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EXTENDED
ABSTRACT

The Effect of Coaching Behaviour Style on Players' Performance Among Negeri Sembilan Football Club

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I. INTRODUCTION

This study investigates how different coaching behaviour styles impact football players' performance in Negeri Sembilan Football Club. Despite the crucial role of coaching, limited attention has been given to how coaching approaches influence athletes' success [1]. Addressing this gap, the research explores prevailing coaching styles, evaluates player performance levels, and examines their relationship to promote more effective coaching practices [5].

II. METHODS

Data were collected through structured questionnaires comprising three sections. The sample included 97 players from Negeri Sembilan Football Club. Descriptive statistics were applied to analyze coaching style practices and player performance levels. Pearson correlation analysis was used to examine the relationship between coaching style and player performance.

III. RESULTS AND DISCUSSION

A. Objective 1

Players most experienced a coaching style emphasizing Personal Rapport ($M = 4.14$), while Negative Personal Rapport was least observed ($M = 1.39$). Players clearly preferred supportive coaching behaviours. These findings confirm that positive interpersonal relationships are a dominant feature of coaching in Negeri Sembilan Football Club, without any unexpected behavioural trends.

TABLE I
THE RELATIONSHIP BETWEEN COACHING BEHAVIOUR STYLES

	Mean	SD	Rank
Personal Rapport	4.14	0.336	1
Physical Training and Planning	4.12	0.333	2
Technical Skills	4.09	0.347	3
Mental Preparation	4.08	0.390	4
Competition Strategies	4.07	0.333	5
Goal Setting	3.87	0.566	6
Negative Personal Rapport	1.39	0.491	7

B. Objective 2

Player performance levels were high across the board, with a mean score of 4.43, suggesting consistently strong output. No significant variation was observed across teams, and players displayed average levels of strengths and weaknesses. These results reflect a stable and well-developed performance profile among club members.

TABLE II
PLAYERS' PERFORMANCE

	Mean	SD
Players' Performance	4.43	0.107

C. Objective 3

A moderate, significant positive correlation ($r = .349, p < 0.001$) was found between coaching style and player performance. Personal Rapport coaching behaviours were most strongly linked to better performance. In contrast, Negative Personal Rapport styles were associated with poorer outcomes, emphasizing the importance of supportive, respectful coaching in player development.

TABLE III
RELATIONSHIP BETWEEN COACHING STYLE AND PLAYERS' PERFORMANCE IN NEGERI SEMBILAN FOOTBALL CLUB (NSFC)

	R	P	N
Coaching Behaviour Style	0.349	<0.001	97
Players' Performance	0.349	<0.001	97

IV. CONCLUSIONS

Positive coaching styles, particularly Personal Rapport, are common in Negeri Sembilan Football Club and correlate with higher player performance. The study confirms that constructive coach-athlete relationships significantly influence outcomes, underscoring the need to reinforce positive behavioural strategies in football coaching.

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