

The relationship between, style leadership coaches and achievement motivation female athletes fitness field of Bojnoord city

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ABSTRACT: This study aimed to assess The relationship between style leadership coaches and achievement motivation female athletes in was conducted field fitness Bojnoord city. Population of this research includes all women fitness athletes that their number is 8500. And considering table specified sample volume, 367 subjects on random sampling were selected as The statistical sample. The research method a descriptive - correlation in terms of functional and data collection and field goal from the perspective of an analytical method is casual. For examine the variables of exercise questionnaire to measure achievement motivation oriented Gil (1998) and the Scale for the exercise leadership Chla (1980) The reliability of the questionnaire used to measure the leadership style and of coaches statistical population distribution among 30 patients, respectively ($\alpha=88.55\%$), ($\alpha=86.2\%$) respectively. To analyze the data descriptive indicators and test Kolmogorov - Smirnov normality, Pearson correlation ,used SPSS18 software. The results of the analysis showed that the hypothesis leadership style coaches factor predictive of achievement motivation athletes.

Keywords: Leadership styles. Motivation. Fitness.

INTRODUCTION

Sport Psychology is one of the major issues that affect the rate and intensity athletic Be performance motivation . Motivation is a hypothetical construct that is used to describe the internal forces or external work Intention, direction, intensity and persistence of behavior leads to (Vaez Mousavi,2008). The main factor motivating and reinforcing efforts to achieve the goals of human behavior is intentional. Individual differences in motivation are important to the people, not only in terms of different reasons to participate in sport and physical activity, But in different ways and in different situations also be resurrected (Anshel,2005). Most researchers believe that the most important element of the players' motivation and their perceptions of coach how exercise may affect (Ming, 2007). Opinion the Reuben Frost (1975) main instructors and basic sports team and the three athletes, coaches and spectators, as the instructor led the team represents a strong foundation for any development is proposed (Jabbari,2002). important to the success of any coach is to help the athletes improve a wide range it and development, particularly in the physical, technical, tactical and cognitive psychology can help. In order for a coach to be able to do its job properly, it is essential psychological characteristics of their athletes consider and it gives to certain. This behavior can have a dramatic effect on the success of the athletic trainers sports scene is (Zoroastrian,2011). One of the psychological index in Topics in Nursing Gray will be emphasized, is motivation. motivational phenomena are often reasons to explain why people behave in different situations to different behaviors ties. In fact, anything done in the field of sports, is a source of inspiration and motivation aimed at reinforcing desired actions and feel athletes (Anshel,2005). One of motivation

in sport motivation that includes the willingness to strive for success and persistence in the face of failure and experience the pride in success. Achievement motivation in sport and exercise focused be on competition. Required to respond to this need for improvement in the competitive position of seeking qualities of competition, so the study competition seeking quality factors of the motivation to compete in also examined (Evers, 2009). Some psychologists believe that elite sports professionals and coaches have a tendency to take action. It is the joy of victory and they hate to fail. The talented and elite athletes like fighting and often compete in more than one discipline and sense of are many competing (Moradi,2002). McDonald (2010) as part of their study of the role of pleasure, motivation and training of trainers in athletes - Pay concluded that motivation and enjoyment in sport has an important role in the personal growth of the participants. The results showed that motivational and fun atmosphere by the instructor and program he has to find . coaches can yield significant effects on the athletes' achievement goals are . In order to foster learning and persistence athlete, as a coach , develop the motivation casting instructor through the process is helpful . Motivated by recent studies that rely modern sport , believe that teacher motivation is a key factor (Zoroastrian,2011). The sense of competition and motivation for achievement and success savings on athletic performance is a measure being considered in some studies has been shown that seeking high sense of competition and increased confidence reduce competitive anxiety and motivation properties Cognitive and self-confidence are linked to somatic anxiety (Syeed Hosseini,2011). So for coaches and sports leaders leadership style efficiently and effectively is an important issue . Because educators have a vital role in the success and failure of leadership in the strategic use of appropriate behaviors sports teams , especially the pro a , can there be spending a lot of facilities and funding , huge lack of motivation, commitment and satisfaction of having athletes contribute to their poor performance results . The main research question is whether the relationship between leadership style and motivation of female athlete, there coaches and fitness field BOJNURD city.

MATERIALS AND METHODS

This research is descriptive and analytical methods of the type face to the target application field is the method of data collection.

Statistical Society:

The population consists of women of all fitness make up athletes. The female athlete living Bojnoord and their number would be 8500. Morgan formula was based on 367 randomly selected.

Research tools:

The data collection instrument used in this study is a questionnaire with closed questions. The survey questionnaire consisted of two parts:

A) a general questionnaire on general questions, the purpose of general information and demographics of the respondents. This section includes 4 questions and issues such as gender, age, educational level, history of exercise are included.

B) Specialized questionnaire:

1 – Self scale exercise leadership (LSS): Scale model based on multi-dimensional leadership in sports 1980 in sports by and competent leadership is prepared. The coaches leadership style questionnaire in the form of 40 questions in five training behavior, autocratic behavior, democratic, social support and positive feedback is gauged.

Table 1. Guide to The questions are listed below

Topic items	Questions
Teaching and training	1-13
Autocratic leadership style	14-18
Democratic leadership style	19-27
Social protection	25-38
Positive feedback	36-40

Table 2. on the Likert scale questionnaire (5 options)

Always	Often	Sometime	Rarely	Never
5	4	3	2	1

questionnaire sports oriented Gale (1998): This questionnaire is designed to determine motivation in competitive sports and B. Mohammadi(2009) have normalized. The questionnaire consists of three subscales titles competitiveness, win and goal oriented .

Table 3. Guide to The questions are listed below

Topic items	Questions
Competitive	1-13
Victory oriented	13-19
Targeted	19-25

Table 4. on the Likert scale questionnaire (5 options)

agree	agree strongly	no comment	dis agree	Completely disagree
5	4	3	2	1

Collection methods and data analysis :

About the validity of the instruments used (questionnaire) for content and face views of the research faculty advisors and 10 tons of sports management professors have used all valid questions designed to confirm .

Validity and reliability :

The reliability of the questionnaire there was Cronbach's alpha test , so that the reliability of the questionnaire distributed among 30 members of the target population with to, respectively, scale, leadership and motivation letter α -88.55% and 86.02% test hypotheses and test research hypotheses (a relation correlation) for the pre Pearson correlation coefficient and multiple regression was used to predict the effect of variables .

The findings of the study :

Results Descriptive statistics showed that 31 percent of female athletes , aged between 26 to 30 years that more people are involved. In terms of education, most of them are master's degree in terms of marital status , almost 52 percent of can be are unmarried women athletes desired . In fact, 49 % of them the motivation level of its high level descriptions have been About 51 percent of female athletes that they coach athletes in terms of style and approach to leadership and guiding them to a moderate level . Most athletes and coaches in the procedure of democratic will be moderate . They also believe that social support from their coach in the middle of the action and the positive feedback he is too moderate level .

Hypothesis 1:

There is a significant relationship between the leadership styles of coaches and athletes is motivation.

Table 4. Pearson correlation coefficient between the leadership styles of coaches and athletes' motivation

	Coach leadership style
	0.31=r
Motivation of athlete	0.001 -sig
	367 -N
0.05 < -P	

The results are significant at the 95 percent level, Pearson correlation coefficient equal to sig=0.001. The significance level of 0.05 is smaller , so the hypothesis H0 information or statistical hypothesis is rejected and H1 hypothesis or research hypothesis is confirmed. Thus, a significant relationship between the leadership styles of coaches and athletes is motivation . Also Pearson r= 0.31and a positive sign that intensity and direction of the relationship is shown . The magnitude of the correlation between 0.31and mark indicates that the relationship is direct positive relationship. So if the coach has a particular style and technique have led athletes , motivation athletes will also increase.

Hypothesis 2:

The relationship between leadership style autocratic coaches and athletes, there is significant motivation.

Table 5. Pearson correlation coefficient between autocratic leadership style and motivation coaches and athletes

	Coach leadership style
	0.05=r
Motivation of athlete	0.32= sig
	367 -N
0.05 < -P	

The results are significant at the 95 percent level, Pearson correlation coefficient equal to sig=0.001. The significance level of 0.05 is larger, so the information theory or statistical hypothesis H0 hypothesis is accepted and H1 is rejected or deemed researcher.

Hypothesis 3 :

democratic leadership style , there are significant relationships between coaches and athletes' motivation .

Table 6. Evaluation of the relationship between the coefficient democratic leadership style of coaches and athletes' motivation

	Coach leadership style
	0.26=r
Motivation of athlete	0.001 = sig
	367 -N
0.05 < -P	

The results obtained in the 95 percent significance level test, Pearson correlation coefficient equal to sig=0.001. The significance level of 0.05 is smaller , so the hypothesis H0 information or statistical hypothesis is rejected and H1 hypothesis or research hypothesis is confirmed. So between the Democratic leadership and motivation level athletes have a meaningful relationship . Also Pearson r =0. 26 , the magnitude and sign of that relationship indicates . The magnitude of the correlation between 0.26 and mark indicates that the relationship between positive and direct characters . That is how Coaches are more democratic leadership style rate will also increase motivation of athletes . In fact , friendly manner , and participation of team members and team sport athletes in the making factor in creating motivation athletes are considered .

Hypothesis 4 :

The relationship between social support coaches and athletes , there is significant motivation

Table 7. Pearson correlation between social support and motivation coaches and athletes

	Coach leadership style
	0.35=r
Motivation of athlete	0.001 = sig
	367 -N
0.05 < -P	

The results obtained in the 95 percent significance level test, Pearson correlation coefficient equal to sig=0.001. The significance level of 0.05 is smaller , so the hypothesis H0 information or statistical hypothesis is rejected and H1 hypothesis or research hypothesis is confirmed. Also Pearson r=0.35 , the magnitude and sign of the relationship indicates . The magnitude of the correlation between r=0.35 and mark indicates that the relationship is positive and direct . Whatever the social protection of athletes by athletes, coaches greater motivation levels will also increase .The coaches can support the athletes , their problems. They have been involved in motivation and achievement.

CONCLUSION

The results of the analysis showed that these assumptions style with motivation coaches of female athletes in the fitness field and has a direct correlation can be BOJNURD city. The research study, of research, Hossaini et al (2012), Zoroastrians and colleagues (2011) as well, (2005), Ming (2007), Alvarez and colleagues (2009) and McDonald (2012) are confirmed and in line with the results of this research. In this regard, Syeed Hossain, (2011) also found a relationship between positive feedback coaches, athletes and achievement motivation. This result is consistent with the findings of the present study are consistent . Behavior, positive feedback or rewards of which,

appreciation, encouragement and define returning to coach athletes , especially if done in front of other athletes . Also Syeed Hossain, (2011) also found a relationship between athletes' motivation democratic style of democratic behavior , which allows athletes to participate in decisions relating to the determination of the target group and method it will achieve its objectives Motivation to excel and achieve ultimate success requires substrates are required to provide this tool . Compliance management and leadership style of the that can individuals to advance in this direction . sports programs and activities that create a coach in this area is essential . How to make a is strategic decision , what skills and strategies to teach, how to practice and competition organized of the method used to establish the discipline team and above all in making decisions What role should be given to athletes in all categories conducted a survey of its role in the success or failure of the team of athletes and sports repeatedly shown . So athletes who are highly motivated to achieve success and progress, the style and approach of their coach in they must have achieving this success,. The leadership style of coaches factor predictive of achievement motivation athletes. Since motivation is the foundation for success , no athlete looking to other sources and success enjoy the process. The spirit of competition and lack of motivation enough casting athletes could be the cause of poor results in the fields and sports arenas . Perhaps choosing a particular style of leadership does not lead to the desired result , and finally , the coach , the team and the club do not achieve their intended purpose , and all costs and time spent uselessly destroyed , so teachers should adopt a style appropriate leadership to motivate the players strive for progress . leadership and athletic achievement motivation affects the favorable conditions to improve the team's performance.

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