

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

INTERNATIONAL GRADUATE COLLOQUIUM

# *i*-SPEAK 2025<sup>①</sup>

SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

## **EXTENDED ABSTRACT**

EDITOR | ADAM LINOBY



# EXAMINING THE INTERPLAY OF COACHES LEADERSHIP STYLES AND MENTAL TOUGHNESS IN UNIVERSITY STUDENT-ATHLETES

Nur Athirah Mat Hisa, & Mohamad Firdaus Ahmad\*

*Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Negeri Sembilan Branch, Seremban Campus, Negeri Sembilan, MALAYSIA*

\*Corresponding author: firdaus466@uitm.edu.my

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## I. INTRODUCTION

This study investigates the relationship between coaches' leadership styles and mental toughness among student-athletes at UiTM Seremban during KARISMA Negeri Sembilan 2024. It aims to identify preferred leadership styles[1], key mental toughness factors, and their interrelationship. Addressing a research gap in understanding how leadership influences mental toughness, the findings will provide insights to enhance coaching strategies and athlete development at UiTM and similar institutions.

## II. METHODS

This quantitative study employed a non-experimental survey design with simple random sampling to gather data from 112 UiTM Seremban student-athletes participating in KARISMA Negeri Sembilan 2024. The Leadership Scale for Sport (LSS)[2] assessed coaches' leadership styles, while the Mental Toughness Questionnaire-48 (MTQ48)[3] evaluated mental toughness. Questionnaires included demographic, leadership style, and mental toughness sections, with 5-point and 4-point Likert scales for responses.

## III. RESULTS AND DISCUSSION

### A. Coaches Leadership Styles

Positive feedback emerged as the most preferred leadership style among student-athletes, identified using mean scores. No surprising trends were noted, affirming the importance of encouraging and supportive coaching behaviors.

### B. Mental Toughness

Confidence was the key factor of mental toughness identified among the student-athletes, measured through mean scores. The results highlighted the centrality of self-belief in athletic performance, with no unexpected trends observed.

### C. Relationship Between Coaches Leadership Styles and Mental Toughness

TABLE I  
THE RELATIONSHIP BETWEEN COACHES LEADERSHIP STYLES AND MENTAL TOUGHNESS

Leadership Styles	Mental Toughness	
	Pearson's R	-0.975
	Sig. (2-tailed)	< 0.05
	N	112

A significant negative relationship ( $r = -0.975, p < 0.05$ ) was found between coaches' leadership styles and mental toughness (Table 1). This suggests that as mental toughness increases, reliance on certain leadership styles decreases. The strong correlation and statistical significance emphasize the need to adapt leadership strategies to athletes' mental fortitude.

## IV. CONCLUSIONS

This study identified positive feedback as the preferred leadership style and confidence as a key factor of mental toughness among UiTM Seremban's student-athletes. A significant negative relationship between leadership styles and mental toughness highlights the need for tailored coaching approaches. These findings contribute to enhancing coaching strategies to better support athlete development.

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