

comparison leadership styles of coaches and satisfaction of male and female athletes in Martial arts

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ABSTRACT: The aim of this study was to compare the leadership styles of coaching and satisfaction of individual athletes. The research employs descriptive-correlation method. The population of the study, all athletes participating in the 1393 national competition in karate and taekwondo formed two studies (200 patients) from which the sample was taken of all methods Of which 100 were women and 100 were men. This study includes a questionnaire scales measuring leadership in sport with reliability 0/94 was used to measure the satisfaction of the athlete satisfaction questionnaire developed by the researchers from the Questionnaire and reliability 0/91 was used. The results of research should be to establish a friendly relationship with athletes, coaches, players, issues and problems, technical and tactical guidance during competition and training and education to improve the skills of the players' strengths and weaknesses, and special attention should be it also suggested that educators deal with the players' behavior and leadership styles appropriate to use. Women view, Karate of the operating management style, management styles and priorities in education and training in Taekwondo, the style was a priority-based task autocratic leadership style in both groups accounted for the lowest priority. Men's view, Karate task-oriented managerial style and the style of taekwondo circuit between the first and the lowest priority to both authoritarian leadership style themselves.

Keywords: leadership, coaching, karate, Martial arts, satisfaction.

INTRODUCTION

According to many, the satisfaction of the manager or supervisor behavior is dependent on the satisfaction of the director is said to be related. Leader in Sports, is a framework for testing and evaluation of processes and cognitive response activity and provides athletes the coach's behavior. Coach is one of the fundamental pillars of the formation and development of sports teams and their important role in the performance of the players can not be ignored. The results of studies of the impact of leadership style on teacher performance, motivation, satisfaction and psychological integrity, and other members of the group, the fact that the leadership style of coaching behaviors, perceptions and decision of his athletes affected will. One of the important aspects in the decision-making coaches, coaching style is selected. How does the coach decides what and how to teach the skills and strategies necessary for practice and competition organized to perform in the most influential athlete satisfaction (Martin, 2009). Coach leadership style and behavior plays an important role on the performance and success of individuals (Nazarudin, 2009; Eichas and Krane, 1993 Chih et al., 2008). An effective teacher has the ability to change the outcome, the successful implementation and psychological reactions are positive. Coaches are required to exercise the skills and mental skills to their attention. Thus, the processes of individual and group or individual needs of athletes is essential and is part of an effective coach (Bennett and Maneual, 2000; Black, Jill and Weiss, 1992; Chelladurai and Saleh, 1980).

Coaches in the coaching role to create the conditions are that each athlete will have the maximum opportunity for success (Alfermann et al., 2005; Turman, 2003; Weiss and Friedrichs, 1986). When a group of people trying to achieve a goal, usually as the leader who responsible for the Group undertakes. This person must have the skills and characteristics necessary to lead the group, so that group members will lead to the desired goal. Positions in sports, coaches and players take on the role of the guidance and leadership. So, the coach plays an important role on the performance and success of the Group's leadership style. Leadership as a process, without the use of force for the guidance and coordination of activities in order to achieve a defined goal. Leadership as an adjective, meaning a set of qualities attributed to those who successfully apply such influence. The sport is also one of the aspects that educators should pay attention to that as Director and Team Leader, the athletes' satisfaction. Athlete satisfaction, or positive status is a complex evaluation of the structures, processes and outcomes of individual and team comes to be experienced by the athlete. and the whole team is. Leadership behavioral process of influencing individuals and groups for achieving goals (Richard, 2010).

Model Behavior coach Horn effect on performance and satisfaction of athletes shows that the direct and indirect effects there. Five coaches of the study style style training, social support, democratic, autocratic and positive feedback is formed. Knowledge of methods to satisfy the needs of athletes, athletes' satisfaction and, consequently, balance and mental relaxation effect is athletic. Today coaching class is considered the most difficult jobs. An effective manager must have great skill and knowledge to develop athletes. Career coaching and hard work in very difficult conditions, because in this profession, the coaches saw in the careful and detailed scrutiny among the spectators, players, athletic directors, media reporters and critics of the community is located. Coaching profession like any other, has its ups and downs, but be prepared for a coach, it can be more downs and successes. Research results also showed that the behavior of individual athletes to exercise leadership and training, feedback, social support and prefer democratic and autocratic behavior, won the least mean to (Webster, 2009).

Member coaches behavior influenced by characteristics, location characteristics and features of leadership. Also, team performance and player satisfaction coaches' behavior has consequences (Riemer and Toon, 2001; Eys, 2003 and Dosil, 2006). This style of five coaches in leadership style training, relationship-oriented, democratic, authoritarian, and it is the duty of the circuit. Behavior and behavioral training to improve athletes playing through teaching techniques. In team sports, to coordinate the activities of the team is called training. In this style, the coach on the training and skills of the players' strengths and weaknesses are highlighted. Democratic behavior, to allow athletes to participate in decisions about group goals and ways to achieve them is called. The coach's behavior alone does not decide and The players in decisions about important matters of practice and coaching the game and asks. Behavioral treatment is imperative that the coach any players involved in the decisions and affairs teams and players do not have to listen to the coach's instructions. The behavior-based relationship coach and personal interaction to satisfy the needs of athletes attempting to establish a friendly relationship with the players, the players explore and resolve problems, and to resolve conflicts between team members. Finally, task oriented behavior is the behavior of athletes, coaches and players honored for their contributions to the definition.

In this study, researchers sought to examine the relationship between leadership style and satisfaction in coaching individual athletes is and to seek answers to these questions that the leadership style of coaching individual athletes satisfaction is what form? Leadership styles and priorities from the perspective of how the sportsmen.

MATERIALS AND METHODS

The present study was a descriptive study – correlation. The population of the study, all athletes participating in the 1393 national competition in karate and taekwondo formed two studies (200 patients) from which the sample was taken of all methods Of which 100 were women and 100 were men. This study includes a questionnaire scales measuring leadership in sport (LSS) is 43 items Five dimensions of leadership style trainers conduct training, imperative, Democratic, relationship-oriented and task-oriented evaluation would. Answers based on a Likert scale of five values, including never (1), rarely (2), sometimes (3), often (4), and always (5) value were. and its reliability by Cronbach's alpha 0/94, respectively. Researcher made questionnaire to measure satisfaction from athlete satisfaction questionnaire (ASQ) was used, the questionnaire is 13 questions with Likert scale and reliability by Cronbach's alpha 0/91, respectively. The descriptive statistics to analyze the data from the mean, and standard deviation were used.

RESULTS AND DISCUSSION

Results

Results showed that 100 participants in karate and 100 of them were active in the field of Taekwondo. Results also showed that 50 of them were male and 50 female karate formed taekwondo players and 50 of them are women and 50 were men. Table 1 shows that the view of women in the managerial style in sport karate, training management style was a priority and in the sport of Taekwondo style-priority task was oriented in both groups accounted for the lowest priority autocratic leadership style. From the perspective of the men in the managerial style in sport karate, task-oriented management style and priorities in relationship-oriented style of Taekwondo sports was the priority autocratic leadership style in both groups accounted for the lowest priority.

Table 1. Priority of coaches' leadership styles of male and female athletes

			Imperative	task-oriented	relationship-oriented	democratic	education and training
Views of Women	karate	M	2/88	3/89	3/77	3/09	4/09
		SD	0/83	0/73	0/90	0/69	0/44
	taekwondo	M	3/57	4/02	3/76	3/76	3/94
		SD	0/88	0/61	0/73	0/99	0/65
Views of men	Karate	M	2/77	4/07	3/55	2/67	3/80
		SD	0/77	0/61	0/89	0/71	0/89
	taekwondo	M	2/87	3/05	3/98	2/89	3/69
		SD	0/83	0/56	0/55	0/75	0/73

The results in Table 1 show that the satisfaction of female athletes view, Karate consent of instructor behavior and interaction training taekwondo players were among the first solo performance and satisfaction in both groups was the last priority. Men in both groups in terms of satisfaction, behavior and interaction of the individual and consent of the instructor's first priority was the last priority.

Discussion and Conclusion

The results showed that the agent's view of women in managerial style in sport karate, most coaches use the styles of management training. Taekwondo coaches from the perspective of women, the results showed that most of the styles are task oriented. Results showed that women's opinions do karate and taekwondo, educators are less authoritarian. Athlete satisfaction in his emotional response to the different dimensions and aspects of the team and the club. Thus, team members, clubs, coaches and other factors can affect their satisfaction, but it seems that the behavior of Athlete Mentors greater impact on performance and satisfaction will. As a trainer of coaches and athletes are trained coaching and mentoring leadership style is unmistakable, especially in the sporting arena has been somewhat and coaches based on scientific knowledge, personal experience or be a model for others, certain procedures must be adopted for their leadership, but it is not clear the extent of his players motivated performance and high style are so familiar educators behavioral and psychological backgrounds can increase team effectiveness and performance management coach.

Leadership in Sport Questionnaire-scale studies that have used, The relationship between behavior and characteristics of the coach and athlete satisfaction functioning team concluded athletes who coaches the leadership styles of social support and positive feedback democratic satisfaction were more used to this style of leadership, the athletes coaches were lower (Eagle and Johannesen, 2003).

Rapport with the players and coaches can evaluate players seek to maintain and enhance the morale of the players deal with problems; While the technical and tactical guidance of coaches during competition and training, the training and skills of the players strengths and weaknesses of those efforts. Finally, it is necessary to create distance and separation between himself and his players to avoid and the decision to set a goal and achieve it with the players involved do. This means that the use of more cautious spending behavior are imperative, Because improper use of peremptory behavior may largely destroy the morale of the players.

Because of the important role of coach behavior on the psychological processes and the performance of athletes, sports psychologists to study the consequences of different coaching styles were interested. This can increase the performance of teachers, environment and proper exercise can help improve athletic performance. The results suggest a close relationship with the players, the coaches, players, issues and problems, technical and tactical guidance during competition and training and education to improve the skills of the players' strengths and weaknesses, and special attention should be it also recommended that coaches deal with players in different age groups of behaviors and leadership styles appropriate to use. According to the results of the use of mental skills coaches and management will be more. Classes are offered in these skills should be taught to teachers and the importance of these skills for trainers will tell.

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