



Coaching Behavior; Effects On Motivation of Athletes

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ABSTRACT

The present study was conducted on the effects of coaching behavior on motivation of athletes. Researcher used Coaching Behavior Scale (CBS-S) on 285 participants. Data Collection approval was accorded from District Sports Officer Bhakkar (DSOB). Cross sectional design was used in study. The data was collected through coaching behavior scale questionnaires. Collected data were analyzed through the help of SPSS 21 then conclusion were drawn. In the results there was a positive effect of coaching behavior on motivation of field hockey players.

Keywords: Coaching Behavior (CB), Athlete Performance (AP), Physical Training and Conditioning (PC), Technical Skills (TS), MentalPreparation (MP), Goal Setting (GS).

INTRODUCTION

The ability of coach is to use the skills and attitude that create resilience and allow players to overcome the hurdles that stands in the way of reaching their goals. The coach's primary role is to facilitate the process of athletes' development through achievement of athletic

potential. Players consider their coaches as role models and rely on their coaching abilities. Coach plays vital role in motivating the player. Coach's behavior and his involvement with a player is more important in the development of talent. Good coach knows when to push players and when to reduce the intensity of training and their expectations. Coach should acquire a working knowledge off all areas affiliated with performance enhancement. Specifically, the disciplines of sports administration, sports medicine, strength and conditioning, and sports psychology which will assist coach during physical and mental training of athletes. A coach works on four primary components of these disciplines: risk physical training & conditioning, technical skill, mental preparation and goal setting (Ejaz Asghar, 2011). Coaches are the strong and important base for sport teams. Coach is known as a main organizer and framework of every sports progress. Indeed, past experiences showed that coaching is different from other fields since there are many skills that a coach needs and coaching is a profession which helps players to develop physical and mental capacity of their personal and social proficiency. Efficient, skilled and experienced coach should have terrific skills and science to develop skilled players (Rainer, 1994). Since the beginning of sport competition, athletes have sought to acquire the skills and knowledge of sport in order to become "champions". As sport evolved into organized activity, coaches began working more closely with the development of methods and strategies for achieving peak performance. Participating in sports involves a certain level of risk, even when reasonable precautions have been implemented. Coaches have some level of responsibility for all aspects of their athletic program. (Gondi, 1999).

Objective of the Study

To find out the effects of coaching behavior on motivation of athletes.

LITERATURE REVIEW

Role of a coach as considered someone who trains, instructs or gives advice to an athlete in order to improve their physical and mental performance in their performance. In many situations once an athlete has begun his journey of participation in competitive sport, they will spend a majority of their time with their coach. Not only does a coach have the responsibility of taking the authoritative role. A team or group of athletes, teaching technical skills and in most cases winning; he or she or has responsibility of motivating athletes, supporting them and enabling them to fulfill their fullest potential (Hyun-Duk & Cruz, 2016). One of the previous studies related to relationship between coaching styles and creativity with effectiveness in physical education managers conducted in different affiliated universities in 2002, results of that research showed that managers efficacy related with selected coaching style and creativity of managers also there was a significant relationship among variable (Ameri seyed, 2002). Conceptual model of coach behaviour preliminary investigation and instrument development" In that study they elucidated conceptual model of coaching behaviour and developed an instruction for measuring this concept also, they examined four dimensions of coach motivation mental preparation, goal setting, physical training and conditioning and technical skill the result was that study showed that democratic coaching behavior motivate the player. (Sullivan, P. J. 1999)

Methodology

Cross-Sectional survey study design was used and this study was conducted in District Bhakkar. 285 athletes participated in this study and Sample size was selected according to Rao Soft.

Confidence Level	Population Size	Response Distribution	Recommended Sample Size	Margin of Error
95%	1100	50%	285	5.00%

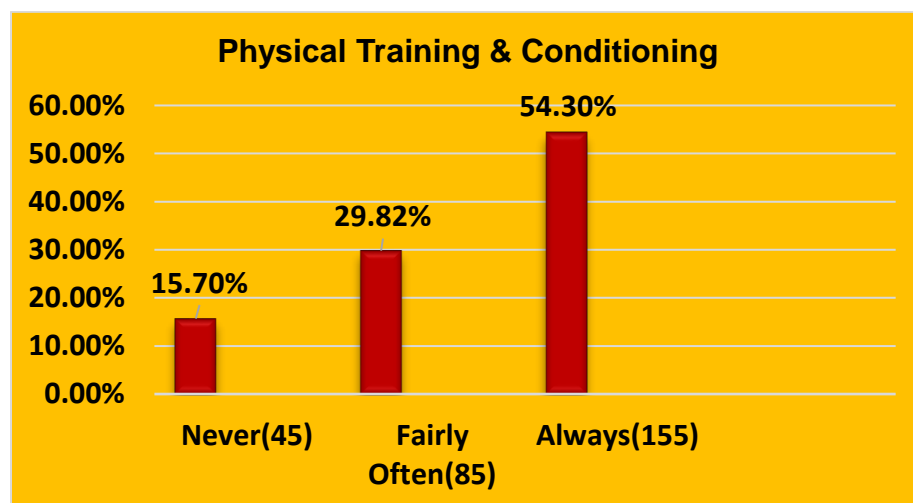
Non-probability convenient sampling technique was used. Only male players with age from 18-30 years were included in this study. Data was collected through general demographic questionnaire and the coaching behavioral scale for sports questionnaire. Cross-sectional design was used in study. The data was analyzed through SPSS 21.

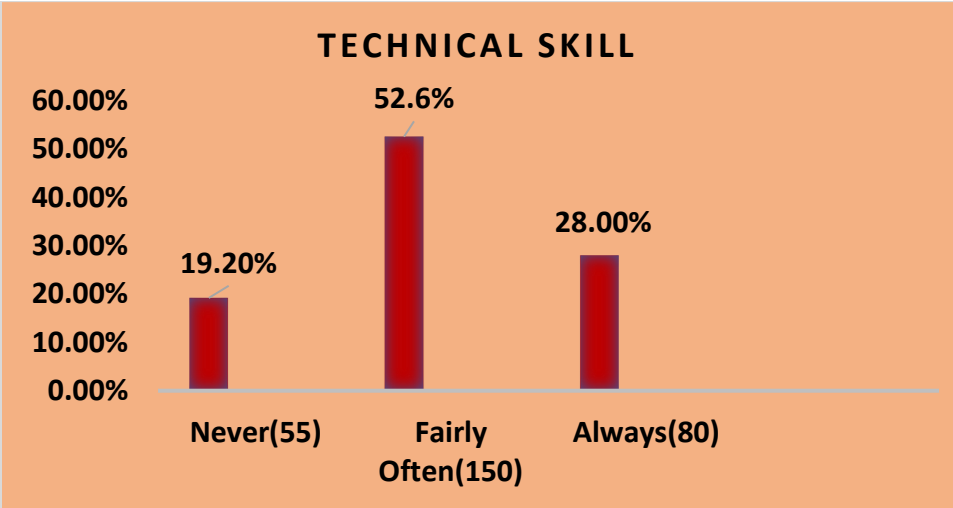
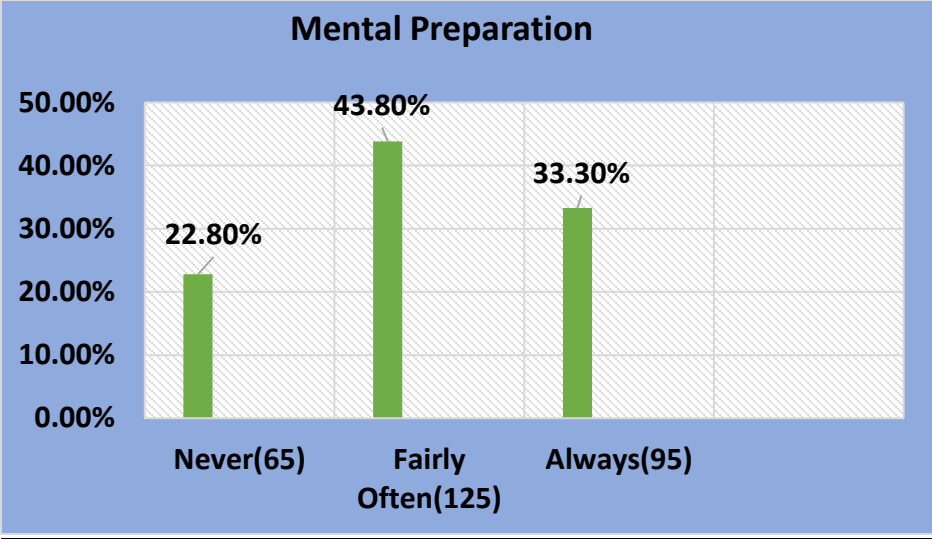
Research Hypothesis

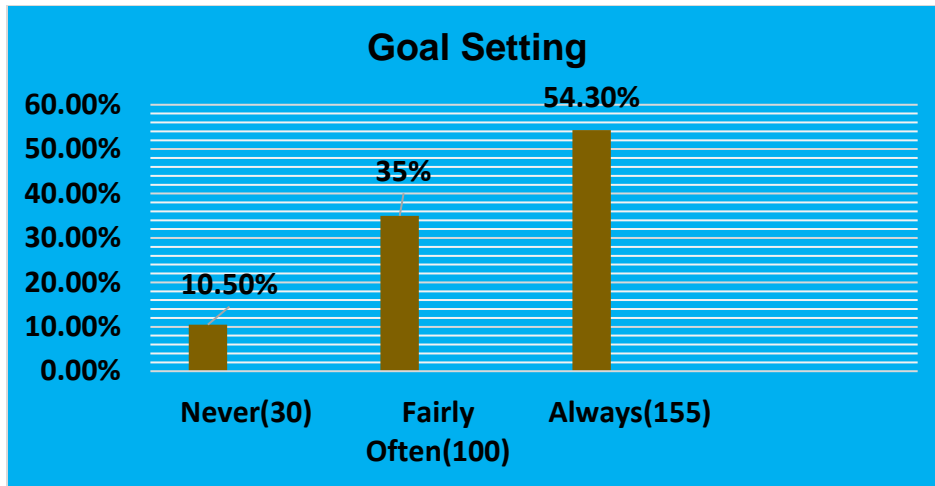
Null: It is predicted that, athletes are not motivated from coaches' behaviour.

Alternative: It is predicted that, athletes are motivated from coaches' behaviour.

RESULTS OF STUDY







Total Result	Always	Fairly Often	Never
Physical Training and Conditioning	F=155 (54.3%)	F=85 (29.82%)	F=45 (15.7%)
Technical Skills	F=80 (28%)	F=150 (52.6%)	F=55(19.2%)
Mental Preparation	F=95 (33.3%)	F=125(43.8%)	F=65 (22.8%)
Goal setting	F=155(54.3%)	F=100(35%)	F=30 (10.5%)
Total	42.54%	40.04%	17.10%

DISCUSSION

One of the previous studies conducted in 2016 shows that all coaches will have developed a personal set of views on coaching, interpersonal set relationship, and on issues relevant to their sports. This view will have evolved over time and will be derived from a range of practical and educational experiences. Researcher study approximately matching with previous studies, good coaching behavior developing physical training, conditioning, technical skills, mental preparation and goal setting. Skilled coach and his experience positively affect the performance of players and they are motivated.

CONCLUSION

Coaching behaviour scale was used to measure coaching behavior on athlete's motivation. Coaching behaviour have positive impact on athletes physical training, conditioning, technical skills, mental preparation and goal setting. Coaches provide support to attain athletes goals, provides advice how to stay positive, stay focused, confident about abilities

and how to perform under pressure. Coaches' give specific feedback for correcting technical errors, correct technique, and improve technique. Coaches make sure that players understand the strategies athletes being taught.

Accepted Hypothesis

Null hypothesis rejected and alternative hypothesis accepted because this study results shows that athletes are motivated from coaches' behavior.

Recommendation

In District Bhakkarmostly democratic behavior is used by coachesand have positive effect on athletes' motivation but in areas where autocratic or laissez fair behavior is used there that has negative effect. Many of Pakistan coaches use autocratic behavior and this behavior destroyed our sports. The researcher recommends the democratic behaviour to improve athletes' motivation and to improve standard of our sports.

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