

UNIVERSITI TEKNOLOGI MARA

**COACHING EFFECTIVENESS
ACCENTUATE PERFECTIONISTS
SPORTS SKILLS AMONG YOUTH
ATHLETES**

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ABSTRACT

Coaching is an interpersonal endeavour that necessitates interaction between the coach and athlete. Effective coaching can significantly enhance the athletes' performance by enabling the coach to motivate, improve their technique, build their character, and develop game strategies. Conversely, athletes who hold themselves to high standards and strive for excellence can reap benefits from working harder to improve and learn from their mistakes within the perfectionist climate, including expectations, criticism, control, conditional regard, and anxiousness. Therefore, the goal of this research was to scrutinize if coaching effectiveness can strengthen perfectionist traits in young athletes. The research analysed 180 youth athletes (92 = *males* and 88 = *females*) between the ages of 13 and 24 across eleven different individual sports. The coaching effectiveness scale (*CES*) and the Perfectionist Climate Questionnaires (*PCQ*) were used to identify the effectiveness of coaching and perfectionism in youth athletes. The study hypotheses were analysed using an independent t-test to examine gender differences, Pearson's correlation to explore the relationship between coaching effectiveness and perfectionism, and regression analysis to predict dimensions and elements based on the significance level. The findings revealed a small negative correlation between most components with a p-value of 0.05 and significant gender differences for perfectionism ($P < 0.05$). Additionally, a 13.7% prediction existed for motivation effectiveness and perfectionist tendencies (expectations and conditional regards). Therefore, it is crucial to acknowledge the significance of coaching effectiveness in promoting the advancement of their athletes. This necessitates a meticulous consideration of both intrinsic and extrinsic psychological components within the coaching methodology. Such an approach serves as a highly valuable tool, particularly in guaranteeing that young athletes attain optimal levels of excellence and adhere to the appropriate standards.

Keywords: *Coaching effectiveness, Perfectionism, youth athletes, individual sports*

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CHAPTER 1

INTRODUCTION

1.1. Background of Study

Sports participation has risen throughout the years, with varying levels of age and type of sport. The potential for organized sports activities and a supportive atmosphere to foster young individuals in sports programs has been emphasized, particularly in the field of youth sports (Kilic & Ince, 2021). According to Fraser-Thomas et al., (2005), youth can enhance their physical health, life skills, and fundamental motor abilities by participating in recreational and competitive sports (Kilic & Ince, 2023). Subsequently, athlete readiness is crucial in assisting young athletes who are either prepared to enrol or deemed suitable for the level of competition they may face. The research conducted by Post et al., (2017) indicates that monitoring the physical activity of young athletes is important as it is associated with improved quality of life and a decrease in morbidity and mortality during adolescence and adulthood.

Participating in sports has identified a wide range of factors associated with an athlete's performance. It consists of psychological determinants such as motivation, behavioral regulation, and goals (intrinsic goals such as skill development, seeking a challenge, enhancing social affiliation, and better health) (Deelen et al., 2018). Despite this psychological determinant, athletes can identify their strengths and weaknesses by improving their performance through strategic interventions by participating in sports (Sharma & Nigam, 2011). Following that, the most important skill for athletes to develop to improve and enhance their coping skills is mental skills. Some sports, in addition to mental preparation, necessarily entail perfectionistic behaviors. Many sports require absolute perfection or error-free performance for athletes to succeed (Flett & Hewitt, 2005; Flett & Hewitt, 2014). However, when the demands for perfection are raised, irrational thoughts may take over. An athlete who cannot simply reach approximately based on perfectionist standards may lead to feelings of dissatisfaction (Flett & Hewitt,