

Cultivating Youth Interest in Badminton

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Abstract: Conducting an investigation and analysis using literature review methods, the current state of interest cultivation among young badminton players was examined. The findings indicate a less optimistic situation regarding interest development among these young athletes: the initial interest motivation of young badminton players is significantly influenced by parents, with parental focus more on sporting achievements than the child's happiness, neglecting the emotional well-being of children; coaches prioritize fundamental technical skills over interest cultivation, and the methods used to stimulate interest still exhibit traditional tendencies, overlooking the application of game-based and competitive approaches; there is a lack of practical implementation in interest cultivation; the majority of coaches create an unfavorable classroom atmosphere, easily overlooking students' emotional experiences. Understanding the current development status and trends in interest cultivation for youth badminton, this study analyzed data on interest cultivation methods. It was found that the majority of badminton teaching tends to focus on scientific technical training and physical fitness for young players. While many coaches and parents express affirmation for interest cultivation methods, they are not widely applied in practice at present. Incorporating game-based teaching into badminton instruction has the potential to enhance students' interest in badminton learning, especially for novice young players, facilitating the early establishment of a love for badminton.

Keywords: Badminton; Interest cultivation; Youth

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1. Introduction

Badminton is a commonly favored recreational sport in people's daily lives, particularly among youth. However, there is an increasing demand for higher technical proficiency in contemporary badminton, and the sport's difficulty has also escalated. Therefore, to alter the current state of youth badminton, there needs to be an enhancement in the training, physical fitness, interest, and motivational mechanisms for young players^[1]. Badminton, being a sport with evident characteristics such as the speed of offense, the agility of the shuttlecock, and the net confrontation, has garnered significant attention, especially during the Olympics. It serves as a choice for individuals of all ages and genders to relax and unwind. In badminton training and teaching, the focus should be on comprehensively improving physical fitness and mastering basic badminton techniques. Additionally, there should be efforts to ignite a strong passion for the sport within athletes, fostering the belief

that badminton can be a lifelong pursuit among coaches and players ^[2].

2. Situation analysis

2.1. The development of badminton

With the rapid development of China's economy and the continuous improvement of the material and spiritual living standards of the people, the awareness of fitness among the general population has been steadily increasing. Badminton, as a sport, is becoming increasingly popular. It is a traditional strength of our country, consistently winning championships in major international competitions like the Olympics. Badminton has produced sports stars such as Dan Lin, Yun Cai, Haifeng Fu, and Xuerui Li, who are deeply loved by the vast majority of people.

At the same time, badminton is one of the most technically rich sports among all sporting events. Its characteristics include high aesthetics, fast shuttlecock speed, diverse techniques, the absence of intense physical confrontation, and minimal risk of injury. Therefore, badminton has become increasingly popular among the public and an indispensable activity for improving physical fitness in people's lives.

With the implementation and development of the national fitness plan, thousands of people actively participate in badminton across various cities in China. As the grassroots foundation for badminton continues to strengthen, there is a growing number of amateur badminton competitions, including well-known events like the Red Bull Cup Badminton Championship and the "Who is the King of the Court" organized by CCTV5. These competitions attract a large number of participants. Overall, the flourishing participation in badminton aligns with the national fitness plan, contributing to the widespread popularity of the sport among the Chinese population. Many parents nowadays often complain or blame their children for poor physical coordination, lack of agility, and the tendency to be slow in translating visual and mental cues into physical actions. However, constant blame can diminish a child's confidence and lead to a rebellious mindset. Japanese violin educator Mr. Shinichi Suzuki suggests an alternative approach. Rather than attributing slowness to the child's physical actions, he advises that the slowness is in their minds, not their hands. Suzuki recommends a solution: having children play badminton for 30–40 minutes daily.

Engaging in sports can enhance a child's physical fitness and boost their immune system. Badminton, being a full-body exercise, requires coordination between the eyes, brain, and hands, thereby improving a child's overall coordination. Being a fast-paced sport, badminton is particularly effective in training a child's agility. Moreover, due to its swift pace, badminton easily elevates a child's heart rate to 110–130 beats per minute, allowing them to inhale more oxygen in a given time frame. This, in turn, prompts the brain to release more "happiness factors," contributing to the child's overall well-being. Guiding children to play a game of badminton when feeling wronged, stifled, or angry can quickly release negative emotions and foster an excited, agile, and positive mindset. The fluctuation of a child's emotions has a crucial impact on their performance on the court. Therefore, a child who remains calm during a competitive match with a partner is likely to possess greater psychological resilience and perseverance.

Badminton, with its demand for overall coordination and cooperation, can significantly improve a child's physical fitness, enhance cardiovascular function, and refine their unbalanced physique. Lean children with a bean sprout-like physique, after three to four months of badminton training, experience increased myocardial strength, reduced occurrences of colds and pneumonia and weight gain. On the other hand, plump children can trim down their bellies through training. Simultaneously, tracking the swift and dancing shuttlecock, which moves near and far in a game of badminton, is an excellent exercise for the robustness of the ciliary muscles surrounding the lens. Consistent adherence to this practice can prevent childhood myopia.

2.2. The current situation of youth badminton interest cultivation

To encourage more students to truly enjoy badminton and improve the overall physical fitness of young people, our coaches have introduced a reward system called “Excellence Coins.” In each class, students can earn a maximum of thirty Excellence Coins. Wearing training attire is rewarded with five Excellence Coins, being punctual earns an additional five, and demonstrating diligence, active participation, and dedication to training can yield twenty Excellence Coins. These coins can be exchanged for badminton rackets, toys, and even mineral water. Exceptionally outstanding students who accumulate a certain number of Excellence Coins have the opportunity to exchange them for their preferred toys or stationery, specially sourced for them, as a further incentive to continue their efforts and challenge themselves.

Once students reach a certain proficiency level, we organize physical fitness competitions and badminton matches among students of similar skill levels. Winners of the physical fitness competition receive three hundred Excellence Coins for the first place, two hundred for the second place, and one hundred for the third place. Similarly, winners of the badminton competition receive five hundred Excellence Coins for the first place, three hundred for the second place, and two hundred for the third place. These competitions are designed to stimulate students’ enthusiasm, encouraging them to study harder and train more diligently ^[3].

During breaks, we engage in conversations with the students and have discovered that many of them genuinely love badminton and have a passion for the sport. They are always punctual and attend classes wearing their sports attire, even when parents are unable to accompany them. This genuine love for badminton has ignited a stronger sense of responsibility among our coaches. In addition to sharing our knowledge and skills with the young students, we incorporate sports games into our teaching, such as position games and badminton drills. Through these games, we aim to enhance students’ motivation to learn and foster a greater enthusiasm for badminton.

3. Influencing factors

3.1. The cognitive factors of adolescents regarding badminton sport

Based on the current practical needs of youth sports work, especially considering the age characteristics of physical and mental development of some specialized athletes and the existing amateur training mode in children’s sports schools, we should categorize adolescents into the age range of 6–18 years ^[4]. In this age group, adolescents’ physical development is optimal, and correcting movement errors is easier during various sports and exercises. Additionally, adolescents in this age range tend to have a certain level of patience and explosiveness. With the increasing societal pressures, parents hope their children excel in various areas, leading to enrollment in numerous extracurricular activities such as art, dance, music, etc. In addition to facing the heavy burden of academic pressure at a young age, adolescents experience issues like vision problems, obesity, and weakened immune systems. When the children’s health deteriorates, parents recognize the importance of exercise, such as learning badminton. However, adolescents often lack awareness and interest in badminton. Therefore, in the process of learning badminton skills, it is crucial to understand the interests and hobbies of adolescents, enabling better mastery of sports skills ^[5].

3.2. Venue facilities and coaching levels

The scale of badminton training institutions has been growing, but they face several challenges. There are shortcomings in both management systems and venue facilities, and coaches often lack knowledge and training proficiency ^[6]. Badminton is a sport suitable for all ages, easy to start learning, and has a high safety factor. Therefore, it is highly beneficial for the development of public fitness activities. The concept of the operation

mechanism of a badminton club should be understood as the structure, functions, and relationships between the organization, system, and processes that influence the participation of young people in club activities. These elements should work together organically throughout the entire process of amateur badminton activities.

To enhance the operation of badminton clubs, improvements are needed in both the facility and coaching aspects. Establishing standard badminton courts and regularly organizing competitions can create a better environment for the growth of young participants. Conducting training for coaches on a regular basis and strengthening the overall coaching team will contribute to continuous improvement in coaching proficiency. This, in turn, enables coaches to effectively impart technical and tactical skills to young participants.

3.3. Parental support

In today's society, many children are the only children, and some students may lack the resilience to endure hardship. Schools and families often prioritize academics, neglecting the importance of teaching children resilience and hard work. Many children struggle with the physical demands of sports, and their sedentary lifestyles, reliance on cars and elevators, and extensive use of electronic devices contribute to reduced physical activity. It results in compromised physical fitness among adolescents. Therefore, parents should focus on the ideological education of young people, emphasizing that exercise is the best way to improve physical fitness. Parents need to supervise their children to complete assigned exercises, provide timely feedback to coaches, communicate regularly with instructors to understand their children's performance, and spend quality time engaging in physical activities together as role models for their children.

4. Development strategy

4.1. Promoting a proper understanding of student physical exercise

Youth badminton training should take into account the physical characteristics of adolescents. Interest serves as the foundation for the success of young badminton players. It can spark a love for badminton in youth, laying the groundwork for their proficiency in the sport. At this stage, adolescents exhibit strong learning abilities and memory retention. The intensity and density of physical exercises should gradually increase during practice sessions to enhance the physical capabilities of young individuals.

Training sessions should incorporate enjoyable and interesting exercises to prevent adolescents from feeling bored. It is essential to choose training methods that pose no harm and select appropriate training content. This approach ensures that youth remain engaged and enthusiastic about their badminton training, contributing to their overall development in the sport ^[7].

4.2. Ensuring quality in club sports teaching and improving infrastructure development

In badminton teaching, it is essential to tailor the instruction according to the individual characteristics of each student, aiming to achieve the most effective teaching methods ^[8]. For the teaching work of junior badminton, it is crucial to find ways to cultivate interest among young players during mundane exercises. Increasing the proportion of game-based teaching methods in badminton course instruction can significantly enhance the entertaining nature of the lessons and encourage active participation among students. This approach also helps students gain a better understanding of badminton.

Game-based teaching methods are highly beneficial for fostering students' learning interests. Although this method involves diverse content, its underlying goal remains consistent. In teaching children and adolescents badminton, it is essential to explore alternative methods that can elevate their interest, such as interest-based teaching methods. By understanding the psychological and physiological conditions of young learners, we can

guide them to develop a genuine passion for badminton, enabling them to fully engage in training.

Improving the remuneration and establishing incentive mechanisms for coaches are crucial steps to elevate the status of badminton coaches within clubs, encouraging those with high-level skills to remain dedicated ^[9]. Children and adolescents represent the future of the nation, and the behavior and demeanor of coaches can exert a subtle yet profound influence on their development. Continuous efforts to enhance the quality of coaches are necessary to ensure overall progress in the skill levels of young badminton players ^[10].

4.3. Parents spending more time with adolescents

Family factors are the most significant influences on adolescents, and the impact of parents on adolescents is undeniable. Parents determine various aspects of adolescents' lives, such as whether they can attend training on time, whether they can adhere to the training schedule, and even whether they participate in training ^[11]. Parents also often consider issues related to students' academic advancement and career choices. Parents should supervise their children in completing the homework assigned by coaches. After class, parents should spend more time playing sports with their children, emphasizing that exercise is the best way to improve physical fitness. In the adolescent stage, children face academic pressure and spend long hours sitting to do homework. Incorrect postures can easily lead to damage to the spine and neck, resulting in a decline in adolescents' physical fitness. During this period, children are prone to nutritional deficiencies due to picky eating ^[12].

4.4. Coaches formulating training plans based on the characteristics of adolescents

Coaches actively engage in communication with adolescents during daily teaching and training, comprehensively understanding the training dynamics of young athletes. Based on this, they continuously adjust the training plans. They actively introduce social resources into the training of young talents, prioritize increasing the youth athlete base, further deepen diversified collaborative training mechanisms, break physical constraints, increase government investment, improve and enhance coach remuneration, provide more competitive opportunities for young athletes, and ensure the openness and fairness of competition systems ^[13]. Government departments should strengthen the promotion of sports to make more parents and students aware of the importance of sports, increase the free usage of public sports facilities, gradually create a sports culture, and involve more adolescents in sports activities ^[14]. In the training process of youth badminton, coaching methods and means should be tailored to individual differences among adolescents. Teaching should be adapted to the actual situation, taking into account different goals, ages, genders, and technical requirements, to formulate rational and easily understandable training methods ^[15].

5. Conclusion

The cultivation of badminton is centered around engaging people's enthusiasm, initiative, and creativity. The characteristics of badminton training align well with the current growth phase of young individuals, catering to their daring spirit and innovative nature. Therefore, conducting relevant badminton interest cultivation training, developing badminton interest training plans tailored to the physical and mental development characteristics of adolescents, and enhancing the interest in badminton training can ultimately contribute to improving students physical fitness.

Disclosure statement

The author declares no conflict of interest.

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