

COACH-ATHLETES INTERPERSONAL DYNAMICS

WE WILL LOOK AT 4 DIFFERENT ARTICLES THAT SHOW THE IMPORTANT IMPLICATIONS OF A GOOD RELATIONSHIP BETWEEN A COACH AND THEIR ATHLETES.

ATTCHMENT THEORY

The first article evaluates the dyads by focusing at the relationship through Attachment Theory. The participants were 309 British student athletes representing many different team and individual sports. Researchers had 3 theories, (a) athletes look to their coaches for support (b) relationship satisfaction & sport satisfaction is related to athletes attachment styles (c) Relationship satisfaction is the mediator between attachment styles & sport satisfaction. The results fully supported the first hypothesis, assuring that athletes look to their coaches for motivation, guidance, and support. The 2nd and 3rd hypothesis was only partially supported because the researchers concluded that there are other mediators that can also have an impact on the outcome (Dave & Jowett, 2010).

CTI (FEMALE ATHLETES)

In this article, the researchers are guided by Communication Theory of Identity. The participants were Division 1 athletes who are 18 to 23 years old. These athletes represented 13 different sports, the researchers conducted a qualitative, one on one interview research. 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). The athletes wanted to be in shape for their respective sports, but they also wanted to appear feminine. The coaches would tell them to lose weight, but did not inform them how to do so in a healthy way (Beckner & Record, 2020).

INDIVIDUAL ATHLETES

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. 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. The implications of this is that dyadic coping is found to be positive for relationship functioning and personal health (H.R. Staff, et al.).

IDEAL COACH?

The purpose of this research is to discover the ideal coach using the voices of the Singapore national beach volleyball female athletes. The authors are guided by transformational leadership theory, the theory basically states that coaches should strive to be the ideal coach. The research question is: "What do Singapore beach volleyball female athletes voice about an ideal coach within their sporting context?" Purposeful sampling was used to identify and find participants for this research. The authors conducted a semi-structured interview to collect data. 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 (Leu et al.).

APA 7TH EDITION REFERENCE

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