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COACHING BEHAVIOR; EFFECTS ON ATHELETE'S PERFORMANCE

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ABSTRACT

Study was conducted to explore the effects of coaching behavior upon athletes' performance. Population of study was athletes from various districts of Punjab Pakistan. Researchers with convenient random sampling technique selected Faisalabad, Jhung, Toba Taik Singh and Chiniot districts for research. Athletes of all levels participating in various sports of these districts were targeted population. 156 Athletes were selected as a sample through non-probability convenient sampling technique. Survey research design was used as tool for data and desired information collection. Mallet, (2006) Coaching Behavior Scale for the sport (CBS-S) was used as standardized scale. The collect data was statistically analyzed. Results of the study indicated that coaching behavior affect athlete performance. All dimensions of the coaching behavior scale were significant. Study results concluded that positive coaching behavior of coach enhanced athlete's performance in sport competitions. Positive behavior of coach also increased physical training capabilities, mental preparation, technical skills and goal setting techniques in the sportsmen. Results have established that coaching and positive coaching behavior have significant positive effects on the performance of athletes.

FINDINGS

Analyzed data results have shown that experienced and skilled coach positively improves the sport performance of athletes. Positive professional behavior of coach had visible impacts on physical training capabilities, mental preparation of athletes, enhancement in skill level and development of sense of goal setting. Sample of the study had observed positive change in all sport competitions and performance abilities, techniques, tactics and skills. Presence of skilled, experienced and well-behaved coach is essential for optimal performance and achievements.

IMPLICATIONS OF STUDY

Findings of study will help the management to stream line their program according to the need and requirements of the athletes, events and competitions. Introduction of experienced and skilled coaches at grass root levels in sport events will improve the achievement level of sportsmen. Positive behavior of coach and regular training and coaching programs will help in boosting up the sport standard in Pakistan. Professional coaching academies must be established at district levels for proper grooming and coaching of athletes.

INTRODUCTION

Sports coaching is the process of motivating, guiding and training an individual in preparation for any sporting career, or event. Most professional sportsmen have coaches to help and train them for competitions (Nicholis AR, et al, 2016). Coaches are responsible for planning, organizing and delivering an appropriate range of sports activities and programs for individuals and teams. Professional responsibilities include: teaching relevant skills, tactics and techniques, assisting in sports promotion and development (Hampson R, et al, 2014). Perfect coach will play many roles: technical supporter, motivator, leader,

psychologist, and maybe most importantly, as a role model for the athlete to follow him in the competitions as well. Skilled coaches understand their various roles which pertain to their overall program (Light R L, et al, 2014). Coaches mostly motivate athletes to focus on goal setting, develop strong liaison for execution and advise to develop proper game plan in each situation (Bianchard C M, et al, 2009). During discharging his professional duties, a coach must plan the activity properly, provide proper instruction, provide safe physical environment, provide adequate/proper equipment, correlate athletes according to size, physical maturity, skill level/experience, evaluate athletes for injury and incapacity and supervise the whole activities and program closely (Kim H D, et al, 2016). Coaches are well placed to help athletes to achieve their potentials. It is their responsibility to play a key part in getting children and teenagers engaged in sport and physical activity. Sport coaches are in position to promote the active lifestyles, inclusion and engagement of individuals in physical activities (Sarkar M & Fletcher D, 2014). Prime duties of sports coaches are to assist athletes in developing to their full potential. They are responsible for training athletes in a sport by analyzing their performances, instructing in relevant skills and by providing encouragement. But parents and teachers are also responsible for the guidance of the athlete in life and their chosen sport (Riemer H A, et al, 2007). Personal benefits of coaching are wide-ranging and can positively have impact on individual's career if they are properly engaged with their coach. Coaching has been known to boost confidence, improve work performance, and build effective communication skills. These benefits can be even more vast and specific to an individual (Jowett. S & Arthur. C, 2019). Coaching is a goal-focused (or solution-focused) approach, ability to elicit clear, well-defined and emotionally engaging goals from coach is one of the most important skills for a coach to possess, looking, listening, empathizing, questioning, giving feedback, intuiting and checking throughout the whole coaching, training and competition (Davis L & Jowett. S, 2014). Coaching involves the belief that individual has the answers to their own problems within them. The coach is not a subject expert, but rather is focused on helping the individual to unlock their own potential. The focus is very much on the individual and what is inside their head and his approach (Rynne S B, et al, 2016). Coaching helps athletes to promote the physical and mental capacity of their personal and social proficiency, coach should have huge skills and science to develop the skilled athletes (Johnson 2011).

Behavior of coach is the vital base of any sports teams because coach work as a main coordinate and framework of every sports progress (Riemer, H A, 2007). Effective performance of the athlete in sports is visible to be certain by interactions between a plenty of element such as the coach behavior, situational factors and athlete's characteristics disposition (Isoard-Gauthier, et al, 2016). Coaching is a multi-behavioral process that deal with the social psychology, conversation, and reward or moving towards objective. Coaching behavior is visible to affect both performance and satisfaction of teams and athletes (Wood J D, et al, 2010). There is significant positive effect of coaching on athletes' performance, attitude and goal setting. Positive supportive behavior is vital to improve athlete performance. Athletes who are new to workplace cannot be considered as completely skilled and growth of player depends on coach. How coach behaves with new athletes and help them to learn, to improve and to build confidence. Coach helps to provide

better framework and structure to athletes to develop sport performance and situation tackling skill (Arnold R et al, 2017).

Coaches need to behave their athletes well, so that athletes will feel good. If the athlete not satisfied with the behavior negative feedback will appear which is interpreted as unfair. Coach's advice is forceful prefigure of how athletes feel and perceive themselves and their sporting experience. The coach-athlete combination has been shown to affect the athlete's intellect of their sports reliance and friendless. Athlete reliance is very vital for jugglery and self-object behaviors and highly affected by the ascertain behavior of coach (Blanchard & Provencher, 2009). Coach contemplates someone to prepare, guide, or counsel an athlete in order to meliorate his corporal and intellectual performance in sport. If coach spoke will be positive, athlete will show more efforts, emendation and celebration in competitions (Lundkvist E, et al, 2018). Coaches must understand their role and influence within sport and the development of athletes, understanding emotions and how it effects on athlete performance. Athlete with higher inflation is not influenced by coaching behavior (Barcza-Renner, et al, 2016).

OBJECTIVES OF STUDY

To check the effects of the coaching behavior, on the performance of the athletes.

HYPOTHESIS

H0. There is no significant effect of coaching behavior on athlete sport performance.

RESEARCH METHODOLOGY

Study was conducted in Faisalabad (Punjab) Pakistan. The districts from where targeted population was selected were Faisalabad, Jhung, Toba Taike Singh and Chiniot. Stratified and convenient sampling technique was used for sampling. Total 156 athletes "91" Male and "65" Female participating in various sport activities in the different level competitions were sample for study. Data collection approval was properly taken from Ethical Sports Management Committee.

Participants	Sex	Population	Percentage	Required sample
Athletes	Male	91	58%	$112 * 63\% = 71$
	Female	65	42%	$112 * 37\% = 41$
Total	-----	156	100	112

Survey research design was used as tool for data and desired information collection. Mallet, (2006) Coaching Behavior Scale for the sport (CBS-S) was used as standardized scale. The collect data was statistically analyzed. Survey questionnaire consisted of 26 questions and 4 domains (Physical training and conditioning, technical skills, mental preparation and goal setting). Questionnaire had three options (Always, fairly often and never). Collected data was statistically analyzed applying appropriate techniques.

RESULTS

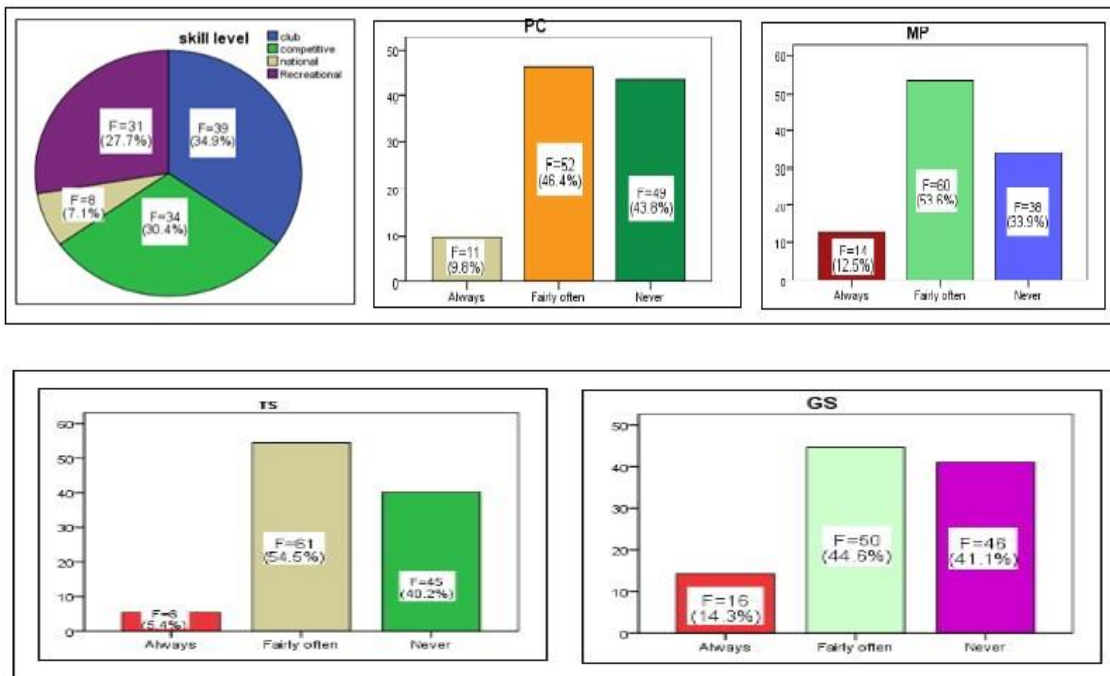
Table No:1

	Range	Variance	Mean	SE	SD	Sig.
PC	6	3.871	4.072	0.185	1.967	0.002
TS	6	3.215	4.244	0.1694	1.793	0.001
MP	5.6	2.752	4.501	0.1567	1.659	0.000
GS	6	2.920	4.519	0.1614	1.708	0.001

PC= Physical training and conditioning, TS=Technical skills, MP=Mental preparation, GS= Goal setting.

Questionnaire’s domains statistical analysis is shown in below table. Above table shows the range, variance, mean standard Error, standard deviation and p-values of CBS-S scale.

Below figures show the skill level of athlete who participated in the study.



DISCUSSION

Coaching behaviors is a fundamental key for boosting efficiency, level of promoting, mental preparation, and management responsibility. It enhances goal setting attitude and moral of athletes during sport competitions and performance. Present study explored the effect of coaching behaviors on performance of athletes in Faisalabaddivision. Present study results are in line with the literature of the study. Majority of the respondents of view

that lack of co-operation, interest, technical skills and abusive behavior of coach were main hurdles in prompt better performance. Results show that coaching and coach behavior are psychological needs of athletes.

CONCLUSION

Discussions of results depicts that style of sport coaching is associated with improvement of performance in competitions. Positive relation between coach and athlete is vital for improvement. Coach and his behavior are considered as tool for sport performance improvement. Proper coaching develops sense of self-determinations and motivation in sportsmen. Coach behavior polishes the intrinsic motivation of participants. Results of the study have reported that positive behavior of coach in sport is key to success in sport and competitions. Study concluded that positive behavior of coach increases in athlete performance physical training and conditioning was 46.4%, mental preparation 53.6%, technical skills 54.5% and goal setting 44.6%. Null hypothesis was rejected as there was visible impact of coach and coaching behavior on the athletes performance.

RECOMMENDATIONS

The results of the study are significant, and it is recommended that the higher authorities must provide supportive environment for coaching in sport. Trained, skilled and experienced coach must be made available at grass root level for all athletes. School, college, universities and district Government should collaborate with each other for improvement of sport and sportsmen.

LIMITATION OF STUDY

Throughout homeland Pakistan people from various races, localities and cultures participate in sport activities. Most of individuals play just for fun, recreation and utilizing leisure time. Minor portion of population participate in organized sport and competitions. It was impossible for researchers to conduct this particular study in broader perspective having restrictions of time, financial and traditional aspects. For this vary purpose the study in hand was limited to only four districts of Punjab (Pakistan).

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