

The Relationship Between Coaches` Leadership Styles With The Athletes` Sex and Age

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Abstract

The purpose of this study was to determine the relationship between Coaches` leadership styles with the sporting field, sex and age of the athletes in Zanjan-Iran. The study was carried out in basketball , football , athletics and kung fu in-season training. The study is applied and descriptive - correlational. The Statistical population were athletes in sports clubs including basketball, soccer, track and field, and Kung Fu in Zanjan. The Sample was chosen through stratified sampling with optimal assignment with 200 people (50 per field). Our measuring tool was leadership scale (RLSS), presented by Zhang, Jensen, and Mann (1997). Of course, Validity and reliability of the instrument were approved by experts. The data were analyzed using SPSS and descriptive data analysis of the mean, frequency, percentage deviation ,one way ANOVA and Pearson correlation.

The research findings indicate a significant difference between the average of the coaches` leadership roles in various sports. Also, there was a negative relationship between players` age and coaches` leadership styles. However, there was no significant relationship between the athletes` sporting background and coaches` leadership styles

Keywords: Leadership, RLSS

Introduction

Today, educational management encompasses concepts like leadership, guidance and , hence, in order to attain its desired goals, the educational system should reconsider its educational system management. The educational management shall optimally apply the human and physical resources to materialize its goals. Thus, it is necessary to recognize the factors influencing the school principals' leadership and performance which, in turn, can improve the teachers' efficiency and effectiveness .. So, if we want our educational system develops, we have to improve the knowledge skills, information, thoughts, attitudes,

leadership styles and working patterns of school principals and teachers who closely interact with students.

Historically, the civilizations have witnessed that the educated and skilled human resources would effectively convert the traditional communities into developed ones. Accordingly, the development is highly dependent upon the management knowledge, especially in terms of education as well as efficient human resources.

Education is closely associated with the development and opens promising horizons for the future. In other words, the educational system of every society reflects its future.

Alvin Toffler argues that if educational system doesn't prepare students for the future and provides them with an unrealistic and wrong image of the future, it will, certainly, be considered as incompetent and treacherous. Considering the important role of educational system in the development of countries, it seems reasonable to apply scientific findings for the management of educational centers so as to increase the teachers' efficiency, effectiveness and motivation so that they try to work better and effectively.

Leadership behavior theory: The humanistic leaders pay special attention to the organization members, whereas organization – oriented leaders prefer organization missions to the individuals.

Life cycle: The authoritative leadership style fits the immature individuals whom the leader should control authoritatively, while participative leadership suits highly mature individuals

Likert management system

System1: This kind of management doesn't tend to trust the subordinates. Hence the whole decision – making process takes place at top – level management and the sub – ordinates are seldom involved in the decision – making process.

System 4: In contrast with system 1, here the management trusts the subordinates. In addition, the decision – making occurs across the organization. Furthermore, there is a great bond among all aspects of the organization.

The results show that application of specific leadership styles relative to a special situation can both result in a favorable and sound working environment and increase the teachers' motivation toward working effectively. The study findings show the school principals' leadership style has the most noticeable impact upon the physical education teachers' efficiency. Conversely, the authoritative leadership style has the least effect upon the teacher's efficiency. Court Lewin et al (1981) studied five groups of children and adults in welfare center at Ohio university and found out that the group members, under democratic (participative) leadership, would develop their creativity, cooperation and performance. On the other hand, working with opinionated leadership would result in considerable dependency, minimum creativity and group spirit as well as failure in children. Bruce and Russel's (2004) studies indicate the important difference between function and transformation – oriented leaders. Here, the transformation – oriented (participative) leaders are innovative and creative, whereas function – oriented (authoritative) leaders are more dependent upon the existing structure in the organization.

Dessler (1973) asserted that many behavioral scientists would believe that participative leadership might function more effectively than authoritative one. Participative leaders encourage their staff to get involved in the organization affairs. Furthermore, their staff enjoys high spirit. Nevertheless, under authoritative leadership, the staff at first has the highest performance but shortly after they ultimately get frustrated. The high school teachers led by participative school principals are psychologically healthy. Staff involvement in the decision – making process builds up their attachment to the organization.

There is minimum supervision and maximum attention paid to the individuals' relationship in terms of participative leadership style. Additionally, specialized power is the best component amongst power bases and the organization success depends greatly on the performance – determined goal attainment, management style and the management power. In fact the management and leadership styles facilitate and motivate the staff's performance and directly/ indirectly influence their job satisfaction and efficiency. Also, the skilled and experienced school principals who have scientific ideas try to scientifically develop the organization so as to attain their organizational goals. Of course, the scientific development of the organization is one of the conspicuous components of the modern and creative communities. Studies show that exerting specialized authority from personal power as well as exercising reward from position power shall considerably bring up creativity. Hence, the findings of the present research can guide the educational system authorities in physical education course toward choosing an appropriate leadership and management style in order to increase the staff's efficiency and productivity.

Research objectives

The general purpose of this study was to determine The Relationship between Coaches' leadership styles with the sporting field, sex and age of the athletes in Zanjan-Iran.

Our specific objectives are as follows:

There is a significant difference between the coaches' leadership styles mean various sports fields.

There is a relationship between players' age and coaches' leadership styles.

There is a relationship between players' sporting background and coaches' leadership styles

Method and Materials

The study was carried out in basketball, football, athletics and kung fu in-season training. The study is applied and descriptive - correlational. The Statistical population were athletes in sports clubs including basketball, soccer, track and field, and Kung Fu in Zanjan. The Sample was chosen through stratified sampling with optimal assignment with 200 people (50 per field). Chelladurai and Saleh (1980) introduced the leadership scale for sports (LSS). It is used to measure the athletes' views and demands on the coaches' leadership styles.

Here, our Relevant tool is (RLSS), presented by Zhang, Jensen, and Mann (1997). Of course, its content validity instrument was approved by experts. Cronbach Alpha Was used to estimate

the reliability alpha obtained (0.78). The data were analyzed using SPSS and descriptive data analysis of the mean, frequency, percentage deviation one way ANOVA and Pearson correlation.

Findings

The research findings indicate a significant difference between the coaches' leadership styles mean in various sports. The coaches' leadership styles mean was the highest in kung fu following with athletics, football and basketball, respectively. In other words, leadership style is more significant in single sporting fields than collective fields. Also, there was a negative relationship between players' age and coaches' leadership styles. However, there is no significant relationship between the athletes' sporting background and coaches' leadership styles

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