



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Message from the Chief Minister of Sarawak



Assalamualaikum WBT and greetings to all.

On behalf of the people of Kuching and the organizing committee, it is my privilege and honor to welcome you to Sarawak, the Land of the Hornbills, for the 9th Asian South Pacific Association of Sport Psychology International Congress 2022. Your attendance and participation during the congress is greatly appreciated considering the global pandemic and challenges that we all are faced with today. The theme for this congress is Fostering Partnership and Collaboration through Applied Technological Innovation in Asia. This is an excellent overall theme that is in line with the ASPASP's objectives. The ASPASP was established to promote the discipline of sports and exercise psychology in Asia, as well as to encourage the participation of all interested parties in research, and the sharing of ideas and dissemination of scientific research findings.

I sincerely hope that achieving the objectives of ASPASP will help to ensure that sports, physical activity and exercise are given an appropriate role in the development of our youths into, one day, becoming potential world class athletes. I believe that all the participants in this congress are looking forward to building collaborations and expanding international relationships among various sport entities representing different disciplines.

I would like to extend my sincere appreciation to the Sarawak Sports Psychology Association, Asian South-Pacific Association of Sport Psychology, the Ministry of Tourism, Creative industry and Performing Arts Sarawak, Sarawak Convention Bureau, Malaysian Convention and Exhibition Bureau, Sarawak Sports Corporation (SSC), UiTM Sarawak and IPG Kampus Batu Lintang who have collaborated in organizing this auspicious event.

This is another excellent example of the collaborative potential of institutions of higher learning, government agencies and stakeholders, in taking the lead in promoting the transformation and development of sports and exercise psychology in Sarawak specifically as well as globally.

Finally, I hope you will all have a very productive and enjoyable congress. Thank you.

A handwritten signature in blue ink, written in a cursive style, belonging to Datuk Patinggi Tan Sri (Dr) Abang Haji Abdul Rahman Zohari Bin Tun Datuk Abang Haji Openg.

**(DATUK PATINGGI TAN SRI (DR) ABANG HAJI ABDUL RAHMAN ZOHARI
BIN TUN DATUK ABANG HAJI OPENG)
CHIEF MINISTER OF SARAWAK**



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Message from the President of ASPASP

President

Asian South-Pacific Association of Sports and Exercise Psychology



Greetings to all.

On behalf of the ASPASP, it is my absolute pleasure to welcome all of the participants to the 9th Asian South Pacific Association of Sport Psychology International Congress 2022, hosted by the beautiful city of Kuching, in Malaysia.

The main aim of this congress is to provide avenues for the establishment of collaborative networking amongst the sport and exercise psychology community within the Asia Pacific regions and beyond. It also aims to amplify our expected role in meeting the psychological and mental health needs of athletes and non-athletes, as well as sharing the latest in research findings and its possible future applications.

This congress also hopes to provide a platform for discussing the future direction of sport science, specifically in the field sports and exercise psychology. In addition, we will be having speakers, presenters, and participants from all over the Asian South-Pacific region which span the whole of Asia, Australasia and the South-Pacific Islands showcasing their related works from their respective countries.

My sincere appreciation to the Sarawak Sports Psychology Association, UITM Sarawak, Sarawak Convention Bureau, Sarawak Sports Corporation and Malaysian Convention and Exhibition Bureau for their generosity and cooperation in making this congress a reality. I am confident this will be the start of a healthy relationship between ASPASP and Sarawak, in developing the future of sports and exercise psychology in Malaysia and beyond.

Finally, I sincerely hope that you will have a memorable and fruitful congress. Enjoy the wonderful hospitality, the culinary delights, and the cultural beauty of Kuching.

Thank You

Prof. Dr. Young-Ho Kim

President

Asian South-Pacific Association of Sports and Exercise Psychology





9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Message from Chair of 9th ASPASP Int. Congress 2022 Vice President

Sarawak Sports Psychology Association



Greetings and salutations to all.

On behalf of the ASPASP and SASPA, it is our great pleasure to host the 9th Asian South-Pacific Association of Sport Psychology International Congress 2022 in Kuching, Malaysia. This congress aims to share current research findings, good practices and provide opportunities for collaboration and networking with colleagues, fellow counterparts and students within the Asian-South Pacific regions. It also aims to amplify our expected role in meeting the psychological and mental health needs of athletes and non-athletes, and practitioners to share their best practices and challenges within the sports and exercise psychology disciplines.

In addition, this congress hopes to provide a unified platform for all parties to discuss and innovate future directions and challenges in the ever-challenging environment. We all need to solidify, nurture and rejuvenate our communities and have an optimistic perspective for the future. This congress also showcases workshops in related areas to provide opportunities for continuous professional development (CPD) for sports and exercise psychology practitioners, educators, researchers and others. The congress also supports Sarawak effort to play an active role in the social development of the state — towards building a healthy, sustainable and disciplined society through sports.

Finally, we look forward to welcoming you all to Kuching, Sarawak in August 2022.

Best Regards,
Dr. Chin Ngien Siong
9th ASPASP Congress





9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING , SARAWAK, MALAYSIA



CONGRESS REGISTRATION PRICING

* EARLY BIRD PRICING DUE ON THE 30TH OF MAY 2022

INTERNATIONAL DELEGATES USD 320 <i>EARLY BIRD</i> USD 280	EMERGING COUNTRY DELEGATES USD 240 <i>EARLY BIRD</i> USD 200	INTERNATIONAL STUDENTS USD 220 <i>EARLY BIRD</i> USD 180	LOCAL STUDENTS RM 250 <i>EARLY BIRD</i> RM 200
LOCAL DELEGATES RM 600 <i>EARLY BIRD</i> RM 500	EMERGING COUNTRY STUDENTS USD 180 <i>EARLY BIRD</i> USD 160	INTERNATIONAL PRESENTER USD 320 <i>EARLY BIRD</i> USD 280	LOCAL PRESENTER RM 600 <i>EARLY BIRD</i> RM 500

Registration fees includes the following:

- Admission to all sessions
- Congress materials
- ID Card and Lanyard
- Congress T-shirt
- Lunch and coffee breaks
- Transportation - Official Hotel to Congress Venue (via Versa)

* For additional presentation submissions, please go to the **ABSTRACT SUBMISSION** navigation tab and click on the **EXTRA SUBMISSIONS** dropdown on the official congress website (WWW.ASPASP.com.my)



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Call for papers

The congress provides a platform for academicians, researchers, practitioners, participants and students to share their invaluable findings in a globalized settings. The congress invite submissions to the following themes but are not limited to:

Applied sport and social psychology
Health and exercise psychology
Counselling and clinical psychology in sport
Motor control and learning
Data mining in sport, biomechanics, machine learning

Submission & instruction

All submissions should be written in English and checked for correct grammar.

Abstract

Please kindly refer to the abstract template. The deadline for abstract submission is **30th April 2022**.

Abstract Template (MS Word)

Abstract Title

First Author¹[0000-1111-2222-3333] and Second Author²[1111-2222-3333-4444]

¹ University Malaya, Kuala Lumpur 50603, Malaysia

² Harvard University, Cambridge, MA 02138, USA
Jael@gmail.com

Abstract. The abstract should summarize the contents of the paper in short terms, i.e. 150-250 words in a single paragraph. The abstract is a single paragraph without indentation, without tables, figures, subheadings, indentation or references. The abstract should contains the introduction, purpose, methods, results and conclusion. It should be single-spaced in 9-point Times New Roman. Paragraphs are justified (straight-edged) on both left and right. Do not include bullets or lists in the abstract. The abstract should be submitted in the format of MS Word (.doc or .docx) document. Keywords should be given leaving one-line space below this text.

Keywords: First Keyword, Second Keyword, Third Keyword.



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Paper submission

Full papers must contain original research which have not been published previously or accepted for publication and under current review. Papers shall consist of not more than 14 pages in length which includes abstract, figures, tables and references and comply with the format provided for preparation of the manuscripts. Papers will be peer-reviewed and evaluated based on originality, content, correctness, relevance to congress and readability. All papers will be published in proposed Scopus-indexed proceeding. The paper template will be uploaded at a later date. The deadline for full paper submission is 30th May 2022.

Oral presentation instruction

All oral presentation should be presented in English. Oral presentations are 12 minutes with 3 minutes for discussion (15 minutes for Q & A.). All oral presentation should be presented in English. The oral abstract should include the introduction, purpose, methods, results and conclusion. All presenters are required to bring their PowerPoint presentation in a USB memory two hours before their presentation to have it pre-loaded in the session computers.

Poster presentation instruction

All posters should be presented in English. The poster abstract should include the introduction, purpose, methods, results and conclusion. The poster format will be A0 (118.9 cm x 84.1 cm). Poster should be printed and brought by each author to the congress. The Secretariat will provide the materials for attaching the poster. The poster will be exhibited during the congress. A number will be allocated for each poster according to the sessions. Authors are expected to be at their poster during the poster session. The organising committee will not be responsible for posters that are not removed on time.

Important notice about publication

Authors whose abstracts have been accepted as oral or poster presentations should submit their final paper for the congress publication before 31 March 2022.

Symposium

The word limit for abstract is 250 words which should include the introduction, purpose, methods, results and conclusion. The symposium should cover a specific coherent topic related to either one of the themes of the congress. Each symposium should consist of five presenters representing at least three different countries. Presenters should submit their own abstracts separately before a symposium presentation can be proposed. All presenters are required to be present during the symposium. The duration of the symposium is 75 minutes.



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Symposium

Call for symposium topics

We invite researchers to submit papers for symposium based on the sub-themes of the congress.

Symposium Submissions:

Each symposia session will be 75 minutes. Sessions consist of a maximum of 5 presenters of 15-minute spoken papers, each followed by 5 minute discussion directed by one chair. The chair will be responsible for introducing the topic of the presentations, provide a brief overview of the presentations and facilitate the discussion according to the time allocated. The Chair is required to submit to the symposia by completing the symposia proposal based on the template provided. The submission must also consist of individual abstract for each presentation.

- Symposium title
- Authors, affiliated university, email
- Symposium abstract must be 250 words or less describing the purpose, method, results and conclusion.
- Keywords (3 - 5 keywords)

Deadline: 30th April 2022

The congress offers awards to recognise outstanding performance in research and presentation. All presenters (oral, poster and papers) are eligible for the awards and must register for the congress as presenters by 15 May 2022. The presenter must be one of the authors and attend the congress.

All papers accepted for oral and poster presentation must submit a final draft of the presentation (Powerpoint or PDR) by 30th May 2022 and full paper by 30th May 2022 via email: secretariat@aspasp.com.my.

AWARDS SELECTION CRITERIA BEST ORAL PRESENTATION AWARDS

For the Best Oral Presentation Award(s), each oral presentation will be evaluated based on the following criteria:

- (1) Originality (20%)
- (2) Purpose (10%)
- (3) Methods (20%)
- (4) Conclusions (10%)
- (5) Presentation and Content Delivery (30%)
- (6) Timeliness (10%)

BEST POSTER PRESENTATION AWARDS

For the Best Poster Presentation Award(s), each poster will be evaluated based on the following criteria:

- (1) Relevance of the Content (40%)
- (2) Clarity of Content Delivery and Abstract (15%)
- (3) Depth of Content and Organizational Effectiveness (20%)
- (4) Design and Visual Presentation (10%)
- (5) Verbal Interaction (15%)

Each oral and poster presentation will be evaluated by the session chair(s) based on the criteria as stated.



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING , SARAWAK, MALAYSIA



BEST PAPER AWARDS

All papers presented are eligible for the awards. The papers will be evaluated based on Significance (10%), Originality (35%), Methodology (25%), Consistency and Contribution to the Literature (20%) Quality of Writing (10%)

All awards (Oral, Poster, Papers) receive a plaque and certificate.



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING , SARAWAK, MALAYSIA



Deadline for Submission

The deadline for submission of nominations is 27th June 2022. This is a fixed deadline because of the need to inform the students who will be awarded the scholarships in time for them to organize their attendance at the ASPASP Congress. Applicants will be informed of the outcome by 30th July 2022.

Procedure for Submission

Submissions should be made as one electronic document, consisting of the Student's name, university address and email, and the Supervisor's name, university address, and email followed by the Student's submission and the Supervisor's supporting statement in that order. Send this documentation to the Vice-President (Programs) of ASPASP, Frank Lu, by email at franklu@gmail.com



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



Title of the symposium

¹University of Science and Technology, Texas, HOU 75835 USA

(e-mail: author@ust.gov).

²Colanda State University, Springs, CS 80829 USA

(e-mail: author@colan.gov)

³Science University, Tokyo, Japan

(e-mail: author@sci.gov)

Abstract: Please provide an abstract (200-250 words), which describes the topic and focus of your symposium.

Keywords: Include a list of 3 – 5 keywords.

1. Contributions

- [1] A. Author, B. Author, C. Author, *Title of first paper*, **full contribution**, contact information of corresponding author.
- [2] A. Author, B. Author, C. Author, *Title of second paper*, **full contribution**, contact information of corresponding author.
- [3] A. Author, B. Author, C. Author, *Title of third paper*, **full contribution**, contact information of corresponding author.
- [4] A. Author, B. Author, C. Author, *Title of fourth paper*, **full contribution**, contact information of corresponding author.
- [5] A. Author, B. Author, C. Author, *Title of fifth paper*, **full contribution**, contact information of corresponding author.



**9th Asian-South Pacific
Association of Sport Psychology
International Congress 2022**

9-11 AUGUST 2022

**BORNEO CONVENTION CENTRE KUCHING
KUCHING , SARAWAK, MALAYSIA**



VISA INFORMATION

Please visit the Malaysian Immigration MY Travel Pass section for more information on procedures for Application Entry into Malaysia.

Site: <https://mtp.imi.gov.my/myTravelPass/main?termConditionNXF>



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

ASPASP International Speakers



Science Before Our Eyes: Explorations into Contexts with Sensitivity

Prof. Dr. Robert Schinke, EdD, ISSP-R, CSPA

President of the International Society of Sport Psychology

School of Kinesiology and Health Sciences

Laurentian University Teaching Fellow in Graduate Student Mentoring

Co-Editor- International Journal of Sport and Exercise Psychology

Editor- Journal of Sport Psychology in Action

Fellow- International Society of Sport Psychology, Association for Applied Sport Psychology



EXERCISE PSYCHOLOGY

Prof. Dr Jennifer Etnier

University of North Carolina Greensboro, USA



MOTOR LEARNING

Prof. Dr Claudia Voelcker-Rehage

University of Munster, Germany



9th Asian-South Pacific
Association of Sport Psychology
International Congress 2022

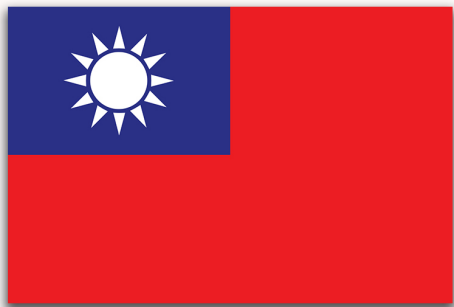
Asia and South Pacific
Invited Speakers



SPORTS PSYCHOLOGY

Assistant Professor Dr. Wimonmas Prachakul

Faculty of Sports Science, Kasetsart University, Thailand



EXERCISE PSYCHOLOGY

Prof. Dr. Tsung-Min Hong

National Taiwan Normal University, Taiwan



MOTOR LEARNING

Assoc. Prof. Dr. Yin Hwa Kee

National Institute of Education, Nanyang Technological University, Singapore



9th Asian-South Pacific
Association of Sport Psychology
International Congress 2022

Malaysian Speakers



PROF. DR. LOW WAH YUN **@ SARINAH LOW BINTI ABDULLAH**

Deputy Executive Director (Research & International) Asia-Europe Institute, University of Malaya
PhD, Psychology, Surrey University, Surrey, UK
M.Sc., Perubatan Klinikal Psikologi, University Of Surrey, England
Ba(Hons) (1982), Psychology, Universiti Kebangsaan Malaysia (UKM)

ASSOCIATE PROF. DR. LIM BOON HOOI

Phd (UM), 2011, M.Sc (UPM) 2003, Bac Sports Sci (UM) 1999.
Senior Lecturer, Centre for Sports & Exercise Sciences, University of Malaya

Specialization:

Performance and Perception (Relaxation Skills),
Sport Psychology Intervention (Anxiety in Sport)

ASSOCIATE PROF. DR. GARRY KUAN

Exercise and Sports Science Programme, Universiti Sains Malaysia
BSc. (Hons) (UMS), MSc. Sports Science (USM), Ph.D Sport Psychology (VU Australia),
Post-doctoral Human Factors (Brunel, UK), Adv. Dip. Violin Performance (London, UK).

Specialisation:

Sport Psychology, Sports Science, Neuro-Psychophysiology, Executive Function, Music Therapy



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA



TENTATIVE PROGRAM

Please kindly note that this is a preliminary program that might be subjected to some changes. This program is based on Malaysia time zone (GMT +8)

Time / Day		Monday, 8 August 2022			
14:00 pm – 15:30 pm		Symposia			
15:30 pm – 16:45 pm		Workshops			
Time / Day		Tuesday, 9 August 2022			
08:00 am – 09:00 am		Registration			
09:00 am – 10:30 am		Opening ceremony ASPASP INT. CONGRESS 2022			
10:30 am – 11:00 am		Tea Break			
11:00 am – 11:40 am		Keynote Address 1			
11:40 am – 12:20 pm		Keynote Address 2			
12:20 pm – 13:00 pm		Keynote Address 3			
13:00 pm – 14:00 pm		Lunch			
Parallel Sessions					
	Room 1	Room 2	Room 3	Room 4	
14:00 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 16:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
16:00 pm – 17:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
17:00 pm – 17:30 pm		Tea Break			
		End of Day 1			
Time / Day		Wednesday, 10 August 2022			
08:00 am – 08:40 am		Keynote Address 4			
08:40 am – 09:20 am		Keynote Address 5			
09:20 am – 10:10 am		Poster Sessions			
10:10 am – 10:30 am		Tea Break			
Parallel Sessions					
	Room 1	Room 2	Room 3	Room 4	
10:30 am – 11:30 am	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
11:30 am – 12:30 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
12:30 pm – 13:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
13:00 pm – 14:00 pm		Lunch			
14:00 pm – 14:40 pm		Keynote Address 6			
Parallel Sessions					
	Room 1	Room 2	Room 3	Room 4	
14:45 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 16:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
16:00 pm – 17:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
17:00 pm – 17:30 pm		Tea Break			
		End of Day 2			



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

BORNEO CONVENTION CENTRE KUCHING
KUCHING , SARAWAK, MALAYSIA



TENTATIVE PROGRAM

Please kindly note that this is a preliminary program that might be subjected to some changes. This program is based on Malaysia time zone (GMT +8)

Time / Day	Thursday, 11 August 2022			
08:00 am – 08:40 am	Keynote Address 7			
08:40 am – 09:20 am	Keynote Address 8			
09:20 am – 10:10 am	Poster Sessions			
10:10 am – 10:30 am	Tea Break			
	Parallel Sessions			
	Room 1	Room 2	Room 3	Room 4
10:30 am – 11:00 am	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
11:00 am – 12:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
12:00 pm – 13:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
13:00 pm – 14:00 pm	Lunch			
	Parallel Sessions			
	Room 1	Room 2	Room 3	Room 4
14:00 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 15:40 pm	Keynote Address 9			
15:45 pm – 17:00 pm	Closing Ceremony			
17:00 pm – 17:30 pm	Tea Break			
	End of Congress			