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Research Article

### Gender Comparison of Preferred Coaching Behaviour Among University Athletes

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#### ABSTRACT

The improvement in athletic performance can be achieved if the coaches engage in coaching behaviour which suits the athlete's preferences. However, situation-specific factors such gender need to be considered when determining coaching behaviour. Hence, it is pertinent to identify the gender comparison of preferences of coaching behaviour among university athletes. The purpose of this study was to develop an instrument to evaluate preferences of coaching behaviour among university athletes. This pilot study involving athletes from various sport which include male (n=30) and female (n=30) athletes and using preferred version of Coaching Behaviour Questionnaire (CBQ). The Cronbach's alpha reliability value for preferred coaching behaviour was 0.81, indicating a high reliability for the instrument. The twelve components of preferred coaching behaviour identified in the questionnaire shows a high reliability result, ranging from 0.77 to 0.81. The results showed that this instrument can be used as an assessment tool to evaluate the gender comparison and preferred coaching behaviour among university athletes. This assessment would provide valuable information on coach knowledge during training and competition. It would be an advantage for current and future coaches to understand how their behaviours will affect their athletes.

*Keywords:* Coaching Behaviour, preferred coaching behavior, gender

#### INTRODUCTION

The opinion that the coaching behaviour of the coach plays an important role in achieving team successful is generally accepted in sport setting [1]. The successful of performance of the athletes can be achieved when preferred of coaches behaviour are

similar with coaching behaviour that desired by the athletes [3]. However, situation-specific factors such gender need to be considered when determining coaching behaviour. What may be an appropriate coaching behaviour to one athlete may be an ineffective approach for another.

**Table 1:** components of Preferred Coaching Behaviour Questionnaire (CBQ).

No.	Components	No. of items
1	Reinforcement	Items 1,13,25,37
2	Non-reinforcement	Items 2,14,26,38
3	Mistake contingent encouragement	Items 3,15,27,39
4	Mistake contingent instructions	Items 4, 16, 28, 40
5	Punishment	Items 5,17,29,41
6	Punitive technical instructions	Items 6,18,30,42
7	Ignoring mistakes	Items 7,19,31,43
8	Keeping control	Items 8,20,32,44
9	General Technical instruction	Items 9,21,33,45
10	General Encouragement	Items 10,22,34,46

11	Organization	Items 11,23,35,47
12	General communication	Items 12,24,36,48

## 2. Objectives:

The purpose of this study was to develop an instrument to evaluate preferred coaching behavior among university athletes

## 3. Materials and Methods

The respondents consisted of 60 athletes which include, male (n=30) and female (n=30). The survey questionnaire divided into two sections. Section A contained nine (9) questions about respondent information background and Section B consist of preferred coaching behaviour questions.

Questions on preferred coaching behaviour were adopted and adapted from Martin and Barnes [4]. Respondents were asked to indicate the agreement with the statements in each item on 5-point Likert Scale ranging from 1 (strongly disagree) to 5

(strongly agree). The preferred version of Coaching Behaviour Questionnaire (CBQ) divided into 12 components.

## Results:

The demographic data of respondents were summarized in Table 2. The total of the respondents were 50% male and 50% female. Majority of the respondents participated in sports more than 6 years (53.3%) and the majority of the respondents aged between 21-23 years old (67.7%).

The value of Cronbach's Alpha was calculated to check the reliability of the instrument. The preferred version of Coaching Behaviour Questionnaire (CBQ) result showed in the Table 3 indicate the value ranged of each items from  $\alpha = 0.77$  to  $\alpha = 0.81$ . The value Cronbach's alpha reliability was 0.81, which indicated that the items scale has very good reliability.

**Table 2:** Frequency table.

Demographic Characteristic	Frequency (N= 50)	Percentage (%)
Gender		
Male	30	50
Female	30	50
Years of participation in sports		
1-2 years	5	8.3
3-4 years	9	15.0
5-6 years	14	23.3
6 years and above	32	53.3
Age		
18-20 years	20	33.3
21-23 years	40	67.7

**Table 3:** Reliability Analysis of Factor for preferred coaching behaviour.

Factors	N	No. of Items	Coefficient Alpha
Reinforcement	60	4	.80
Non-reinforcement	60	4	.79
Mistake contingent encouragement	60	4	.79
Mistake contingent instructions	60	4	.79
Punishment	60	4	.77
Punitive Technical Instructions	60	4	.77
Ignoring mistake	60	4	.78
Keeping control	60	4	.81
General Technical Instructions	60	4	.79
General encouragement	60	4	.81
Organizations	60	4	.80
General Communication	60	4	.79
Preferred coaching behaviour instrument	60	48	.81

## Conclusion:

From the study, it can be conclude that this study was able to provide reliable measurement of gender comparison on preferred coaching behaviour among university athletes.

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