

Infographic Annotated Bibliography

APA 7th Edition Reference:

Davis, L., & Jowett, S. (2010). Investigating the interpersonal dynamics between coaches and athletes based on fundamental principles of attachment. *Journal of Clinical Sport Psychology*, 4(2), 112–132. <https://nrl.northumbria.ac.uk/id/eprint/5398/1/18077.pdf>

Literature Review/Relationale: The general context and purpose of the study was to investigate the interpersonal dynamics between coaches and athletes based on fundamental principles of attachment. The author's purpose was to show the correlation between athletes and coaches relationship and the significance of a good relationship between the two. The purpose of the study was to show that coaches play a big role in their athletes life, and the athletes mental health could be affected depending on the athletes relationship with their coaches. The authors were guided by attachment theory when conducting this research. There were three hypotheses within this study. The first hypothesis states: “Athletes will perceive that their coach fulfills the basic functions of attachment figures, namely (a) safe haven, (b) secure base, and (c) proximity maintenance.” The second hypothesis says: “insecure attachment patterns (anxious-ambivalent and avoidant) will be negatively associated with relationship quality and sport satisfaction.” The third and final hypothesis states: “Relationship satisfaction will mediate the link between athletes’ insecure attachment patterns (anxious-ambivalent and avoidant) with sport satisfaction” (Dave & Jowett, 2010, p.118).

Method: The participants for this study were 309 British student athletes representing many different individual (37%) and team sports (63%). The demographics for the participants were

48% males and 51% females, so, 150 males and 159 females. The student athletes were between the ages of 18 to 28, with the median age being 19.9 years. To specify the data collection, the researchers analyzed different levels of performance. The participants were asked to ponder their relationship with their athletic coaches and rate each item based on how much each of them make them feel about their coaches. The implications certainly suggest that the relationship an athlete has with their coach impacts the athlete's love for the game, either fully or partially (Davis & Jowett, 2010). This qualitative research does a great job of analyzing the relationship between coaches and athletes (Dave & Jowett, 2010).

Results/Discussion: The authors found the correlation between athletes' relationship with their coaches and their performance in their respective sports. The findings indicate that athletes are more likely to perform better when they have a good relationship with their coaches. The implications certainly suggest that the relationship an athlete has with their coach impacts the athletes love for the game, either fully or partially. Coaches should make a better effort to have a good relationship with their athletes because they have a great impact on their athletes physical and mental well being. The attachment they have for the sport they are involved in is greatly impacted by the attachment the athletes feel like they have with their coaches. (Davis& Jowett, 2010).

Evaluation: This information is pivotal for my infographic because the article outlines the correlation between the athletes attachment to their coaches and then also the attachment they have for their sports. Athletes feel more excited and look forward to an athletic event whether it be practice or games based on how they feel about their coaches. The article focuses on the importance of a good relationship between coaches and athletes. I can use this information in my infographic to analyze and show the ways that the athletes' attachment and emotions are

impacted based on their attachment to their coaches. This article tells me that my topic is an important issue that people need to be aware of (Dave & Jowett, 2010).

APA 7th Edition Reference:

Beckner, B. N., & Record, R. A. (2016). Navigating the thin-ideal in an athletic world: influence of coach communication on female athletes' body image and health choices.

Health Communication, 31(3), 364–373. <https://doi.org/10.1080/10410236.2014.957998>

Literature Review/Relationale: The general context of the study was to investigate how interpersonal communication between coaches and female athletes can impact the female athletes body perception and health habits. The authors were guided by Communication Theory of Identity, (CTI) which helped them analyze communication between coaches and female athletes. The purpose of this study was to use CTI to analyze the impact and influence coaches' communication on body image and health choices of female collegiate athletes.” The study aims to understand how female athletes interpret the messages they receive from their coaches about nutrition, weight, eating habits, and body compositions. There were three research questions for this study. The first research question states: “How do female athletes perceive their own body image and health choices (personal layer)?” The second research question asks: “How do female athletes perceive their coaches’ perceptions about body image and health choices (relational layer)? The third research question seeks to answer the question: “How is coach communication related to female athletes’ body image perceptions and health choices (enacted layer)? The fourth and final research question states: “To what extent do female athletes communicate with each other about coach communication concerning body image (communication layer)?” The authors are attempting to answer these four research questions using Communication Theory of Identity. CTI allows one's identity to be examined from many different perspectives, CTI states that other

people's communication has an impact on the makeup of an individual's personal identity and expression. Overall, the research questions seek to understand the influence coaches' communication has on female athletes (Beckner & Record, 2020).

Method: The data was collected by conducting a one-on-one interview with participants. The one-on-one nature of the interview is better to understand each participant's perspective and experience. One-on-one allows each participant to give an extensive, detailed response to the interview questions about the coach's communication and how it influences female athletes' health behavior. The participants were Southeastern University female athletes. Any female athletes at this large Division 1 school that participates on varsity sports teams were eligible to participate as long as they were over the age of 18 years. The participants' age ranged from 18 to 23 years, with the median age of 19.4 years. The majority of the participants were underclassmen (freshman or sophomore) that self-identified as White/Caucasian. The participants represented 13 different sports. The study was on a research recruitment system, which granted students who were in communication courses an opportunity to fulfill a research requirement. Participants were scheduled for interviews based on their schedule availability. Participants were also encouraged to pass the word and give the studies flyers to their friends. The authors analyzed the interview transcripts by identifying the themes within the four categories of CTI, which are the personal, relational, enacted, and communal layer of identity (Beckner & Record, 2020).

Results/Discussion: The authors found that female athletes perceived themselves as being different from others, being muscular, and they placed an emphasis on weight (personal layer of identity). The interview transcripts show that the athletes felt their coaches' communication on health choices and body image impacted them greatly athletically, but they also felt like they

didn't receive any real guidance from their coaches on this issue (relational layer). Some of the female athletes feel that they need to have a strong, muscular body for their sports, but they also don't want to be too muscular because they feel uncomfortable and self-conscious about their body image. They want to look feminine too. The communication the female athletes received from their coaches lacked real guidance about how to lose weight in a healthy way, the coaches didn't really care how the athletes lost weight as long as they lost weight. Participants had a hard time finding healthy food on campus. The athletes admitted that they don't talk to each other about coaches' communication on body image and healthy choices, and in the minimal instances that they do, it's in a joking manner (Beckner & Record, 2020).

Evaluation: This information is vital for my infographic because of the association it has with Communication Identity Theory. This study does a great job of detailing the communication that occurs between coaches and female athletes using CTI and the four layers of CTI. I can use this information in my infographic to show the lack of communication between coaches and female athletes specifically. This article outlines the lack of communication from coaches to their female athletes in regards to body image and healthy choices. The one-one-one interview aspect allows the athletes to feel free and express their true emotions in regards to the communication they receive from their coaches, or the lack of communication. The study focusing on female athletes specifically is important because this is an issue that male athletes probably don't have to deal with as much (Beckner & Record, 2020).

APA 7th Edition Reference:

Staff, H. R., Didymus, F. F., & Backhouse, S. H. (2020). Dyadic coping in coach-athlete relationships: A grounded theory. *Psychology of Sport & Exercise*, 50.

<https://doi.org/10.1016/j.psychsport.2020.101741>

Literature Review/Rationale: The purpose of this study was to add something new to sport psychology pamphlets in regards to dyadic coping in coach-athlete relationships. The study is more directly looking to catch the makeup of dyadic coping between coaches and athletes participating in individual sports. For example, the study is attempting to capture the development of the dyadic coping between Serena Williams and her tennis coach. Serena is the athlete participating in an individual sport, (tennis) and this study wants to understand the relationship between her coach and herself. The researchers were guided by constructionist grounded theory methodology to analyze the dyadic coping mechanism between the coaches and the athletes. The research is attempting to determine the importance of interpersonal relationships because they play a significant role in athletes performance. This research didn't really have a hypothesis or research questions, they were simply focusing on dyadic coping in athlete-coaches relationships (H.R. Staff, et al.).

Method: The authors used two phases to collect data. For the first three phases they used interviews to collect data, and for phase four workshop was used. The researchers conducted individual interviews of 16 total coaches and athletes, and afterwards they had a 90-minute workshop with coaches, athletes, and sport exercise psychology practitioners. All the interviews were face-to-face and they were all recorded using a digital voice recorder so the participants could be provided with transcripts and analysis. The 90-minute workshop with the coaches, athletes, and sport exercise psychology practitioners was not recorded, but the researchers were taking notes throughout the entire session. The participants were athletes who competed in International or Olympic level competitions. For the first phase the researchers interviewed 6 coaches and 5 athletes, the media age for coaches was 47.33 and 24.34 for the athletes. The

participants all have a tremendous amount of experience in their field, and they are all involved in individual sports at the professional level (H.R. Staff, et al.).

Results/Discussion: “The theory proposes that when coaches and athletes appraise a stressor communicated in their dyad as significant and meaningful, they use dyadic coping to protect themselves and their coach-athlete relationship.” The communication the athletes and coaches have between one another has a significant impact on their relationships. This study understands coping as an interpersonal phenomenon instead of an individual issue. The implications of this is that dyadic coping is found to be positive for relationship functioning and personal health. However, it is not clear from the research whether or not dyadic coping has a negative impact on individuals in a close personal relationship. Researchers also emphasized the possible “negative implications of dyadic coping for mental health and quality of life when reviewing literature in health and relationship psychology” (H.R. Staff, et al.).

Evaluation: This information can be used in my infographic because of the inclusion of sports psychology, which is not something the other research articles included. These articles focus on dyadic coping for mental health, which mental health is the most important and significant reason for a good relationship between coaches and their athletes (H.R. Staff, et al.).

APA 7th Edition Reference:

Lau, E. S., Chung, H. J., & Hwa, M. C. Y. (2020). Voices of Singapore national beach volleyball female athletes: What is an ideal coach? *International Journal of Sports Science & Coaching*, 15(5–6), 642–652. <https://doi.org/10.1177/1747954120941304>

Literature Review/Rationale: The purpose of this research is to discover the ideal coach using the voices of the singapore national beach volleyball female athletes. The study seeks to

understand and uncover the ideal coach? The researchers seek to uncover who the ideal coach is. The authors are guided by transformational leadership theory, the theory basically states that coaches should strive to be the ideal coach. Transformational leadership theory emphasizes that coaches should listen, care and concern, support, have mutual respect, trust, and have a shared knowledge and understanding with their athletes. Transformational leadership theory is especially important in regards to female athletes-coaches relationship because female athletes prefer a democratic coaching style. The article underlines the importance of recognizing the importance of coaches "to understand the notion of an 'ideal coach.'"The research question is: "What do Singapore beach volleyball female athletes voice about an ideal coach within their sporting context?" In other words, the researchers want to know what the Singapore athletes believe is the ideal coach for them (Lau et al.).

Method: Purposeful sampling was used to identify and find participants for this research. The authors conducted a semi-structured interview to collect data. The interview took place at a location identified by the participants, a location that was quiet and more importantly somewhere the participants felt comfortable. Once the participants signed the agreement to participate in the research, the interview began and it lasted on average 45 minutes per person. The context of this research was the Singapore national volleyball teams experience with their coaches. The authors interviewed seven senior Singapore female athletes between the age of 22 to 24 years. The interview questions were focused on the understanding of Singapore female athletes on ideal coaches. The researchers recorded the interview using the audio from their Iphone. The authors analyzed the data thematically, which means they were looking for common themes in the athletes' responses (Lau et al.).

Results/Discussion: The purpose of this study was to analyze what Singapore female athletes understand as an ideal coach. There were three themes that were derived from this study, the themes are from the participants. The first theme is the fact that the female athletes want to be understood by their coaches. The second theme is the coaches being a role model with responsibility, which is something that the Singapore female athletes believe is ideal. The third theme within the Singapore female athletes was possessing rich experience as a coach and athlete. The importance of these findings are that the athletes feel that they are not being understood by their coaches and their coaches are not serving as a role model. Overall, the implications of these findings is that the Singapore female athletes feel that their definition of the ideal coach is not being fulfilled by their current coach (lau et al.).

Evaluation: This information will be helpful in my infographic because it focuses on a specific culture and gender. This is an important angle to consider when attempting to understand the ideal coach for athletes. This tells me that my topic can be analyzed in many different forms, cultures, and genders. This article highlights the importances of athletes understanding the traits of an ideal coach (Lau et al.).