

Do You Feel What I Feel? The Developmental Psychobiosocial States in Competitive
Badminton

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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. Thirty elite badminton players in three age group (lower juniors, upper juniors, and adults) will reflect on their psychobiosocial states, rating their feelings on eight components of psychobiosocial states (Bortoli et al., 2008) during their self-identified best and worst performances during competitive tournaments. 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.