

UNIVERSITI TEKNOLOGI MARA

**COMPARISON OF COACHING BEHAVIOUR AMONG PENCAK SILAT COACHES
BETWEEN UNIVERSITY AND OPEN CATEGORIES**

MUHAMMAD AFFIQ HAIKAL BIN ZAINAL ABIDIN

2015636448

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Faculty of Sports Science & Recreation

AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the result is fully on my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Muhammad Affiq Haikal Bin Zainal Abidin

Student I.D. No : 20156336448

Programme : Bachelor of Sports Science (Hons.)

Faculty : Sports Science & Recreation

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Signature of Students :

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ABSTRACT

Coaching consists of many aspects such as physically, mentally and emotionally and these aspects play a vital role in coaching towards the athletes. It can determine athletes' motivation towards the sports thus leading to better performance. Many studies have been done in the field of psychology because it is one of the important aspects to enhance the sports performance (Sarpira et al., 2012). Thus, it is important to perform this research on pencak silat sport as it can benefit athletes, coaches and also the organization in determining which coaching behaviour is most preferred by athletes in relation to their performance and satisfaction. This study compares the different coaching behaviour among pencak silat coaches between University and Open categories. There are eleven (11) main purposes being addressed which are to determine the difference of in coaching behaviour between University and Open category pencak silat coaches in terms of: (1) physical training and conditioning; (2) technical skills; (3) mental preparation; (4) goal settings; (5) competition strategies; (6) interaction with athletes' parents; (7) assistant coaches; (8) main coach; (9) athlete's satisfaction towards sport; (10) athlete's satisfaction towards; (11) athlete's self-satisfaction. The data analysis used is descriptive study to identify and coaching behaviour between the two groups and independent T-test is used to determine the difference of coaching behaviour between both groups. The questionnaire used for this study is Coaching Behaviour Scale for Sport (CBS-S) which were distributed to 200 pencak silat athletes. The questionnaire consists of three sections: section A for respondent's demographic, B for athlete's perspective towards coach, C for athlete's satisfaction of the coaching regime. The result shows significant difference in one variables which is Athlete's Self-Satisfaction ($p=0.020$). Based on this result, it is shown that pencak silat coaches in university category focused more towards their athletes' self-satisfaction in comparison to coaches in open category. Even though there is only one significant difference between the categories, the mean score for Open categories were evidently higher in aspects of Competition Strategies ($M=4.96$; $SD=0.99$) and Assistant Coach ($M=5.74$; $SD=0.79$). Also, majority ($n=7$) of the variables being tested were dominated by coaches in University categories because the student athletes are most likely to be educated about the benefits of physical training, mental preparation and goal settings.

Keyword: coaching behaviour, intrinsic motivation, satisfaction, coaching competency, pencak silat.

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