
Role of Coach Encouragement between Athlete's Interest, Motivation and Frequency of Participation: A Case Study of District of Sialkot

Mehwish Manzoor*

Abstract

The aim of the study was to investigate the role of coach encouragement between athlete's interest, motivation and frequency of participation case study of district of Sialkot. All the registered coaches of Sialkot district was the targeted population of the study as the population of the study was finite, no sampling technique was used. The researcher adopted cross-sectional research approach as well as quantitative research method for preceding the study. Self-made cum closed likert type questionnaire was used for data collection. The scale was consisted of three portions. Correlation and ANOVA was used for set hypotheses.

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Introduction

Sports and game is most important value, asserts and strength of the nation, depends on coaches knowledge, athlete performance and participants in national and international game (Abraham, Collins & Martindale, 2006). Coaching in varieties of sports and games is reciprocal processes that assist the athletes to enhance their performance and achieve the elite performance. In organized and structured competitions, the coaches are struggling to improve athlete skills and performance and improve sports participation (Weinberg & Gould, 2018). A knowledgeable coach may bring change and modify the causative factors of the players and athlete. It was also concluded that coach can boost the organizational output, especially of institution and organization and clubs (Goleman, 2000; Lindbom, 2007). It is much necessary for the coach that they are totally aware their duties and responsibilities. It was recommended that the coach may provide a conducive and congenial atmosphere to the player and athlete for better performance (Gould & Carson, 2008). If the coaches focus and concentrate on effective features/aspects and create personal contact with their players and athletes and have no complication in their job can easily improve the performance of the athlete. The strong association and a holistic approach of the coach can develop young athletes and teams players (Martens, 2018). The technique and skills of the successful coach possesses circle around positivity and honesty. Coaches who legitimately desire to attach with their player and athletes need to be understanding and empathetic (Sinnott, 2015). They must support, accept and respect their players, athletes and the common people around us. According to Wiersma & Sherman (2005) the coach must be a role model and sincere to their job. They must realize that being a role model is a job (Goleman, 2000). Moreover, Stokes and Luiselli (2010) indicated that a measurement of the coach was an important factor for the coach enhancement behavior in order to improve the quality to handling unforeseen situation and to enhance the performance. Further, they argued that functional analysis with the players in the high school cricket player to examine that finish from coach response was able of maintaining good responding. After that, the results were then adopted in the impartment of an involvement in which the coaches offered written response after the practice. In the competitive sports the self-evident is one of the most important factors for the coach. A good/nice coach is accountable for supporting tactical and technical mental and physical development of players/athlete which aims to achieve their peak level of goals (Harlan, 2018). Moreover, in sports clubs the coaches, trainer and managers are perform their duties as a professionals and amateurs. Particularly, the players and athletes are their level best to maintain their performance under several circumstances and trying to keep constant their communicant with their coaches (Ericsson, 2009). The association between athlete and coach generates opportunity to maximize mental, physical, and motional/social enhancement of the athlete (Müller & Abernethy, 2006). In the sense of career improvement of the players or athletes, a coach may consider as the person who can improve the hidden qualities and uplift the winning spirit

*Visiting Lecturer, Department of Physical Education, University of Narowal, Punjab, Pakistan.

Email: mehwishmanzoor233@yahoo.com

of the players or athlete (Karakoc et al. 2011). Now the problem and research gap is that is the know and investigate the role of coaches in registered clubs in the vicinity of district Narowal Panjab The present study investigate and unearth the coaching related knowledge of the coaches perform their duties in different sports club in District Sialkot. The findings of the study will provide the idea to the coaches about their knowledge, attitude and complication during coaching. The coaches work on their positives and strengthen the weaknesses. The complication during coaching at grass root level will be identified by the researcher, however the protective measures may be taken by the government and other concerned authorities to overcome existing coaching complication and to uplift the sports at District Sialkot. The present study enabled the future researcher to explore new branches of coaching area in district Sialkot to uplift the coaching process in new great level.

Statement of the Problem

The record are made to break, there are many factor (demand of training, personal interest, motivation towards sports, height, weight, gender, culture and potential and knowledge of coach) which enable the athletes to achieve their desire goals in sports. Researcher of the world carries out the studies to deals with problems of the athletes and brings the athletes to the sports arena to deliver their best performance. The present study was effort of the researcher to investigate role of coach encouragement between athlete's interest, motivation and frequency of participation.

Objectives of the Study

To examine the relationship between sports interest, coach encouragement and sports participation of athletes at club level

To evaluate the difference between the perceptions of respondents from different clubs regarding sports interest, coach encouragement and frequency of participation.

Literature Review

A coach may be defined as a person who helps the players and athletes to raise their sports performances to the top level as they can do. It is the quality of the coach to know the ability of their athletes' and give instruction according their abilities. Coach is the person who train, prepare and teaches to players and athlete according to the specific areas. Coaching can be defined as development and training that assists a learner to achieve the goal. For instance, the player's goal may be to attain walking a five-minute mile (Johnson et al, 2011) . A coach may assist the players and athlete to achieve this particular goal. In the place of work, a worker aim to improve his speaking/ working skills. In the same way coach may facilitate the athlete and players to achieve her or his goal of better speaking and desire performance in field (Gray, 2006). In the sport world there are varieties of coaches definition, according to *International Coach Federation (ICF)* Coaching is the way of developmental tool and professional learning that can assist the athlete, acquire the knowledge, skills and capability to improve their sports performance. Coaching has also advantage an organization by making a more provoked workforce with enhanced skills (Lyons & Pinnell 2001). A good and knowledgeable coach is one of the great assert of the nation and the key factor for uplifting the athlete performance (Kong & Yeoh, (Eds.) 2003). A survey conducted in America regarding sports concluded that coaches are the most important and significant element of today's youth. In this study the respondents were inquired about the coaches' behavior and their knowledge and were found that the coaches' behavior and their knowledge significantly influence on athlete performance (Baker & Hawes, 2000). Similarly Petitpas, Cornelius, Van Raalte and Jones (2005) probed that coaches may assist their athlete and players to develop their technique and skills, show their top ability, improve their strong character, and increase self-confidence. In this way the athlete can exploit the significant value of game and sport, and they may develop the fundamental motivation to play and sport. Tactic and intrinsic values of sports enable the athlete to develop the quality of good sportsmanship and play the fair the play. In this regard Parker & Boutelle (2009) of the view that coaches can drive the emotional, psychological and physical limits of the players to indicate their shortfalls and strong point, create a fair and hostile environment. Athlete performance may effect by varieties of cause such anxiety and arousal, so it is the vital responsibility of the coach to develop the athlete psychologically and create congenial atmosphere for the athlete in which the athlete show their better performance and avoid from the anxiety and arousal (Stelmach, 2006). another research study was conducted

in itlely by Reinboth, & Duda, (2004) in which the athlete were asked about the seven coaching behaviors such as their mental preparation, negative individual rapport, physical training, technical skills, goal setting, , competition and strategies. It was found that negative individual rapport was a positive aspect of all measured shape of anxiety in sport. Self awareness is one the important factor of the coaching style, it is also necessary that who the coach will perceive and how he will receive the feedback from them (athlete and player). It is a critically initial step to becoming an effective and valuable coach. Self-awareness is the process to investigate unearths him/her (Smith, Smoll, & Curtis, 1979) It is too one the quality of the coach that s/he brings well-defined and specific issues to the notice of others people. Preparation for any problem and session in shape of examples, information and ideas etc. is too one the quality of a good coach. The sessions of coaching may be planned in advance, and have the clear agenda for each session the athlete physical and mental and give them a clear direction about the events (Peterson, & Millier, 2005). A nice coach behaves with their athlete like brother or as partners in the clubs, organization and encouraging their potential and motivate them to accomplish their work in time (Burton & Raedeke, 2008). As in the beginning of sport events or competition, players and athletes have required to know the basic technique and skills and having the knowledge rue and regulation of the sport in order to become the top performer of “champions” (Durand-Bush, & Salmela, 2002). As sport and game changed into organized events or activity, the role of coaches is needed to develop the athlete performance and skills. In addition, Training and education programs have been also started, thirty ago, the struggle to help athletes and coaches with the improvement of the strategies and methods for getting top performance. When planning and developing the coaching program, hence, someone can ask what should do for the coach, what his /her responsibilities which are the basic elements of the athletic coaching to improve the athlete performance (Gould, Collins, Lauer & Chung, 2007). There are very some research study has been conducted and focus on the coaches’ role in management and reporting of the concussion players and athletes. The basic role of the coach is to assist and develop the team spirit and normal of the team or individual which ultimate aim to win. Injuries are the basic cause of not good performing (Woodman & Hardy, 2001). In this regards Blair (2010) analyze the coach knowledge and recommended that coach should be knowledgeable regarding spots injuries and concussion so that s/he may easily avoid the athlete from sports injuries. Moreover, this study also suggests that the coach should have the ability to identify the symptoms and sign of concussion.

Method and Material

Population means all those objects or individuals which have similar characteristics and represent the whole population (Jansen, 2010). All the registered coaches of Sialkot district was the targeted population of the study. There are totally 33 clubs in Sialkot district in which 18 clubs are active and 15 clubs are inactive. Total qualified coaches in Sialkot district were 22 and the researcher collected the data from all the coaches. In the present study the researcher adopted cross-sectional research approach similarly the researcher used quantitative research method. Self-made cum closed likert type questionnaire was used for data collection. The researcher collected the data from the couches on the spots and gets back the questionnaire. Correlation and ANOVA was used for collected data the

Data Analyses

There is no significant relationship between sports interest, coach encouragement and sports participation of athletes at club level

Table 1. Relationship between Predictor and Criterion

Testing variables		Sports Participation	Sports Interest	Coaching encouragement
Sports Participation	Pearson Correlation	1	-.075	.127
	Sig. (2-tailed)		.667	.467
	N	35	35	35
Sports Interest	Pearson Correlation	-.075	1	-.089
	Sig. (2-tailed)	.667		.610
	N	35	35	35
	Pearson Correlation	.127	-.089	1

Coaching encouragement	Sig. (2-tailed) N	.467 35	.610 35	35
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Table 1 shows that the relationship between sports participation and sports interest is negative but not significant negative at .05 alpha level, on the other hand the relationship between coaching encouragement and sports participation is positive and 13% but not significant at alpha level .05, similarly the relationship between coaching encouragement and sports interest of the athletes was also negative but not significant at alpha level .05 hence the researcher concluded that there is positive relationship between sports participation and coaching encouragement and negative relationship between coaching encouragement and sports interest. Hence the researcher concluded that the hypothesis There is no significant relationship between sports interest, coach encouragement and sports participation of athletes at club level is hereby accepted. There is no significant difference between the perceptions of respondents from different clubs regarding sports interest, coach encouragement and frequency of participation.

Table 2. Single Factor ANOVA Showing the Comparison Club Wise in Sports Interest, Coach Encouragement and Frequency of Participation

Testing Variables		Sum of Squares	df	Mean Square	F	Sig.
Sports Participation	Between Groups	.380	4	.095	2.831	.062
	Within Groups	1.006	30	.034		
	Total	1.386	34			
Sports Interest	Between Groups	.428	4	.107	.225	.922
	Within Groups	14.272	30	.476		
	Total	14.700	34			
Coaching encouragement	Between Groups	.383	4	.096	.315	.866
	Within Groups	9.128	30	.304		
	Total	9.511	34			

Table 2 shows that there is no significant difference between the perception of respondent's club wise regarding sports participation ($F= 2.831, .062 > .05$), sports interest ($F= .225, .922 > .05$) and coaching encouragement ($F= .315, .866 > .05$) in district Bannu. Hence the hypothesis there is no significant difference between the perceptions of respondents from different clubs regarding sports interest, coach encouragement and frequency of participation is hereby accepted.

Discussion of the Study

the relationship between sports participation and sports interest is negative but not significant negative at .05 alpha level, on the other hand the relationship between coaching encouragement and sports participation is positive and 13% but not significant at alpha level .05, similarly the relationship between coaching encouragement and sports interest of the athletes was also negative but not significant at alpha level .05 hence the researcher concluded that there is positive relationship between sports participation and coaching encouragement and negative relationship between coaching encouragement and sports interest. Similarly it was also highlighted Burton and Raedeke (2008) . A nice coach behaves with their athlete like brother or as partners in the clubs, organization and encouraging their potential and motivate them to accomplish their work in time .As in the beginning of sport events or competition, players and athletes have required to know the basic technique and skills and having the knowledge rue and regulation of the sport in order to become the top performer of "champions" (Durand-Bush, & Salmela, 2002).

It was found in the current study that there is no significant difference between the perception of respondents club wise regarding sports participation ($F= 2.831, .062 > .05$), sports interest ($F= .225, .922 > .05$) and coaching encouragement ($F= .315, .866 > .05$) in district Bannu. Hence the hypothesis there is no significant difference between the perceptions of respondents from different clubs regarding sports interest, coach encouragement and frequency of participation. Similarly In this regard Parker & Boutelle (2009) of the view that coaches can drive the emotional, psychological and physical limits of the players to indicate their shortfalls and

strong point, create a fair and hostile environment. Athlete performance may effect by varieties of cause such anxiety and arousal, so it is the vital responsibility of the coach to develop the athlete psychologically and create congenial atmosphere for the athlete in which the athlete show their better performance and avoid from the anxiety and arousal (Stelmach, 2006).

Conclusion

The researcher concluded that there is positive relationship between sports participation and coaching encouragement and negative relationship between coaching encouragement and sports interest. The imperial study also highlighted that concluded there is no significant difference between the perceptions of respondents from different clubs regarding sports interest, coach encouragement and frequency of participation The present study was delimited to qualitative method as well the other district of Punjab. It was recommended that the coaches should change their behavior with athletes to professional and international level to achieve desirable goals regarding athlete's interest and motivation.

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