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ABSTRACT

The Relationship Between Coach Leadership Styles on Athlete Satisfaction Among UiTM Seremban 3 Sports Club

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I. INTRODUCTION

Coach leadership style significantly influences athlete satisfaction and performance. This study examines the key leadership styles practiced by coaches in sports clubs at UiTM Seremban 3 and their relationship with athlete satisfaction. Understanding these dynamics can enhance coaching effectiveness and improve the overall athlete experience, contributing to better performance outcomes and club development.

II. METHODS

A quantitative survey using structured questionnaires was distributed to 177 male and female student athletes at UiTM Seremban 3. Data were analyzed using descriptive statistics to determine leadership style and athlete satisfaction levels, and Pearson correlation to examine the relationship between variables.

III. RESULTS AND DISCUSSION

A. Coach Leadership Styles

Training & instruction and positive feedback emerged as the dominant coach leadership styles, with the highest mean score ($M = 4.32$). These styles highlight skill development and motivational reinforcement, indicating that UiTM Seremban 3 athletes value structured coaching and recognition.

B. Athlete Satisfaction

Athletes reported high satisfaction with a mean of 5.80 and median of 6.00. They expressed contentment with coaching quality, support, team interactions, and acknowledgment, suggesting a positive overall training experience within the sports club environment.

C. Relationship of Coach Leadership Style on Student Athlete's Satisfaction

Pearson correlation analysis revealed a strong, significant positive relationship ($r = 0.700$, $p < 0.001$) between coach leadership style and athlete satisfaction, affirming the importance of effective coaching behaviour in influencing athlete contentment and engagement.

IV. CONCLUSIONS

Coach leadership styles, particularly training & instruction and positive feedback, significantly influence athlete satisfaction at UiTM Seremban 3. These findings emphasize the need for structured, supportive coaching to enhance athlete experience and performance.

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TABLE I
RELATIONSHIP BETWEEN ATHLETES SATISFACTION AND COACH LEADERSHIP STYLES

Coach Leadership Styles	Athlete Satisfaction	
	Pearson's R	0.700
Sig. (2-tailed)	< 0.01	
N	177	

*Significantly different from Pre-NC ($p < 0.05$)