



Perception Of Athletes towards Coaching Leadership in Indian Sports

Saraf Aboobacker
Research Scholar of Management Studies
SCSVMV, Kanchipuram, Tamil Nadu, India ^{1ABCDE}

Ramanakumar K.P.V
Professor in Management Studies
SCSVMV, Kanchipuram, Tamil Nadu, India ^{2ABCD}

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Author for correspondence :Saraf.A, e-mail : sarafcfi@gmail.com

ABSTRACT

Introduction: Athlete is a who trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina. The coach is a professional head of a team who is responsible for the preparation and performance of single players or of a team as a whole. A coach is a person who is responsible for the team success. Leadership is generally defined as a process of influence. A coach's leadership style, then, comprises the behavioral processes that a coach uses to influence his or her athletes. This study has aimed to analyze the perception of athletes towards coaching leadership in Indian sports. **Methods:** This study has been adopted with descriptive research design and survey method. The required sample data are collected from the populace of this study through a well-structured questionnaire which is framed and issued among them. The opinion of perception towards coaching leadership are collected and measured by the way of 5 points Likert-scale method. The sample size of this study is involved with 225 athletes with the help of random sampling method. The collected opinion on demographic and perception were investigated by utilizing the statistical techniques namely Percentage analysis, Mean score, Standard deviation, Anova test, Correlation analysis and Multiple regression analysis. **Results:** This study justified that maximum level of perception towards coaching leadership is obtained by the athletes who belong to 15-20 years of age group, female, UG or PG degree holders, below Rs.20,000 as family monthly income, North India and 7-8 years of playing experience.

Keywords: Athletes, Perception, Motivation, Coaching Leadership and Indian Sports.

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INTRODUCTION

Athletics is one of the world's oldest sporting events. In the year 776 BC in the ancient Olympia in Greece the first Olympic Games were held and during that games, only one, to use modern day terminology, track and field event

was held and that was the stadium footrace and the winner of that events and the first ever Olympic winner was Koroibos. Athletics or rather some of the aspects of athletics were present at the Panhellenic Games that were held in Greece and from there the ideas and the main concepts



of the Athletics spread to Italy around the year 200 BC. During the next several centuries Athletics developed in slow steps. The Athletics Federation of India is the apex body for running and managing athletics in India and affiliated to the World Athletics, AAA and Indian Olympic Association. The AFI has as many as 32 affiliated state units and institutional units. The AFI came into existence in 1946 and the federation organises the National Championships, trains the Indian Athletics National Campers, selects the Indian Athletics Teams for various international competitions, including the Olympics, Asian Games, CWG, World Championships, Asian Championships and other international meets, conducts the National Championships for various age categories. Athlete is a person trained or gifted in exercises or contests involving physical agility, stamina, or strength; a participant in a sport, exercise, or game requiring physical skill. But being an athlete involves more than just being strong and competing in athletic events. It requires hours and hours of practice every day and training for many years, usually under the guidance of a coach. Leadership is generally defined as a process of influence. A coach's leadership style, then, comprises the behavioral processes that a coach uses to influence his or her athletes. Coaches are vital to the integrity of each of the teams and the games that they oversee. Coaching leadership play a large role for the team success and the players' achievement. The coaches also provide guidance and act as confidants when needed not only are they mentors for team players. A coaching style is a unique way someone guides others in completing a task or making decisions. A coach can specialize in a certain style, or they can specialize in a few different ones that they can adapt to their players' preferences. Overall, a coaching leadership style is about helping individuals or team players reach their success, improve their performance in sports or get through major life changes.

REVIEW OF LITERATURE

In view of Lameiras et al. (2017) mentioned that relationships between perceived coach behaviors in training and competition

environments and with athletes' tendency to cooperate. Also, this determination appeared to indicate that athletes' cooperative behaviors were related to the leadership style adopted by the coaches despitesportive cooperation comprising each player's decision-making process. The study of Tseganesh Abako et al. (2019) identified significant positive relationship between coaching leadership behavior with satisfaction and perception. Further, significant relationship between players' satisfaction and team success exhibited lower results. Additionally, the effect of coaching behaviors on satisfaction and perception apparently demonstrated the importance of using the appropriate leadership styles. The researchers Bugdayci et al. (2017) noticed that perceptions of democratic and autocratic behaviours were positive, female players' perceptions of educative teaching, democratic behaviours and explanatory-awarding behaviours were more positive than male players. Also, perceptions of democratic behaviours of athletes, who had been training with the same coach for 5 years were more positive than the ones, who had been training with the same coach for 3 years or less.

According to Lim Khong Chiu et al. (2013) explored that the coaches' competency level were not differ significantly by gender and performance of student-athletes, but it was differed significantly by type of sport, between team and individual sports. In case of Jonathan Stein et al. (2012) pointed out that coaching feedback and motivational climate, and unique associations between the perceived and preferred coach feedback discrepancies were distinctly related to increased perceptions of both task- and ego-involved motivational climates. Further, the type of feedback, purpose of the feedback, and agreement or discrepancy in perceptions and preferences for different feedback styles were important to understanding task- and ego-involved motivational climate in youth sport. The authors John Elvis Hagan Jr et al. (2017) confirmed that maximum athletes felt they were involved democratically across the competition period and they not received the needed social support and positive feedback

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during competition. Also, while male athletes perceived their coaches to have given appreciable training and instruction, were more democratic, socially supportive, and provided positive feedback, female athletes perceived their coaches to be autocratic.

STATEMENT OF THE PROBLEM

Coaching styles are important for managing different aspects of sports. Coaching leadership is one characterized by collaboration, support and guidance. Coaching leaders are focused on bringing out the best in their teams by guiding them through goals and obstacles. Understanding when to use a certain type of coaching can improve efficiency in meeting goals. Players may complete their goals better when they have a coach because it can help to give them structure and hold them accountable. The athletes are struggled in exposing their maximum performance and achievement in sports although coaches guide them. The athletes are facing some of the issues in their sports carrier like performance pressure, free interaction with coaches, etc. Hence, this study aimed to analyse factors influencing the perception of athletes towards coaching leadership in Indian sports.

OBJECTIVES OF THE STUDY

- To study the demographic profile of the selected athletes in Indian sports.
- To examine factors influencing perception towards coaching leadership of the selected athletes in the study area.

HYPOTHESIS OF THE STUDY

- There is no significant difference in mean perception towards coaching leadership with regard to age of the athletes.
- There is no significant difference in mean perception towards coaching leadership with regard to gender of the athletes.
- There is no significant difference in mean perception towards coaching

leadership with regard to educational qualification of the athletes.

- There is no significant difference in mean perception towards coaching leadership with regard to family monthly income of the athletes.
- There is no significant difference in mean perception towards coaching leadership with regard to region of the athletes.
- There is no significant difference in mean perception towards coaching leadership with regard to playing experience of the athletes.

RESEARCH METHODS

This study is based on descriptive research design and survey method. This study utilized both primary and secondary data sources. For collecting the primary data, the self-structured questionnaire has been developed and distributed among the population. The demographic profile and perception towards coaching leadership of the selected athletes have been included in the study instrument. The opinion on perception of the athletes have been collected via 5 points Likert's scale technique. The secondary data were collected through published article, books, journals, internet sources, etc. The sample size has been set as 225 athletes through random sampling method. The collected sample data have been entered into MS-Excel software and analysed with the help of SPSS 22.0 software as well as the statistical techniques like percentage analysis, mean score, standard deviation, Anova test, correlation analysis and multiple regression analysis were applied.

RESULT AND DISCUSSION

For the convenient purpose, the analysis has been split into two sections. The first section shows demographic profile and second section covers perception towards coaching leadership of the athletes.

Section 1: Demographic Profile and Perception Towards Coaching Leadership of the Athletes



In the below table, the collected information of demographic profile and

perception towards coaching leadership of the selected athletes are given.

Table 1 :Demographic Profile and Perception Towards Coaching Leadership

S.No.	Variables	No. of Respondents	Percentage	Mean Score
	Age			
1	15-20 Years	74	32.9	3.69
2	21-25 Years	62	27.6	3.60
3	26-30 Years	41	18.2	3.64
4	31-35 Years	29	12.9	3.57
5	Above 35 Years	19	8.4	3.66
	Total	225	100.0	
	Gender			
1	Male	127	56.4	3.63
2	Female	98	43.6	3.65
	Total	225	100.0	
	Educational Qualification			
1	Secondary Level	47	20.9	3.80
2	Higher Secondary Level	61	27.1	3.66
3	UG / PG Degree	81	36.0	3.55
4	Professional	36	16.0	3.53
	Total	225	100.0	
	Family Monthly Income			
1	Below Rs.20,000	95	42.2	3.65
2	Rs.20,000 - 40,000	62	27.6	3.51
3	Rs.40,001 - 60,000	42	18.7	3.57
4	Above Rs. 60,000	26	11.5	3.93
	Total	225	100.0	
	Region			
1	North India	76	33.8	3.56
2	West India	28	12.4	3.61
3	East India	36	16.0	3.74
4	North-East India	25	11.1	3.62
5	South India	60	26.7	3.67
	Total	225	100.0	
	Playing Experience			
1	Upto 4 Years	49	21.8	3.51
2	5-6 Years	55	24.4	3.69
3	7-8 Years	86	38.2	3.67
4	Above 8 Years	35	15.6	3.61
	Total	225	100.0	

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➤ The above table mentions that 32.9% of the athletes are belong to age of group of 15-20 years, 27.6% of the athletes are 21-25 of aged, 18.2% of the athletes are

under 26-30 of age category, 12.9% of the athletes belong to 31-35 years and 8.4% of the athletes came into above 35 years of age segment.



- The analysis indicates that 56.4% of the athletes are male and 43.6% of the athletes are female.
- The analysis explored that 20.9% of the athletes are educated secondary level, 27.1% of the athletes are educated higher secondary level, 36.0% of the athletes are UG or PG degree holders and 16.0% of the athletes are qualified professional degree.
- From the study, it is measured that 42.2% of the athletes belong to below Rs.20,000 as family monthly income, 27.6% as Rs.20,000 - 40,000, 18.7% as Rs.40,001 - 60,000 and 11.5% of the athletes have above Rs.60,000 as family monthly income.
- The analysis determined that 33.8% of the athletes are North Indians, 12.4% of the athletes are West Indians, 16.0% as East India, 11.1% as North-East India and

26.7% of the athletes are South Indian players.

- From the analysis, it is noticed that 21.8% of the athletes have upto 4 years of plying experience, 24.4% of the athletes hold 5-6 years, 38.2% of the athletes as 7-8 years and 15.6% of the athletes have above 8 years of playing experience.

Perception towards Coaching Leadership of the Athletes

This section has explored that the perception of the athletes towards coaching leadership in Indian sports. For this purpose, fifteen statements have been developed on perception towards coaching leadership by using 5 points Likert's scaling method and computed based on of athletes' responses into numeric values. The mean and SD of the statements is given in the following table.

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Mean Perception Score of the Athletes

No.	Perception	Mean	SD
1	Encourage close and informal relationships with the athletes	3.99	0.94
2	Ask for the opinion of the athletes on specific strategies for enhancing the strength and conditioning program	3.24	1.20
3	Adapt coaching style to suit the situation	3.87	1.09
4	Pay special attention to correcting athlete's mistakes during workouts	3.44	0.95
5	Stay interested in the personal well-being of the athletes	3.70	1.03
6	Congratulate an athlete after a good lift	3.72	1.03
7	Stress the mastery of greater skills	3.53	1.32
8	Alter training sessions' plans due to unforeseen events	2.96	1.50
9	Plan training programs for the team without the input of the athletes	3.49	1.32
10	Express appreciation when an athlete performs well during workouts	3.85	0.88
11	Clarify training priorities and work on them	3.85	0.89
12	Possess good knowledge of strength and conditioning	3.85	0.89
13	Recognize individual contributions to the success of each strength and conditioning workout	3.82	0.88
14	Clap hands when an athlete does well	3.74	1.29
15	Help the athletes with their personal problems	3.44	1.32

It is examined from the above analysis that among the fifteen categories of perception towards coaching leadership, the athletes are

getting encourage close and informal relationships with the mean score of 3.99



followed by adapt coaching style to suit the situation with the mean score of 3.87.

TESTING OF HYPOTHESIS (ANOVA)

This section has examined that the relationship between the demographic profile of

the athletes and perception towards coaching leadership. In order to analyse the relationship between selected independent variables and perception towards coaching leadership, a hypothesis has been developed and tested by using ANOVA.

Age and Perception towards Coaching Leadership

H₀: There is no significant difference in mean perception towards coaching leadership with regard to age of the athletes.

Table 3: Age and Perception towards Coaching Leadership (ANOVA)

	Sum of Squares	df	Mean Square	F	'p' value
Between Groups	0.241	4	0.060	0.437	0.782 ^{NS}
Within Groups	30.343	220	0.138		
Total	30.584	224			

Note: NS–Not Significant

It is examined from the Anovatest that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no significant difference in mean perception towards **Gender and Perception on Coaching Leadership**

coaching leadership with regard to age of the athletes.

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H₀: There is no significant difference in mean perception towards coaching leadership with regard to gender of the athletes.

Table 3: Gender and Perception on Coaching Leadership ('z' test)

S. No.	Gender	Mean Score	SD	'z' Value	'p' Value
1.	Male	3.63	0.38	0.480	0.975 ^{NS}
2.	Female	3.65	0.35		

Note: NS – Not Significant

It is displayed from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no significant difference in mean perception towards coaching leadership with regard to gender of the athletes.

Educational Qualification and Perception towards Coaching Leadership

H₀: There is no significant difference in mean perception towards coaching leadership with regard to educational qualification of the athletes.

Table 3: Educational Qualification and Perception towards Coaching Leadership

	Sum of Squares	df	Mean Square	F	'p' value
Between Groups	2.262	3	0.754	5.883	0.001*
Within Groups	28.322	221	0.128		
Total	30.584	224			



Note: * - Significant at 1% level

It is revealed from the Anova test that the 'p' value is lesser than 0.05 and the null hypothesis is rejected. So, there is a significant

difference in mean perception towards coaching leadership with regard to educational qualification of the athletes.

Family Monthly Income and Perception towards Coaching Leadership

H₀: There is no significant difference in mean perception towards coaching leadership with regard to family monthly income of the athletes.

Table 3: Family Monthly Income and Perception towards Coaching Leadership

	Sum of Squares	df	Mean Square	F	'p' value
Between Groups	3.351	3	1.117	9.066	0.000*
Within Groups	27.233	221	0.123		
Total	30.584	224			

Note: * - Significant at 1% level

It is justified from the Anova test that the 'p' value is lesser than 0.05 and the null hypothesis is rejected. Therefore, there is a

significant difference in mean perception towards coaching leadership with regard to family monthly income of the athletes.

Region and Perception towards Coaching Leadership

H₀: There is no significant difference in mean perception towards coaching leadership with regard to region of the athletes.

Table 3: Region and Perception towards Coaching Leadership

	Sum of Squares	df	Mean Square	F	'p' value
Between Groups	0.891	4	0.223	1.650	0.163 ^{NS}
Within Groups	29.693	220	0.135		
Total	30.584	224			

Note: NS–Not Significant

It is mentioned from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no

significant difference in mean perception towards coaching leadership with regard to region of the athletes.

Playing Experience and Perception towards Coaching Leadership

H₀: There is no significant difference in mean perception towards coaching leadership with regard to playing experience of the athletes.

Table 3: Playing Experience and Perception towards Coaching Leadership

	Sum of Squares	df	Mean Square	F	'p' value
Between Groups	0.970	3	0.323	2.412	0.068 ^{NS}
Within Groups	29.615	221	0.134		
Total	30.584	224			



Note: NS–Not Significant

It is asserted from the Anova test that the ‘p’ value is greater than 0.05 and the null hypothesis is accepted. So, there is no significant difference in mean perception towards coaching leadership with regard to playing experience of the athletes.

Degree of Relationship between selected variables and Perception towards Coaching Leadership

This analysis has examined that the relationship between selected variables and the dependent variable perception towards coaching leadership via correlation analysis. For this study, the variables have been selected viz., age, family annual income and playing experience.

Table 6: Degree of Relationship between selected variables and Perception towards Coaching Leadership

No.	Variables	Age	Family Monthly Income	Playing Experience	Perception
1	Age	1.000			
2	Family Monthly Income	0.285 (0.000*)	1.000		
3	Playing Experience	0.083 (0.214 ^{NS})	0.011 (0.874 ^{NS})	1.000	
4	Perception	0.429 (0.000*)	-0.129 (0.053 ^{NS})	0.389 (0.000*)	1.000

Note: * - Significant at 1% level; NS - Not Significant

From the analysis, it is ensured that the factors age and playing experience are having positive correlation with perception towards coaching leadership of athletes. On the other hand, the variable family monthly income is not associated with perception towards coaching leadership of the selected athletes. The analysis showed that whenever age and playing

experience increases their perception towards coaching leadership also positively increases.

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Relationship of Perception towards Coaching Leadership

This study has been conducted to know the relationship of perception towards coaching leadership by applying linear regression analysis.

Table 7: Relationship of Perception towards Coaching Leadership (Multiple Regression Analysis)

No.	Variables	Coefficient	SE	‘t’ value	‘p’ value
	(Constant)	3.491			
1	Age	0.093	0.018	5.167	0.000*
2	Family Monthly Income	-0.035	0.025	-1.408	0.161 ^{NS}
3	Playing Experience	0.054	0.025	2.187	0.030**
	R Value	0.874			
	R² Value	0.764			
	F Value	82.293*			

Note: * - Significant at 1% level; ** - Significant at 5% level; NS – Not Significant



From the analysis, it is confirmed to be statistically fit as R^2 is 0.764 that specifies the present model has good fit. The regression coefficient value of age (9.3%) and playing experience (5.4%) have positive association on perception towards coaching leadership of the athletes.

FINDINGS

- From the analysis, it is pointed out that most of the selected athletes are 15-20 years aged. It is revealed that maximum level of perception towards coaching leadership is obtained by the athletes who belong to age category of 15-20 years.
 - It is observed from the analysis that most of the selected athletes are male players. It is revealed that maximum level of perception towards coaching leadership is obtained by the female athletes.
 - From the analysis, it is cleared that most of the selected athletes are UG or PG degree holders. It is showed that maximum level of perception towards coaching leadership is obtained by the athletes who educated secondary level.
 - It is evaluated from the analysis that most of the selected athletes have below Rs.20,000 as family monthly income. It is confirmed that maximum level of perception towards coaching leadership is attained by the athletes who belong to above Rs.60,000.
 - From the analysis, it is proved that most of the selected athletes are North Indian players. It is found that maximum level of perception towards coaching leadership is obtained by the athletes who belong to East India.
 - It is assessed from the analysis that most of the selected athletes have 7-8 years of playing experience. It is examined that maximum level of perception towards coaching leadership is attained by the athletes who have 5-6 years of playing experience.
- It is revealed from the mean score analysis that the athletes are getting encourage close and informal relationships with the mean score of 3.99 followed by adapt coaching style to suit the situation with the mean score of 3.87 among the fifteen categories of perception towards coaching leadership.
 - It is examined from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no significant difference in mean perception towards coaching leadership with regard to age of the athletes.
 - It is displayed from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no significant difference in mean perception towards coaching leadership with regard to gender of the athletes.
 - It is revealed from the Anova test that the 'p' value is lesser than 0.05 and the null hypothesis is rejected. So, there is a significant difference in mean perception towards coaching leadership with regard to educational qualification of the athletes.
 - It is justified from the Anova test that the 'p' value is lesser than 0.05 and the null hypothesis is rejected. Therefore, there is a significant difference in mean perception towards coaching leadership with regard to family monthly income of the athletes.
 - It is mentioned from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. Hence, there is no significant difference in mean perception towards coaching leadership with regard to region of the athletes.
 - It is asserted from the Anova test that the 'p' value is greater than 0.05 and the null hypothesis is accepted. So, there is no significant difference in mean perception towards coaching leadership with regard to playing experience of the athletes.
 - The analysis showed that whenever age and playing experience increases their



perception towards coaching leadership also positively increases.

- The regression coefficient value of age (9.3%) and playing experience (5.4%) have positive association on perception towards coaching leadership of the athletes.

SUGGESTIONS

This study indicated that maximum level of perception towards coaching leadership is obtained by the athletes who belong to age category of 15-20 years because they have more involvement in sports. So, coaches should focus young athletes more on maintaining a high level of exchange relationships by offering an ideal goal and give them high expectations and certainty. It is revealed that maximum level of perception towards coaching leadership is obtained by the female athletes. So, coaches should gain the trust of male athletes by showing high moral standards, an open attitude and transparency in order to bring about voluntary change among them. It is revealed that maximum level of perception towards coaching leadership is obtained by the athletes who belong to East India. Therefore, coaches should understand that every athlete player has different experience, culture, attitude, educational and social background, so the coaches should give priority the background of athletes. The coaching leadership style should appropriate to the circumstances and positive feedback behavior among his team and should also encourage a culture of all determinants of commitment among team members.

CONCLUSION

This study aimed to analyse the perception of athletes towards coaching leadership in Indian sports. The primary factor influencing players' competitive anxiousness and their comprehension of coaching leadership styles is the style or conduct that coaches exhibit when leading or coaching. This study confirmed that there is a significant difference in mean

perception towards coaching leadership with regard to educational qualification and monthly family income of the athletes. In addition, whenever age and playing experience increases their perception towards coaching leadership also positively increases. It is suggested that coaches should strive to motivate all athletes and to provide an environment for success and should not use negative reaction behaviors in showing feedback to their athletes.

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