



A Study on the Interpersonal Relationships among Athletics Training Center of Athletes

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Abstract

The purpose of this study is to examine the interpersonal relationships among Michew athletics training center of athletes. The study involved thirty five athletes, one coach and one general manager of the athletics training center. The major tools in this study were questionnaire, interview and field observation. A key finding related to among the athletes and athlete's interpersonal relationship and the majority of athletes responded that there was a mutual respect and freely communication between the athletes. Athletes however, have not well communicated with their management of the training center. In conclusion, coach- athlete interaction immediately prior to performance were focused on the optimal mental health and physical preparation of athlete's mental readiness and game focus, positive reinforcement of team plan/strategies, team cohesion, and coach preparation. Coach- athlete interactions were focused on motivation, confidence, positive reinforcement and game focus. Importantly, coaches needed to be aware of all aspects of their athlete's behavior and personality in order to be an effective coach. Hence, the researcher recommended that the interpersonal relationships of the athletes and coaches are important to have as open communication among each other.

Keywords: Coach, Athlete, Inter –Personal Relations, Communication, Motivation.

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Introduction

The purpose of the study was to investigate the interpersonal relationships among athletes, coach and management of Michew athletics training center. An interpersonal relationship is an association between two or more people that may ranges from fleeting to enduring. This association may be based on inference, love, solidarity, regular business interactions or some other type of social commitment. Interpersonal relationships are formed in the context of social, cultural and other influences. The context may vary from family or kinship relations, friendship, marriage, relations with associates, work, clubs, and place of worship.

In a sport context, there are wide personal relationships (e.g. Coach-parent, athlete-athlete, and athlete- partner) that can create impact on performances, but the coach – athlete relationship is considered to be particularly crucial. (Cockerill, 2002, Lyle, 1999). Overall, the coach- athlete relationship is embedded in the dynamic and complex coaching process and its provides the means by which coaches and athletes are expressed and fulfilled (Jowett & cockerill, 2002). It is at the heart of achievement and the mastery of personal qualities such as leadership, determination, confidence and self- reliance. This article is to offer a perspective on the coach- athlete relationship and shows how sport psychology can contribute to the study of relationship

whilst leaning from and building on the work of scholars in social and relationship psychology.

Methodology

To achieve the purpose of this study, 37 samples were selected from Michew Athletics training centre through purposive sampling technique. Out of 37 samples 35 athletes, one coach and one manager were chosen. The researcher focused on the interpersonal relations among athletes, coach- athletes relation and coach and managerial staffs relations. The qualitative and quantitative research methods were employed to obtain the necessary data. The following methods were used to collect data Viz. Questionnaire, Interview and filed observations. Accordingly questionnaire was used to gather quantitative data where as the interview was used to gather qualitative data. The uses of these tolls were helpful for its facilitated triangulation of information from the different sources.

Analysis, Discussion and Interpretation of Data

Category I. Interpersonal relationship of athletes with coach

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Table 1. Participation of athletes in decision making and policy formation

How often your coach lets you to participate in decision making and policy formation?		
Rating	Responses	
	No.	%
A. Always	4	11.43
B. Often	10	28.57
C. Occasionally	10	28.57
D. Seldom	4	11.43
E. Never	7	20
Total	35	100

The above table indicates that the number of athletes 10 (28.57%) responded that their coach allowed them to participate in decision making and policy formation often and occasionally. The same number of

respondents 4 (11.43%) replied that they were allowed always and seldom. On the other hand, 7 (20%) responded that they were never allowed.

Table II. Favoring of the coach to some athletes

How often your coach favors some athletes than the other?		
Rating	Responses	
	No.	%
A. Always	-	-
B. Often	6	17.14
C. Occasionally	23	65.72
D. Seldom	6	17.14
E. Never	-	-
Total	35	100

As indicated in table II, most of the respondents 23 (65.72%) responded that their coach favors some athletes from the other occasionally. Whereas 6

(17.14%) responded the coach did this sometimes and the same number of respondents 6 (17.14%) replied the coach shows the seldom.

Table III. The fair treatment of athletes by the coach

How often your coach treats you equally and fairly?		
Rating	Responses	
	No.	%
A. Always	27	77.14
B. Often	-	-
C. Occasionally	4	11.43
D. Seldom	2	5.71
E. Never	2	5.71
Total	35	100

The above table shows that the majority of participant athletes 27 (77.14%) believed that a coach treated them equally and fairly. 4 (11.43%) athletes stated occasionally. But the remaining 2 (5.71%) athletes

replied that their coach seldom treated them equally and fairly. Finally 2 (5.71%) of the athletes believed that they never treated equally and fairly.

Table IV. The implementation of athlete's suggestions

How many times the coach implements the suggestions made by the athletes'?		
Rating	Responses	
	No.	%
A. Always	2	5.71
B. Often	12	34.29
C. Occasionally	15	42.86
D. Seldom	6	17.14
E. Never	-	-
Total	35	100

Table IV shows that 15 (42.86%) athletes stated that the coach implemented the suggestions made by the athletes in to operation. 12 (34.29%) athletes responded

that the coach often, made in to operation and 2 (5.71%) athletes replied forever. 6 (17.14%) athletes replied seldom their coach applies their suggestion.

Table V. Participating athletes in planning strategies

How often your coach asks your opinion during planning strategies?		
Rating	Responses	
	No.	%
A. Always	-	-
B. Often	15	42.85
C. Occasionally	12	34.29
D. Seldom	4	11.43
E. Never	4	11.43
total	35	100

As it mentioned in the above table, 15 (42.85%) responded often to the statement, 12 (34.29%) of athletes said that the coach sometimes asked their opinion. The remaining 4 (11.43%) replied seldom to the item.

Whereas 4 (11.43 %) of the athletes responded that they were not allowed to give their opinion about the strategies at all.

Table VI. Motivation of coaches behavior towards athletes performance

My coach shows me "ok" thumbs up gesture when I perform well		
Rating	Responses	
	No.	%
A. Always	8	22.86
B. Often	6	17.14
C. Occasionally	13	37.14
D. Seldom	8	22.8
E. Never	-	-
Total	35	100

As indicated in table VI, 13(37.14%) of athletes replied occasionally to the item, 8 (22.86%) of athletes also replied always to the question and 6 (17.14%) of

athletes replied 'often' and the remaining 8 (22.86%) of athletes responded seldom.

Table VII. Coach helps in problem solving of athletes

How often the coach helps the athletes to solve their personal problems?		
Rating	Responses	
	No.	%
A. Always	-	-
B. Often	6	17.14
C. Occasionally	17	48.57
D. Seldom	12	34.29
E. Never	-	-
Total	35	100

The above table shows that 17 (48.57%) athletes revealed that their coach helps them to solve their problems occasionally. 12 (34.29%) of participant

athletes rated seldom, only 6 (17.14%) of athletes responded their coach did this often.

Table VIII. The attitude of coach Gear towards the training by athletes themselves

How often the coach allows you to train yourselves or to make your own style of training?		
Rating	Responses	
	No.	%
A. Always	-	-
B. Often	-	-
C. Occasionally	19	54.29
D. Seldom	10	28.57
E. Never	6	17.14
Total	35	100

According to table VIII, 19 (54.29%) of athletes responded that their coach allowed them to practice of their own ways of training. Whereas, 10 (28.57%) of

athletes responded seldom. The rest 6 (17.14%) athletes responded that they never allowed to do so.

Table IX. The professional relationship of the coach with athlete

Can you rate the frequency of your coach makes good professional relationship with you?		
Rating	Responses	
	No.	%
A. Always	27	77.14
B. Often	4	11.43
C. Occasionally	4	11.43
D. Seldom	-	-
E. Never	-	-
Total	35	100

According to table IX, 27 (77.14%) of respondent athletes replied that their coach have good relationship with them always. 4 (11.43%) athletes also replied often to the question. The remaining 4 (11.43%)

athletes responded occasionally. Therefore, it can be concluded that the coach of the team had good professional relationships with all athletes.

Table X. Improving team spirit by the coach

How often your coach encourages you to help each other as a team?		
Rating	Responses	
	No.	%
A. Always	23	65.72
B. Often	6	17.14
C. Occasionally	6	17.14
D. Seldom	-	-
E. Never	-	-
Total	35	100

Based on the above Table, 23 (65.72%) responded that their coach always tried to improve Co - Operation among the teammates. 6 (17.14%) replied the coach did this often. Whereas 6 (17.14%) athletes also

replied occasionally. This statement reveals that the coach encouraged the athletes to help each other and to develop interpersonal relationship among them.

Category Group II: Interpersonal relationship among athletes and management of the training center

Table XI. Supply of athletic equipments to the athletes by the management

What is your level of satisfaction regarding the athletic equipments (fitness materials) provide by the management?		
Rating	Responses	
	No.	%
A. Very satisfied	17	48.57
B. Satisfied	10	28.57
C. Not satisfied	-	-
D. Neutral	8	22.86
Total	35	100

As indicated in the above table, 17 (48.57%) respondents were very satisfied with the supply of training equipments. and 10 (28.57%) participant athletes were also satisfied whereas 8 (22.86%) respondent

athletes did not decide to the statement. From this we can infer that most of athletes were satisfied by the athletic equipments supplied by the management.

Table XII. Meetings arranged by the management to make athletes to meet their parents

How much are you satisfied by the schedule of the management to meet your parents?		
Rating	Responses	
	No.	%
A. Very satisfied	-	-
B. Satisfied	12	34.28
C. Not satisfied	15	42.86
D. Neutral	8	22.86
Total	35	100

Based on the data in table XII, 15 (42.86%) of participant athletes were not satisfied by the management of the center. On the other hand 12 (34.28%) athletes were satisfied. Whereas the remaining 8 (22.86%) of the

athletes did not decide with the statement. From the above responses, most of the athletes replied that the management of the training center did not organize enough time to meet their parents.

Table XIII. Supply of athletic facilities

What is your level of satisfaction in the supply of athletic facilities' (such as sport wear, transport, medical, financial support) t?		
Rating	Responses	
	No.	%
A. Very satisfied	17	48.57
B. Satisfied	6	17.15
C. Not satisfied	-	-
D. Neutral	12	34.28
Total	35	100

The data on the above table shows that 17 (48.57%) athletes were very satisfied. 12 (34.28%) participant athletes have not decided to the item. The

remaining 6 (17.15%) respondents were satisfied by the supply of athletic facilities by the center.

Table XIV. Insurance of athletes in the center

Do you have insurance in your training center?		
Rating	Responses	
	No.	%
A. Yes	-	-
B. No	35	100
Total	35	100

The above table shows that all the responded athletes in Michew training center were not insured for

any damage they encounter.

Table XV. Interpersonal relationship between athletes and management

What is your level of satisfaction with regard to your interpersonal relationships with the management of the training center?		
Rating	Responses	
	No.	%
A. Very satisfied	-	-
B. Satisfied	4	11.43
C. Not satisfied	17	48.57
D. Neutral	14	40
Total	35	100

As it seen in the above table, the athletes responded that 17 (48.57%) and 14 (40) were not satisfied and whom were neutral in telling the level of their satisfaction with regard to their interpersonal

relationship between the management respectively. On the contrary, 4 (11.43%) responded that they were satisfied by the interpersonal relationship that they have with the management.

Table XVI. Follow up of the management in training and competition seasons

Have you ever seen the management of the training center visit your follow up of competitions and training sessions?		
Rating	Responses	
	No.	%
A. Yes	18	51.43
B. No	17	48.57
Total	35	100

According to the above table XVI (51.43%) athletes responded that the management of the training center had visited them during competitions and training

sessions. On the other hand, 17 (48.57%) of athletes replied that the management of the training center did not follow up them during trainings and competitions.

Table XVII. Satisfaction of athletes of their incentives

Are you satisfied with the incentives that you are paid by the management of the training center?		
Rating	Responses	
	No.	%
A. Yes	5	14.29
B. No	30	85.71
Total	35	100

As it is indicated in table XVII, majority of the athletes 30 (85.71%) were not satisfied by the amount of money which they obtain as a salary. But some of the

athletes 5 (14.29%) responded that they were satisfied by their salary.

Table XVIII. The Incentive given by the management of the training center

Does the management of the training center provide you incentives like bonus after the end of a competition?		
Rating	Responses	
	No.	%
A. Yes	-	-
B. No	35	100
Total	35	100

As shown in the above table, all the athletes 35 (100%) responded that they did not get any motivation after the end of a competition.

Interview Responses, Interpretation and Discussion

The interview was done with a team manager of Michew athletics training center. The following texts are the extracts from the responses given by the team manager. It was stated that smooth relationship with the coach is very important for the development of athletes. Therefore, from the above respondents it could be concluded that the general manager of the training center had good interpersonal relationships with the athletes and also with the coach.

Interpretation and Discussion of Field Observation

The field observation was made at Michew field

area during the training sessions. The researcher observed that the interpersonal relationships of the athletes during practical training in most cases. The practical training sessions were conducted for one and half hours for six days in a week. Based on the clear observation the following points were drawn on athletes relationship and Inter personal skills.

1. There was a mutual respect among the athletes and coach
2. The coach treats them equally and fairly.
3. The coach did not find any challenges of athletes in order to improve their skill and fitness level throughout the season.

Conclusion

Based on the findings of the study, the following conclusions were drawn.

1. The study showed that most athletes agreed that their coach contributed positively to the moral and spirit of the athletes.
2. The study also showed that there was a positive relationship among the athletes and also had a mutual understanding of coach with athletes of the training center.
3. Concerning the findings from thorough observation, there was no mutual understanding between the athletes and managerial staffs.
4. The overall opinion of athletes stated that there would be as open communication and mutual respect in order to have smooth function of the development of athletics center and athlete's performance effectively and efficiently.

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