

Effective Verbal Communication in Physical Education Learning and Sports Coaching to Improve Achievement and Health: A Systematic Review

Comunicación verbal eficaz en el aprendizaje de la educación física y el entrenamiento deportivo para mejorar el rendimiento y la salud: Una revisión sistemática

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Abstract. This systematic review aims to provide in-depth information regarding effective verbal communication in physical education learning and sports coaching to improve achievement and health. The literature review was conducted identifying, evaluating, and interpreting relevant research results. To collect data, an online search was performed using Scispace software, focusing on journals indexed by the Scopus database, DOAJ, and published between 2019 - 2024. The journals were selected based on inclusion criteria: international and national journals indexed by Scopus, DOAJ, and Sinta. The keywords used were; "Effective Verbal Communication", "Physical Education Learning", and "Sports Coaching". The search generated 95 articles. Other 7 registered articles were also obtained from other sources using the inclusion criteria determined beforehand. These articles then went through a screening process, and 10 articles were selected as they matched the theme and the inclusion requirements. For standard operationalization, this research follows the PRISMA method. The research six main results. First, (1) Good verbal instructions from trainers or teachers were proven to improve the quality of students' understanding, motivation, and level of physical activity. They had a positive impact on achievement and fitness or physical health. Besides personal benefits, effective verbal communication was known to improve interpersonal relations, cooperation, coordination, and team performance among students and athletes. This study also found that encouragement of verbal communication helps adolescent students understand sports rules and techniques, improve physiological reactions and skills, and improve physical fitness and performance. Fourth, verbal communication in Indonesian facilitated active participation, teacher-student interaction, increased understanding and safety of athletes, and preserved positive cultural values in sports. Next, it was found that good use of Indonesian in sports training encouraged proper understanding and improved performance and safety in sports activities. Finally, this study noted several obstacles faced by physical education teachers. However, these challenges can be overcome by incorporating communication strategies that use modern technology to encourage student activity and the effectiveness of physical education learning.

Keywords: *Verbal Communication, Physical Education, Sports Coaching*

Resumen. Esta revisión sistemática pretende proporcionar información en profundidad sobre la comunicación verbal efectiva en el aprendizaje de la educación física y el entrenamiento deportivo para mejorar el rendimiento y la salud. Esta investigación utiliza un método sistemático de revisión bibliográfica mediante la identificación, evaluación e interpretación de todos los resultados de investigación relevantes. Los datos se obtuvieron de los resultados de búsqueda a través del software Scispace con un enfoque en revistas indexadas por la base de datos Scopus, revistas internacionales indexadas por DOAJ y revistas nacionales indexadas por Sinta para 2019 - 2024. Las revistas se seleccionaron en base a criterios de inclusión, a saber, revistas internacionales indexadas por Scopus, revistas internacionales indexadas por DOAJ y revistas indexadas por Sinta. Las palabras clave utilizadas son: "Effective Verbal Communication", "Physical Education Learning" y "Sports Coaching". A partir de los resultados de la búsqueda, se encontraron 95 artículos de diversas fuentes de indexación de revistas, incluyendo Scopus, DOAJ y Sinta. Aparte de eso, también se han obtenido 7 artículos registrados según los criterios de inclusión de varias fuentes. A continuación, en varias fases del proceso de cribado, se seleccionaron 10 artículos que coincidían con el tema y cumplían los requisitos de inclusión. Para la operacionalización estándar, esta investigación sigue el método PRISMA. Los resultados de la investigación fueron los siguientes (1) Las buenas instrucciones verbales de los entrenadores o profesores mejoran la calidad de la comprensión, la motivación y el nivel de actividad física de los estudiantes, lo que en general tiene un impacto positivo en el rendimiento y la forma física o la salud física; (2) La comunicación verbal efectiva mejora las relaciones interpersonales, la cooperación, la coordinación y el rendimiento del equipo entre los estudiantes y los atletas; (3) El fomento de la comunicación verbal ayuda a los estudiantes adolescentes a comprender las reglas y técnicas deportivas, mejorar las reacciones y habilidades fisiológicas y mejorar la forma física y el rendimiento; (4) La comunicación verbal en indonesio facilita la participación activa, la interacción profesor-alumno, aumenta la comprensión y la seguridad de los deportistas y, al mismo tiempo, preserva los valores culturales positivos en el deporte; (5) El buen uso del indonesio en el entrenamiento deportivo fomenta la comprensión adecuada, mejora el rendimiento y la seguridad en las actividades deportivas; (6) Existen obstáculos a los que se enfrentan los profesores de educación física, pero pueden superarse con estrategias de comunicación que utilicen la tecnología moderna para fomentar la actividad de los alumnos y la eficacia del aprendizaje de la educación física.

Palabras Clave: *Comunicación verbal, Educación física, Entrenamiento deportivo*

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Introduction

Physical education and sports coaching are important components in the education system. They play a significant role in developing students' and athletes' physical, mental, and social skills. Physical education and sports coaching are very important in encouraging the holistic development of students and athletes, which includes physical, mental, and social dimensions (Chen & Luo, 2023). Bandeira et al. (2022) consolidate worldwide recommendations in the framework of PE strategies to promote an active and healthy lifestyle. To achieve the optimal health benefits, it is important to have effective verbal communication (various national or regional languages). In addition, this subject is social-based, involving the interaction between teachers or coaches and students or athletes. Verbal communication is the primary channel through which teachers – students and coaches – athletes exchange information, feedback, and emotional support (Kasim & Joseph, 2022). It is essential for conveying information, motivating, inspiring, and fostering positive relationships. Research has demonstrated that positive teacher verbal and non-verbal communication behaviors significantly impact learners' motivation levels and their perception of teachers' professional competence (Pishghadam et al., 2021). Good verbal communication in physical education and sports involves conveying clear, timely, and appropriate messages to individuals (Oomen et al., 2022). This includes using appropriate, easy-to-understand language, a supportive tone of voice, and the ability to provide constructive feedback. The effectiveness of verbal communication can influence students' or athletes' understanding of the material being taught, fostering motivation and encouraging students. In addition, good verbal communication can influence their involvement in activities and ultimately affect their achievement and health.

Despite the burgeoning benefits, many trainers and teachers still have issues to communicate effectively. Communication barriers such as language differences, lack of communication skills, and distractions from modern technology often become obstacles to achieving the desired educational and training goals. Thus, it is crucial to understand and develop better verbal communication strategies to enhance the effectiveness of the learning and training processes. Verbal communication in education involves the transmission of messages from teachers to students, both verbally and non-verbally. Thus, maximizing this communication will enable students to comprehend the material and the teacher's message better (Sudi & Irwan, 2022)

The first verbal communication strategy that trainers need to understand and practice is the use of good and correct language. Research argues that such languages typically convey clear messages, remove technical jargon, develop concise "elevator pitches," and incorporate storytelling elements (Dudo et al., 2020). Johnson et al. (2020) mentioned that clear, timely, and individualized

verbal communication strategies can significantly increase the effectiveness of physical education and sports programs, leading to better performance and adherence to physical activity. Another key feature of good verbal communication is related to the vocabulary, which must be polite and courteous. This feature influences the emotions of students because they will feel more comfortable with their trainer. Such languages foster a sense of happiness, motivating students to carry out movements in sports according to the target or even beyond what has been targeted. Indeed, trainers are not prohibited from using impolite vocabulary, which has the potential to hurt students' feelings. However, it is important to note that they must also use correct verbal communication. The information conveyed must contain the truth, so that students can convey the truth to other students. Good and correct verbal communication is really needed by coaches and students because they can understand each other what they have to do as athletes. Various interaction patterns, such as teacher-led instruction, group discussions, one-on-one interactions, and feedback provision, significantly impact students' understanding and performance in language learning (Alshuraiaan, 2023)

Another verbal communication strategy is understanding the language and cultural differences among students or athletes. Trainers can reconcile these language differences by choosing a common language that can be understood by all. The trainer must also understand the psychological conditions of students resulting from various language and cultural differences during training. Thus, he can consider what words are appropriate to convey. Studies (Garner et al., 2022) found that understanding language and cultural differences is critical for coaches to effectively engage and support their athletes. These factors significantly influence the effectiveness of training and learning outcomes (Zaragoza-Salcedo et al., 2023). The importance of conceptual similarity in cross-cultural adaptation of tools ensures that theoretical concepts are understood equally across cultures, which is critical for meaningful engagement and accurate assessment. Thus, trainers must use short and concise verbal communication. Short verbal communication refers to the instructions that must be addressed directly at the core of the movement being carried out. Trainers should avoid conveying information that is too long because it has the potential to make students bored and forget what was conveyed. Solid verbal communication relates to the content of instructions or commands from the coach that are directed or right on target. It is important to keep verbal communication short and concise between trainers and students so that the information provided can foster a harmonious and enjoyable learning atmosphere (Kang & Wu, 2022).

Many researchers have worked on empirical investigations toward physical education learning. Generally, they discussed sports science or human movement science in three scientific dimensions: ontology, epistemology, and axiology. For example, some studies

examined the achievement of physical education learning outcomes (Bahtra et al., 2024; Hamsyah et al., 2024; Komari et al., 2024; Kurniawan et al., 2024; Martono et al., 2024; Mulyanti et al., 2024; Septiantoko et al., 2024; Setyawan et al., 2023a; Setyawan et al., 2023b; Setyawan et al., 2024a; Setyawan et al., 2024b; Setyawan et al., 2024c). Other studies investigated the curriculum and management of physical education learning (Mardiyah et al., 2024). Studies related to health, fitness sports, therapeutic sports, and movement skills have been conducted by earlier scholars (Anam et al., 2024; Pranoto et al., 2024; Widiyanto et al., 2024a; Widiyanto et al., 2024; Zanada et al., 2024).

Unfortunately, no literature review research examines the role of effective verbal communication in physical education learning and sports coaching and its influence in improving the achievement and health of students or athletes. The present study notes a lack of research that discusses how effective verbal communication can be applied in physical education and sports training. In fact, as argued earlier, this issue is critical to improving the students' performance and health since negative language can have a negative impact on the PE learning process and sports performance training. Quality communication between educators and learners facilitates learning and fosters positive academic experiences (Agustí et al., 2020). Exploring effective communication techniques is hoped to overcome existing communication barriers and improve

the quality of interactions between teachers or coaches and students or athletes. This research can contribute to creating a learning and training environment that is more productive and beneficial for all parties, especially students and athletes. Therefore, it is important to discuss this issue with a systematic literature review in order to provide greater insight and benefits in physical education learning and sports coaching.

Materials & Methods

This research used a systematic literature review method by identifying, evaluating, and interpreting all relevant research results. The systematic literature review followed the "Preferred Reporting Items for Systematic Reviews and Meta-Analyses" (PRISMA) guidelines. This guide is expected to produce systematic literature review reports that are more transparent, complete, and accurate, thus facilitating decision-making based on evidence (Page et al., 2021). This method attempts to collect all available scientific evidence according to inclusion and exclusion criteria (Martín-Moya & González-Fernández, 2022). This research was conducted with a comprehensive strategy using article searches in research journal databases. The article selection process followed the PRISMA methodology for systematic reviews and meta-analyses (Tricco et al., 2018). The selected journal must meet several inclusion criteria, as shown in Table 1:

Table 1.
Inclusion and Exclusion Criteria

Criterion	Inclusion	Exclusion
Period	Journal published between 2019 - 2024	Journals published before 2019
Indexed	Scopus indexed international journals, DOAJ indexed international journals, and Sinta indexed national journals (Indonesian national journal indexer)	International journals that are not indexed by Scopus and DOAJ and national journals that are not indexed by Sinta
Access	Open access	Close access (subscription-based)
Document/Article Type	Original research article journal	Reviews, conference proceedings, books, book chapters, book series, editorials, etc
Language	English and Indonesian languages	Non-English and Indonesian languages
Full Text	Titles/abstracts meet the theme - Article available in full text	The titles/abstracts do not match the theme - The full text of the article is not available
Topic of Discussion	- The content of the article is relevant to the theme of effective verbal communication in physical education learning and sports coaching.	- The content of the article is not relevant to the theme of effective verbal communication in physical education learning and sports coaching.

Articles in this study were searched online using Scispace software. The search was based on several inclusion criteria. First, the articles were published in international journals indexed by the Scopus database and DOAJ and national journals indexed by Sinta (Indonesian national journal indexer). The articles must also be published in 2019 - 2024. On the other hand, the exclusion criteria in this research were international journals that were not indexed by Scopus and DOAJ and national journals that were not indexed by Sinta. The keywords used in journal searches were; "Effective Verbal Communication", "Physical Education Learning", and "Sports Coaching". The search process generated 95 articles from various journal-indexing sources, including

Scopus, DOAJ, and Sinta. Besides, 7 registered articles have also been obtained according to the inclusion criteria from several sources. These articles then went through several stages of the screening process. Finally, 10 articles were selected as they matched the theme and met the inclusion requirements. At least some of them were selected to strengthen the discussion theme. The articles' screening process is illustrated in in Figure 1.

Results

This section provides the results of the article screening process included in the literature review. The results explore effective verbal communication in physical

education learning and sports coaching to improve achievement and health, as shown in Table 2.

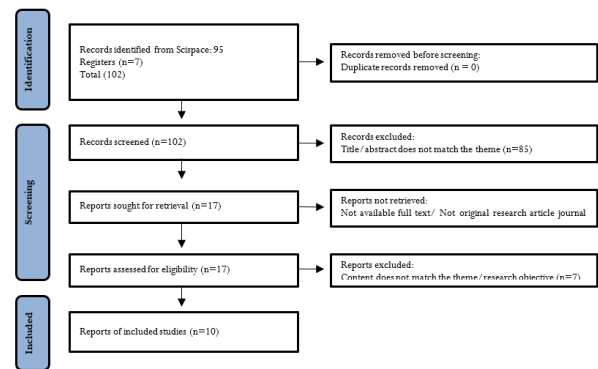


Figure 1. PRISMA flowchart of the article selection process

Table 2.
Results of the literature review

Author	Research purposes	Type of Research	Results/ Conclusion
(Pacholek & Zemková, 2022)	Evaluate the effects of external stimuli on the physical fitness performance of parents and adolescents.	Experimental Research	They found that external stimulation can improve the quality of physical fitness in students, as well as encourage effective verbal communication for sports skills tests. In addition, it was found that external motivation has a positive impact on fitness test results.
(Hagum et al., 2023)	Improve communication and coordination for more optimal management of student-athletes.	Cross-Sectional Study	The study confirmed the need to improve relationships, verbal communication, and team dynamics for sports athletes among students.
(Lukitowati & Triansyah, 2021)	Develop effective learning videos for distance education in athletics subjects.	Research and Development	Effective communication strategies were evidenced to improve distance learning for sports lectures.
(Hermansah et al., 2020)	Develop video tutorials for basic handball sports techniques and English vocabulary.	Research and Development	They argued that media communication increased learning effectiveness and engagement.
(Hammami et al., 2023)	Measure the impact of verbal motivation on levels of physical fitness and movement skills.	Experimental Research	Encouragement of verbal communication improved adolescent students' abilities in sports games. Another key finding was that motivation can improve physiological reactions, skills, and physical fitness.
(Tasita et al., 2024)	Determine the role of the Indonesian language in improving PJOK communication and interaction.	Survey Research	They discovered that the Indonesian language improves communication and interaction in the physical education learning process, encourages active student participation, and plays an important role in improving communication between teachers and students.
(Fadhilah et al., 2024)	Examine the impact of language on athletes and practitioners in Pencak Silat	Qualitative Research	This study revealed that the Indonesian language is important for communication, teaching, and research on sports. It has a positive impact on the development of athletes and practitioners. Apart from that, it is also important to preserve cultural values in sports.
(Sabirah et al., 2024)	Identify the effective use of the Indonesian language by badminton referees.	Qualitative Descriptive Research	Referees should use Indonesian for smooth communication during sports matches and avoid regional languages to ensure universal understanding.
(Rifki et al., 2024)	Analyze the use of Indonesian in sports training and teaching.	Qualitative Research	They argued that the Indonesian language in sports training improves athlete performance, understanding, and safety.
(Febrianta & Fauzan, 2019)	Analyze teacher communication barriers in the physical education learning process.	Descriptive Survey Research	There are moderate levels of communication barriers in the physical education learning process. The majority of teachers face moderate levels of communication barriers in teaching.

Discussion

This systematic literature review examines the types of verbal communication in physical education learning and sports coaching that are effective in improving students' achievement in Physical Education learning. It screened more than 100 articles and ultimately selected 10 articles that fit the theme and met the inclusion requirements, or at least some of them were selected to strengthen the discussion theme. These articles were deeply analyzed and produced several common findings. First, this research found that external stimulation or encouragement in the form of verbal instructions from coaches or teachers could improve the quality of physical fitness in students. This finding emphasizes the key role of effective verbal

communication in sports skills tests, where clear instructions and verbal motivation can help participants understand the task better and help students put more effort into their achievements. Verbal encouragement given by a trainer or teacher not only helps in understanding instructions but also increases student motivation. This motivation can act as a stimulus for improving physiological reactions, skills, and overall physical fitness. This finding is supported by a study by Pacholek and Zemková, 2022. They reported that external stimulation can improve the quality of physical fitness. In addition, verbal communication encouragement is effective for sports skills tests, and external motivation has a positive impact on fitness test results. This emphasizes the importance of the role of verbal communication in the language of each

region, which is easily understood by students or athletes in order to facilitate their better understanding and practical activities. Therefore, coaches need to develop communication strategies to build positive relationships and improve team dynamics.

Another finding shared by the reviewed articles was that improving interpersonal relations and effective verbal communication is very important for team dynamics. Good communication between team members can improve cooperation, coordination, and maximum team performance. Hagum et al. (2023) pointed out that student sports athletes need to improve relationships, verbal communication, and team dynamics. It can be achieved by applying effective verbal communication since it is a powerful motivational tool in physical education and sports environments. Additionally, effective communication strategies can improve distance learning for sports lectures (Lukitowati & Triansyah, 2021). Communicating using media can increase the effectiveness and activeness of the learning or learning process (Hermansah et al., 2020). In sports, optimal communication and coordination among student-athletes, coaches, and stakeholders is critical to managing training and work stress, suggesting that active listening can improve relational coordination and general performance (Hagum et al., 2023).

The third result found in this research is that encouraging verbal communication was also proven to improve adolescent students' abilities in sports games. Clear instructions and positive encouragement from coaches or tutors help teenage students understand game rules, techniques, and strategies better. A study by Hammami et al. (2023) showed that encouragement of verbal communication improves adolescent students' abilities in sports games. Meanwhile, motivation can improve physiological reactions, skills, and physical fitness. High motivation significantly influences the mental and physiological aspects of students, improving their achievement and general health (Pekrun, 2023). High motivation affects not only the students' mental aspect but also their physiological reactions and skills. Verbal instructions that attract attention and are motivating can trigger better physiological responses, such as increased heart rate and blood flow, which in turn can improve the physical fitness and performance of students and athletes.

The fourth result was associated with the use of verbal communication (Indonesian) in sports training and physical education. They reported many benefits after using good verbal communication. For example, it can encourage students' active participation in learning and improve communication between teachers and students in physical education learning. A study by Tasita et al. (2024) indicated that using the Indonesian language improves communication and interaction in the physical education learning process. In addition, it encourages active student participation and improves communication between teachers and students. Thus, the Indonesian language is important for communication, teaching, and sports

research and positively impacts the development of athletes and practitioners. Apart from that, it is important to preserve cultural values in sports (Fadhilah et al., 2024). Thus, it can be emphasized that the Indonesian language plays an important role in supporting the effectiveness of learning and development in physical education and sports.

Another common finding in the reviewed articles is related to the process of training for performance sports or health sports. Good use of Indonesian can make it easier for athletes or therapy patients to be more targeted in carrying out physical activities in the right portions. Using the same language ensures that the message conveyed is well understood by all parties involved in educational sports, performance sports, and health sports. Using correct terms and spelling can increase athletes' understanding and safety from sports injuries that may occur due to errors in understanding verbal codes or correct language terms during competitions. Rifki et al. (2024) concluded that the use of Indonesian in sports training improves athlete performance, understanding, and safety. Thus, organizers and trainers of performance sports and health sports must have good verbal communication skills (Indonesian) in order to reduce the risk of misunderstanding movements that can harm athletes or sports therapy/health patients. Sabirah et al. (2024) even mentioned that this ability should also be possessed by a sports referee for smooth communication during sports matches and avoid regional languages to ensure universal understanding.

Finally, this research found challenges faced by teachers or coaches, such as moderate levels of communication barriers in the physical education learning process. The majority of teachers face barriers in delivering instructions and interacting with students, which can hinder the effectiveness of learning. These obstacles can be caused by various factors, including regional language differences, time constraints, limited teacher human resources, and a lack of training in effective communication skills using technological media. Febrianta and Fauzan (2019) believe that there are moderate levels of communication barriers in the physical education learning process. The majority of teachers face them in teaching. However, this obstacle can be minimized by creating communication strategies in learning with the help of modern technology. As in distance learning, effective communication strategies can be crucial in ensuring that students remain engaged in effective learning. The use of communication technology, such as video conferencing and e-learning platforms, can help overcome barriers that arise in face-to-face learning. Thus, good verbal communication using media such as videos, interactive presentations, and mobile applications can enrich the learning experience and make learning material more interesting and easy for students to understand.

Conclusion

This systematic review aims to provide in-depth information regarding effective verbal communication in

physical education learning and sports coaching to improve achievement and health. The results of this literature review found several conclusions. First, good verbal (Indonesian) instructions from trainers or teachers improve the quality of students' understanding, motivation, and level of physical activity, which overall has a positive impact on achievement and fitness or physical health. After that, effective verbal communication improves interpersonal relations, cooperation, coordination, and team performance among students and athletes. Effective communication strategies are also important in distance learning, such as using media to increase learning activity. Another conclusion is that encouragement of verbal communication helps adolescent students understand sports rules and techniques, improve physiological reactions and skills, and improve physical fitness and performance. Fourth, verbal communication in Indonesian facilitates active participation and teacher-student interaction, increases the understanding and safety of athletes, and preserves positive cultural values in sports. Then, good use of Indonesian in sports training ensures proper understanding, reduces the risk of injury, and improves the performance and safety of athletes or sports therapy patients. Finally, physical education teachers face several obstacles. However, they can overcome them with communication strategies that use modern technology, such as video conferencing and e-learning platforms, to ensure student activity and the effectiveness of PE learning. This research emphasizes the importance of effective verbal (Indonesian) communication in various aspects of physical education learning and sports coaching to improve achievement and health among students and athletes.

Conflicts of interest

The author declares no conflict of interest.

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