

UNIVERSITI TEKNOLOGI MARA

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

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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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