

Predicting social anxiety and mental fitness of skilled badminton players by physical fitness

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Abstract:

Due to the periodic nature and intense and rapid activities of badminton, in addition to technical and tactical skills, attention should be paid to psychological skills that play a significant role in badminton. Objective: The present study attempts to investigate the predictive role of physical fitness characteristics on social anxiety and mental fitness of skilled badminton players. Methodology: The method of the present study is descriptive-correlational. Participants of the present study were selected due to the existing limitations (lack of skilled athletes), 20 male and female athletes (East Azerbaijan province who are members of the national team and participants of the national league) with an age range of 15 to 20 years. Sargent springs and jumps were used to measure anaerobic power, bass balance to measure dynamic balance, mental fitness questionnaire (to measure mental fitness) and social anxiety questionnaire (SAQ) were used to analyze anxiety. For data analysis, Pearson correlation and regression by Inter method were used. Results:

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After reviewing the data, the results showed that there was a good correlation between mental fitness and physical fitness variables and due to the high levels of beta and t and low levels of physical fitness, a high predictive role. In mental fitness, but there is a weak and insignificant relationship between physical fitness and social anxiety factors: social anxiety and sergeant jump ($p = 0.081$), bass anxiety and balance ($p = 0.095$), social anxiety And rast ($p = 0.762$). Conclusion: According to the obtained values, it can be concluded that physical fitness has a great impact on the mental states of athletes and affects these characteristics, and the higher the physical fitness of athletes, the higher their mental fitness. As a result, things like self-confidence, concentration, mental imagery, and many other things that are part of mental fitness are affected and reinforce these variables in professional athletes, as well as Professional athletes have low social anxiety due to long-term presence in sports fields and high experience in social situations, and physical fitness factors do not have a predictive role on social anxiety of professional athletes.

keyword: psychomotor characteristics, physical fitness, skilled badminton players, Fatigue

Introduction

Due to the periodic nature and intense and rapid activities of badminton, in addition to technical and tactical skills, attention should be paid to psychological and mental skills that play a significant role in playing badminton (Motesharei et al., 2018). Considering the role of psychological aspects in human actions and behavior, giving importance to psychological issues has a special value and credibility (Alizadeh et al., 2015). Due to the competitive nature of professional sports, psychological characteristics have a great impact on the physical fitness and success of skilled athletes. With the increase of physical fitness of athletes, their self-confidence increases and this issue causes the athlete



to overcome emotional states such as anxiety and stress (Khosravi Moradi, 2015). Due to the deep relationship between physical fitness and mental fitness and its relationship with the performance of athletes in various competitions, the present study analyzes the predictive role of physical fitness characteristics on mental fitness and anxiety in badminton. Considering that no type of research has simultaneously examined social anxiety and mental fitness and the relationship between these two and physical fitness, the present study tries to answer the questions of whether physical fitness has the ability to predict mental fitness and social anxiety?

Research Method

The method of the present study is descriptive-correlational. Due to the existing limitations (lack of skilled athletes), the participants of this study are 20 skilled male and female athletes of East Azerbaijan Province (members of the national team and participants of the National League) with an age range of 15 to 20 years, who performed the Rast and Sargent Jump Test to measure anaerobic capacity and completed the Mental Fitness Questionnaire (to assess mental fitness) and Watson & Friend Community Anxiety Questionnaire. Pearson correlation and regression statistical methods were used to analyze the data.

Research Findings

After reviewing the data, the results showed that there is a good correlation between mental fitness and physical fitness variables and due to high beta and t-values and low level of significance, physical fitness has a high predictive role in mental fitness. But there is a weak and insignificant relationship between physical fitness factors and social anxiety: Social anxiety and Sargent Jump ($p = 0.081$), bass anxiety and balance ($p = 0.095$), social anxiety and rast ($p = 0.762$).

Conclusion

According to the obtained values, it can be concluded that physical fitness has a great impact on the mental states of athletes and affects these characteristics and the higher the physical fitness of the athletes, the higher their mental fitness. As a result, things like self-confidence, concentration, mental imagery, and many other things that are a subset of mental fitness, are affected and reinforce these variables in professional athletes. Also, professional athletes have low social anxiety due to long-term presence in sports fields and high experiences in social situations, and physical fitness factors do not have a predictive role on social anxiety of professional athletes.

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