

UPSI FOOTBALL PLAYERS SATISFACTION
TOWARDS COACHING
DURING COVID 19 PANDEMIC

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THESIS PRESENTED TO QUALIFY FOR A BACHELOR OF SPORT
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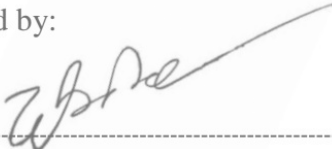
DECLARATION OF AUTHENTIC WRITING

I hereby declare that this thesis entitled ‘UPSI football player satisfaction towards coaching during Covid-19 pandemic’ is based on my original work except for citation which have been duly acknowledged. I also declare that it has not been previously submitted for any other degree or award at Sultan Idris Education University or other institutions.

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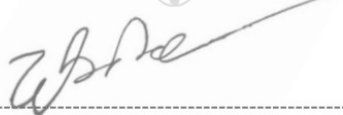
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APPROVAL FOR SUBMISSION

This thesis entitled 'UPSI football player satisfaction towards coaching during Covid-19 pandemic' prepared by Azizi bin Yahaman was certified to met the required standard for submission in partial fulfillment of the requirements for the award of Bachelor of Sport Science (Coaching Science) with honour at Sultan Idris Education University.





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UPSI FOOTBALL PLAYER SATISFACTION TOWARDS COACHING DURING COVID-19 PANDEMIC

ABSTRACT

Athletes satisfaction is a positive and affective states which is the result of complex evaluation process, structure and outcome associate with the athlete's experience. The purposed of this research is to analyze whether there is a significant effect on UPSI football player satisfaction towards coaching during Covid-19 pandemic. The research is also done to identify leadership style of the coach during covid-19 pandemic. A total of 30 male UPSI football player have been selected as sample. The determination of the sample size was based on the diagram of Krejcie and Morgan (1970). The Leadership Scale for Sports (LSS) developed by Chelladurai & Saleh, (1980) and adapted Athlete Satisfaction Questionnaire (ASQ) developed by Zid Azlina (2017) was used in this research. The sample was given a set of questionnaire that included the LSS and Adapted ASQ. On the LSS questionnaire they were 40 questions that were divided into 5 sections with a five point Likert scale; 1 (Never), 2 (Seldom), 3 (Occasionally), 4 (Often), and 5 (Always). On the adapted ASQ the sample were given 19 questions that were divided also into 5 sections with a five point Likert scale; 1 (Not at all satisfied), 2 (Slightly satisfied), 3 (Neutral), 4 (Very satisfied), and 5 (Extremely satisfied). The data was analyzed using Statistical Package for Social Science (SPSS) version 23. The descriptive analysis of the data were analyzed using means, frequencies, percentage, and standard deviations. The results shows that training coaching behavior was the most preferred leadership style with the highest mean score ($M = 3.03$, $SD = .91$) and followed by social support coaching behavior ($M = 2.93$, $SD = .92$), democratic coaching behavior ($M = 2.83$, $SD = .96$), rewarding coaching behavior ($M = 2.54$, $SD = .85$) and autocratic coaching behavior ($M = 2.48$, $SD = .81$). The results also shows team performance ($M = 3.29$, $SD = .86$) was the most important subscale influencing players satisfaction in coaching. The mean scores showed that personal treatment and training instruction ($M = 3.03$, $SD = .79$) was the second highest mean score for athlete satisfaction. The others factors were personal dedication ($M = 2.83$, $SD = .82$), team task contribution ($M = 2.48$, $SD = .88$) and the most obvious of this are ability utilization ($M = 2.45$, $SD = .76$) the lowest rated satisfied for athlete satisfaction. The findings of the study showed that players preferred training and instruction coaching behavior from the coach during the Covid-19 pandemic. The result also showed that the players satisfaction towards coaching remains high during Covid-19 pandemic. It can be concluded that even without proper coaching during this Covid-19 pandemic the players remain satisfied with the coaching and they remain dependent to their coach. This shows that the coach has managed to adapt to this new situation and so do the player.





KEPUASAN PEMAIN BOLA SEPAK UPSI TERHADAP KEJURULATIHAN KETIKA WABAK COVID-19

ABSTRAK

Kepuasan atlet adalah satu keadaan positif dan afektif yang merupakan hasil proses penilaian, struktur dan hasil yang kompleks yang berkaitan dengan pengalaman atlet. Tujuan penyelidikan ini adalah untuk menganalisis sama ada terdapat kesan yang signifikan terhadap kepuasan pemain bola sepak UPSI terhadap kejurulatihan ketika wabak Covid-19. Penyelidikan ini juga dilakukan untuk mengenal pasti gaya kepimpinan jurulatih semasa wabak covid-19. Sebanyak 30 pemain bola sepak UPSI lelaki telah dipilih sebagai sampel. Penentuan ukuran sampel berdasarkan rajah Krejcie dan Morgan (1970). Skala Kepimpinan untuk Sukan (LSS) yang dikembangkan oleh Chelladurai & Saleh, (1980) dan Soal Selidik Kepuasan Atlet (ASQ) yang disesuaikan yang dikembangkan oleh Zid Azlina (2017) digunakan dalam penyelidikan ini. Sampel diberikan satu set soal selidik yang merangkumi LSS dan Adapted ASQ. Pada soal selidik LSS mereka 40 soalan yang dibahagikan kepada 5 bahagian dengan skala Likert lima; 1 (Tidak Pernah), 2 (Jarang), 3 (Kadang-kadang), 4 (Selalu), dan 5 (Kerap). Pada “adapted” ASQ sampel diberi 19 soalan yang dibahagikan juga kepada 5 bahagian dengan skala Likert lima; 1 (Sama sekali tidak berpuas hati), 2 (Sedikit berpuas hati), 3 (Neutral), 4 (Sangat berpuas hati), dan 5 (Amat berpuas hati). Data dianalisis menggunakan “Statistical Package for Social Science (SPSS)” versi 23. Analisis deskriptif data dianalisis menggunakan cara, frekuensi, peratusan, dan sisihan piawai. Hasilnya menunjukkan bahawa tingkah laku latihan adalah gaya kepemimpinan yang paling disukai dengan skor min tertinggi ($M = 3.03$, $SD = .91$) dan diikuti oleh tingkah laku sokongan sosial ($M = 2.93$, $SD = .92$) tingkah laku demokratik ($M = 2.83$, $SD = .96$) tingkah laku ganjaran ($M = 2.54$, $SD = .85$) dan tingkah laku bimbingan autokratik ($M = 2.48$, $SD = .81$). Hasilnya juga menunjukkan prestasi pasukan ($M = 3.29$, $SD = .86$) adalah sub-skala terpenting yang mempengaruhi kepuasan pemain dalam kejurulatihan. Skor min menunjukkan bahawa arahan rawatan dan latihan peribadi ($M = 3.03$, $SD = .79$) adalah skor min kedua tertinggi untuk kepuasan atlet. Faktor lain adalah dedikasi peribadi ($M = 2.83$, $SD = .82$), sumbangan rakan pasukan ($M = 2.48$, $SD = .88$) dan yang paling rendah adalah penggunaan kemampuan ($M = 2.45$, $SD = .76$). Hasil kajian menunjukkan bahawa pemain lebih cenderung kepada kaedah latihan dan tingkah laku bimbingan arahan dari jurulatih semasa wabak Covid-19. Hasilnya juga menunjukkan bahawa kepuasan pemain terhadap kejurulatihan tetap tinggi ketika wabak Covid-19. Dapat disimpulkan bahawa walaupun tanpa latihan serta jurulatih seperti biasa sewaktu wabak Covid-19 ini, para pemain tetap berpuas hati dengan bimbingan dan mereka tetap bergantung kepada jurulatih mereka. Ini menunjukkan bahawa jurulatih berjaya menyesuaikan diri dengan situasi baru ini dan begitu juga pemainnya.



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LIST OF ABBREVIATIONS

| | |
|----------|------------------------------------|
| UPSI | Universiti Pendidikan Sultan Idris |
| ASQ | Adapted Satisfaction Questionnaire |
| LSS | Leadership Scale for Sport |
| COVID-19 | Coronavirus Disease 2019 |
| WHO | World Health Organization |

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- A Supervisor Agreement Form
- B Questionnaire Form
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CHAPTER 1

INTRODUCTION

1.1 Research Background

The Coronavirus disease 2019 (COVID-19) is the most widespread infectious diseases in the world. According to a recent report from the WHO the COVID-19 pandemic was reported in 215 countries across the globe and caused at least 224,000 deaths in 2020. On 30th June 2020 National Security Council have published a strict protocol for sports and recreational activity

to be held in order to curb the spreading of the disease.

Consequently, due to the recommendations, it is expected that they might lead to changed training routine and it may not allow the athletes to follow their usual training and competition schedule which in turn can negatively affect athletes' motivation for sports activities and training. According to Jukic et. al., (2020) most likely there has not been published any particular topic about the effects of pandemic crises on athletes mental and physical health but a significant amount of research has been conducted on athletes motivation in sport and the purpose of understanding why some athletes show enduring desire to pursue their sport and some discontinue with their sport participation despite the benefits (Petlichkoff, 1996).

This study was conducted to understand the level of satisfaction in athletes towards coaching during COVID-19 pandemic crises and how it could affect the behavior of the coach. The results of this study hopefully will give a wider view of how the athletes perceived training in such a situation where they are not allowed to train as they usually did in groups.



1.2 Problem Statement

The COVID-19 pandemic have cause a major problem to every country in the world. It is the first time since ages that such virus have claims the lives of many people. The Covid-19 has certainly effect the sports especially to the athletes and coaches. They have to be adapt with the new norm of living as well as coaching and training. In recent years, researchers have come out with many research involving leadership style and athlete satisfaction. Wee & Rengasamy (2014) have identified that positive feedback behavior is the most preferred style of coaching among university athletes. The Covid-19 pandemic is something new and strange as well as unpredictable. I have found that there is dearth in research on the athlete's satisfaction towards coaching during Covid-19 pandemic in Malaysia. Apart from that the Covid-19 pandemic have affected the routine of the coaching staff. The change of routine during Covid-19 might affect the behavior of coach and till date there is scarce research regarding this.

1.3 Research Objective

- 1.3.1 To analyze whether there is a significant effect on athlete's satisfaction towards coaching during Covid-19 pandemic.
- 1.3.2 To identify behavior of the coach during Covid-19 pandemic





1.4 Research Question

- 1.4.1 Is there a significant effect on athlete satisfaction towards coaching during this Covid-19 pandemic?
- 1.4.2 Does the Covid-19 pandemic affects coach behaviour?

1.5 Operational Definition

- 1.5.1 **Athlete satisfaction**, is a positive, affective state resulting from a complex



evaluation of the structures, processes, and outcomes associated with the athletic experience (Davis et al., 2019).

- 1.5.2 **Coach leadership style** consist of democracy, autocratic, practice and instructional

dimension, positive feedback, and social support (Chelladurai, 2007).

- 1.5.3 **COVID-19** is the disease caused by a new coronavirus called SARS-CoV-2. It was

first discovered by WHO on the 31st of December 2019, following a report of a numerous cases of ‘viral pneumonia’ in Wuhan, People’s Republic of

China.





1.6 Research Limitation

1.6.1 The research limited to the male players football team who participate in the IPT league.

1.6.2 The outcome is solely from the honesty of the participant answering the questionnaire which is intractable.



1.7 Research Delimitation

For this research, the delimitation is that its only involved UPSI football players who competes in the IPT league.

1.8 Significant of study

This study would definitely benefit the coach in understanding the best method in approaching the players and in return improving the team cohesiveness towards achieving their goal during this pandemic. It also helps to identify how satisfied the players towards their coaching session during the Covid-19 pandemic. Apart from that this research can also be a guideline to the coach out there to implement the best leadership style to cater their athletes during Covid-19 pandemic. The usage of technologies, gadgets, and social media play a major part in coaching during this pandemic. Before this, coaches don't even bother

