

# Athlete-coach Relationship in Sports: Basis for Enhanced Coaching Program

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**Abstract:** It is the intention of this study to determine how the positive coaching movement can produce surprising results for coaches who embrace an athlete-oriented approach when seeking the appropriate balance between positive and negative comments to increase performance and general orientation toward competition. When this orientation is transferred into competitive context, the interaction that coaches have with players has been found to produce positive results. In summary, the researcher will assess the athletes and coaches relationship as to how it affects the performance in sports. The cited literature and studies above strengthened the issues needed to resolve.

**Keywords:** Athlete, Coach, Sport, Enhanced Coaching.

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## 1. Introduction

The study is a requirement for the completion of the researcher's doctoral degree in Adamson University, in the Philippines. At present, I am engaged in research to explore the influence of coach-athlete relationship, interpersonal communication and helping behavior on athletes' training satisfaction, and to test the possible moderating mediating effect of helping behavior and interpersonal communication. I am looking for strategies and methods to help coaches and athletes improve their relationship closeness and optimize team building, and I plan to carry out relevant questionnaires.

This study will employ a non-experimental quantitative design which will naturally measure the occurrence of variables. Specifically, the descriptive research design as very common in the sport area since it satisfies the changing nature of the phenomena being studied, which is the athlete-coaches relationships, finding out and describing what is to be resolved in the gaps.

By definition, descriptive research is non-experimental research used to describe and interpret the current status of individuals, settings, conditions, or events, while the researcher is studying the phenomenon of interests as it exists naturally with no attempt to manipulate any of the variables. And the cross-sectional survey is helpful to examine the possible differences of characteristics among several samples or population measured at one point in time (Mertler, 2016).

## 2. Research Design

### 2.1. Sampling Method

Purposive sampling will be done from the population of Guangdong University of Science and Technology and Dongguan University of Technology and Dongguan Vocational and Technical College, Dongguan Nanbo Vocational and Technical College. as the research sample, and the questionnaire objects or inclusions are the coaches and athletes of various sports events in Guangdong University of Science and Technology. There are 500 full-time teachers, including 280 physical education teachers and 220 Coaches. Students athletes are 1,000 in total and 20 percent of it will be purposively selected as participants. The selected coaches and

athletes have all won the top three in the Guangdong University student competition. The exclusion criteria would be those that did not actively coached for the last three years. Those athletes who have not won the top three in the sporting events in the said schools.

In analyzing the data to be gathered, the following statistical treatments will be used in the study at 0.05 level of significance using Statistical Package for Social Sciences or SPSS software.

### 2.2. Research Instrument

The researcher will also assess a significant relationship between the respondents' assessment of the coach-athlete relationships when their profiles are taken as test factors. The leadership behaviors used by the coaches to the athletes in terms of autocratic style, democratic style, social support, and training and instruction will also be considered in the assessment.

To satisfy the validity and reliability of the self-made survey questionnaire, a panel of experts in educational and specialized field will evaluate it. The Cronbach alpha coefficient will measure the internal consistency of the set of survey items as constructed. Pilot testing will also be conducted prior to the gathering of data.

### 2.3. Data Gathering Procedure

Prior to the conduction of the study, the ethical clearance is obtained from the ethical Board.

The researcher will seek the necessary validation of experts to look into the survey questionnaire.

Firstly, the researcher selects participants who fulfil the criteria for the study, they are welcomed, and a rapport is established within the participant. After which a consent form is taken from the participants keeping to all the ethical guidelines and code of conduct. The participant is also given a brief detailing about the rationale of the study and the procedures and brief introduction about the questionnaires are introduced. This procedure will be done thru online, and the necessary assurance for data protection is secured.

### 3. Analysis of Experiment

#### 3.1. Data Management Plan

The questionnaire of this paper is published online, and the data is stored in the online website, USB flash drive and my laptop. Data backup will be performed on the first working day of every week to prevent data loss under unforeseen events. By analyzing and processing the collected questionnaire results, researchers can process and code the results, and the obtained original data can be processed and analyzed quantitatively.

#### 3.2. Participant Withdrawal Statement

Participants in this research study have the right to withdraw from the study at any point before its completion without incurring any penalty or consequence. The decision to withdraw is entirely voluntary, and participants are under no obligation to provide a reason for their withdrawal. If a participant chooses to withdraw, they may do so by [insert withdrawal process, e.g., contacting the researcher or project coordinator]. All data collected up to the point of withdrawal will be kept confidential, and any identifiable information will be treated with the utmost discretion. It is important to note that the withdrawal of a participant will not affect their relationship with the researcher, institution, or any affiliated entities. Additionally, researchers will make every effort to minimize any potential impact on the participant as a result of their withdrawal. The voluntary nature of participation and the right to withdraw without penalty are fundamental principles of ethical research, and the researchers are committed to upholding these principles throughout the duration of the study.

Including such a statement helps to ensure transparency, build trust with participants, and demonstrate the researcher's commitment to ethical conduct in the study.

#### 3.3. Statistical Treatment

In analyzing the data to be gathered, the following statistical treatments will be used in the study at 0.05 level of significance using Statistical Package for Social Sciences or SPSS software:

##### 3.3.1. Frequency Count and Percentage

This is used by the researcher in its analysis of the profile of the respondents.

##### 3.3.2. Weighted Mean

This is used in giving different weights to the individual values as indicated in the demographics of the participants as well as to the assessment of the coaches-athletes' relationship and the coaches leadership styles as applied to athletes.

##### 3.3.3. T-test /ANOVA

The T-test and/or Analysis of Variance or F-test is used by the researcher to determine if there are significant differences in the member respondents as assessed by themselves when their profiles are taken as factors.

The results are interpreted as follows:

Weight Scale/Range	Description/Interpretation
4 3.51-4.00	Always/Very High Extent
3 2.51-3.50	Often/High Extent
2 1.51-2.50	Seldom/Low Extent
1 1.00-1.50	Not at All/Very Low Extent

##### 3.3.4. Pearson's r Correlation Analysis

The researcher used Pearson's r correlation analysis to

determine the significant relationship among the variables.

##### 3.3.5. Decision Criteria

The analysis of the hypotheses will be carried out using the 0.05 level of significance. The null hypothesis will be accepted when the computed significance value is greater than the set value at 0.05. Otherwise, it will be rejected.

### 4. Ethical Considerations

The following potential ethical issues of the study have been identified and ways to address them are presented:

The researcher shall request the rectors to present and discuss the study in the monthly principals' meeting of the participating private schools to discuss the study. They shall assure the principals and all participants that everything will be held with utmost confidentiality and their participation will be voluntary. Their consent will be sought in the survey, in the discussions and interviews.

All names and locations of the private schools, including all their affiliations will not be mentioned in the study. To maintain anonymity of the participating schools, each was assigned with a pseudonym.

Only selected participants from the school where the researcher is connected will participate in the study. No very young students/children/minors will be involved in the study. Likewise, no vulnerable population will be included in the study.

Participation is voluntary. Prior to the actual data gathering procedures, the participants will be oriented by the principal on the nature and objectives of the study. All participants will be asked to complete the consent forms to express their willingness to participate in this study.

The participants will be assured that their responses will not in any way affect their performance and employment in the school, as approved by the school authorities. If the participant would like to withdraw from participating before its completion, he/she has the freedom to do so and he/she would not require to provide their reason at all, no penalty of whatsoever.

Moreover, the researcher will personally finance this study and not under scholarship in any institutions, particularly where the study was conducted. No compensation will be given to the participant but an assurance of a positive impact on athlete-coaches relationship can be yield in the study.

After this study has been conducted and finalized, the results will be discussed and shared with all participants. Copies of this research study will be provided to all concerned. The data will be stored in at least 3 years after the study completion.

### 5. Conclusion

The collected data are presented in tabular form in this chapter, along with an explanation and interpretation of the data. The conclusions presented in this section are derived from a statistical analysis conducted utilizing Jamovi 2.3.19.

To assess whether the parametric test can be utilized to address the research objectives, a normality test, specifically the Shapiro-Wilk test, will be conducted. Partial-exchange testing is employed when the p-values exceed 0.05. If p-values are below 0.05 and the data do not follow a normal distribution, nonparametric tests will be employed.

The research inquiries of the investigation have undergone a reassessment. As a consequence, the findings are presented, along with their corresponding analysis and interpretation.

Based on the results of the Spearman's rho correlation, the research will not reject the null hypothesis since all the generated p-values are greater than the 0.05 level of significance. Hence, it can be concluded that there is no significant relationship between positive coaching movement and athlete-oriented approach and coaching movement. This further means that the variables are not statistically connected and that the value of one variable does not grow or decrease in response to the increase or decrease of the other variable.

The athlete-oriented training approach focuses on individual differences, emphasizes the development of personalized training plans to meet the unique needs and potential of each athlete, and advocates active communication between coaches and athletes to understand the goals, needs and opinions of athletes in order to better adjust the training plan. Training methods emphasize the autonomy of athletes, encouraging them to take initiative in training and participate in goal setting and decision making. Overall, both the athlete-oriented training approach and the positive training philosophy emphasize individual development, autonomy, positive psychology, and lifelong learning. Together, they build a training environment that supports the all-round development of athletes, enabling them to achieve better results in sports and develop maturity in life.

Arrange group activities such as team dinners, outdoor outings, or team-building exercises to facilitate emotional bonding among team members and strengthen team unity.

Establish team collaboration projects: Design collaborative projects where team members work together to accomplish tasks, fostering a sense of cooperation and team spirit among the members.

Provide avenues for team communication: Establish open channels of communication within the team, encouraging active and effective communication among team members and coaches to address issues, express opinions, and share ideas, thereby enhancing interaction and collaboration within the team.

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