

**UNIVERSITI TEKNOLOGI MARA**

**RELATIONSHIP BETWEEN COACHING  
LEADERSHIP STYLES AND STRESS LEVEL  
AMONG UiTM SHAH ALAM ATHLETES**

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**DECLARATION OF ORIGINAL WORK**  
**BACHELOR OF SPORTS MANAGEMENT (Hons.)**  
**FACULTY OF SPORTS SCIENCE AND RECREATION**  
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I am Nor Amirah binti Hussin , hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi MARA and its Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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Level among UiTM Shah Alam athletes

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## ABSTRACT

This study addressed four main purposes, which are: (1) to identify the coaching leadership styles and stress level among UiTM Shah Alam athletes; (2) to identify the difference of stress level that influence by socio demographic variable of gender; (3) to identify difference of stress level between the level of competition in sports; and (4) to determine the relationship between coaching leadership styles and stress level among UiTM Shah Alam athletes. This study utilized non-experimental with correlation and comparison research. The 14 items of Leadership Scale for Sports (LSS) and 21 items for Stress Level were administered among 150 athletes from UiTM Shah Alam. The primary finding of this study proved that no relationship found between coaching leadership styles and stress level. This study indicated that democratic leadership styles almost prefer by the coach to train the athletes in UiTM Shah Alam. This study also highlighted no significant differences recorded between socio demographic variables of gender in stress level. There is statistically no significant influences of sports participation towards stress level of athletes. Implication of the findings provides evidences on the coaching leadership styles and stress level did not have the relationship. The study also provides an empirical data for future study in this field.

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