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Comparison of Anthropometric, Physical Performance and Motor Ability Among Selected and Non-Selected Junior Badminton Player in Malaysia.

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## INTRODUCTION:

The purpose of this study is to determine the level of anthropometric, physical performance and motor ability among Malaysian junior badminton players. This study is a cross sectional study aiming at benchmarking the 30 best adolescent players in Malaysia.

## METHODS:

A sample of 135 Male players and 103 Female players between the age of 12 years to 14 years were measured with two anthropometric tests i.e., standing height and body weight. While the physical performance and motor ability tests consist of 18 tests (sit & reach, handgrip, shoulder rotation, sit up, knee push up, standing broad jump, counter movement jump, shuttle run, 30m sprint, beep test, jumping sideways, moving sideways, walking backward, eye hand coordination, shuttlecock throw and plate tapping). Data were analysed using descriptive analysis and Independent T-Test to define the differences between selected and non-selected players.

## RESULTS:

The findings of the study showed that there were significant differences in every age group and gender. Male players aged 12 years old showed significant differences in standing broad jump ( $p=0.01, t=-2.69$ ), beep test ( $p=0.04, t=-2.06$ ) and moving sideways ( $p=0.01, t=-3.02$ ) between the selected and non-selected players, while only standing height show significant differences for 13 years old male players ( $p=0.03, t=2.13$ ). There were significant differences among the 14 years old male players for sit up ( $p=0.01, t=-3.69$ ), counter movement jump ( $p=0.02, t=0.21$ ) and plate tapping ( $p=0.02, t=-2.56$ ). Meanwhile, among the female players, the 12 years old show significant differences between the selected and non-selected in sit & reach ( $p=0.03, t=-2.16$ ), shuttle run ( $p=0.01, t=4.24$ ), standing broad jump ( $p=0.01, t=-4.27$ ), moving sideways ( $p=0.01, t=-2.53$ ), plate tapping ( $p=0.05, t=-2.03$ ) and standing height ( $p=0.03, t=-2.16$ ). As for the Female players aged 13 years old, significant differences were shown in shuttle run ( $p=0.01, t=2.75$ ), sit up ( $p=0.01, t=-3.64$ ) and standing height ( $p=0.04, t=-2.18$ ). The female player age 14 years old showed significant differences in sit up ( $p=0.01, t=-4.91$ ), eye hand coordination ( $p=0.04, t=-2.19$ ), shuttle throw ( $p=0.01, t=3.07$ ) and plate tapping ( $p=0.01, t=-4.27$ ) between the selected and non-selected players.

## CONCLUSION:

This study attempted to explore the importance of anthropometric, physical performance and motor ability in the selection process for the Malaysian elite sport school. The results displayed the different profiles of young elite badminton players between age group and between gender regarding their performances.

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