

**UNIVERSITI TEKNOLOGI MARA**

**INFLUENCE OF  
COACHING EFFICACY AND  
COACHING MOTIVATION  
ON COACHING SATISFACTION  
AMONG MALAYSIAN COACHES**

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Thesis submitted in fulfillment  
of the requirements for the degree of  
**Master of Science**  
**(Sports Science)**

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## **AUTHOR'S DECLARATION**

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of 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 Academics Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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## ABSTRACT

Coaches have the responsibility in guiding the athletes to be successful in their sports performance by helping in improving their skills. Hence to help athletes' performances, coaches need to have certain specific abilities such as coaching efficacy, coaching motivation, and coaching satisfaction. Therefore, the purpose of this study was to determine the influence of coaching efficacy and coaching motivation, on coaching satisfaction among Malaysian coaches. This study also aimed to determine whether coaching motivation mediates the relationship between coaching efficacy and coaching satisfaction. A total of 323 coaches who coached in Sukan Malaysia (SUKMA 2016) were selected through purposive sampling participated in this study. Coaching Efficacy Scale, Coaching Motivation and Coaching Satisfaction questionnaire was used to measure coaches coaching efficacy, motivation, and satisfaction level respectively. Results showed that coaches' level of coaching efficacy, motivation, and satisfaction were high. Independent samples *t*-test and one-way analysis of variance (ANOVA) showed that coaching efficacy, coaching motivation and coaching satisfaction were no difference based on their gender, age-group and academic level. Furthermore, the results also showed that there was a statistically significant relationship among coaching efficacy, coaching motivation and coaching satisfaction ( $p < .05$ ). However, coaching motivation only partially mediates the relationship between coaching efficacy and coaching satisfaction. This study concluded that coaching efficacy was important because it directly influenced coaches' satisfaction and eventually it can also be an indirect influenced towards coaching satisfaction through coaching motivation.

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# TABLE OF CONTENTS

	<b>Page</b>
<b>CONFIRMATION BY PANEL EXAMINERS</b>	<b>ii</b>
<b>AUTHOR'S DECLARATION</b>	<b>iii</b>
<b>ABSTRACT</b>	<b>iv</b>
<b>ACKNOWLEDGEMENT</b>	<b>v</b>
<b>TABLE OF CONTENTS</b>	<b>vi</b>
<b>LIST OF TABLES</b>	<b>ix</b>
<b>LIST OF FIGURES</b>	<b>xii</b>
<b>CHAPTER ONE: INTRODUCTION</b>	<b>1</b>
1.1 Background of Study	1
1.2 Problem Statement	3
1.3 Research Objectives	6
1.4 Research Hypothesis	6
1.5 Significance of the Study	7
1.5.1 Coach's Level	7
1.5.2 Sports Council's Level	7
1.6 Limitation	8
1.7 Delimitation	8
1.8 Assumption	8
1.9 Definition of Terms	9
1.9.1 Coaching Efficacy	9
1.9.2 Coaching Motivation	9
1.9.3 Coaching Satisfaction	9
1.9.4 Malaysian SUKMA 2016 Coaches	10
<b>CHAPTER TWO: LITERATURE REVIEW</b>	<b>11</b>
2.1 Introduction	11
2.2 Coaching Efficacy	12
2.3 Conceptual Model of Coaching Efficacy	14