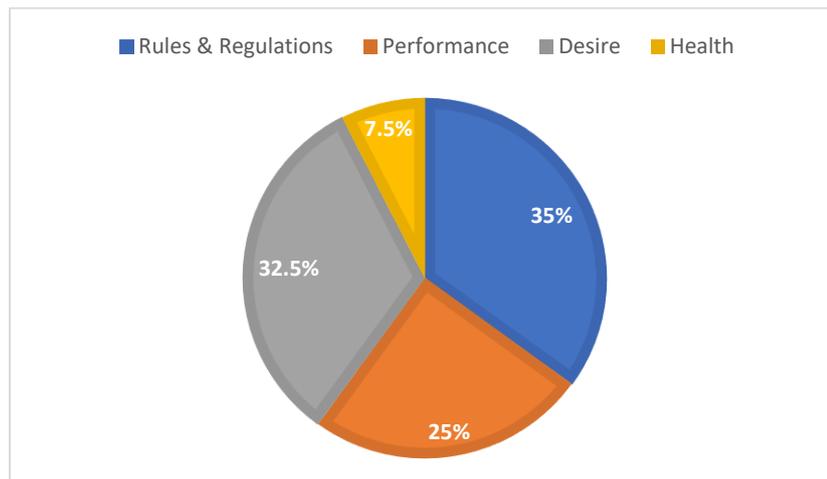


Figure 2: Four categories of discipline among badminton players

Appearance

There are four elements of appearance, namely confidence, discipline, nationalism and equipment. Table 3 shows that 53 (66.25%) respondents consider appearance is important compared to 33.75% who consider it as not important. Out of the 53 respondents who said appearance was important, 64.2% were elements of confidence, 17% discipline, 9.4% nationalism and 9.4% equipment (Table 4 & figure 4).

Table 3: Concern of appearance among badminton players

Concern of appearance	Number of badminton players
Importance	53 (66.25%)
Non-importance	27 (33.75%)

Table 4: The importance of appearance according four different elements

Element of appearance	Number of badminton Players and percentage
Confidence	34 (64.2%)
Discipline	9 (17%)
Nationalism	5 (9.4%)
Equipment	5 (9.4%)

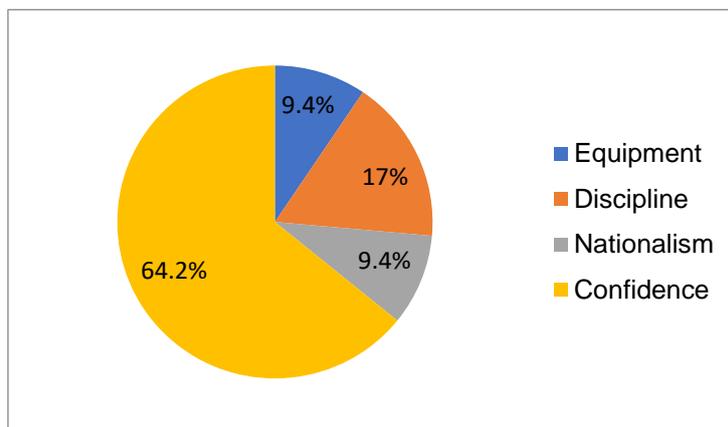


Figure 4: Four different elements of the importance of appearance among badminton players

DISCUSSION

According to the findings, researchers found that most of the badminton players spend their free time in entertainment and hobbies. Leisure time among badminton players is filled with physical recreational activities, entertainment and knowledge, leisure and hobbies (Mac Cosham *et al.* 2015). Badminton players using their free time more for entertainment. According to Syafiq (Interview, 2020):

Entertainment is fun. It is good for rest and relax after a tiring training session. We play card, karaoke, watch movies and so on.

Good discipline is one of the keys to success (Harrald, 2006). Garcia,& Subia, (2019) stated, “every student-athlete should have an organised lifestyle and a high level of discipline”. Discipline among badminton players is important especially during training. There are a lot of different training activities - some for skills, some for fitness and some to improve technique and tactics of the games. Chan Kwong Beng also shared his same thought about discipline:

I would say that training is the hardest part. There are a lot of different trainings, some for skills, some for fitness and some to improve other parts of your game. A lot of hard work, effort and discipline are needed in these trainings.

There is a Chinese saying, "A minute of performance on stage will need 10 years of training off stage." That is so true. A lot of training is needed before you can turn into a professional player. So to me, training is the most difficult followed by the pressure to perform.

(Chan, 2012)

Explaining the discipline of badminton players, Chan Kwong Beng (Malaysia National Badminton Team, 2010), said “the coach is very important but maybe not the most important. The most important thing has to be the players' work ethics and discipline in and out of the court. Even the best coach in the world will not be able to help us if we don't help ourselves”. Obeying the association's guidelines and rules are major parts of a badminton player's self-discipline development.

Each and every badminton player have their own style and perception on self-look or self-appearance. Lindberg *et al.* (2007), stated that teenagers tend to put more emphasis on their physical appearance. There are no evidences, however, an unattractive self-appearance does or does not make a badminton player perform at an excellent level (Krutsevych, & Marchenko, 2017). It is believed that appearance is capable of bringing a good image to the player, the team and the country he or she

represented. The results supported by Machida et al., (2017) who stated that the nature of high confidence in sports comes from various sources of inspiration including good appearance. Dos Santos, & Pereira, (2018) added, good appearances really give a high level of independence to an individual, no matter what are the different types of situations they face.

CONCLUSION

Most of the players played badminton at an early stage, representing their schools as a start, then slowly rising through the ranks from district player to state and finally being noticed by the national team. All of them were unknown to the world then, not until they made the breakthrough in the international scene through sheer hard work and determination and of course talent plays a part as well. They also need to live a life of a true sports men and women, and not an ordinary life. Having a correct lifestyle will definitely help them in achieving their dreams. This paper has discussed and suggested three major aspects of lifestyle to be concerned towards success and sustainability in the world of badminton which needs perfect time-used, high discipline and proper appearance.

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