



Interpersonal Communication and Performance of Badminton Doubles Athletes in Jepara

Muhammad Ihsan Aulia Rahman^{1*}, Limpad Nurrachmad²

¹²Universitas Negeri Semarang, Semarang, Indonesia

Keywords

Interpersonal
Communication;
Athletic
Achievement;
Badminton; Jepara
Regency

Abstract

This study examines the role of interpersonal communication between badminton doubles partners in supporting the achievement of athletes from Jepara Regency. Interpersonal communication plays an important role in fostering cooperation, coordination, trust, and mutual understanding between partners during training-s, and competitive matches. The objectives of this study are to describe the forms of verbal and nonverbal interpersonal communication among badminton doubles athletes in Jepara Regency and to analyze the role of interpersonal communication in enhancing athletic performance and achievement. This research employed a qualitative method with a narrative design. Data were collected through observation, in-depth interviews, and documentation to gain comprehensive insights into the athletes' experiences. The findings reveal that effective interpersonal communication significantly contributes to improving team cohesion, strategic coordination, self-confidence, and athletes' ability to cope with competitive pressure. The study also found that openness, empathy, supportiveness, positivity, and equality are essential components in establishing harmonious relationships between partners. Conversely, miscommunication and a lack of openness may negatively affect performance during matches. Overall, effective interpersonal communication positively contributes to the achievement of badminton doubles athletes in Jepara Regency and supports the development of strong partnerships in pursuing common goals.

✉ Corresponding author:
E-mail: ihsanauliarahman8@students.unnes.ac.id

INTRODUCTION

Interpersonal communication is the process of exchanging messages, meanings, and feedback between individuals that takes place directly through verbal and nonverbal communication. In the context of sports, interpersonal communication not only serves as a means of conveying information but also acts as a medium for building coordination, trust, and cooperative relationships among athletes (Panjaitan, 2016).

According to Ramadhani & Septa (2021) interpersonal communication helps individuals create a shared understanding, thereby facilitating coordination and reducing misunderstandings during the execution of an activity. In the doubles sector of badminton, interpersonal communication plays a crucial role because the game demands quick responses, clear role division, and the ability to jointly assess the game situation.

Badminton doubles is a game that heavily relies on the quality of partnership. Collectively fulfill responsibilities within a social relationship (Putra & Jamal, 2020). Athletes are not only required to possess good technical and physical skills but also the ability to establish effective communication during both training and matches. Verbal communication, such as calling the ball, giving brief instructions, and strategic guidance, as well as nonverbal communication, such as body gestures, eye contact, and emotional expressions, are crucial for maintaining game synchronization. Jepara Regency is one of the regions actively involved in badminton development through clubs and local athlete development programs. At the Central Java Pre-PORPROV event, badminton is one of the sports regularly competed in and participated in by regional athletes, including those from Jepara Regency. In 2022, Jepara Regency sent 2 men's doubles pairs, 1 women's doubles pair, and 2 mixed doubles pairs, winning 3 bronze medals; and in 2025, Jepara Regency sent 2 men's doubles pairs and 1 mixed doubles pair, winning 3 bronze medals. Based on the researcher's initial observations of Jepara Regency's badminton doubles athletes, it was found that some pairs still face communication challenges during matches, particularly in fast rallies, court positioning, and oncourt decision-making. These issues are evident in miscommunication regarding ball calls, delayed positional rotations, and a decline in focus following errors between partners. This phenomenon indicates that interpersonal communication between partners is a critical factor influencing the consistency of performance and the achievement of results for doubles athletes.

Several important studies over the past decade have helped to describe the state of the literature while also revealing its limitations. A study conducted by Astuti (2024) analyzed the influence of coaches' interpersonal communication on the motivation of badminton athletes at the club level; the findings emphasized the significance of communication in the psychological dimension, but the focus remained on the coach-athlete relationship, not on interactions between partners in doubles pairs. A local study on pair performance and emotions in Jepara by Tabernakel (2023) provides contextual evidence that pair dynamics influence emotional aspects and match outcomes; however, the method used was quantitative and correlational, thus failing to adequately capture athletes' subjective experiences regarding how communication shapes tactical decisions.

This study aims to analyze and describe the role of interpersonal communication between partners in the performance of doubles badminton athletes in Jepara Regency. The primary focus of this study is to understand how interpersonal communication processes occur between athlete pairs in the context of training and matches, as well as how such communication contributes to performance achievement. Specifically, this study examines aspects of interpersonal communication such as support, trust, and coordination in the relationship between doubles partners. This study is expected to provide a comprehensive picture of the role of interpersonal communication as one of the non-technical factors influencing the performance of doubles badminton athletes.

This study employs a qualitative approach to gain a deep understanding of the dynamics of interpersonal communication among athletes. Data collection techniques include participant observation, in-depth interviews, and document analysis such as training logs and match results. This approach was chosen to directly explore the subjective experiences of athletes and coaches, ensuring that the data obtained is rich, contextual, and comprehensive. In local studies, research on coach-athlete communication and athlete-to-athlete

communication in badminton clubs indicates that consistent and structured communication contributes to motivation, training compliance, and mental resilience (Tutiasri, 2022).

In the initial phase of this study, the forms of verbal and nonverbal interpersonal communication between doubles badminton partners in Jepara Regency will be discussed in detail. A deep understanding of communication patterns, interactions, and the role of communication between athlete pairs is crucial for understanding its contribution to game coordination and performance achievement in the doubles sector of badminton.

Furthermore, this study will explore the concepts and dynamics of interpersonal communication within the context of doubles badminton. Effective communication is a key factor supporting the development of coordination, cooperation, and trust among individuals in achieving shared goals. The analysis of interpersonal communication in this study is not limited to verbal communication such as giving instructions, discussing strategies, and providing motivation, but also encompasses nonverbal communication, including eye contact, body gestures, facial expressions, and game signals used during both practice and matches. This section will examine theories of interpersonal communication, concepts of teamwork, and factors influencing the effectiveness of communication between partners to provide a robust and comprehensive analytical framework. Thus, this study relies not only on empirical data collected in the field but is also supported by a solid theoretical foundation regarding interpersonal communication in the context of high-performance sports.

Several previous studies have examined interpersonal communication in the context of badminton; one such study was conducted by Riyadi (2024) in a research paper titled "The Effect of Interpersonal Communication on Competitive Anxiety Among West Java PORDA Badminton Doubles Athletes." That study aimed to determine the effect of interpersonal communication on competitive anxiety among badminton doubles athletes using a quantitative causal approach. The results showed that interpersonal communication contributes to athletes' psychological state when facing matches, particularly in reducing competitive anxiety. However, that study still focused on the psychological aspect of competition anxiety and did not discuss in depth the communication processes that occur between partners in building on-court cooperation. Unlike previous studies, this research offers a novel perspective by examining interpersonal communication between badminton doubles partners more specifically through a qualitative approach. The study's focus goes beyond viewing communication merely as a psychological factor; it also analyzes how verbal and nonverbal communication, openness, empathy, support, positive attitudes, and equality between partners play a role in enhancing coordination, trust, and performance during both practice and matches. Thus, this study provides a new perspective on.

Furthermore, a study by Windiasari & Putranto (2024) on interpersonal communication between badminton athletes and coaches showed that communication plays a role in fostering openness, empathy, support, and positive relationships in the athlete development process. However, that study focused primarily on the communication relationship between coaches and athletes, while direct communication between partners in doubles pairs has not yet been the main focus of research. Furthermore, the study by Habibah (2024) also showed that interpersonal communication can help improve athletes' mental resilience through two-way verbal and nonverbal communication; however, that study still discussed communication in the general context of a team and did not specifically examine the dynamics of communication between badminton doubles partners. Based on this review, there is a research gap: most previous studies have focused on interpersonal communication as the coach-athlete relationship or as a general psychological factor, whereas interpersonal communication between doubles partners which involves strategic coordination, role division, emotional support, and decision making during matches has not been extensively studied. Therefore, this study aims to address this gap by conducting an in-depth analysis of the role of interpersonal communication between badminton doubles partners in Jepara Regency including both verbal and nonverbal communication as well as its contribution to enhancing cooperation and athletic performance.

Thus, this study is expected to make a significant contribution to the development of research on interpersonal communication in the context of elite sports, particularly doubles

badminton. Additionally, the results of this study are expected to serve as a basis for formulating more holistic athlete development policies, focusing not only on physical and technical aspects but also on communication and interpersonal relationships. Through an in-depth and contextual approach, this study seeks to uncover the important role of interpersonal communication in supporting the achievement of Jepara Regency doubles badminton athletes.

METHODS

This study employs a qualitative approach with a narrative design to understand athletes' subjective experiences in building interpersonal communication with their partners and its impact on athletic performance. The qualitative approach was chosen because this study focuses on uncovering meaning, experiences, and the dynamics of social interactions that occur naturally within the sports environment. Meanwhile, a narrative design was used because the study sought to explore athletes' stories and experiences in depth regarding the interpersonal communication processes that formed during training and matches. Through this approach, the researcher could understand how athletes interpret communication experiences between partners and how such communication plays a role in building cooperation and the performance of doubles pairs.

The research was conducted at several badminton clubs that serve as training centers for doubles athletes in Jepara Regency, namely PB Cikal Mandiri Jepara and the Jepara Regency PORPROV athlete training club. These locations were selected because they serve as the hubs for training activities of doubles badminton athletes who actively participate in district- and provincial-level championships. The study was planned to last for one month, encompassing the initial observation phase, data collection, and the data analysis process.

Research subjects were determined using purposive sampling, which involves selecting participants based on specific criteria aligned with the study's objectives. The participant criteria include: (1) male doubles badminton athletes actively training in Jepara Regency; (2) athletes who have maintained a consistent partner for at least one year; and (3) athletes who have participated in official tournaments at the regency, provincial, or national levels. This study involved approximately four pairs of doubles athletes as primary participants to ensure the collected data possesses sufficient narrative depth. In addition to the athletes, coaches were also involved as supporting participants to obtain additional data regarding the communication patterns of the athlete pairs during training and matches. The involvement of coaches aims to strengthen the data triangulation process and provide a more comprehensive perspective on the phenomenon under study.

The primary instrument in this study is the researcher themselves (human instrument), who plays a role in planning the research, collecting data, analyzing data, and drawing research conclusions. To support the data collection process, the researcher used several auxiliary instruments in the form of observation guidelines, semi-structured interview guidelines, and documentation guidelines. The semistructured interview guide was organized around several main themes, namely the forms of verbal and nonverbal communication between partners, the process of game coordination, forms of emotional support, conflict resolution between partners, role distribution during matches, and the influence of interpersonal communication on athletes' performance and achievements. Additionally, tools such as cameras were used to document the interview process and training activities to enhance the accuracy of the research data.

The research procedure began with field observations to understand the training environment, patterns of interaction between partners, and the communication context that occurred during sports activities. After the initial observations were conducted, the researchers conducted semi-structured interviews with athletes and coaches to obtain in-depth information regarding interpersonal communication experiences, forms of partnership, emotional dynamics, and the influence of communication on match performance. Next, the researcher conducted documentation in the form of collecting supporting data such as training schedules, athlete performance records, match documentation, and doubles training

activities. All data obtained were then collected and systematically organized for further analysis.

The data analysis technique in this study utilized the Miles and Huberman model, which includes the stages of data collection, data reduction, data presentation, and drawing conclusions. During the data reduction stage, the researchers sorted and focused on data relevant to the research objectives, particularly regarding interpersonal communication patterns between partners. The data presentation stage was conducted in the form of narrative and descriptive analyses to make the relationships between data points easier to understand.

Subsequently, conclusions were drawn by identifying the patterns, themes, and meanings of interpersonal communication that play a role in supporting the performance of Jepara Regency's badminton doubles athletes.

To ensure data validity, this study employed source triangulation, method triangulation, and temporal triangulation. Source triangulation was conducted by comparing data from athletes and coaches. Method triangulation was carried out through the comparison of results from observations, interviews, and documentation. Meanwhile, temporal triangulation was conducted by collecting data at different times to assess the consistency of the information obtained. In addition to triangulation, this study also employed member checking, a process of verifying interview results and data interpretations with participants to ensure the data aligns with their experiences and intended meanings.

This study also considers research ethics. Before data collection began, each participant was provided with an explanation of the study's objectives and asked to provide consent via an informed consent form. The researcher maintains participant anonymity by using codes or initials in the research data reporting process. Participants were also granted the right to refuse to answer specific questions or to withdraw from the study at any time without facing any consequences. By applying these ethical principles, the study is expected to proceed objectively, safely, and with respect for the rights of research participants.

RESULTS AND DISCUSSION

Based on the results of observations, in-depth interviews, and documentation conducted with badminton doubles athletes in Jepara Regency, it was found that interpersonal communication between partners plays a crucial role in building cooperation and supporting athletes' performance achievements. The inter al communication between athlete pairs takes place in the form of both verbal and nonverbal communication, both during training and matches.

1. Forms of Verbal Communication Between Partners

Verbal communication among the badminton doubles athletes from Jepara Regency is evident through the exchange of instructions, motivation, game evaluations, and strategy discussions. During practice, athletes frequently discuss playing patterns, court zone allocation, as well as the strengths and weaknesses of the opponents they will face. During matches, verbal communication takes the form of brief phrases such as "I'm here," "front," "back," or "ready," aimed at preventing coordination errors. Interview results indicate that effective verbal communication helps athletes understand their respective tasks and roles, thereby reducing miscommunication during matches. Research in Indonesia confirms that the clarity of verbal instructions significantly influences athletes' understanding and responses in both training and match situations (Fauzar Kusmawarti & Pikri Pauzi, 2025).

2. Forms of Nonverbal Communication Between Partners

In addition to verbal communication, the Jepara Regency doubles athletes also utilize nonverbal communication in the form of eye contact, hand gestures, facial expressions, and head nods. On the sports field, nonverbal communication serves as an efficient coordination tool because it can convey information quickly without disrupting the flow of the game a crucial aspect in high-speed sports like badminton (Desthin Puspitayanti & Luh Ramaswati Purnawan, 2025). Eye contact is used to signal readiness, while facial expressions are used to provide psychological support to the partner. Athletes have noted that nonverbal communication serves as an effective means of conveying messages quickly without disrupting their focus on the game.

3. The Role of Interpersonal Communication in Athletes' Performance Research findings indicate that effective interpersonal communication contributes to improved performance among doubles athletes in Jepara Regency. Dyadic interactions serve as a form of psychological support that helps athletes maintain motivation, boost self-confidence, and strengthen collaboration to achieve optimal athletic performance (Dirgantara, 2020). Athletes with strong communication bonds tend to more easily devise strategies, resolve conflicts, and provide support when facing pressure during matches. Additionally, interpersonal communication helps athletes build strong chemistry, thereby improving on-field coordination and decision-making. These conditions positively impact performance and achievement in various competitions they participate in.

The findings indicate that interpersonal communication is a key factor supporting the success of the Jepara Regency badminton doubles pairs. These findings align with interpersonal communication theory, which states that effective communication enhances understanding, trust, and cooperation among individuals. Regarding verbal communication, the use of brief instructions and strategic discussions enables athletes to coordinate more effectively during matches. Clear verbal communication helps the pair understand their respective positions and roles, thereby minimizing errors in play. This indicates that verbal communication serves as a means of information exchange that supports the effectiveness of teamwork. This finding is supported by Abinaskholani & Nurrachmad (2024) who explained that effective interpersonal communication between athletes and other members of the sports environment can improve understanding, motivation, and coordination, which ultimately supports athletes' performance achievement. In the context of badminton doubles, communication between partners helps athletes adjust strategies, understand each other's roles, and build stronger cooperation during competition.

Meanwhile, nonverbal communication plays an equally important role. In fast paced match situations, nonverbal signals serve as an efficient alternative form of communication. Eye contact, facial expressions, and body movements can convey messages quickly without disrupting the athletes' focus. These findings reinforce the view that a significant portion of meaning in interpersonal interactions can be conveyed through nonverbal messages. This result is consistent with Fariz (2026) who explained that nonverbal communication through body language plays an important role in supporting the delivery of messages in sports situations, helping athletes understand instructions, respond quickly, and strengthen interaction during performance.

Furthermore, this study found that interpersonal communication influences the development of trust between partners. Trust is a key asset in doubles play because each athlete must be confident that their partner can fulfill their duties and responsibilities on the court. Relationships built on trust foster stronger collaboration and reduce the potential for conflict. This result is consistent with Siga & Suryawati (2025) that explained effective interpersonal communication in sports teams contributes to building trust, strengthening relationships between athletes, and creating a supportive environment that encourages cooperation and better team performance.

Interpersonal communication also plays a role in providing emotional support to athletes. When facing match pressure or making mistakes during play, a partner who can offer motivation and support helps maintain the athlete's psychological stability. A sound mental state significantly impacts performance quality and match outcomes. Interpersonal communication in sports serves as an important process for building relationships, understanding athletes' conditions, and providing positive encouragement that can support athletes' motivation and performance development (Refiater & Haryanto, 2024).

The findings of this study indicate that the performance of badminton doubles athletes is not only determined by technical, physical, and tactical abilities but is also influenced by the quality of interpersonal communication, psychological factors such as motivation, learning environment, and interaction processes that support athletes during training (Awally et al., 2023). The better the communication, the higher the levels of

coordination, trust, and teamwork that develop, thereby increasing the likelihood of achieving success. Thus, interpersonal communication can be viewed as one of the key supporting factors in the development of badminton doubles athletes in Jepara Regency. Therefore, coaches need to pay attention to developing communication skills among athletes in addition to improving technical and physical aspects during training.

Referring to the views of Joseph A. DeVito (2017) in the book titled “The Interpersonal Communication Book,” 15th edition, published by Hunter College of the City University of New York, effective interpersonal communication is characterized by five main components: openness, empathy, supportiveness, positivity, and equality. Interpersonal communication is a verbal and nonverbal interaction between two or more people who are interdependent or connected to one another. The concept of interdependence or connection means that what one person does will affect one or more other people in that communication process (Wira Buwana, 2025).

Furthermore, the researcher applied Joseph DeVito’s theory in this study to ensure that all systematic elements of communication were thoroughly examined to achieve optimal results.

Table 1. Data on the components of interpersonal communication in Joseph DeVito’s theory

Name	Openness	Empathy	Aspect Supportiveness	Positiveness	Equality
Ahmad Falih & Rizki Ramadhan	Openly sharing feedback on the game after practice and matches.	Being able to understand a partner’s condition when under match pressure.	Motivating each other when mistakes occur on the field.	Demonstrating optimism and encouraging one another during matches.	Strategic decisions are made through brief discussions.
Aurelius Bryant & Christian Dwiki Valentino	Open to providing feedback regarding playing patterns and on-court coordination.	Showing concern for their partner’s physical and mental condition.	Providing both verbal and non-verbal support throughout the match.	Maintain a conducive communication atmosphere even under pressure.	Both athletes have equal opportunities to express their opinions.
Farid Yahya & M. Zakirsyah	Being open to criticism and suggestions to improve the quality of the partner’s play.	Understanding each partner’s personality and playing style.	Helping each other correct mistakes that occur during the match.	Demonstrate mutual respect and maintain trust in their partner.	Responsibilities are shared equally according to each player’s role.
Afriza Gunawan & Winan Racmat	Actively communicating about strategies and evaluating the match.	Being able to understand their partner’s feelings when facing failure or success.	Providing mental support when a partner loses focus during the game.	Maintain good communication in various match situations.	The communication relationship is built on mutual respect without one party dominating the other.

Openness

In a badminton doubles partnership, openness is a key element that supports the effectiveness of interpersonal communication. Openness in communication allows individuals to express opinions, criticism, and suggestions honestly, thereby reducing misunderstandings and enhancing the effectiveness of cooperation (Habiburrahman, 2025). Based on interview results, the athletes are accustomed to conducting joint evaluations after practice or matches to discuss mistakes, game strategies, and areas needing improvement for the next match.



Figure 1. Discussing game strategies with the coach

Openness is also evident in each partner's ability to communicate challenges encountered during practice or matches. When one athlete experiences a drop in performance, loss of focus, or technical difficulties on the field, the partner provides an opportunity to address these issues so that solutions can be found together. This open communication process helps reduce misunderstandings and enhances understanding of each partner's character and needs. Research findings indicate that the openness established between partners contributes to improved game coordination. Through open communication, athletes can share ideas, strategies, and evaluations honestly without hesitation. This environment helps the pair build trust, strengthen cooperation, and facilitate information exchange that supports the achievement of common performance goals (Argi et al., 2023). Thus, openness is a key factor in fostering effective interpersonal communication and plays a role in the achievements of the Jepara Regency badminton doubles athletes.

Empathy

Regarding empathy between doubles partners in Jepara Regency badminton, research findings indicate that empathy is manifested through the athletes' ability to understand their partner's physical, mental, and emotional state during both practice and matches. The aspect of empathy in interpersonal communication between badminton doubles partners in Jepara Regency indicates that athletes' ability to understand their partners' emotional states, pressures, and needs plays a role in maintaining the stability of their collaboration during matches. This finding aligns with the research by Bedir (2023) which explains that empathy and communication skills are related to team cohesion and athletes' competitive performance. The ability to understand a teammate's perspective helps athletes build coordination, increase trust, and create interpersonal relationships that support the achievement of optimal performance.



Figure 2. Aurelius Bryant showing empathy toward Christian Dwiki Valentino after making a mistake during a match.

The empathy demonstrated is not limited to concern for the partner's performance but also includes the ability to understand the situation the partner faces when under match pressure, experiencing fatigue, or facing a loss of confidence. Empathy is evident when one athlete makes a mistake or loses focus, as the partner does not respond with blame but instead offers support through encouraging words, positive gestures, and a calming approach to help the partner refocus on the game. In daily training, athletes also demonstrate concern for their partner's development and condition by offering advice, motivation, and assistance when the partner struggles to execute a strategy or faces a specific opponent. Based on the research findings, the empathy shared between partners contributes positively to the quality of interpersonal communication because it helps athletes understand their partner's feelings, condition, and needs, thereby strengthening cooperation, maintaining team cohesion, and supporting the achievement of performance goals for the Jepara Regency badminton doubles athletes.

Supportiveness

The aspect of supportiveness is one of the key components in interpersonal communication among Jepara Regency badminton doubles partners. Supportive communication between athletes can strengthen positive relationships by providing encouragement, motivation, and psychological support, which are important factors in maintaining performance during training and competition (Joo et al., 2022). Interview results indicate that the most common form of support between partners is verbal encouragement in the form of motivational words when mistakes occur during a match. When one athlete loses a point or makes a technical error, the partner does not respond negatively or assign blame but instead provides motivation to stay focused and confident in continuing the game. Additionally, support is manifested through concrete actions such as reminding each other of strategies, helping correct positional errors, providing brief instructions during the match, and assisting a partner who is struggling to understand specific techniques or strategies during practice. The research findings indicate that the support established between partners makes athletes feel valued, trusted, and not left to face match pressure alone, thereby enhancing teamwork, strengthening game coordination, and supporting the achievement of performance goals.



Figure 3. The form of support between partners Aurelius Bryant & Christian Dwiki Valentino to stay motivated during the match.

Positiveness

A positiveness is a key component in interpersonal communication between doubles badminton partners in Jepara Regency. A positive attitude is demonstrated through the athletes' ability to maintain a harmonious, mutually respectful relationship and create a conducive communication environment during both practice and matches.



Figure 4. Rizky's positive attitude toward Falih as he provides reassurance through an optimistic expression (source: PORSIMAPTAR 2025).

When mistakes occur during the game, the athlete partners do not blame each other but instead offer constructive feedback to maintain focus and motivation. Additionally, the athletes demonstrate a positive attitude by helping each other overcome technical difficulties, openly accepting criticism and evaluations, and providing support to their partner when facing match pressure. The positive attitudes among doubles badminton partners in Jepara Regency are evident through their encouragement of one another, appreciation for their partners' efforts, and ability to maintain a conducive atmosphere for communication during both practice and matches. This finding aligns with Oh & Yoo (2023) who explain that positive relationships among athletes and good interaction norms play a role in enhancing group cohesion. Relationships built through positive communication can strengthen athletes' sense of togetherness, trust, and cooperation in achieving shared performance goals. These findings indicate that a positive attitude helps create a comfortable relationship, enhances trust between partners, strengthens cooperation, and supports athletes' performance and achievement of results.

Equality

The component of equality is a key element in interpersonal communication among doubles badminton partners in Jepara Regency. Equality is demonstrated through the equally important roles of both athletes in achieving a shared goal: optimal performance and achievement. Effective communication is built through relationships based on mutual respect, valuing differing opinions, and providing equal opportunities for each individual to express their ideas and perspectives (Irianto et al., 2024). Relationships grounded in equality also foster more open communication because each athlete has equal opportunities to share ideas, strategies, or evaluations without domination by one party. Furthermore, equality is reflected in the decision-making process, which is conducted through joint discussions, a balanced distribution of responsibilities on the court, and a mutual respect when facing differing opinions. With equality, athletes feel valued as an integral part of the pair, enabling interpersonal communication to occur more effectively and supporting the achievement of performance by the Jepara Regency badminton doubles athletes.



Figure 5. Open communication between the pair Farid Yahya and M. Zakirsyah and the coach during the match interval (source: sphotograpy30 USM CUP 2023)

CONCLUSION

This study demonstrates that interpersonal communication plays a crucial role in supporting the performance of Jepara Regency's badminton doubles athletes. The forms of communication observed include verbal communication such as evaluations, instructions, motivation, and strategic discussions, as well as nonverbal communication such as eye contact, body gestures, and facial expressions during both training sessions and matches. Based on Joseph A. DeVito's theory, it was found that openness, empathy, support, a positive attitude, and equality are the key aspects that shape effective interpersonal communication between partners. These five aspects contribute to building trust, strengthening coordination and cooperation, maintaining team cohesion, and minimizing miscommunication, thereby supporting improved performance and the achievement of athletic success. This finding is supported by Siahaan & Riadi (2025) who explained that effective interpersonal communication within an athletic environment can strengthen motivation, coordination, emotional closeness, and cooperation among athletes, which ultimately contributes to improving performance. Although this study is still limited to a small number of athlete pairs and uses a qualitative approach, the results emphasize that the development of interpersonal communication skills deserves equal attention to technical, physical, and tactical training. Therefore, coaches and athletes are advised to continue developing the quality of their interpersonal communication, while future research could involve a broader sample and more diverse approaches to gain a more comprehensive understanding of the relationship between interpersonal communication and athletic performance.

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