

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

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## **EXTENDED ABSTRACT**

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# UNRAVELING THE RELATIONSHIP BETWEEN COACHING BEHAVIOR AND ATHLETE BURNOUT IN MALAYSIAN UNIVERSITY-LEVEL ATHLETES

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**Keywords:** Coaching behavior, Athlete burnout, Sports performance, Athlete well-being, Correlational study

## I. INTRODUCTION

This study investigates the correlation between coaching behavior and athletes' burnout levels among Karisma athletes at UiTM Negeri Sembilan 2024. It aims to identify specific coaching behaviors, assess athletes' burnout levels, and analyze their relationship, addressing gaps in understanding the dynamics affecting athlete performance and well-being.

## II. METHODS

This non-experimental, quantitative study used descriptive and correlation analyses to examine coaching behavior and athlete burnout among 136 Karisma athletes from UiTM Negeri Sembilan, selected via the Krejcie and Morgan table. Data were collected using the Coaching Behavior Scale for Sport (CBS-S) [1] and Athlete Burnout Questionnaire (ABQ) [2].

## III. RESULTS AND DISCUSSION

### A. Coaching Behaviour

The mean coaching behavior score was  $5.29 \pm 0.87$ , indicating generally positive perceptions of coaches, with some variability in individual experiences. This aligns with research highlighting the role of quality coaching in positive athlete outcomes.

### B. Athlete Burnout.

The mean burnout score was  $2.45 \pm 0.86$ , indicating moderate burnout levels among athletes. The standard deviation reflects individual differences, with some athletes experiencing higher burnout. These findings highlight the need to address burnout to support well-being and performance, aligning with previous research on athlete mental health.

### C. The correlation between coaching behavior and athlete's burnout level

A weak negative correlation was observed, with a Pearson  $r$  value of  $-0.145$  and a  $p$  value of  $0.09$ . While higher positive coaching behaviors slightly reduced burnout, the relationship was not statistically significant. This suggests a need for further research into additional factors contributing to burnout and strategies for its prevention. Figure 1 shows the

correlation between coaching behavior and athlete burnout level among Karisma athletes UiTM Negeri Sembilan 2024.

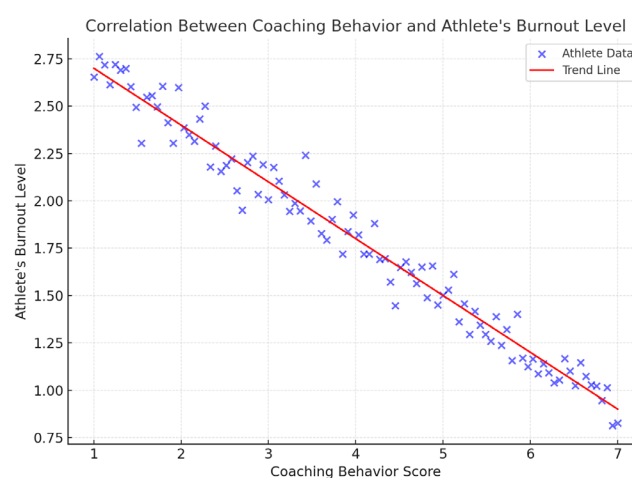


Fig. 1 the correlation between coaching behavior and athlete's burnout level among Karisma athletes UiTM Negeri Sembilan 2024.

## IV. CONCLUSIONS

This study highlights the generally positive perception of coaching behavior and moderate burnout levels among Karisma athletes at UiTM Negeri Sembilan. While a weak negative correlation between coaching behavior and burnout was observed, further research is needed to explore additional factors and develop strategies to mitigate athlete burnout effectively.

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