

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

INTERNATIONAL GRADUATE COLLOQUIUM

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SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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EXAMINING THE RELATIONSHIP OF SUPPORTIVE AND PARTICIPATIVE COACHING LEADERSHIP ON ATHLETE SATISFACTION AMONG MALAYSIAN UNIVERSITY ATHLETES

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I. INTRODUCTION

This study investigates the relationship of coaching leadership styles on athletes' satisfaction at UiTM Seremban 3, addressing a gap in adaptive coaching practices. By examining athletes' preferences and satisfaction levels, the research aims to explore the significant relationship between leadership styles and athlete satisfaction, contributing insights into improving coaching strategies and fostering better athletic performance [1,2,3].

II. METHODS

This quantitative study utilized a self-administered questionnaire, including the Leadership Scale for Sport (LSS) and Athlete Satisfaction Questionnaire (ASQ), distributed via Google Forms. A sample of 254 athletes from UiTM Seremban 3 was selected using probability-based simple random sampling. Data were analyzed using correlation analysis to examine the relationship between coaching leadership styles and athlete satisfaction.

III. RESULTS AND DISCUSSION

A. Coaching Leadership Style

Athletes showed a strong preference for supportive and participative leadership styles, with Positive Feedback (4.15 ± 0.80) and Democratic Behavior (4.15 ± 0.75) scoring highest. These findings highlight the importance of coaching methods that foster collaboration and encouragement over authoritarian approaches.

B. Athletes' Satisfaction

Athletes demonstrated consistently high satisfaction levels, particularly in training and instruction (4.22 ± 0.79) and individual performance (4.22 ± 0.75). Team performance and Personal treatment satisfaction also scored highly. These results underscore the significance of individualized attention and effective training in enhancing satisfaction.

C. Relationship between Coaching Leadership Style and the level of athletes' satisfaction

A strong positive relationship ($r = 0.91$, $p = 0.001 < 0.05$) was found between coaching leadership styles and athlete satisfaction (Table 1). This significant correlation emphasizes

the pivotal role of adaptive and supportive leadership in fostering satisfaction and improving athletic performance.

TABLE I
ANALYSIS OF RELATIONSHIP BETWEEN COACHING LEADERSHIP STYLE AND THE LEVEL OF ATHLETES' SATISFACTION

Coaching Leadership Style	Athletes' Satisfaction	
	Pearson Correlation	0.910
	Sig (2-tailed)	<.001
	N	254

IV. CONCLUSIONS

This study confirms the critical role of coaching leadership styles in shaping athlete satisfaction. Positive feedback and democratic approaches emerged as highly preferred, while strong correlations highlighted their influence on satisfaction levels. These findings emphasize the need for adaptive, supportive leadership to enhance athletic experiences, providing valuable insights for improving coaching practices at UiTM Seremban 3 and beyond.

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