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THE EFFECTS OF COACHING BEHAVIOR ON THE EFFECTIVE PERFORMANCE OF ATHLETE'S

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KEYWORDS	ABSTRACT
Coaching Behaviors, Athlete Performance & Goal Setting	This study was arranged to explore the Effects of coaching behavior upon athlete performance. There were 156 Athletes selected for a sample through non-probability convenient sampling technique and used survey research design. A Coaching Behavior Scale for the sport, (CBS-S, Mallet, 2006) was administered to collect data and data was analyzed using SPSS-17. The result of the study indicated that coaching behavior affect athlete performance with all dimensions of the coaching behavior scale is significantly. This study concluded that athlete increase performance physical training and training 46.4%, mental preparation 53.6%, technical skills 54.5% and goal setting 44.6% with positive coaching behaviors. Keep in sight the result of this study, it is consigned those higher authorities may focus or promote supportive climate to coach to enhance the athlete performance. The study provides the significant information in facilitating the decision making about the effective behavior of the Athletes.
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INTRODUCTION

Coaching helps athletes to promote the physical and mental capacity of their personal and social proficiency, adept coach should have huge skills and science to develop the skilled athletes (Johnson 2011). Behavior of coaches is the vital base of any sports teams because coach work as a main coordinate and framework of every sports progress (Rainer, 1994). Effective performance of the athlete in sports visible to be certain by interactions between aplenty element such as the coach behavior, situational factors and athlete's characteristics disposition (Horn, 2008; chelladurai, 2001). Riemersubmit (2007) studies that coaching is a malty behavioral process that deal with the social psychology, conversation, and reward or moving towards objective. The coaching behaviors visible to affect both performance and satisfaction of teams and athletes. Franks (1996) Coach is not only famous, but also shows significant positive effects on athletes' performance, attitude and goal setting. Although

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 helped them to learn, to improve and to be confident. Coach helps to provide better framework and structure to athletes to develop player's performance.

Objective of Study

To explore the effects of the coaching behavior, on the performance of the athletes of FSD.

LITERATURE REVIEW

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). The coach is contemplating someone who prepared, guide, or gives the counsel to an athlete in order to meliorate their corporal and intellectual performance in their sport. If coaches' spoke was positive, athlete shows more efforts, emendation and celebration in their sport. Coaches must understand their role and influence within sport and the development of athletes, understanding emotions, how the effect on the athlete performance. Therefore, the athlete with higher inflation is not influenced by coaching behavior. Whatsoever coaches who have higher level of the inflation may be competent to trade with and receipt from the adverse-controlling-custody coaching behavior (Wooden & Jamison, 2005).

RESEARCH METHODOLOGY

This study was conducted in division Faisalabad which includes (Faisalabad, jhung, Toba Take Singh and Chiniot). There are 156 athletes (91-Male and 65-Female) playing sports activities in the different clubs, competitive, recreational and national level Data collection approval was taken by Ethical Sports Management Committee (24-12-2020) and duration of data collection was 1-month after approval. Selected sample through stratified sampling method and non-probability convenient sampling technique was selected in study. Further proportionate following Slavin's (1967) mathematical formula was applied to select sample size and a random sampling technique was used in this study.

$$n = \frac{N}{1 + Ne^2}$$

$$n = \frac{156}{1 + 156(0.052)^2} = 112$$

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

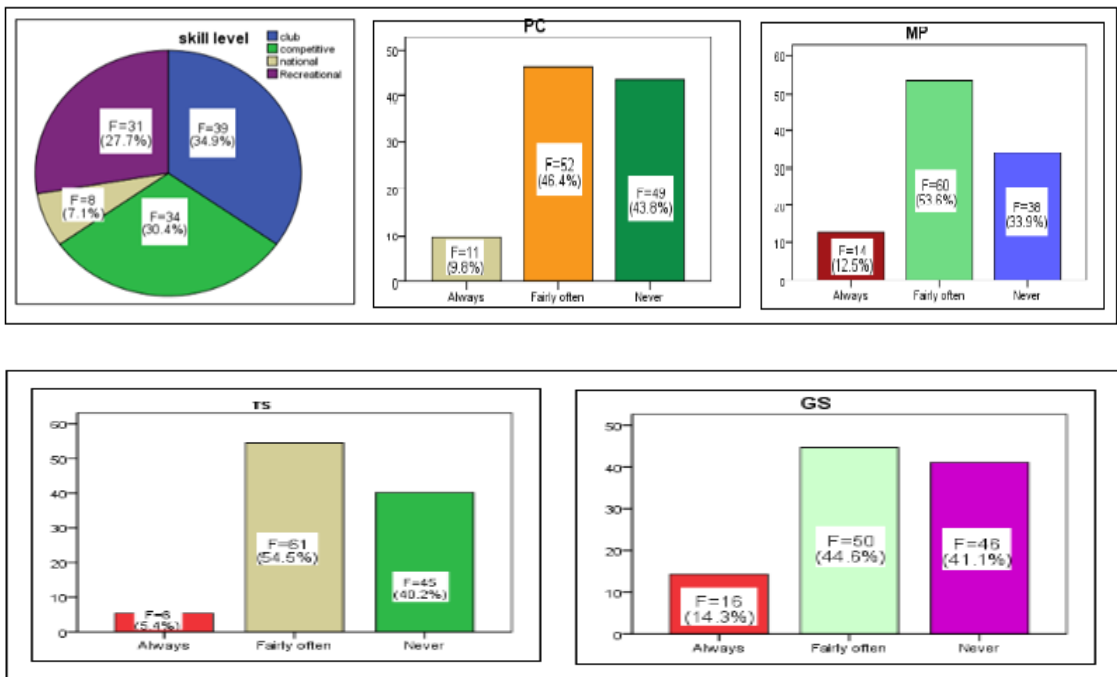
Further, Survey research design was applied and the procedure of depot of facts from the pattern inherent appended some advent by the obverse, in research personally collected a data in February 2021 with ethical attention and feed into data computer software SPSS-17, nature of the study data collected through Coaching Behavior Scale for sport, (CBS-S), (Mallet, C.J., 2006) with consisting of 26 questions and 4 domains (Physical training and conditioning, technical skills, mental preparation and goal setting). This questionnaire was a like type consisting of three options (Always, fairly often and never). The collected data processed through SPSS applying t- test, graphs and tables with the requirement of the study.

	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.

RESULTS OF STUDY

The above table shows the range, variance, mean standard Error, standard deviation and p values of CBS-S scale. There is a following figure show the skill level of participant athlete in the study.



DISCUSSION

Coaching behaviors is a fundamental key for boost efficiency, level of promoting, mental preparation, and management responsibility for goal setting the moral of the performance of athletes. The current study explores the effect of coaching behaviors on performance of club, competitive, recreational and national level athletes in division Faisalabad. Present study results close the [Blanchard & Provencher \(2009\)](#) research because the majority of the respondents replied that lack of coaching, lack of the co-operation, lack of interest, lack of technical skills and the abusive behavior of coach were the main lap holes in the athlete's performance. They constitute that feat of athletes is rectify by amassing essential physically and mentally preparation coaching behaviors since the training periods because coach is considered like a leader or give advice to athlete to improve performance in sports [Duck and Cruz \(2016\)](#).

CONCLUSION

The role of coaching behaviors was an asset through question and most of respondents agreed upon that role of coach behavior was found helped of enhancing the performance of athletes. This study concluded that athlete increase performance physical training and conditioning 46.4%, mental preparation 53.6%, technical skills 54.5% and goal setting 44.6% with the positive coaching behaviors. This study concluded that positive coaching behaviors improve athlete performance. Inspirational communication structure, teamwork, democratic behavior, goal development, technical skills and mentally preparation, enhances athlete's performance. According to the current study Coaches' behavior is directly related to athlete's activity that they are involved in. As a coach, it is very important to understand the needs of your athlete and able to fulfill their needs.

Recommendation

The results of the study have significant, it is recommended that the higher authorities of division FSD may acquire a supportive climate in the training sector in directive to increase the athlete's performance.

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