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From Empty Courts to Enduring Spirit: Phenomenological Insights into Indonesian Badminton Coaching amidst Pandemic

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The COVID-19 restrictions disrupted sports and coaching activities, confronting badminton coaches with numerous challenges. This study explored the lived experiences of badminton coaches in Indonesia amidst the pandemic. Using a qualitative phenomenological design, seven (7) active badminton coaches with at least five years of coaching experience participated. Data were gathered through in-depth interviews guided by a semi-structured interview protocol. Findings revealed significant challenges, including the unavailable training venue, cancelled tournament, and negative psychological effect. In response, coaches adopted coping strategies such as the usage of at-home training, home tournament and giving of constant motivation to maintain athlete engagement. The study underscores the need to address these challenges to sustain coaching effectiveness and promote athlete development during crises. It also emphasizes the importance of enhancing coaches' preparedness for unexpected disruptions, ensuring that training and competition opportunities remain accessible despite restrictions. Future research is recommended to examine the development and effectiveness of adaptive coaching strategies in badminton during public health emergencies, providing evidence-based practices that can help sports organizations and coaches remain resilient in the face of future crises.

Keywords: Badminton, coaching, covid-19, Indonesia, phenomenology

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