

UNIVERSITI TEKNOLOGI MARA

**AN INTERACTION OF
ANXIETY EXPERIENCE,
COACHING EFFECTIVENESS
AND COACH-ATHLETE
RELATIONSHIP IN
INDIVIDUAL AND
TEAM SPORT**

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ABSTRACT

Sports coaches play an important role in developed training tasks, sport-specific physical development, psychological, tactical and technical abilities required to perform or play in the competition. On the other hand, anxiety of one athlete may exist as they feel nervous and fear of something that comes to frustration of self-confidence and felt guilty of the unsuccessful result. Anxiety may increase or decrease based on the specific situation of the athletes. Considering the important role of the coach in determining the quality and success of an athlete's experience, there is little research that identifies coaching effectiveness and coach-athlete relationship influence the athletes' anxiety in sports performance. Therefore, this study aimed to investigate an interaction of anxiety experience, coaching effectiveness and coach-athlete relationship in individual and team sport. This quantitative study used an online survey as it was distributed to the 206 selected athletes ($n_{individual} = 102$, $n_{team} = 104$; Male = 112, Female = 94) through filtered by inclusion and exclusion criteria. Coaching Effectiveness Scale (CES), Coach-Athlete Relationship-Questionnaire (CART-Q) and Competitive State Anxiety Inventory-2 (CSAI-2) were used as instruments of this study. The data was normally distributed by obtaining the normality graphically through a normal Q-Q Plot chart (SPSS) which provides a visual representation of the distribution of the data. Correlation (*individual sports*) revealed that the dimensions of coaching effectiveness showed moderate to a strong positive correlation, For the dimensions of the coach-athlete relationship, the result display moderate to a strong positive correlation. For, all of the components of anxiety exhibited a weak and negative correlation between cognitive anxiety and self-confidence, and somatic anxiety and self-confidence showed a weak and negative correlation. Whereas, for (*team sports*) results demonstrated moderate to a strong positive correlation between all of the dimensions of coaching effectiveness, The relationship between the dimensions of coach-athlete relationship also showed moderate to a strong positive correlation, however, factors of anxiety showed a weak and positive correlation between cognitive anxiety and self-confidence. In comparison analysis between (*team and individual sports*), motivation, game strategy, technique and character-building (coaching effectiveness) were found to have no significant difference. Whilst, closeness, commitment and complementarity (Coach-Athlete Relationship) between individual and team sport were found to have a significant difference. Next, cognitive anxiety was found to have no significant difference whilst, somatic anxiety and self-confidence between individual and team sport were found to have a significant difference. Comparison between genders (*male and female*) exhibited that motivation, game strategy, technique and character building were found to have no significant difference. However, closeness, commitment and complementarity were found to have a significant difference. Cognitive anxiety, somatic anxiety and Self-confidence were found to have a significant difference. Coaching effectiveness and coach-athlete relationship were important factors in affecting the anxiety of the athlete in sports. Coaching effectiveness and coach-athlete relationship were suggested to be applied positively between coaches and athletes in sport especially approaches athletes' anxiety experience.

Keywords: *coaching effectiveness, coach-athlete relationship, anxiety*

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