

COACHING BEHAVIOR IN RELATION TO SPORTS PERFORMANCE AND ATHLETES' SATISFACTION AMONG COLLEGE VARSITY ATHLETES



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Abstract:

The main objective of the study was to know the Coaching Behavior in Relation to Sports Performance and Athletes' Satisfaction among College Varsity Athletes of colleges and universities in Cagayan de Oro City, a descriptive-correlation type of research was used. The study attempted to determine the influence of extraneous variables of the athletes' and coaches' age, gender, years of playing experience/coaching experience, type of sports played/coached, highest level of competition attended, coaches' trainings attended, and coaches educational attainment would affect the other variables. The samples for this study were the male and female athletes and coaches who participated in the 2013-2014 COSAA Meet in Cagayan de Oro City with a total of 118 athletes and 20 coaches. Total sampling technique was used. To measure athletes' satisfaction, a self-made questionnaire was used. It comprised of fifteen (15) statements where the scores for all statements were added and the total score was classified into three (3) levels of satisfaction, namely: Highly satisfied, Slightly satisfied, and Dissatisfied. High score signified high level of satisfaction, and the low scores connoted dissatisfaction. IBM SPSS Statistics 20 was used in analyzing the data for this study. The descriptive statistics in the form of frequency and percentage distribution was used to assess the demographic profile of the respondents. To assess the significant relationship between the variables, Pearson Product Moment Correlation of Coefficient or Pearson r and Chi-Square were employed. This study ascertained a significant relationship between coaching behavior, and sports performance and athletes' satisfaction among 188 varsity athletes and 20 coaches in various institutions in Cagayan de Oro City. Also, it tried to investigate whether the athletes' and coaches' age, gender, years of playing/coaching experience, type of sports played/coached, highest level of competition attended, coach trainings attended, and coach educational attainment impinged the relationship of the main variables.

Keywords: Coaching Behaviour, Sports Performance & Athletes Satisfaction.

Introduction:

The success and failure in a certain performance be in competition or in training relies much on the coach ability to handle an athlete or group of athletes. His motivations, clear instructions, proper guidance, his ability to discipline a player or team members are the few key factors in reaping good performance. Besides, a coach who posses fully competent is fully committed to attain success in every endeavor he does.

A coach is somebody who trains sports players and athletes. He is also considered as a trainer, teacher, instructor or tutor. The coach become more as a profession working with a sports team (Duxbury, 2004).

Likewise, a coach is also known to be a person shouting out instructions from his bench, calling the attention of his players through his body language, or merely setting down and trying to observe the performance of his athlete.

Moreover, the coach is the most important person in determining the quality and success of an athlete's sport experience. He/she is considered as a vehicle of athlete's successful performance. A coach evaluates the climate of the individual performance at the highest peak of the game or even during performance training, thus a coach influences the performance and its satisfaction level and should possess good coaching behaviors (Williams, et. al, 2003).

On the other hand, team performance upliftment is the usual gauge of a good coach. Winning is the most evaluative tool to measure success and failure of a coach achievements which is the most dreamed of a coach or perhaps to the team itself. It always brings honor and prestige to a coach whenever the team wins in a competition.

This study aimed to find out if coaching behavior influence team performance and athletes satisfaction among selected college varsity athletes in Cagayan de Oro City, Mindanao Philippines for this second semester, academic year 2013-2014.

Coaches play an important role to its success so in this context athletes' perception of their coaches' leadership style and behavior were measured through its team performance. The interest of this study was to determine if coaches' behavior could be linked to both team performance and athletes' satisfaction.

Objective of the Study:

The main objective of the study was to know the Coaching Behavior in Relation to Sports Performance and Athletes' Satisfaction among College Varsity Athletes.

Methodology:

Research Design:

In determining the relationships between coaching behavior, sport performance and athletes' satisfaction among varsity athletes of colleges and universities in Cagayan de Oro City, a descriptive-correlation type of research was used.

In this study, the independent variable was coaching behavior; the dependent variables were sports performance and athletes' satisfaction.

The study attempted to determine the influence of extraneous variables of the athletes' and coaches' age, gender, years of playing experience/coaching experience, type of sports played/coached, highest level of competition attended, coaches' trainings attended, and coaches educational attainment would affect the other variables.

Population:

The population of this study was the athletes and coaches of different colleges and universities participating in the 2013-2014 COSAA meet in Cagayan de Oro City. It consisted

of male and female coaches as well athletes who participated in the different events during the athletic meet.

Samples and Sampling Procedures:

The samples for this study were the male and female athletes and coaches who participated in the 2013-2014 COSAA Meet in Cagayan de Oro City with a total of 118 athletes and 20 coaches. Total sampling technique was used.

Instrumentation:

To measure athletes' satisfaction, a self-made questionnaire was used. It comprised of fifteen (15) statements where the scores for all statements were added and the total score was classified into three (3) levels of satisfaction, namely: Highly satisfied, Slightly satisfied, and Dissatisfied. High score signified high level of satisfaction, and the low scores connoted dissatisfaction. The construction of the self-made questionnaire was based on readings, experience, interviews, and observations. To check the validity and reliability, it was pilot-tested among eighty-three (83) Varsity Athletes of the Mindanao State University, Marawi City during academic year 2013-2014 who participated in the Mindanao State University System Athletic Association Meet last December, 2013.

In gathering the data for the sport performance of the respondents, the coaches were asked to answer the over-all rank of his or her team during the 2013-2014 COSAA meet . Said coaches were asked to complete the questionnaire on the personal profile that included the following: coaches' age; gender; years of coaching experience; type of sports being coached by the respective coaches; highest level of competition attended; trainings attended; educational attainment and over-all rank of the team.

Coaching Behavior Questionnaire developed by Williams et al. (2003) was used to determine the coaches' behavior. It comprises of 20 items with positive and negative statements having choices of always, often, seldom, and never. To score, point value of 4 for always, 3 for often, 2 for seldom, 1 for never for positive statements, while 1 point for always, 2 for often, 3 for seldom, and 4 for never for negative statements. Results obtained from the questionnaire would classify the coaches' behavior into the following categories: Very Good, Good, Satisfactory, Poor and Very Poor.

The athletes were asked to answer the questionnaire on the demographic profile that included the following: age, gender, years of playing experience, type of sports, and highest level of competition.

Statistical Treatment:

IBM SPSS Statistics 20 was used in analyzing the data for this study. The descriptive statistics in the form of frequency and percentage distribution was used to assess the demographic profile of the respondents. To assess the significant relationship between the variables, Pearson Product Moment Correlation of Coefficient or Pearson r and Chi-Square were employed.

Results and Discussion:

Discussion:

This study ascertained a significant relationship between coaching behavior, and sports performance and athletes' satisfaction among 188 varsity athletes and 20 coaches in various institutions in Cagayan de Oro City. Also, it tried to investigate whether the athletes' and coaches' age, gender, years of playing/coaching experience, type of sports played/coached, highest level of competition attended, coach trainings attended, and coach educational attainment impinged the relationship of the main variables. A total sampling technique was employed in this study. Tools used are purely questionnaires that measure the respondents' profile, coaching behavior, sports performance, and athletes' satisfaction. And for the statistical descriptive statistics in the form of mean, frequency and percentage distribution was used, and for the correlation, Chi-square and Pearson Product Moment Correlation of Coefficient or Pearson r were utilized.

Results:

Based on the study, the following are the findings revealed that among athletes' respondents most are belonged to 18 years old (19.5%), majority were males (77.1%), had 5 years of playing experience (46.6%), majority played team events (92.4), and played local competition (82.2) as the highest game attended. Among coach respondents, most of them belonged to ages 25, 26, 33, and 45 years old, majority were male coaches (85.0%), had two (2) years of coaching experience (20.0%), coached team events (55.0%), considered both local and national coach (45.0%), attended camp and clinics in various events, and majority were coaches with masters degree holder (60.0%).

Also, results revealed a highly significant correlation between coaching behavior and athletes' satisfaction ($p=0.000$). This connotes that good coaching behavior will result to a highly satisfaction of athletes. Probably the over-all support from their respective coaches, institutions, teammates and parents may contribute also. Besides, coaching behavior and type of sports played ($p=0.023$) showed a significant relationship. Meaning, coaches in team sports have better coaching performance than individual and dual events. Likewise, gender had a significant correlation with sports performance ($p=0.000$) and athletes' satisfaction ($p=0.027$) which signify that male performs better and are satisfied than female athletes. Also, years of playing experience ($p=0.024$) and sports performance had a significant correlation which means athletes played longer years perform better than less experience players. Finally, those athletes competed nationally ($p=0.043$) were highly satisfied.

Conclusion and Suggestion:

Conclusions:

With the given findings, the following conclusions were drawn: that the moderating variable of type of sports had a significant correlation with coaching; that gender and years of playing experience showed a significant relationship with sports performance; that gender and highest level of competition attended and athletes' satisfaction revealed a significant correlation; that coaching behavior and athletes' satisfaction confirmed a highly significant relationship, thus reject null hypotheses postulated regarding the aforementioned variables correlated, but accept the null hypotheses for other variables having no correlation. Findings

to those variables correlated having significant relationships imply that good coaching behavior highly satisfies athletes, male athletes who played longer years show good performance, and those who played higher level of competition are highly satisfied with the supports given to the athletes.

Recommendations:

Based on the findings and conclusions of the study the following recommendations are drawn:

There is a need to encourage more women to coach and ensure equal opportunity for women coaches. Likewise, there is a need to have women coaches to coach women teams. There is much need for women coaches not just in the region but for the country as a whole.

Establish standards for coaching so that it will emphasize positive and appropriate coaching behavior to ensure positive development of athletes and enhanced performance. Regular monitoring evaluation of coaches and their coaching behaviors are necessary to ensure that athletes are handled by coaches whose behaviors on and off the court are worthy of role models for the athletes.

Encourage coaches to possess good coaching behavior toward their athletes either individual/dual or team events in order that athletes be satisfied with their coaching style or ways and other support rendered to athletes, and in return athletes may show also good-quality performance in their upcoming competitions.

Sports administrators should provided varsity programs such as trainings among athletes, coaches or trainers to enhance team events but motivate also dual and individual events so as to develop coaches' behavior.

Both male and female athletes and other sports enthusiasts are encourage to sincerely do good in trainings and unceasingly join various sports competitions either local, national or international competitions in order to have good performance. Also institutions should fully support the needs of every athlete.

Further studies should be conducted using bigger and wide in scope, and with varied population.

The College of SPEAR should offer courses or training program for coaches that will enhance or develop their coaching ability. Develop a continuing coaching education program that will enhance not only knowledge and competencies of coaches to ensure skills and performance of athletes but also right attitude in helping young athletes become champions in sport and in life.

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