

**UNIVERSITI TEKNOLOGI MARA**

**IMPACT OF COACH-ATHLETE RELATIONSHIP TO  
UITM NEGERI SEMBILAN ATHLETE'S  
PERFORMANCE**

**MUHAMMAD MUNIR BIN FAIZAL**

**2015636502**

Research Project submitted in partial fulfillment of the  
requirements for the degree of Bachelor of Sports  
Management (Hons)

**Faculty of Sports Science and Recreation**

**JULY 2017**

## AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the result is fully on my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


Name of Student : Muhammad Munir Bin Faizal

Student I.D. No : 2015636502

Programme : Bachelor of Sports Management (Hons.)

Faculty : Sports Science & Recreation

Thesis/Dissertation Title : IMPACT OF COACH-ATHLETE  
RELATIONSHIP TO  
UITM NEGERI SEMBILAN ATHLETE  
PERFORMANCE

Signature of Students : 

Date : July 2017

## ABSTRACT

This study was to identify the impact of coach-athlete relationship to UiTM Negeri Sembilan athlete performance. A survey used the questionnaire that is approached to 178 of UiTM Negeri Sembilan athlete. The respondents were chosen using the random sampling technique. The instruments consist of three sections which is demographic profile, Coach-Athlete Relationship Questionnaire (CART-Q) and 3x2 achievement goals questionnaire for sport (3x2 AGQ-S). this researched three main purposes, which are: (1) To identify the demographic profile for UiTM Negeri Sembilan athletes; (2) To identify the dimension of coach-athlete relationship; and (3) To determine the impact of coach-athlete relationship towards UiTM Negeri Sembilan athlete performance. This study utilized Descriptive analysis and Pearson Correlation. This study also found that demographic profile variables of: (1) Gender; (2) age; (3) programme; (4) involvement in sport; and (5) level of participation. For Coach-Athlete Relationship that are consist 23 question and involved 3 dimension which are: (1) closeness; (2) commitment; and (3) complement.

**TABLE OF CONTENTS**  
**TABLE OF CONTENT**

	Page
<b>LETTER OF TRANSMITTAL</b>	ii
<b>AUTHOR'S DECLARATION</b>	iii
<b>ABSTRACT</b>	iv
<b>ACKNOWLEDGEMENT</b>	v
<b>TABLE OF CONTENTS</b>	vi
<b>LIST OF TABLES</b>	vii
<b>LIST OF FIGURES</b>	viii
<b>LIST OF ABBREVIATION</b>	ix
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Background of Study	1
1.2 Statement of Problem	2
1.3 Research Question	3
1.4 Research Objective	3
1.5 Research Hypothesis	4
1.6 Significance of Study	4
1.7 Limitation of Study	5
1.7.1 Sources of Information	5
1.7.2 Time Constraints	5
1.7.3 Lack of Experience	5

1.8	Delimitation of Study	6
1.9	Definition of Term	6
1.9.1	Coach relationship with athlete	6
1.9.2	Behaviour	6
1.9.3	Athlete Performance	7

## **CHAPTER TWO: LITERATURE REVIEW**

2.1	Introduction	8
2.2	Coach-athlete Relationship	9
2.3	Athlete Performance	9
2.4	Relationship between Coach-athlete in Significant to Athlete Performance	10
2.5	3C's Model	12
2.6	Summary	13

## **CHAPTER THREE: METHODOLOGY**

3.1	Introduction	15
3.2	Research Design	15
3.3	Sampling	16
3.4	Instrumentation	16
3.5	Pilot Study	17
3.6	Data Collection Procedure	19