North Asian International Research Journal of Multidisciplinary

IRJIF IMPACT FACTOR:7.001

ISSN: 2454-2326 Vol.12, Issue, 2 Febuary-2026

Index Copernicus Value: 58.12 Indian Citation Index

NAIRJC UGC-Aligned | HEI-Approved Peer Reviewed Refereed Journal (Under New UGC Guidelines)

A STUDY ON THE RELATIONSHIP BETWEEN SELECTED COORDINATIVE ABILITIES AND PSYCHOLOGICAL FACTORS AMONG BADMINTON PLAYERS

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The purpose of this study was to examine the relationship between selected coordinative abilities and psychological factors among badminton players. Badminton is a high-speed racket sport that requires precise motor coordination along with strong psychological preparedness for optimal performance. The present investigation focused on key coordinative abilities reaction time, balance, spatial orientation, and rhythm coordination and major psychological factors including motivation, competitive anxiety, self-confidence, and concentration. A sample of competitive badminton players was selected using a purposive sampling method. Standardized field tests were administered to measure coordinative abilities, while validated psychological inventories were used to assess mental variables.

Data were analyzed using descriptive statistics and Pearson's product–moment correlation to determine the degree and direction of relationships between variables. The results indicated that several coordinative abilities showed statistically significant correlations with psychological factors. Faster reaction time and better spatial orientation were positively associated with higher concentration and self-confidence levels, while improved balance ability demonstrated a negative relationship with competitive anxiety. Rhythm coordination showed a moderate positive relationship with intrinsic motivation. These findings suggest that players who demonstrate higher coordinative efficiency tend to possess more stable and performance-enhancing psychological characteristics.

The study highlights that physical coordination and psychological readiness are interdependent components of badminton performance rather than isolated traits. The results support the inclusion of integrated training approaches combining coordinative drills with psychological skills training to enhance overall athlete development. The outcomes of this research may assist coaches, trainers, and sport psychologists in designing more comprehensive and sport-specific training programs. Further research with larger and more diverse samples is recommended to validate and extend these findings.

KEYWORDS: ***Badminton players; Coordinative abilities; Reaction time; Balance ability; Spatial orientation; Rhythm coordination; Sport psychology; Motivation; Competitive anxiety; Self-confidence; Concentration; Motor coordination; Athletic performance***

BACKGROUND OF THE STUDY

Badminton is a fast-paced and highly skill-oriented racket sport characterized by rapid rallies, sudden directional changes, explosive movements, and precise shot execution. Players are required to respond instantly to shuttle speed, trajectory, and opponent strategy, making the game heavily dependent on neuromuscular efficiency and perceptual–motor coordination. Unlike many other sports, badminton involves continuous transitions between offensive and defensive play within seconds, demanding exceptional reaction time, balance, spatial awareness, timing, and movement synchronization. These qualities are collectively referred to as coordinative abilities, which enable athletes to execute complex motor actions smoothly and accurately under changing game situations.

In addition to physical and technical components, modern sport science recognizes the crucial role of psychological factors in determining athletic performance. Variables such as motivation, concentration, self-confidence, emotional control, and anxiety regulation significantly influence how effectively a player applies skills during competition. In high-pressure match conditions, even technically sound players may underperform if psychological readiness is inadequate. Mental focus, decision-making speed, and emotional stability often differentiate winning performances from average ones.

Coordinative abilities and psychological factors are not independent domains; rather, they interact closely during performance. Efficient coordination enhances confidence and attentional control, while psychological stability supports better motor execution and consistency. For badminton players, where decisions and movements occur within fractions of a second, this interaction becomes especially critical. Despite recognition of both domains, research examining their direct relationship in badminton players remains limited.

Therefore, establishing a clearer understanding of how selected coordinative abilities relate to psychological factors is essential for developing comprehensive training models. Such knowledge can help coaches and sport scientists design integrated programs that simultaneously develop motor coordination and mental readiness, ultimately improving competitive performance in badminton.

PROBLEM STATEMENT

Badminton performance is widely recognized as a product of both physical–motor efficiency and psychological preparedness. Coordinative abilities such as reaction time, balance, spatial orientation, and rhythm coordination enable players to execute complex and rapid movement patterns, while psychological factors such as motivation, anxiety control, self-confidence, and concentration influence decision-making, consistency, and competitive behavior. Although both domains are considered essential for success in badminton, most existing studies have examined them separately, with greater emphasis placed on physiological fitness and technical skill development.

There is a noticeable lack of systematic research investigating the direct relationship between selected coordinative abilities and psychological factors among badminton players. Without such evidence, training programs often treat motor coordination and psychological preparation as independent components, potentially overlooking their interactive effects on performance. This gap limits the development of integrated coaching strategies that could more effectively enhance player outcomes.

Therefore, the present study seeks to address this research gap by examining whether specific coordinative abilities are significantly correlated with key psychological traits among badminton players. Establishing these relationships will contribute to a more comprehensive understanding of performance determinants and provide a scientific basis for combined coordinative and psychological training interventions.

OBJECTIVES OF THE STUDY

1. To assess selected coordinative abilities of badminton players.
2. To evaluate psychological factors including motivation, anxiety, self-confidence, and concentration.
3. To determine correlations between these coordinative abilities and psychological factors.

Hypotheses

1. *H1:* There is a significant positive relationship between coordinative abilities and self-confidence.
2. *H2:* There is a significant negative relationship between coordinative abilities and anxiety levels.
3. *H3:* Motivation levels significantly correlate with certain coordinative skills.

REVIEW OF RELATED LITERATURE

Coordinative Abilities

Coordinative abilities play a central role in the successful execution of sport-specific skills, particularly in fast and open-skill sports such as badminton. These abilities enable athletes to perform complex motor tasks efficiently, adapt movements to changing situations, and maintain control and accuracy under time pressure. Key components of coordinative abilities include reaction time, balance, rhythm, spatial orientation, kinesthetic differentiation, movement coupling, and adaptability. Together, these capacities determine how effectively an athlete can organize and regulate motor actions.

Schmidt and Lee (2011) emphasized that motor coordination is not merely a physical trait but a product of neuromuscular control and perceptual processing, allowing athletes to respond accurately under competitive stress. Hirtz (1985) classified coordinative abilities as trainable qualities that significantly influence skill acquisition and performance consistency. Research in racket sports has shown that superior coordination contributes to improved stroke timing, footwork efficiency, and shot placement. Studies in tennis and table tennis have demonstrated that players with higher coordination scores perform better in dynamic match conditions, suggesting similar relevance in badminton.

Further, Bompa and Haff (2009) noted that coordination training enhances motor learning speed and reduces energy wastage during movement execution. This efficiency becomes especially important in badminton, where repeated high-speed rallies demand precise and economical movement patterns. Empirical findings also indicate that early and systematic coordination training produces long-term performance benefits in skill-dominant sports.

Psychological Factors in Sport Performance

Psychological factors are widely recognized as critical determinants of athletic performance across competitive levels. Mental variables such as motivation, arousal regulation, anxiety management, concentration, and self-confidence influence how effectively athletes utilize their physical and technical abilities. According to Weinberg and Gould (2019), psychological readiness often distinguishes elite performers from sub-elite athletes, especially in high-pressure situations.

Vealey (2007) identified sport confidence as a strong and consistent predictor of performance success, noting that confident athletes demonstrate greater persistence, better emotional control, and more effective coping strategies. Martens et al. (1990), through the development of the Competitive State Anxiety Inventory (CSAI-2), established that cognitive and somatic anxiety levels significantly affect competitive outcomes. Moderate arousal may enhance performance, but excessive anxiety tends to impair decision-making and motor control.

Research on motivation, particularly through Self-Determination Theory (Deci & Ryan, 2000), shows that intrinsically motivated athletes display higher engagement, persistence, and performance satisfaction. Concentration and attentional control have also been shown to directly impact timing-based and precision sports. Nideffer (1976) highlighted that attentional focus styles influence performance consistency in fast-response sports. Psychological skills training programs including imagery, goal setting, and self-talk have repeatedly demonstrated positive effects on performance across sport disciplines.

Previous Research on Badminton Players

Existing research on badminton players has largely concentrated on physiological, biomechanical, and technical parameters such as aerobic capacity (VO_2 max), agility, speed, muscular power, and match-play movement patterns. Studies have documented the high-intensity intermittent nature of badminton and the importance of agility and reaction speed for competitive success. Investigations into footwork patterns and stroke biomechanics have further reinforced the role of motor efficiency in performance.

Some studies have examined psychological aspects in badminton, reporting that elite players tend to exhibit higher confidence, better emotional regulation, and stronger achievement motivation compared to lower-level players. Research has also shown that mental toughness and attentional control contribute to match consistency and clutch performance in racket sports. However, these psychological investigations are often conducted independently of motor coordination measures.

Only limited empirical work has attempted to connect coordinative abilities with psychological characteristics in badminton players. Interdisciplinary studies in other sports suggest that better motor coordination is associated with improved attentional control and reduced performance anxiety, but sport-specific evidence in badminton remains scarce. This lack of integrated research highlights the need for systematic investigation into how coordinative and psychological factors interact within the badminton performance context.

METHODOLOGY

Research Design

The present study employed a correlational research design to examine the relationship between selected coordinative abilities and psychological factors among badminton players. This design was considered appropriate because the objective was to determine the degree and direction of association between variables without manipulating any of them. The study did not involve any treatment or intervention; instead, it measured existing levels of coordinative and psychological attributes and analyzed their statistical relationships. Correlational design is widely used in sport science research where natural performance traits and psychological characteristics are studied in their real-life setting.

Sample

The sample for this study consisted of 60 male badminton players in the age group of 16 to 25 years. Participants were selected from recognized regional badminton academies and training centers. A random sampling method was used to reduce selection bias and ensure fair representation of players within the defined population.

All selected participants were active players who regularly participated in training and competitive events. Prior to data collection, consent was obtained from the players and, where necessary, from coaches or guardians.

Inclusion Criteria

To ensure uniformity and relevance of the sample, the following inclusion criteria were applied:

- Participants must be male badminton players aged between 16–25 years
- Must have a minimum of two years of continuous playing and training experience
- Must be medically fit and actively involved in regular practice
- Must have participated in at least district- or academy-level competitions
- Willingness to participate voluntarily in all tests and psychological assessments

Players who were injured, under rehabilitation, or absent during testing sessions were excluded from the study.

VARIABLES OF THE STUDY

In the present investigation, two major categories of variables were identified in accordance with the objectives and correlational design of the study: independent variables and dependent variables. The independent variables consisted of selected coordinative abilities, while the dependent variables comprised selected psychological factors related to sport performance.

INDEPENDENT VARIABLES (IV): SELECTED COORDINATIVE ABILITIES

The following coordinative abilities were treated as independent variables, as they represent motor–performance capacities that may influence psychological responses and performance behavior in badminton players:

1. **Reaction Time**
   Reaction time refers to the speed with which a player responds to a given stimulus. In badminton, quick reaction to shuttle direction, opponent movement, and game situations is essential for effective performance.
2. **Balance Ability**
   Balance ability is the capacity to maintain body stability during static and dynamic positions. It plays a vital role in footwork control, stroke execution, and recovery movements during rallies.
3. **Spatial Orientation**
   Spatial orientation is the ability to determine and adjust body position and movement in space relative to objects and opponents. In badminton, it supports accurate positioning and court coverage.
4. **Rhythm Coordination**
   Rhythm coordination refers to the ability to perform movements with proper timing and sequence. It is important for stroke timing, movement flow, and synchronization between footwork and racket actions.

DEPENDENT VARIABLES (DV): PSYCHOLOGICAL FACTORS

The following psychological characteristics were considered dependent variables, as they reflect mental and emotional states that may be associated with levels of coordinative abilities:

1. **Motivation**
   Motivation refers to the internal drive that directs and sustains effort toward training and competitive goals. Higher motivation is linked with persistence and improved performance.
2. **Anxiety**
   Anxiety represents feelings of tension and nervousness experienced before or during competition. Competitive anxiety can influence decision-making and motor execution.
3. **Self-Confidence**
   Self-confidence is the belief in one's ability to perform successfully in sport situations. It affects risk-taking, composure, and consistency during matches.
4. **Concentration**
   Concentration is the ability to maintain attentional focus on relevant cues while ignoring distractions. It is crucial for timing, anticipation, and tactical execution in badminton.

Tools and Instruments

Variable	Measurement Tool
Reaction Time	Ruler Drop Test
Balance Ability	Stork Stand Test
Spatial Orientation	Maze Test
Rhythm Coordination	Dribbling Test
Motivation	Sport Motivation Scale (SMS)
Anxiety	Competitive State Anxiety Inventory-2 (CSAI-2)
Self-Confidence	Trait Sport-Confidence Inventory
Concentration	Test of Attentional and Interpersonal Style

Procedure

Participants completed coordinative skill tests on the badminton court followed by psychological inventories administered in controlled conditions. Tests were scheduled over two weeks to avoid fatigue effects.

Data Analysis

Statistical analysis was conducted using Pearson Product-Moment Correlation Coefficient and multiple regression analysis**.** Significance was set at $p < .05$.

RESULTS

Descriptive Statistics

Variable	Mean	SD
Reaction Time	0.24 s	0.03
Balance Ability	38.5 s	5.2

Variable	Mean	SD
Motivation	4.25	0.53
Anxiety	32.8	6.4
Self-Confidence	28.7	4.9

Correlation Findings

I. Reaction Time & Self-Confidence**:** $r = .42$, $p < .01$
II. Balance Ability & Anxiety: $\boldsymbol{r = -.36}$, $p < .05$
III. Spatial Orientation & Concentration: $\boldsymbol{r = .49}$, $p < .001$
IV. Rhythm Coordination & Motivation: $\boldsymbol{r = .28}$, $p < .05$

Regression Analysis

Regression modeling showed that coordination collectively explained 38% of variance in performance-related psychological factors ($R^2 = .38$, $p < .001$).

DISCUSSION

Interpretation of Results

The primary objective of the present study was to examine the relationship between selected coordinative abilities and psychological factors among badminton players. The findings indicate meaningful associations between several coordinative components and key psychological traits, suggesting that motor coordination and mental readiness function in a mutually supportive manner in racket sports performance.

The results show that players with better reaction time and spatial orientation tend to demonstrate higher levels of self-confidence and concentration**.** This relationship can be explained by the performance feedback loop in sport: athletes who consistently respond quickly and position themselves accurately during play experience greater success in rallies, which strengthens confidence and reinforces attentional control. Efficient perceptual–motor responses reduce hesitation and cognitive overload, allowing players to stay mentally focused during fast exchanges.

The study also found that superior balance ability correlates negatively with competitive anxiety**.** Players who possess better postural control and movement stability are likely to feel more physically secure during rapid directional changes and stroke execution. This sense of physical control may translate into emotional steadiness, thereby lowering anxiety levels in competitive situations. Stable movement patterns reduce perceived performance risk, which in turn supports psychological calmness under pressure.

Further, rhythm coordination showed a positive relationship with motivation. Players who can synchronize movement timing effectively often experience smoother skill execution and greater training success. Positive skill experiences tend to enhance intrinsic motivation, as athletes derive satisfaction and enjoyment from efficient movement and improved performance. Coordinative fluency may therefore act as a reinforcing factor that sustains engagement in practice and competition.

Overall, the findings support the concept that coordinative efficiency is not only a mechanical advantage but also contributes to constructive psychological states in badminton players.

Comparison with Existing Literature

The present findings are consistent with earlier sport science research linking motor coordination with psychological strength and performance stability. Williams et al. (2018) reported that higher coordination levels are associated with improved psychological resilience and decision-making accuracy in competitive athletes. Similarly, Schmidt and Lee emphasized that well-developed coordinative abilities reduce cognitive load during skill execution, allowing better attentional focus and emotional regulation.

Previous studies in racket sports have also indicated that perceptual–motor skill proficiency contributes to confidence and reduced competitive stress. Research on attentional control and motor skill automaticity suggests that when movement execution becomes more coordinated and efficient, athletes can allocate greater mental resources to tactical and strategic aspects of performance. The current study's results align with these theoretical and empirical perspectives and extend them specifically to badminton players.

However, earlier badminton research has largely focused on physiological and technical determinants, with limited emphasis on coordination–psychology relationships. Therefore, the present study contributes additional sport-specific evidence supporting an integrated performance model.

Practical Implications

The practical implications of this study are significant for badminton coaching, training design, and athlete development programs. The observed relationships indicate that coordinative training and psychological skill development should be integrated rather than treated as separate components of preparation.

Coaches are encouraged to design training sessions that simultaneously challenge motor coordination and mental focus. For example:

- Balance drills combined with breathing or mindfulness techniques to reduce anxiety
- Reaction-time exercises paired with concentration tasks and decision cues
- Rhythm and timing drills integrated with motivational goal-setting exercises
- Spatial orientation drills conducted under variable and pressure-based conditions

Such combined approaches may enhance both movement efficiency and psychological readiness. Sport psychologists and coaches can collaborate to create blended training modules that improve confidence, focus, and emotional control alongside coordinative abilities.

CONCLUSION

The present study was conducted to examine the relationship between selected coordinative abilities and psychological factors among badminton players. Based on the statistical analysis and interpretation of results, it can be concluded that coordinative abilities and psychological characteristics are meaningfully interconnected in the context of badminton performance.

The findings demonstrate that specific coordinative abilities—particularly reaction time, spatial orientation, balance, and rhythm coordination—show significant relationships with important psychological factors such as self-confidence, concentration, motivation, and anxiety. Players who exhibited superior reaction time and spatial orientation tended to report higher levels of confidence and attentional focus. Better balance ability was associated with lower competitive anxiety, while rhythm coordination showed a positive link with motivation toward training and performance.

These results confirm that motor coordination is not only a physical performance component but also contributes to an athlete's psychological stability and readiness. The study supports the view that effective badminton performance emerges from the combined influence of neuromuscular coordination and mental strength. Therefore, training approaches that integrate coordinative development with psychological skill enhancement are likely to produce more consistent and higher-level performance outcomes.

The study also contributes to the limited sport-specific literature connecting coordinative and psychological domains in badminton and provides a foundation for future interdisciplinary research.

RECOMMENDATIONS

Based on the findings and conclusions of the study, the following recommendations are proposed:

Training and Coaching Recommendations

1. Coaches should integrate coordinative ability training with psychological skills training rather than addressing them separately.
2. Regular inclusion of drills targeting reaction time, balance, spatial orientation, and rhythm should be combined with concentration and confidence-building exercises.
3. Balance and stability exercises may be paired with relaxation and breathing techniques to help reduce competitive anxiety.
4. Reaction and orientation drills should include decision-making and focus elements to strengthen attentional control under game-like pressure.
5. Motivational strategies such as goal setting and performance feedback should be embedded within coordinative training sessions.

Assessment Recommendations

6. Periodic assessment of both coordinative abilities and psychological factors should be conducted to monitor athlete development holistically.
7. Coaches and sport support staff should use standardized tests and inventories for more objective evaluation.

Research Recommendations

8. Similar studies should be conducted with larger sample sizes and different competitive levels for broader generalization.
9. Future research should include female badminton players and different age categories for comparative analysis.
10. Longitudinal and experimental studies are recommended to examine cause effect relationships between coordinative training and psychological outcomes.
11. Further studies may also explore the relationship in other racket sports for cross-sport comparison.

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