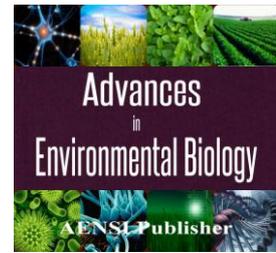




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The Relationship Between Communication Skills Trainers with Confidence and Achievement Motivation Athletes (Case Study: Elite Karate)

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ABSTRACT

Coaches and athletes' ability to work together as a unified team is essential to the success and increased confidence. The aim of this study was to determine the relationship between communication skills trainers with confidence and motivation to progress Karate elite athletes. Methods: In this descriptive study using sampling the whole number, 75 were studied karate. Data collection in this study, Demographic data form, questionnaire, communication skills, and confidence and motivation questionnaires were sports development. The results showed a statistically significant association between Communication skills with the confidence of coaches and athletes Karate is And the communication skills of karate athletes, coaches and dimensions associated with achievement motivation. Communication skills are also motivated educators can predict progression and confidence is karate athletes. This study showed that appropriate communication skills increased communication between coaches and female athletes.

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INTRODUCTION

Behavioral relationships between coaches and athletes in sports are an important issue and evidence suggests that many athletes and coaches for essential communications have enjoyed considerable success. Investigation of coaches and their effects on the behavior and motivation of athletes are created, can help us in improving relations Coach- Athletes and better decision making and planning help. Acquiring knowledge of the relationship of that behavior to motivate athletes and coaches are able to make decisions more appropriate than Planning and preparation lead to team sports. On the other hand, the position of leadership behaviors of coaches to athletes and coaches and their effects on Athletes have shifted their attention to this matter. One of the success factors of effective communication is the instructor. He must be able to communicate properly. Such communication should be with parents, law enforcement agents, players, press and public being established. Our messages are mostly inaudible. Due to the failure of non-verbal communication is not, but because we have not understood the significance of nonverbal communication. It is important that the instructor can teach the importance of pursuing win and to improve the skills of how to communicate effectively, be more aware. In today's world of sport, exercise and regular physical exercise as a key factor for success and achieve peak performance; the goal is not predetermined, It seems that in addition to physical and tactical abilities and professional skills, abilities and personality traits undoubtedly affect the athlete's progress, , As well as athletes are forced to compete in a stressful situation, so in these circumstances, stress and anger are common; thus faced with a situation that is potentially stress-inducing In response to those situations will result in the person experiencing the emotion [8]. Meanwhile, the coaches and the sports teams are an important element. Among the three factors of athletes, coaches and spectators, players in team leadership as a strong organizer and is the foundation of progress. Pieter *et al* [17], in a survey said they had high confidence that the most important factors affecting the success of young taekwondo events are critical. Sporting environments with weak ties can lead to mental pressure on athletes to be [15]. In summary, when the coach's communication environment for athletes to perform well to find informative and supportive. For a coach to be able to do its job properly, it is essential that mental and psychological characteristics of its athletes and considered it to be special. This behavior can have a dramatic effect on the success of athletes and coaches in the sport are [2]. For a coach to be

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able to do its job properly, it is essential to consider the characteristics of mental athlete and to provide for certain. This behavior can have a dramatic effect on the success of athletes and coaches in the sport are [3]. Gilbertson [7] seven major factors of leadership Include: motivation of subjects, funding, goals, competence, and skill structure as factors critical to the success of sports teams or organizations raised [19]. Communication is the most important tool of a civilized society and we can say that communication is the most important factor in the development of human excellence, in other words Communication is vital to the success of a man [14].

Zardoshtian [19] research concluded that transformational leadership style oriented achievement motivation and motivating instructors Success avoid failure and there is no significant correlation between players' motivation and strength. Dowlatabadi *et al* [4] to determine the sources of sport confidence and prediction in female gymnasts have studied the performance. The results showed that the optimum position of the source in three stages to predict the performance of the gymnastic girls. But social support in primary and Physical Self-Presentation and leadership behaviors of middle school coach predicting the performance of the gymnastic girls. The findings of Wiley Sports Conceptual Model confidence and support staff. Mihan Dost [13] compared the psychometric properties of wrestlers and volleyball elite team of teens and young adults who reported having improved motivation, a high concentration and high self-esteem is the most important personality characteristics of athletes. Shafizadeh [18] stated that the results of their research experience and skill level athletes can play through improved Confidence level athletes improve performance and have. On the other hand, many of the coaches and sports professionals believe that turbulence before the match could have a negative impact on athletic performance. Alvarez *et al* [1]. A study of basic psychological needs satisfaction as a mediator of the relationship between perceived leadership style and motivation paid coach And concluded that leadership style has a significant relationship with motivation coaches. Olympiou *et al* [16] in a study to assess the association between psychological dual relationship between achievement motivation provided by instructor and coach - paid athlete in team sports. The results support the idea that the coach-athlete relationship on achievement motivation affects athletes in team sports. Ianchini [11] as a result of the study found that autonomy supportive coach and motivate athletes showed a significant correlation between the behaviors does not exist. Horan [9] in a study with good communication skills are the key to real success came to the conclusion that the process of communication, honesty leads to trust and trust is conducive to effective communication. Jovet on the basis of the relationship between coach and athlete coaching process is introduced. Determine the nature of the relationship between motivation, satisfaction, confidence and athletic performance [19]. However, since the relationship between the athlete and the coach is inevitable, engage in coaching and leadership behavior and its relationship to motivation and self-confidence of athletes, many questions will be answered. This study examines the relationship between communication skills and self-motivation of educators dedicated athletes. In addition, the results of this study relies on practical aspects and provide useful information to the researcher believes that a coach can be fertile ground for the benefit of coaching communication skills (listening, verbal and non-verbal) on motivation and confidence pose.

MATERIALS AND METHODS

The present study is based on the target application. On the other hand, the nature of the research is descriptive (correlational) is. The research population of elite athletes Karate (Karate-do men and women from 14 to 35 years age group, teens, youth, and adults hope that in 92 years were invited to the national team camp that their number is 70. Sampling and sample size

The population of the community because of the low volume of the total number (samples available), the number of identical sample size was used.

The data collection tool:

Data for this study is a questionnaire consisting of three parts:

Communication Skills Inventory

Achievement Motivation Questionnaire

Inventory confidence

Methods of data analysis.

Kolmogorov-Smirnov test for normally distributed variables and the Pearson correlation coefficient and regression study to examine the relationship between independent variables and the dependent variable is used.

Results:

Table 1: Distribution of respondents by age.

Percent	Frequency	Number
28	18	71-14 years
21	14	Between 18-20 years old
51	32	Over 20 years
100.0	64	Total

Table 2: Kolmogorov-Smirnov test.

Significant	SD	Mean	variable
0/145	0/46	3/11	Communication skills
0/641	0/34	3/16	Aplomb
0/209	0/35	2/91	Achievement Motivation

First hypothesis:

The communication skills of coaches and athletes Karate associated with aplomb.

Table 3: The correlation between communication skills with the confidence of coaches and athletes in karate.

Correlation	Significant	The independent variable	The dependent variable	Type of test
0/388	0/006	Communication skills	Aplomb	Pearson
0/284	0/048	Listening skills		
0/319	0/01	Verbal Skills		
0/226	0/043	Feedback Skills		

Second hypothesis:

The communication skills of karate athletes, coaches and dimensions associated with achievement motivation.

Table 4: The correlation between communication skills trainer and motivational aspects of the development of karate athletes.

Correlation	Significant	The independent variable	The dependent variable	Type of test
0/492	0/000	Communication skills	Achievement Motivation	Pearson
0/410	0/000	Listening skills		
0/449	0/000	Verbal Skills		
0/307	0/014	Feedback Skills		

Third hypothesis:

Communication Skills Coaches can forecast karate athletes are motivation to progress.

Table 5: Summary of regression simultaneously influence the motivation for the development of communication skills.

Significance level	T	Beta	B	Significance level	F statistic	The coefficient of determination	Multiple correlation coefficient	Index	Criterion variables
								Predictor variables	
0/74	1/817	0/233	0/161	0/000	7/047	0/261	0/51	Listening skills	Achievement Motivation
0/036	1/148	0/287	0/176					Verbal Skills	
0/346	0/950	0/117	0/58					Feedback Skills	

Fourth hypothesis:

Communication skills coach can be predicted confidence karate athletes.

The assumption of linear regression using a single parameter (of Inter) the following results were obtained:

Discussion and conclusions:

The first hypothesis was that the communication skills of karate athletes, coaches and dimensions associated with aplomb. Usually teachers other than verbal communication skills higher in all three areas, and audio feedback are, as a rule in all five areas of knowledge of interpersonal communication, Awareness of others and accept feedback and evaluation, transparency and self-regulation and coping with emotions and the differences are more successful. And research results, Houran [9] Research as good communication skills are the key to real success came to the conclusion that the process of communication, honesty leads to trust and trust is conducive to effective communication. Zarei *et al* [21] as have the skills of interpersonal communication skills, teamwork, and increased only between organizational commitment were significant. Zakaria [20] concluded that a lack of effective communication within the design process, the project will increase the chance of failure. The flow field and Jenkins [6] established that the lack of effective communication between professionals and organizations, leading to confusion and lack of confidence among the team. Findings, we

hypothesized that the communication skills of karate athletes, coaches and dimensions associated with achievement motivation. According to the results, more athletic trainers should be evaluated in conjunction with athletes to apply their skills. This can be improved with training and communication skills to increase the influence of athletes and aims to facilitate access. And the results, Malina and Caming [12], suggests that exercise positively influences the growth and maturity benefits such as increased fitness due to regular exercise, personal values, social competencies and improve ethics in consequence. The conditions for this class must be provided that one of these conditions, there is a strong coach third and fourth hypotheses, findings indicated that communication skills trainers Predictor of achievement motivation and confidence can be purple karate athletes. People who are high in achievement motivation are likely to be superior, not because they are superior because of the rewards that follow their role is to provide the opportunity to excel and not because of their reputation, their assessment. Interest in their progress, but the work is not affected by your group. Rather than working to get their work done. They prefer to make the results of their efforts, to accept personal responsibility. They want to control their own destiny, not that it matters to fate, chance or luck play. And the results of the investigation, Elempto *et al* showed that the coach-athlete relationship on achievement motivation affects athletes in team sports. The results of Hall *et al* [10] found that observational learning significantly as a function of the skill factor was found between the self-training. Esfahani *et al* [5] states that the coaches have the ability to exploit the psychology of sport, as applied in the training sessions and evaluation of intangible mood athletes stressful and turning it into positive mood dramatically the improvement trust athletes have the confidence and effectiveness. In general it can be concluded that the methods for communicating with athletes, coaches empower athletes selected to perform the work will be And plays an important role. These communication skills educators need to remind officials and suggests that educational programs are needed to learn these skills, the loan officer training, planned. In addition to communication skills are also a great effect on the athlete's self-confidence and success.

Table 6: Summary of results of regression simultaneously influence on communication skills, self-confidence.

Significance level	T	Beta	B	Significance level	F	The coefficient of determination	Multiple correlation coefficient	Index	Criterion variables
								Predictor variables	
0/448	0/763	0/107	.0/72	0/05	2/579	0/21	0/348	Listening skills	Aplomb
0/127	1/549	0/226	0/134					Verbal Skills	
0/458	0/747	0/100	0/48					Feedback Skills	

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