

Examining the Influence of Coach Confirmation on Positive Youth Development Outcomes

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Abstract It is very important for a coach to carry out scheduled confirmations with athletes to ensure that athletes have improved training results, including their psychological condition. This research study explores the important role of coach confirmation in shaping positive youth development outcomes. Through a comprehensive literature review and empirical evidence, this study aims to examine the influence of coach confirmation on various aspects of positive youth development. This correlational descriptive study was conducted with 62 respondents in total, 15 females and 47 males. The research instrument consists of two parts, (1) Coach Confirmation Instrument; and (2) Positive Youth Development Instrument. Correlation analysis was then used to process the study data. The results explained the statistical calculation of $0.030 < 0.05$, which means there is an influence of Coach Confirmation on Positive Youth Development. However, if gender and type of sport are included, the calculation results are > 0.05 , which means there is no relationship. This means that positive youth development from the results of the coach's confirmation is not influenced by gender or type of sport. Based on these results, it is clear

that every coach who confirms with athletes with the aim of positive youth development will have a good influence, regardless of gender or type of sport.

Keywords Coach Confirmation, Influence, Positive Results, Development, Youth Players

1. Introduction

In addition to offering players tactical and technical advice, coaches are also vital sources of emotional and psychological support [1], [2]. The confirmation and feedback from a coach can significantly impact an athlete's self-belief and motivation [3]–[5]. When a coach acknowledges an athlete's efforts and progress, it reinforces the athlete's confidence and fosters a positive mindset. This, in turn, can lead to improved performance and overall development [6]. Therefore, the role of the coach's confirmation should not be underestimated in the holistic development of athletes. Athletes would benefit from

upskilling in several areas, such as effective use of time, self-care, time management, enhanced self-efficacy, and specific strategies for coping with stress [2], [3], [7], [8].

Athletes can also benefit from mental skills training, which can be incorporated into their development to enhance their overall performance [9], [10]. Additionally, establishing a positive and supportive team culture can further reinforce the impact of a coach's confirmation by creating an environment where athletes feel valued and supported [11]–[13]. Furthermore, it is essential for coaches to recognize and address the individual needs of each athlete. This tailored approach can help in creating personalized development plans that account for the unique strengths and areas of improvement for each athlete [14]–[16]. By understanding the specific requirements of their athletes, coaches can effectively provide the necessary confirmation and guidance to foster growth and success. The role of a coach's confirmation in an athlete's development is multifaceted, and encompasses not only technical and tactical guidance but also emotional and psychological support [4], [17]. By continuing to prioritize the confirmation and feedback provided to athletes, coaches can contribute significantly to their holistic development and help them achieve their full potential.

Athletes who receive consistent confirmation and feedback from their coaches are more likely to develop a strong sense of self-belief and motivation [6], [18]–[20]. This, in turn, can lead to improved performance and overall development. In addition to the technical and tactical aspects, it is important for coaches to focus on the emotional and psychological well-being of their athletes. Developing effective time management skills, enhancing self-efficacy, and teaching specific strategies for coping with stress are all crucial aspects of an athlete's development that coaches should prioritize [1], [18], [21], [22]. By providing consistent confirmation and guidance, coaches can help athletes build resilience, self-confidence, and a growth mindset.

Coaches play a pivotal role in the positive development of young athletes through the affirmation and reinforcement of their efforts and progress. By providing consistent and meaningful confirmation, coaches can instill a sense of self-belief and motivation in young athletes, nurturing their emotional and psychological well-being [11], [23], [24]. In addition to technical and tactical guidance, coaches have the opportunity to cultivate positive youth development by emphasizing the importance of self-care, time management, and the cultivation of self-efficacy [18], [25], [26]. By integrating mental skills training into their coaching approach, coaches can equip young athletes with the tools to manage stress and enhance their overall performance [27], [28].

Furthermore, fostering a positive and supportive team culture can amplify the impact of a coach's confirmation, creating an environment where young athletes feel valued, supported, and motivated to strive for personal growth and success [11], [14], [18], [29]. Recognizing the individual

needs of each young athlete is fundamental in tailoring development plans that align with their unique strengths and areas for improvement. Through personalized guidance and confirmation, coaches can empower young athletes to build resilience, self-confidence, and a growth mindset, laying the foundation for their holistic development [30]–[32]. By remaining committed to the provision of meaningful confirmation and guidance, coaches have the potential to significantly contribute to the positive youth development of athletes, helping them to realize their full potential both on and off the field.

Coaches also have the opportunity to serve as positive role models for young athletes, demonstrating the values of perseverance, dedication, and sportsmanship [33], [34]. By exhibiting these qualities and reinforcing them through confirmation and feedback, coaches can help shape the character and mindset of young athletes, contributing to their overall positive development [32]. Moreover, coaches can create opportunities for youth to take on leadership roles within the team, fostering a sense of responsibility and empowerment. This not only enhances their athletic development but also cultivates essential life skills that will benefit them beyond their sports endeavors. As coaches continue to prioritize the confirmation role in youth development, it is important to recognize the significant influence they hold in shaping the future of young athletes [16], [20]. By fostering a supportive and encouraging environment while providing guidance and affirmation, coaches contribute to the holistic growth and well-being of the athletes under their mentorship.

2. Materials and Methods

2.1. Design

This research employs correlational research, which aims to understand the relationship between two or more variables without manipulation of the independent variables. In this case, the independent variable is Coach Confirmation, while the dependent variable is Positive Youth Development Outcomes. In this study, researchers will not manipulate the Coach Confirmation or Positive Youth Development Outcomes variables, but will use correlation analysis to determine the extent to which the two variables are related to each other. This correlational research will collect data on the level of Coach Confirmation perceived by youth and measure positive outcomes in youth development. This data will then be analyzed using correlation analysis tests, such as the Pearson correlation coefficient, to determine whether there is a relationship between Coach Confirmation and Positive Youth Development Outcomes, and how strong the relationship is.

2.2. Respondent

Respondents to the Examining the Influence of Coach

Confirmation on Positive Youth Development Outcomes study were sports coaching students and former athletes who trained with professional coaches. Out of 62 respondents, 47 were men and 15 were women, who were chosen randomly. They were selected to ensure a broad representation of diverse backgrounds and experiences in interactions with sports coaches. Data is collected through questionnaires or interviews to evaluate the relationship between coach confirmation and the youth's positive developmental outcomes, such as social skills, self-confidence, and achievement in sports.

2.3. Research Instrument

The instrument in this research consists of two parts, namely the Coach Confirmation Instrument and the Positive Youth Development Instrument. *Coach Confirmation Instrument*: This instrument is used to measure the extent to which youth feel supported, acknowledged, and confirmed by their coaches [35]. This instrument may consist of a series of questions that describe interactions between coaches and players, including the frequency of positive feedback, emotional support, and recognition of player accomplishments. Respondents will be asked to rate the level of confirmation they feel from their coach. *Positive Youth Development Instrument*: This instrument is used to measure positive youth development outcomes, such as social skills, self-confidence, resilience, and achievement in sports [36]. These instruments may contain questions designed to assess various aspects of positive development, such as communication skills, the ability to collaborate, and the ability to overcome challenges. Respondents will be asked to rate their level of positive development based on these questions.

2.4. Data Analysis

In this study, correlation analysis was used to examine the relationship between Coach Confirmation and positive youth development outcomes. Statistical methods such as the Pearson correlation coefficient will be used to measure how closely the relationship between the two variables is. The high correlation coefficient indicates that the higher the level of coach confirmation, the higher the positive results of youth development. The results of the analysis

will provide valuable insights into the extent to which coach confirmation influences the positive development of youth. This can provide a deeper understanding of the role of coaches in shaping the character, skills and achievements of youth in sport.

3. Results

This study aims to investigate the influence of coach confirmation on positive youth development outcomes. Coach confirmation, as a form of support and recognition for young people, is believed to have an important role in shaping their development. However, there remains a need to understand in more depth how coach interactions can influence positive youth development. The results of this research can provide a basis for the development of better training programs and more effective strategies to support youth in achieving their full potential.

In this research, apart from looking at the impact arising from the relationship between coach confirmation on positive youth development, it also looks more deeply at the impact arising from gender and the type of sport. This can be seen in the following research results.

3.1. The Effect of Coach Confirmation on Positive Youth Development

The research results show that the influence of coach confirmation on positive youth development can be seen in Table 1.

Based on Table 1, it is explained that $a =$ constant number of unstandardized coefficients. In this case, the value is 116,199. This number is a constant number, which means that if there is no Coach Confirmation (X), the consistent Positive Youth Development (Y) value is 116.199. $b =$ regression coefficient number. The value is 0.640. This figure means that for every 1% increase in Coach Confirmation (X) level, Coach Confirmation (Y) will increase by 0.640. Based on the output above, it is known that the significance value (Sig.) of 0.030 is smaller than <0.05 , so it can be concluded that H_0 is rejected and H_a is accepted, which means that "There is an influence of Coach Confirmation (X) on Positive Youth Development (Y)."

Table 1. Coefficient between Coach Confirmation and Positive Youth Development

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1	(Constant)	116.199	17.994	6.458	<.001
	Coach Confirmation	.640	.288	.275	.030

a. Dependent Variable: Positive Youth Development

After organizing and preparing the data for analysis, statistical tests were conducted to determine the influence of Coach Confirmation on Positive Youth Development. The research results explain the statistical calculation of $0.030 < 0.05$, which means there is an influence of Coach confirmation on Positive Youth Development. This finding provides valuable insights into the impact of coach confirmation on youth development and can inform future coaching practices and interventions. The next step involves interpreting the results and drawing conclusions to guide potential interventions and improvements in coaching practices aimed at promoting positive youth development.

Now that the statistical tests have shown a significant influence of Coach Confirmation on Positive Youth Development. It's important to delve into the specific nature of this influence and understand how coach confirmation affects different aspects of positive youth development. This may involve examining the individual components of positive youth development, such as social skills, emotional well-being, and academic achievement, to see how they are impacted by coach confirmation.

Furthermore, it would be beneficial to conduct additional analysis to pinpoint the specific behaviors or actions exhibited by coaches that contribute most significantly to positive youth development. This could involve examining correlations between certain coaching practices and the observed outcomes related to youth development. Drawing robust conclusions from the data will allow for the formulation of targeted interventions and improvements in coaching practices. These interventions can be designed to maximize the positive impact of coach confirmation on youth development, ultimately leading to more effective and beneficial coaching experiences for young athletes.

Apart from looking at the calculation results, they can also be compared based on t-count calculations with t-tables. Based on the t-count calculation, a value of 2.220 was obtained, while the t-table for this panel was 1.671. Based on this, it can be explained that $t\text{-count} > t\text{-table}$, which means that there is a valuable relationship between trainer confirmation and positive youth development.

3.2. The Effect of Coach Confirmation on Positive Youth Development with Gender as an Intermediate Variable

Based on the results of calculations to determine the influence of coach confirmation on positive youth development with gender as an intermediate variable, it can be seen in Table 2.

The relationship between coach confirmation and positive youth development was examined to determine whether it is influenced by gender. The analysis of the data revealed that the significance value of 0.506 is greater than the standard alpha level of 0.05. This indicates that the relationship between coach confirmation and positive youth development is not influenced by gender. Therefore, it can be concluded that gender does not play a significant role in the association between coach confirmation and positive youth development.

3.3. The Effect of Coach Confirmation on Positive Youth Development with the Type of Sport as an Intermediate Variable

Based on the results of calculations to determine the influence of coach confirmation on positive youth development with the type of sport as an intermediate variable, it can be seen in Table 3.

The next step in the analysis involved examining the influence of sport type on the relationship between coach confirmation and positive youth development. The statistical analysis indicated that the significance value was 0.740, which is greater than the standard alpha level of 0.05. This implies that the type of sport (accuracy, game, martial arts, measurable) does not have a significant influence on the association between coach confirmation and positive youth development. Therefore, it can be concluded that the relationship between coach confirmation and positive youth development is not influenced by the type of sport. This finding suggests that the positive impact of coach confirmation on youth development holds across different types of sports, highlighting the universal significance of a supportive coaching environment for the holistic development of young athletes.

Table 2. Coefficient between Coach Confirmation and Positive Youth Development, with Gender as An Intermediate Variable

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
	(Constant)	110.724	19.840	5.581	<.001
1	Coach Confirmation	.670	.293	.288	.026
	Gender	2.917	4.356	.084	.506

a. Dependent Variable: Positive Youth Development

Table 3. Coefficient between Coach Confirmation and Positive Youth Development, with the type of sport as an intermediate variable

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
	B	Std. Error	Beta			
	(Constant)	120.195	21.744	5.528	<.001	
1	Coach Confirmation	.624	.294	.269	2.121	.038
	Type of Sport	-1.033	3.103	-.042	-.333	.740

a. Dependent Variable: Positive Youth Development

4. Discussion

In order to ensure positive youth development in athletes, it is crucial for coaches to consistently confirm with their athletes. Consistently confirming with athletes helps build a strong coach-athlete relationship, which is essential for positive youth development [18], [32], [33]. This open line of communication allows coaches to understand the needs and concerns of their athletes, leading to a more supportive and personalized coaching approach [37], [38]. Moreover, it fosters a sense of trust and mutual respect between the coach and the athlete, creating a positive and empowering environment for the athlete's growth and development. By regularly confirming with athletes, coaches can also provide constructive feedback, set realistic goals, and address any challenges or issues that may arise, ultimately contributing to the overall well-being and development of the young athletes [13], [39].

By maintaining this ongoing dialogue, coaches can tailor their guidance to the unique strengths and areas of growth for each athlete. This personalized approach not only fosters athletic development but also promotes important life skills such as communication, problem-solving, and resilience [5], [40]. Furthermore, when athletes feel heard and supported, they often demonstrate greater motivation and commitment to their sport and personal development. In addition to regular confirmations, coaches can also organize open forums or individual sessions to discuss broader topics such as goal setting, sportsmanship, and mental well-being [13], [41], [42]. These opportunities for dialogue and reflection contribute to a more holistic approach to athlete development. Overall, the commitment to confirming with athletes is an integral aspect of creating a nurturing and empowering environment for positive youth development in sports.

In addition to the regular confirmations and open forums, coaches can also incorporate mentorship programs and peer support networks to further enhance the positive youth development of athletes. Mentorship programs can pair experienced athletes with younger ones, providing them with guidance, support, and a positive role model to look up to [43]–[45]. This not only benefits the young athletes in their athletic development but also contributes to their personal and emotional growth. Furthermore, peer support networks foster a sense of community and camaraderie among athletes. It allows them to share experiences,

challenges, and successes with their peers, creating a supportive environment where they can learn from each other and build meaningful relationships [46], [47]. Coaches can facilitate these peer support networks by organizing group activities, team-building exercises, and discussions focused on leadership and teamwork. This multidimensional approach ensures that athletes are not only receiving individual attention from their coaches but also benefitting from the collective support of their peers.

By incorporating mentorship programs and peer support networks, coaches can establish a comprehensive framework for positive youth development that goes beyond the individual coach-athlete relationship [43], [48]. This holistic approach contributes to the overall well-being and growth of young athletes, fostering a positive and nurturing environment that promotes not only athletic development but also personal and social skills essential for their future success [38], [49]. It is evident that the comprehensive approach to positive youth development goes beyond the individual coach-athlete relationship and involves various components that contribute to the holistic growth of young athletes.

Mentorship programs play a crucial role in providing guidance, support, and positive role models for young athletes. Pairing experienced athletes with younger ones allows for the transfer of valuable knowledge and experiences, contributing not only to their athletic development but also to their personal and emotional growth [48], [50], [51]. Moreover, peer support networks foster a sense of belonging and community among athletes, providing an avenue for them to share experiences, challenges, and successes with their peers in a supportive environment. Furthermore, organizing group activities, team-building exercises, and discussions focused on leadership and teamwork can further enhance the effectiveness of peer support networks. Coaches can facilitate these activities to ensure that athletes benefit from the collective support of their peers, fostering meaningful relationships and promoting social and personal skills vital for their overall development [52]. In conclusion, the multidimensional approach to positive youth development, which includes regular confirmations, open forums, mentorship programs, and peer support networks, creates a nurturing and empowering environment for young athletes [11], [44]. This approach not only focuses on their athletic growth but also cultivates important life skills necessary for

their future success.

It is clear that the positive impact on youth development resulting from the coach's confirmation with the athlete is consistent across all genders and types of sports. This finding underscores the universality and effectiveness of consistent confirmation as a tool for fostering positive youth development [11], [18], [33]. Regardless of the gender of the athlete or the type of sport they are engaged in, the coach's confirmation serves as a powerful catalyst for creating an environment conducive to growth, development, and success. This means that coaches can apply the principles of confirmation universally, knowing that it will have a positive impact on all athletes, irrespective of their gender or the nature of their sport [53]–[55]. This emphasizes the importance of consistently maintaining open lines of communication and support with all athletes, ensuring that each individual receives the necessary guidance and encouragement needed for their personal and athletic development.

The universality and effectiveness of consistent confirmation as a tool for fostering positive youth development cannot be overstated. It is evident that the positive impact on youth development resulting from the coach's confirmation with the athlete is consistent across all genders and types of sports. This finding underscores the significance of maintaining open lines of communication and support with all athletes, regardless of their gender or the nature of their sport [56]–[58].

By consistently confirming with athletes, coaches provide a nurturing and empowering environment for young athletes, ensuring that each individual receives the necessary guidance and encouragement needed for their personal and athletic development. This approach not only focuses on their athletic growth but also cultivates important life skills necessary for their future success [59], [60]. Therefore, coaches can apply the principles of confirmation universally, knowing that it will have a positive impact on all athletes, irrespective of their gender or the nature of their sport [13], [49], [61]. This emphasizes the importance of coaches maintaining ongoing dialogue and support with their athletes, as it contributes to the overall well-being and growth of young athletes, fostering a positive and nurturing environment that promotes not only athletic development but also personal and social skills essential for their future success.

5. Conclusions

It is very important that a coach must always check with his athletes to ensure they receive positive youth development. The results of this research make coaches aware that a coach's job is not only to develop skills and abilities in sports, but also psychological and mental skills. In addition to the regular confirmations and open forums, coaches can also incorporate mentorship programs and peer support networks to further enhance the positive youth

development of athletes. Mentorship programs can pair experienced athletes with younger ones, providing them with guidance and support, and a positive role model to look up to. This not only benefits the young athletes in their athletic development but also contributes to their personal and emotional growth. Furthermore, peer support networks foster a sense of community and camaraderie among athletes. It allows them to share experiences, challenges, and successes with their peers, creating a supportive environment where they can learn from each other and build meaningful relationships. Coaches can facilitate these peer support networks by organizing group activities, team-building exercises, and discussions focused on leadership and teamwork. This multidimensional approach ensures that athletes are not only receiving individual attention from their coaches but also benefiting from the collective support of their peers.

While the findings of this study underscore the importance of coach confirmation in fostering positive youth development, future research must build upon these results by addressing the identified limitations and incorporating more comprehensive methodologies. By expanding the sample size, exploring new variables, and adopting more complex analytical approaches, future studies can provide a more nuanced understanding of the mechanisms behind positive youth development in sports settings, ultimately improving coaching practices and outcomes for young athletes.

Conflict of Interest

The authors declare that there were no commercial or financial connections that could be viewed as a potential conflict of interest throughout the course of the study.

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