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EXTENDED ABSTRACT

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The Impact of Coaching Behaviour Towards Emotional Intelligence Among Student-Athletes in UiTM Negeri Sembilan

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I. Introduction

This study aims to determine the level of coaching behaviour and emotional intelligence among student-athletes at UiTM Negeri Sembilan and to examine the impact of coaching behaviour towards emotional intelligence. Coaching behaviour goes beyond teaching and involves emotional and psychological impact on the development of the athlete. Emotional intelligence is defined as the ability to understand, regulate and manage emotions effectively especially under pressure.

II. Methods

The research design of this study was a quantitative cross-sectional study design based on a structured questionnaire sent via Google Form to 109 UiTM Negeri Sembilan student-athletes involved in KARISMA. Data were analyzed using descriptive statistics and inferential statistics using Jamovi software to predict the impact of coaching behaviour on emotional intelligence.

III. Results and Discussion

A. Coaching Behaviour

The result for coaching behaviour indicates that the mean score was 4.00 ($SD = 0.712$). These findings suggest that respondents generally reported a high level of agreement regarding positive coaching behaviours practiced by their coaches. The standard deviation was fairly small suggesting that student-athletes shared many similar perceptions.

B. Emotional Intelligence

The result of emotional intelligence showed a mean score of 3.97 ($SD = 0.715$). This indicates a high level of emotional intelligence among student-athletes at UiTM Negeri Sembilan. The low standard deviation indicates that there was not a lot of variation in the responses, thus, most student-athletes expressed similar attitudes towards their emotional regulation, awareness and emotional control skills.

C. Coaching Behaviour Towards Emotional Intelligence

The findings show that coaching behaviour statistically influences emotional intelligence, ($t(109) = 11.71$, $p < 0.001$). The model shows that 72.2% of the variance of the emotional intelligence ($R^2 = 0.722$) is explained by the coaching behaviour implying that, although coaching behaviour is a significant predictor, there are other factors that could be explain the formation of emotional intelligence. The hypothesis of the research is proven.

TABLE I
REGRESSION CORRELATION FOR THE IMPACT OF COACHING BEHAVIOR TOWARDS EMOTIONAL INTELLIGENCE

	Unstandardized B	Std. Error	t	p
Constant	0.75	0.23	3.26	0.001
Coaching Behaviour	0.82	0.07	11.71	0.001
R^2	0.722			
F	37.4			
Significant	.000			

IV. Conclusions

The research demonstrates the strong impact of coaching behaviour on emotional intelligence among student-athletes of UiTM Negeri Sembilan. The results have shown that the two variables were highly perceived which means that, student-athletes have a positive view of coaching practices and they have high emotional regulation and awareness. The regression analysis proved the importance of coaching behaviour on emotional intelligence and implied that in a university sport environment, coaching behaviour, which is structured, supportive and consistently practiced, leads to emotional development.

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