



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 of Sport Psychology 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, 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





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Message from Chair of 9th ASPASP 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 of Sport Psychology 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





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CONGRESS REGISTRATION PRICING

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

INTERNATIONAL DELEGATES USD 360 EARLY BIRD USD 300	EMERGING COUNTRY DELEGATES USD 260 EARLY BIRD USD 240	INTERNATIONAL STUDENTS USD 160 EARLY BIRD USD 220	LOCAL STUDENTS RM 250 EARLY BIRD RM 200
LOCAL DELEGATES RM 600 EARLY BIRD RM 500	INTERNATIONAL PRESENTER USD 360 EARLY BIRD USD 300	LOCAL PRESENTER RM 600 EARLY BIRD 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)



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Call for Papers

Fostering Partnership and Collaboration through Applied Technological Innovation: Advancing Sport and Exercise Psychology in Asia

The International Congress on Sport and Exercise Psychology is the 9th Edition of the successful congresses organised by the Asian-South Pacific Association of Sports Psychology (ASPASP). The ASPASP congress is organised once every four years since the establishment of ASPASP in Singapore in 1989.

ASPASP has held 8 congresses since 1991. Presently, the ASPASP congresses are highly regarded and recognised by the Sport and Exercise communities in terms of its quality, standards, and impact across the globe.

ASPASP was founded in Singapore in 1989, during the 7th World Congress of Sport Psychology. Since its inception, ASPASP has grown steadily as we have encouraged the development of sport and exercise psychology in many countries within the Asian-South Pacific regions. ASPASP currently has 26 member countries, including Australia, China, Fiji, Hong Kong, India, Indonesia, Iran, Iraq, Israel, Japan, South Korea, Kuwait, Laos, Macau, Malaysia, Mongolia, Nepal, New Zealand, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Taiwan, Thailand, and Vietnam. ASPASP is affiliated with the International Society of Sport Psychology (ISSP) and has held eight international congresses in the Asian-South Pacific region: starting at Melbourne, Australia (1991), Hong Kong (1995), Wuhan, China (1999), Seoul, Korea (2003), Bangkok, Thailand (2007), Taipei, Taiwan (2011), Tokyo, Japan (2014) and Daegu, Korea (2018).

We look forward for you to join us in this congress. See you in the 9th ASPASP congress !

Themes of Interest for submission include but are not limited to:

1. Applied sport and social psychology
2. Health and exercise psychology
3. Counselling and clinical psychology in sport
4. Motor control and learning
5. Data mining in sport

Abstract Submission Guidelines

The submission and review of papers for ASPASP 2022 will be managed by the Secretariat of the Congress and will be submitted during the registration process.

Please refer to the following guidelines, terms and deadlines to facilitate the submission process and subsequent follow-up process.

The title should not exceed 200 characters including spaces. Please limit the number of authors to no more than 5 and indicate each author's affiliation. Do not use titles (e.g. 'Prof.', 'Dr.', 'Mrs.') for authors names.

All abstracts will be published in the congress book.

All successful applicants are to register as a delegate to the congress and pay the registration fee for inclusion of their abstract in the programme.



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Abstract Submission: Abstract Template

Title of the Paper

***First Author 1 , Second Author 2 and Third Author 3**

1 Address 1

1 *Email id

2 Address 2

2 Email id

3 Address 3

3 Email id

*** Corresponding Author**

Abstract. The abstract is a mandatory element that should summarize the contents of the paper and should contain at least 70 and not exceeding 200 words. 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 size Times New Roman to be used in the abstract and keywords. No academic titles or descriptions of academic positions should be included. Paragraphs are justified (straight-edged) on both left and right. Do not include bullets or lists in the abstract. Use a zero before decimal points such as "0.45," not ".45." 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. Keywords (except the first one) start with small letters and the last one ends with a dot.



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Visa Information

Kindly visit the official Malaysian Immigration Website for the latest information regarding entry visa to Malaysia. Visa requirements by country and visa fee can be obtained from the website.

e VISA

eVisa is a hassle-free online platform that simplifies the visa application process by issuing electronic visas to Foreign Nationals wishing to enter Malaysia. Applications can be made online through I-Visa System (<https://www.ivisa.com/>)

eVISA nationality eligibility:

1. China
2. India
3. Sri Lanka
4. Nepal
5. Myanmar
6. Bangladesh
7. Pakistan
8. Bhutan
9. Serbia
10. Montenegro

Where to Apply

You may apply for an eVISA anywhere in the world except Malaysia and Singapore.
Note: The list of countries will expanded as more countries are added in stages.

How Long Do eVISAs Remain Valid?

eVISA bearers are allowed to stay in Malaysia for no more than 30 consecutive days per entry. This is largely dependent upon the type of eVISA that you have.

How Do I Get Started?

- First time applicants may click [here](#) then select "I'm New" to begin the application process.
- Registered users may select the "Returning User" option to log in to their account.

What Documents are Needed to apply For eVISA?

You are required to scan and upload the following documents to attach with your application:
A recent passport-sized photo as stipulated in the Guidelines on the eVISA application website.
The information page of your passport as shown in the Sample on the eVISA application website.
A valid and authentic return flight ticket.
Birth Certificate of applicants who are minors.
Additional documentation is subject to the requirements of the country you are applying from.



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What is The Approval Process?

- Your application is subject to approval by the Immigration Department of Malaysia or the Malaysian Representative that you applied from.
- Please be informed that you may be required to produce supporting documentation for verification purposes or attend an interview at the Consulate General of Malaysia / High Commission of Malaysia / Embassy of Malaysia.

How Will I Be Contacted Regarding My eVISA Application?

You will be contacted via e-mail. You are advised to check you inbox regularly.

Do I Have to Print Out My eVISA?

- Yes. Your eVISA will be e-mailed to you in an A4-sized printout format. You are required to print it out accordingly.
- Kindly take note that your eVISA is an extremely important document.
- You will be required to produce it at all entry checkpoints into Malaysia.

What Documents Are Needed at Entry Checkpoints Into Malaysia?

You will be required to produce the following documents:

Print out of your eVISA.

Proof of sufficient funds (Cash / Traveller's Cheques / Debit or Credit Card(s)) to cover your expenses while in Malaysia.

A valid and authentic return ticket.

Proof of accommodation.

Click the link for more information.

<http://www.klia2.info/trips/malaysia/malaysia-visa-information/#types-of-visa>