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Research Article

The Effect of Coach Leadership Style on Athletes Performance of Athletics Club of Addis Ababa -

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Table 1: Result of the regression of athlete respondents.

		Winning Percentage Per Year	Respondent Age	SC	SS	AB	DB	PF	TI
Std. Cross-Product	Winning Percentage Per Year	1	0.735	0.784	0.782	0.78	0.794	0.79	0.796
	Respondent Age	0.735	1	0.885	0.891	0.905	0.906	0.908	0.903
	SC	0.784	0.885	1	0.986	0.971	0.986	0.987	0.977
	SS	0.782	0.891	0.986	1	0.972	0.981	0.989	0.982
	AB	0.78	0.905	0.971	0.972	1	0.975	0.976	0.977
	DB	0.794	0.906	0.986	0.981	0.975	1	0.986	0.986
	PF	0.79	0.908	0.987	0.989	0.976	0.986	1	0.981
	TI	0.796	0.903	0.977	0.982	0.977	0.986	0.981	1
Sig. (1-tailed)	Winning Percentage Per Year		0	0	0	0	0	0	0
	Respondent Age	0		0	0	0	0	0	0
	SC	0	0		0	0	0	0	0
	SS	0	0	0		0	0	0	0
	AB	0	0	0	0		0	0	0
	DB	0	0	0	0	0		0	0
	PF	0	0	0	0	0	0		0
	TI	0	0	0	0	0	0	0	
N	Winning Percentage per year	55	55	55	55	55	55	55	55
	Respondent Age	55	55	55	55	55	55	55	55
	SC	55	55	55	55	55	55	55	55
	SS	55	55	55	55	55	55	55	55
	AB	55	55	55	55	55	55	55	55
	DB	55	55	55	55	55	55	55	55
	PF	55	55	55	55	55	55	55	55
	TI	55	55	55	55	55	55	55	55

a: Coefficients have been calculated through the origin

Note: SS: Social Support; AB-Autocratic Behavior; DB: Democratic Behavior; PF: Positive Feedback; TI: Training and Instruction.

Table 2: Result of ANOVA the athlete respondents.

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	76563.9	1	76563.9	93.33	.000c
	Residual	44299.5	54	820.36		
	Total	120863.368d	55			

a. Dependent Variable: winning percentage per year

b. Linear Regression through the Origin

c. Predictors: TI

d. This total sum of squares is not corrected for the constant because the constant is zero for regression through the origin.

positive feedback have positive effect on athletes performance with ($r = .000, .000, .000, .000, .000, p < .0001$)

Table 4 shows that ANOVA shows level of significance since the value of $p < .05$ so it is accepted that leadership style has strongly impact on athletes performance.

DISCUSSION

These findings are discussed according to the following headings: coach's leadership style, athlete performances and correlation between coach leadership style and athlete performances in selected sub cities athletics club of Addis Abeba.

This study found that the selected sub cities athletics club of Addis Ababa preferred training and instruction coaching behavior.

The selected sub cities athletics club of Addis Ababa preferred their coach to:

- make complex things easier to understand and learn
- pay special attention to correcting athletes' mistakes
- explain to each athlete the techniques and tactics of the sport
- use a variety of drills for a practice
- stress the mastery of greater skills
- use objective (rather than subjective) measurements for evaluation
- conduct proper progressions in teaching fundamentals
- supervise athletes drills closely
- clarify training priorities and work on them
- possess good knowledge of the sport
- provide feedback after a substitution
- provide instructions that are brief, clear and concise

Amorose and Horn [5] indicate that athletes with higher intrinsic motivation perceived their coaches to exhibit a leadership styles that emphasized training and instruction coaching behavior. The study



Table 3: Result of the regression of coach respondents

		Winning percentage per year	TI	DB	AB	SS	PF
Std. Cross-product	Winning percentage per year	1	0.931	0.893	0.86	0.882	0.878
	TI	0.931	1	0.985	0.963	0.983	0.978
	DB	0.893	0.985	1	0.98	0.984	0.979
	AB	0.86	0.963	0.98	1	0.973	0.98
	SS	0.882	0.983	0.984	0.973	1	0.973
	PF	0.878	0.978	0.979	0.98	0.973	1
Sig. (1-tailed)	Winning percentage per year		0	0	0	0	0
	TI	0		0	0	0	0
	DB	0	0		0	0	0
	AB	0	0	0		0	0
	SS	0	0	0	0		0
	PF	0	0	0	0	0	
N	Winning percentage per year	12	12	12	12	12	12
	TI	12	12	12	12	12	12
	DB	12	12	12	12	12	12
	AB	12	12	12	12	12	12
	SS	12	12	12	12	12	12
	PF	12	12	12	12	12	12

a: Coefficients have been calculated through the origin
Note: TI: Training and Instruction; DB: Democratic Behavior; AB: Autocratic Behavior; SS: Social Support; PF: Positive Feedback

Table 4:

Model	Sum of Squares	Df	Mean Square	F	Sig.	
1	Regression	22592.679	1	22592.679	71.653	.000c
	Residual	3468.351	11	315.305		
	Total	26061.029d	12			

a. Dependent Variable: Winning percentage per year
 b. Linear Regression through the Origin
 c. Predictors: TI
 d. This total sum of squares is not corrected for the constant because the constant is zero for regression through the origin.

showed that female student-athletes for four NCAA Division I and six NCAA expressed their preferences using RLSS and had significantly greater preferences training and instruction and situational consideration. Sherman, et al. [6] found that the Australian football players, netball players and basketball players preferred more positive feedback, followed by training and instruction, democratic coaching behavior and preferred social support and autocratic coaching behavior which is not the same as in this study. However, Asiah [7] found that there is a correlation between motivational factors among

university athletes and social support leadership style of coaches. The study showed that there are no differences in the motivational factors and numbers of years of participation on sport involvement.

This study has indicated that team integration was the most important factor influencing athlete performances in selected sub cities athletics club of Addis Ababa. This shows that the athlete in the athletics club were satisfied with their team members;

- my teammates sense of fair play
- my teammates sportsmanlike behavior
- how the team works (worked) to be the best
- the degree to which teammates share (shared) the same goals

This study has showed that the athletes preferred training and instruction leadership styles in selected sub cities athletics club of Addis Ababa. Based on the results obtained there was a positive correlation between coaching leadership styles and athlete performances in selected sub cities athletics club of Addis Abeba. However, Asiah and Rosli [8] indicated that the athletes in sport teams were satisfied with their teammate’s sense of fair play, sportsmanlike behavior, and teamwork and shared the same goals.

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