

STUDY REGARDING THE ATTRACTIVENESS OF BADMINTON WITHIN SCHOOL ACTIVITIES, FOR PRIMARY SCHOOL CHILDREN

MILON ALEXANDRA GABRIELA¹

Abstract

Objectives. This paper studies the attractiveness of badminton for primary school children, using various games for the development of attention and coordination, as well as specific badminton games. These aim to develop emulation in order to get as many children as possible to take part in school sports activities.

Method. This study was conducted during the first semester of the academic year 2019-2020, on the primary grades from School no. 10 of Bacau and the "Nicolae Vasilescu Karpen" Technical College of Communications.

The research methods used were: the study of the specialized literature, the inquiry method, the statistical-mathematical method, and the graphical method.

Multiple experts stated that "badminton is an excellent sport that offers a multitude of benefits for its practitioners, including: it improves one's fitness, it increases muscle tone, it brings mental and social benefits, it helps in losing weight, it develops one's flexibility and muscle strength."

Over the course of the physical education lessons, the author tried to develop the children's motor skills using specific badminton means.

In order to better emphasize whether it would be beneficial for the children to introduce specific badminton drills in the physical education lesson, a questionnaire was created, containing 13 items. The questions were written as simple as possible, in order to be understood by the children; the author stood nearby while the children filled out the questionnaire, to clarify possible misunderstandings.

Results. This study wanted to identify the methods through which the physical education class can be made more pleasant, so that it would attract as many children as possible to take part in the physical activities.

Conclusions. After centralizing the questionnaire data, it can be said that the pupils took pleasure in participating in the physical education classes that used specific badminton means. We can improve the skills of the children and feel also pleasure.

Key words: badminton, children, primary education.

Introduction

Experts in the field have said that "physical education is a human activity consisting in a systematic and conscious practice of physical exercises, performed as a bilateral instructive - educational process, aiming to accomplish certain well-defined objectives of various levels" (Dragnea și colaboratorii, 2006). At the small pre-school age, the motor skills can be developed more easily and pleasantly through dynamic games.

Badminton is found in the school curriculum as an optional course, and during the physical education classes it can be used both in part 4 (development of speed or dexterity) and part 5 (learning, consolidation and assessment of motor skills), where one could introduce exercises based on specific badminton means.

Ochiană (2006) observed that "studies on the physical skills required for badminton show that a player must have a certain level of strength,

It can be said that another benefit of badminton being played during the physical education lesson is the relatively simple equipment, which is simple to use by the children, but also the fact that it develops the attention, competitiveness, concentration, dexterity and speed (especially the quickness). Badminton is a relatively safe activity, where there is no direct contact with the opponent and presents no dangers, being attractive for children of this age, and also for all ages. (Grice, 1996).

Multiple experts state that badminton has various benefits for the body: it improves one's skills and helps losing weight, it improves the brain's cognitive function, it strengthens the joints and muscles, it reduces stress and prevents certain diseases. (<https://www.healthfitnessrevolution.com/health-benefits-badminton/>). power, endurance, and flexibility. They also suggest that the most important fitness components in badminton are the player's aerobic and anaerobic

¹Department of Physical Education and Top Athletic Performance, "Vasile Alecsandri" University of Bacău, Romania
Corresponding author: alexandra.milon@ub.ro
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capacity, because the game is very physically demanding."

Golds (2002) wrote that "badminton is a sport encountered very often in schools, where children can be initiated, but at the same time badminton can be played regardless of age, individually or in teams."

This sport perfects the basic motor skills: strength, speed, endurance, dexterity, suppleness. (Milon, Ochiană, Milon, 2009)

Downey (2003) stated that "badminton presents pleasure and interest for the children".

Materials and Methods

The objectives of this research envisaged the increase in attractiveness of physical education classes and the increase of the number of pupils attending these classes, by using badminton.

This paper started from the **hypothesis** stating that: it is presumed that by using specific badminton means, the physical education classes can be made more attractive for the children and their presence can be improved during the physical education classes and sports activities.

The **research methods** used in this study were:

- a. The documentation method
- b. The inquiry method
- c. The observation method
- d. The statistical-mathematical method

The research was conducted on 112 subjects aged between 6-8, between September and December 2019.

The physical education classes, as well as the actual research were conducted under optimal conditions, in the gym of the "Nicolae Vasilescu Karpen" Communications Technical College, and the gym of School 10.

The author worked for 4 months in parallel with the preparing grade and first grade of both the "Nicolae Vasilescu Karpen" Communications Technical College, and of School 10.

Using specific badminton means, the author aimed to improve the children's motor skills, and at the same time make the class more attractive. Over the course of the physical education lessons, the author tried to develop the children's motor skills using specific badminton means.

Dexterity

In order to develop the children's dexterity, they had to complete an applicative track and also specific drills to learn how to move on the court. The applicative track consisted of: lunge walking for 4 meters, transporting the shuttlecock on the racquet over a distance of 5 meters, throwing with the dominant hand 3 shuttlecocks in a box positioned 2 meters away

and going back to the end of the line dribbling the ball.

Another drill used for dexterity is throwing the shuttlecock with one hand and catching it using both hands or the hand opposite to the throwing hand.

Learning to move on the court

In badminton, there are eight main directions of movement on the court that start and end in the central area of the court:

- forward movement right and left
- shuffle step toward the center of the court, right and left, lunging with the leg that is on the side of the dominant hand
- backward movement, toward the back side of the court, right and left

Because children were between 6-8 years old and the work output cannot be very high, the author chose only the shuffle step toward the center of the court, right and left.

To perform this movement, the subject starts from the center of the court using shuffle steps, lifts one of the three shuttlecocks on the sideline, performs a lateral lunge using the dominant leg, shuffle steps back to the center of the court, performs a jump using both legs, shuffle steps toward the opposite side of the court, lunges with the leg on the side of the dominant hand leaving the shuttlecock, then repeats the drill 2 more times.

Drills used to develop quickness

To develop the subjects' quickness, the author used various drills containing running, shuffle steps, forward and backward movement over 3-5 meters, with various visual and auditory stimuli, starting from various positions.

- 3/5 m sprint, starting in a standing position, facing the direction or backwards;
- 3/5 m sprint, starting in a sitting position, facing the direction or backwards;
- 3/5 m sprint, using various jumps.

It must be said that this group is not homogeneous, because of the somatic differences between the subjects.

In order to better emphasize whether it would be beneficial for the children to introduce specific badminton drills in the physical education lesson, a questionnaire was created, containing 13 items. The questions were written as simple as possible, in order to be understood by the children; the author stood nearby while the children filled out the questionnaire, to clarify possible misunderstandings.

Results and Discussions

Multiple experts stated that "badminton is

an excellent sport that offers a multitude of benefits for its practitioners, including: it improves one's fitness, it increases muscle tone, it brings mental and social benefits, it helps in losing weight, it develops one's flexibility and muscle strength"(Pellett, Rutherford, Blackman, 2000)

Next comes the questionnaire that was given to the subjects that were studied for 4 months.

1. How much do you like the physical education classes?
 - Very much
 - Much
 - I don't like them
2. What do you like more in a physical education class?
 - Warm-up
 - The games at the end of the class
 - The score games
3. What else would you like to do during your physical education class?
 - Badminton
 - Dancing
 - Ball games
4. Have you played badminton before?
 - Yes
 - No
5. Would you like to play badminton again during your physical education classes?
 - Yes
 - No
6. How did you find the physical education classes that used badminton means?
 - Attractive
 - Pleasant
 - Boring
7. Did you like the games used to get you accommodated with the racquet?
 - Yes
 - No
8. Did you find the badminton class attractive?
 - Yes
 - No
9. Do you perform any other athletic activities in your leisure time?
 - Yes
 - No
10. What type of athletic activities do you perform in your leisure time?
11. Would you like to enroll in a sports club to play badminton?
 - Yes
 - No
12. Do you find badminton hard?
 - Yes
 - No
 - A little
13. Have you played badminton in your leisure time before?
 - Yes
 - No

The centralized results for the most representative questions are presented and discussed in the following lines.

To question 1 (figure 1), "How much do you like the physical education classes?", 87 children answered they like them very much, 21 said much, and 4 said they do not like them.

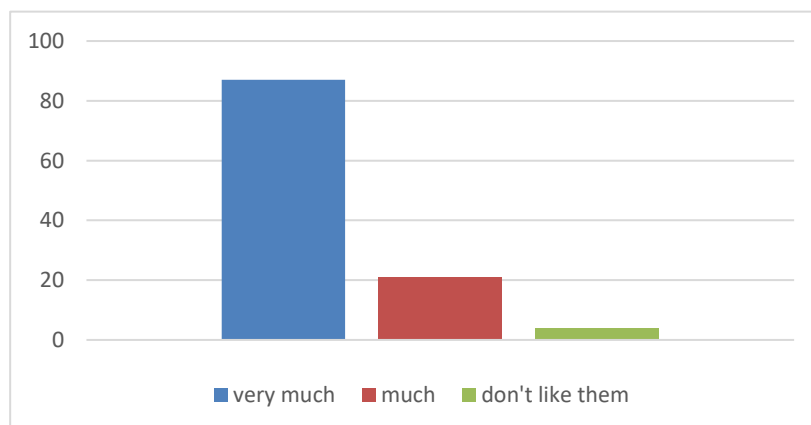


Figure 1. Image of the answers to question 1

To question 5 (figure 2), "Would you like to play badminton again during your physical

education classes?", 110 children answered yes, and 2 said they are not interested.

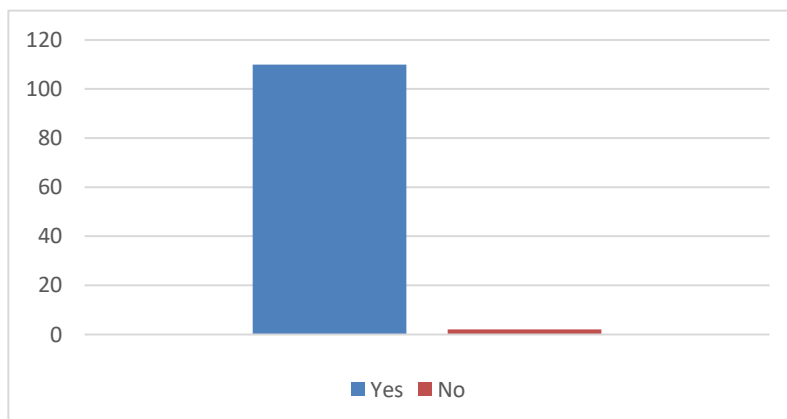


Figure 2. Image of the answers to question 5

To question 6 (figure 3), "How did you find the physical education classes that used badminton means?", 89 children answered that

they were attractive, 20 said that they were pleasant, and 3 said that they did not like them.

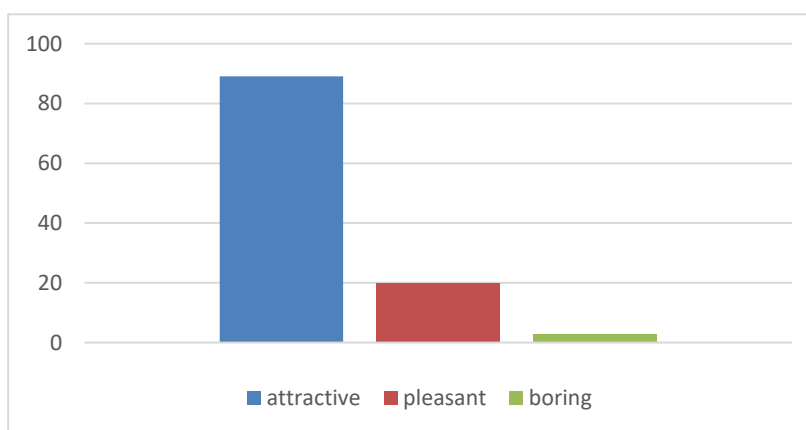


Figure 3. Image of the answers to question 6

To question 9 (figure 4), "Do you perform any other athletic activities in your leisure time?" all children answered yes.

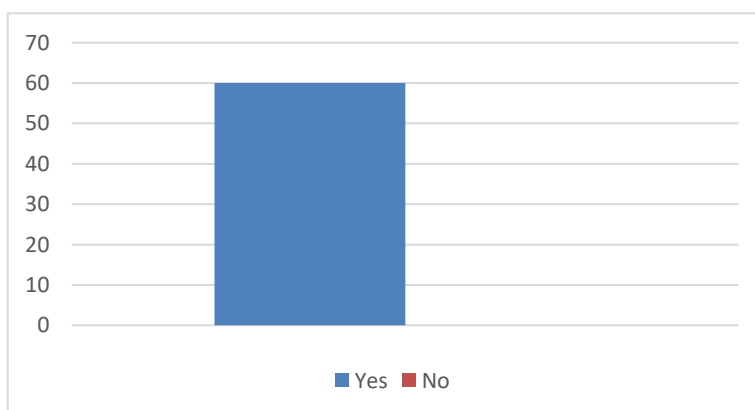


Figure 4. Image of the answers to question 9

To question 10 (figure 5), "What type of athletic activities do you perform in your leisure time?", 30 children answered that they perform activities with the PE teacher, 53 said that they do not

perform any athletic activities, 12 children go swimming to the pool, and 17 said they practice martial arts.

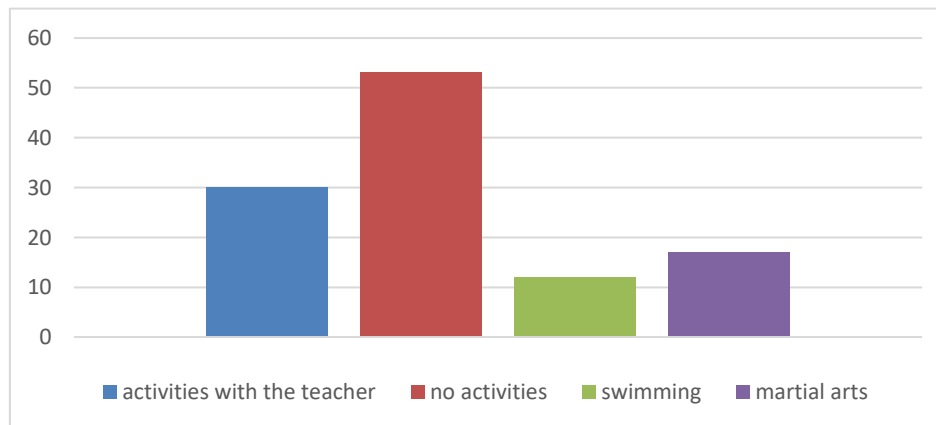


Figure 5. Image of the answers to question 10

Conclusions

This study wanted to identify the methods through which the physical education class can be made more pleasant, so that it would attract as many children as possible to take part in the physical activities.

After centralizing the questionnaire data, it can be said that the pupils took pleasure in participating in the physical education classes that used specific badminton means. By using specific badminton means, children can be helped to develop harmoniously and improve their psychomotor skills.

A very important part for the development of children is that some of them practice also other sports during their leisure time.

In conclusion, at the end of this study, it can be said that the working hypothesis, "it is presumed that by using specific badminton means, the physical education classes can be made more attractive for the children and their presence can be improved during the physical education classes and sports activities", has been confirmed.

Over the course of the physical education classes during which specific badminton means were used, the author aimed to develop the motor skills and habits that are necessary to children of this age.

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