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Triathletes' Motivational Dimensions for Participation in Ironman, and Comparison of these Factors with Their Life Satisfaction and Achievement Perceptions

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Abstract This study aims to examine runners' motivation factors to participate in the Ironman Events and the comparison of these factors with their life satisfaction and success perceptions. The sample of the study were 81,8 % male (n: 112) and 18.2 % female (n: 25) participants who are randomly selected from Ironman Turkey Event in 2018. In the research, "Life Satisfaction Scale"; "Achievement Perception Scale", and "The Motivational Factor Scale for Participating Ultra Marathon" are used as data collection tool in the research. The relations between motivation, life satisfaction and achievement perception are tested with factor analysis, correlation analysis and SEM Partial Least Squares. The results show that motivation has a positive and high relationship with life satisfaction and achievement perception. As a result of the path analysis, there is a significant relationship between motivation dimensions including meaning in life, personal achievement goals and recognition sub-dimensions have a positive and significant effect on life satisfaction. Moreover, health perception has a positive and significant effect on achievement perception. In conclusion, most of the participants were male, the majority of the participants were aged 31 and older and had high income group, university education, working in the private sector, living in the city. It was concluded that the individuals who participated in the Ironman event were individuals who completed their education and worked in the private sector in the business world, who had high income groups and mostly lived in cities. It can be reported that triathletes' high motivational perceptions result in life satisfaction and achievement perception. It can be pointed out that triathletes' high motivational perceptions result in life satisfaction and achievement perception.

Keywords Ironman, Triathlete, Motivation Factors, Life Satisfaction, Achievement Perception

1. Introduction

It is important to mobilize and motivate individuals for certain purposes. Human instincts lead individuals to act behavior. Only after being motivated can one act to turn behavior into action. Individuals' focus on the purpose stems from motivation [1]. As in all sports, motivation has an important place for triathletes. Activities in difficult conditions such as triathlon are very challenging sport both mentally and physically.

As for the types of motivation, it is possible to classify motivation into three sub-groups as a result of research. These are physiological, mental and social motivation [2]. Physiological requirements, which are at the bottom of Maslow's hierarchy of needs, are the most basic and necessary needs for the survival of the individual. It is difficult to move to the next step without meeting the needs in this category [1]. In order to enable people to act, their basic needs must be met first. Thus, people must satisfy their own needs such as nutrition, resting, dressing and harboring. Therefore, if it is desired to reach a level that can turn into behavior, such needs should firstly be estimated [1]. Social motivation is feelings and thoughts such as belonging to a group, status within the group, admiration, recognition, respect and cooperation. Satisfaction levels rise when people realize their goals [3]. Psychological motivation can be defined as satisfying the psychological needs of people in general. Psychological motives that direct human behavior are social and physiological motives. These motives occur in the spiritual needs of man. One can have these instincts either by birth or later. These motives form behavior and personality models [4].

Achievement is to make an action plan in order to reach a desired goal, to adapt to the conditions of this plan, to make complementary actions specific to the target and to reach their own desires as a result. The concept of achievement is a common concept. This common

definition applies to individuals, organizations, societies and countries. Achievement is the reach of the intended goal by effectively and efficiently using the available resources. In terms of individuals, the definition of achievement should be added to the individual's ability to cope with negative situations. In addition, the relationships within all these ties in sports, arts and cultural life, work, family and social life are evaluated within the concept of achievement. There are many achievement criteria in sports activities. These criteria such as pleasure received from the activity, skill level developed, getting a point and victories come to the forefront. Achievement and failure are defined as the main element of motivation [5]. Achievement in sporting events can be defined as getting the personal best, breaking world records, winning gold medals and becoming a champion at the international tournaments. Failure can be defined as inability to achieve above them. In addition to this, individuals who are participating in sports as recreational purpose can determine many success criteria such as finishing an ultra-marathon, participating in triathlon events and being an Ironman.

Life satisfaction is the result of comparing the things that one wants to have and what they currently have [6]. Life satisfaction is a result of many factors. These factors are mainly; finding one's own life, current assets, family and work relationships meaningfully, continuing with high satisfaction from daily life, being able to cooperate with others in reaching goals, the ability to create harmony, feeling high morale, positive identity, personal existence and economic assurance [7]. In general, there is a positive relationship between sporting and life satisfaction due to the positive relationship between physical activity or sports and healthy living.

Traditional recreational jogging, cycling and swimming activities are extremely popular in the World. There is also increasing interest and participation in Triathletes' Ironman activities that require intensive physical conditions and mental preparation [8, 9].

The Ironman is the longest triathlon event, consisting of 3.8km of swimming, 180km of cycling and 42,195m Marathon, and triathletes must complete this event in less than 17 hours [10].

Every year, thousands of triathletes compete in dozens of Ironman Triathlon races around the world to participate in the Ironman world championship. Ironman Turkey is the biggest Ironman event in Turkey and is held each year in Antalya which is accepted as the tourism capital city of Turkey, where it attracts 1234 finishers including 227 Turkish, and thousands of spectators [11].

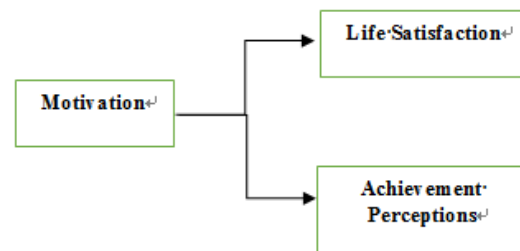
Both marathon and triathlon events have become very popular in Turkey in recent years. For instance, Turkey's one of the largest road race events Istanbul Marathon participation 42,195m in 2008, 15 km and 10 km in 7630, while this number increased to 28286 participants in 2018 [12]. Similarly, triathlon and ironman events are organized

in the touristic regions of Turkey such as Belek, Alanya, Kusadasi and Didim. Given the increase in participation in such challenging races, it is important to understand which factors motivate triathlete runners.

Psychological variables of both elite and amateur athletes have significant effects on their performance [6, 7]. There have been different approaches to analyze the role of psychological variables in sports performance, and motivation is one of the most important variables in these. Recently, several researchers have investigated the effects of motivation on athletes among these variables [13, 14, 15, 16, 17]. In these studies, researchers have examined the relationship between motivation with performance, motivation with personal image and motivation with physiological characteristics such as gender, age, weight.

This study aims to determine the factors that motivate the Turkish triathletes' participating in the Ironman Turkey Event in 2018 and to compare these factors with their life satisfaction and achievement perception.

Life satisfaction and success perceptions variables stay at the center of the research model. In the study, it was determined that the triathletes' motivation was the main factor affecting these two variables.



People need to achieve something in their lives. The need for success is related to avoidance of failure and motivation for achievement. Generally, there are two different motives of success among individuals. Motivation to avoid failure can be defined as the state of anxiety and sadness caused by failures, and motivation to succeed can be defined as honor, pride and satisfaction from success [5]. In general, there is a positive relationship between sporting and life satisfaction due to the positive relationship between physical activity or sports and healthy living.

H₁- The motivation sub-dimensions of triathletes who participating in Ironman Event have a positive and significant effect on life satisfaction.

By participating in recreation activities, people gain positive added value in their work and social lives, and they also positively affect their life satisfaction [18, 19]. In general, there is a positive relationship between sporting and achievement perceptions due to the positive relationship between physical activity or sports and healthy living.

H₂- The motivation sub-dimensions of triathletes who participating in Ironman Event have a positive and significant effect on their achievement perceptions.

2. Materials and Methods

2.1. Participants

The sample of this study consisted of 137 triathletes selected by random selection method among 227 Turkish Triathletes who completed the Ironman Turkey Event in 2018. 81.8% (n = 112) of the participants were male and 18.2% (n = 25) were female, and 61.3% (n = 84) of the participants were married. The largest age group was 31 years and older with 81.8% (n = 112); 48.9% (n = 67 people) of the participants are university graduated. Among the participants, 82.5% (n = 113) the group of 4000 TRY and over were the most dominant group in terms of monthly income. Moreover, when we look at the number of participants times in the Ironman event so far, the first-time participants are the largest group with 54% (n = 74), and 49.6% (n = 68) of the participants were doing sport 6-7 days a week.

2.2. Procedure

After Turkish Triathlon Federation approval, triathletes were informed of the objectives and use of the information. Triathletes voluntarily participated in online questionnaire.

2.3. Measurements

The In the research, "Life Satisfaction Scale" which is improved by Diener (1985); "Achievement Perception Scale" which is improved by Bilgin and Kaynak (2008), and "The Motivational Factor Scale for Participating in the Ultra Marathon" which is improved by Caliskan (2018) are used as data collection tool in the research.

2.3.1. Life Satisfaction Scale

The scale of life satisfaction originally prepared by Diener (1985) was applied. The scale gives an overall judgement of one's life in order to measure the concept of life satisfaction on 7-point Likert scale. This scale that is consists of 5 questions and 1 dimension widely used in social and organizational behavior.

2.3.2. Achievement Perception Scale

The scale of achievement perception scale was originally prepared by Bilgin and Kaynak (2008). The scale gives a general perception of success of individuals in order to measure the concept of achievement perception on 7-point Likert scale. This scale that is consists of 4 questions and 1 dimension used in social and organizational behavior.

2.3.3. Motivational Factor Scale for Participating in the Ultra Marathon

The scale of achievement perception scale was originally prepared by Caliskan (2018). The scale

provides an overview of athletes' motivation levels in order to measure the concept of motivational factor on 5-point Likert scale. This scale consists of 46 questions and 10 sub-dimensions used in recreational management.

2.4. Data Analysis

The validity and reliability of the scale were examined by confirmatory factor analysis. Reflective scales were used for all variables as Kleijnen, Ruyter and Wetzels (2007) studies. To evaluate the psychometric properties of the measurement instruments by using SmartPLS program; a null model without any structural relationship was calculated. Cronbach's Alpha, Composite Reliability (CR) and Average Variance Extracted (AVE) parameters are used to calculate reliability. For all measurements, Cronbach's alpha and PLS based CR values are above the threshold value of 0.70 and AVE values exceed 0.50.

Partial Squares (PLS-Smart 3.0 package program) method was chosen as a method within the scope of "Structural Equation Model" (SEM) to analyze the measurements and structural variables discussed in the research.

3. Results

Table 1. Reliability and validity values

Variables	No. of Items	α	CR	AVE
Motivational Factor Scale	46			
1. Socializing	4	0,909	0,936	0,786
2. Competition with Others	2	0,897	0,935	0,828
3. Meaning in life	2	0,868	0,938	0,883
4. Competing with Oneself	3	0,894	0,948	0,902
5. Weight Control	3	0,890	0,929	0,813
6. Personal Achievement Goal	4	0,849	0,908	0,768
7. Self-Respect	9	0,913	0,929	0,595
8. Psychological Coping	8	0,938	0,948	0,694
9. Well Being	5	0,912	0,935	0,741
10. Recognition	6	0,959	0,967	0,832
Life Satisfaction Scale	4	0,892	0,921	0,700
Achievement Perception Scale	5	0,849	0,899	0,690

Cronbach's Alpha, Composite Reliability (CR) and Average Variance Extracted (AVE) parameters are used to calculate reliability. For all measurements, Cronbach's alpha and PLS based CR values are above the threshold value of 0.70 and AVE values exceed 0.50.

The standardized loading of the measurements on the relevant concepts was calculated by confirmatory factor analysis (CFA) and it was found that all the measurements tested in convergent validity showed a standardized loading exceeding 0,60 to their factors.

After that, "Pearson Correlation Analysis" was used to examine the relationship between motivation, life satisfaction and success perceptions. The correlations between the variables are given in the table below.

Table 3. Fornell-Larcker and Latent Variable Correlation Values regarding Measurement Model

	Social	Comp w Other	Ach. Per.	Mean Life	Comp w One.	Weight Cont	Per Ach Goal	Self-Res	Coping	Well Being	Recog	Life Satis
Social.	0,887											
Comp w Other	0,514**	0,910										
Ach. Per.	0,381**	0,187*	0,831									
Mean Life	0,455**	0,415**	0,399**	0,940								
Comp w One.	0,267*	0,298**	0,341**	0,633**	0,950							
Weight Cont	0,358**	0,375**	0,237*	0,322**	0,231**	0,902						
Per Ach Goal	0,577**	0,448**	0,459**	0,479**	0,540**	0,328**	0,876					
Self-Res	0,461**	0,400**	0,399**	0,614**	0,522**	0,370**	0,456**	0,771				
Coping	0,558**	0,475**	0,375**	0,528**	0,380**	0,279*	0,527**	0,501**	0,833			
Well Being	0,533**	0,338**	0,482**	0,381**	0,301**	0,444**	0,628**	0,395**	0,483**	0,861		
Recog	0,505**	0,634**	0,234*	0,402**	0,215*	0,411**	0,321**	0,517**	0,491**	0,346**	0,912	
Life Satis	0,233*	0,200*	0,575**	0,146*	0,267*	0,152*	0,374**	0,303**	0,278*	0,287*	0,273*	0,836

*: $p < 0,05$, **: $p < 0,01$

According to the results in Table 3, there is a positive relationship between all dimensions of motivation, life satisfaction and success perception. Besides, the square root of the AVE values is higher than the correlation pairs. Thus, it can be said that our measurements meet the required validity and reliability criteria.

The following table shows the results of the hypothesis tests, path analysis and structural model of the research.

Table 4. Path Analysis Values Concerning the Structural Model Testing of the Research

	Original Sample (β)	P Values
Socialising-> Achievement Perception	0,076	0,506
Socialising -> Life Satisfaction	-0,046	0,703
Competition with Others -> Achievement Perception	-0,144	0,172
Competition with Others -> Life Satisfaction	-0,068	0,576
Meaning in life -> Achievement Perception	0,123	0,344
Meaning in life -> Life Satisfaction	0,259	0,045
Competing with Oneself -> Achievement Perception	0,041	0,713
Competing with Oneself -> Life Satisfaction	0,156	0,195
Weight Control -> Achievement Perception	-0,017	0,840
Weight Control -> Life Satisfaction	-0,037	0,717
Personal Achievement Goal -> Achievement Perception	0,148	0,222
Personal Achievement Goal -> Life Satisfaction	0,265	0,021
Self-Respect -> Achievement Perception	0,131	0,223
Self-Respect -> Life Satisfaction	0,152	0,199
Psychological Coping -> Achievement Perception	0,050	0,616
Psychological Coping -> Life Satisfaction	0,076	0,511
Well-being -> Achievement Perception	0,269	0,016
Well-being -> Life Satisfaction	0,070	0,537
Recognition -> Achievement Perception	0,003	0,979
Recognition -> Life Satisfaction	0,200	0,048

As shown in the table, the results confirm some of the research hypotheses. Motivation Dimensions including meaning in life (β : 259, $p < 0,05$), personal achievement goals (β : 265, $p < 0,05$) and recognition (β : 200, $p < 0,05$) sub-dimensions have a positive and significant effect on life satisfaction. Moreover, health perception, which is one of the motivation dimensions, has a positive and significant effect on achievement perception (β : 269, $p < 0,05$).

Table 5. Model Fit Summary

Model Fit			
R ²	Endogenous Variables	Compliance Index	
0,330	Achievement Perception	NFI	0,745
0,215	Life Satisfaction	Chi-square	2.837,725
		SRMR	0,075

The structural model showed that the model explains 33% of the change in Achievement Perception and 21.5% of the change in life satisfaction. NFI was calculated as 0,745 in Model Fit. The model appears to be within acceptable limits within this ratio. SRMR value should be less than 0.08. The SRMR value for this model was calculated as 0.050, again indicating that the model provides the necessary threshold value. Our chi-square value was calculated as 2.837,725. Therefore, our model is considered as an “acceptable model” from the point of fit indices.

4. Discussion

This study has explored the factors that motivate the athletes participating in the Ironman Turkey Event in 2018 and compared these factors with their life satisfaction and achievement perception. The results of this study have shown that motivation has a positive and high relationship with life satisfaction and achievement perception. As a result of the path analysis, there is a significant relationship between motivation sub-dimensions including meaning in life, personal achievement goals and recognition sub-dimensions have a positive and significant effect on life satisfaction. Moreover, well-being has a positive and significant effect on achievement perception.

Individuals with low incomes are more likely to prefer group activities. As income increases, individuals with low incomes are more likely to prefer group activities. As income increases, individuals prefer more high-cost recreational activities and they also prefer to participate alone [2]. The results obtained in this study support these findings. Triathletes require high income in order to cover expenses such as nutrition, clothing, special equipment for running, swimming and cycling, accommodation, camping and training expenses of individuals during preparation periods.

Variables such as meaning of life, well-being and recognition can be evaluated within the framework of Maslow's Hierarchy of Needs [20]. In particular, it can be said that high-income individuals prefer Ironman Events to realize meaning of life, well-being and recognition. In addition, personal achievement motivation can be evaluated in An Achievement Goal Theory [21]. It can be explained with Task Setting Goals in sports events such as Ironman, which is a form of championship where individuals compete with themselves and with others.

In the study, the reason that there was no relationship between other motivation sub-dimensions and life satisfaction and achievement perception may be that the participants wanted to compete with them significantly. This may be due to the fact that triathletes would like to improve their personal best in each Ironman Events and to improve themselves by constantly competing with themselves in more difficult courses or competitions in different places.

It can be said that the perception of success and life satisfaction increases as triathletes' motivation to participate in the marathon increases. The findings of the study were supported by several researches [22, 23, 24]. This research article can contribute to the existing literature in four ways.

The first outcome of our study is the relationship between meaning in life and life satisfaction. Participants who feel high perceived meaning in life also can have positive relation with life satisfaction literature [25]. The result of the study was supported by other researches. [26, 27, 28]. This result showed that meaning in life is a key component of life satisfaction among triathletes.

The second outcome of the study is the positive relationship between personal achievement goals and life satisfaction. Individuals with achievement goals can show high motivation when faced with any challenge in their social lives (Grant and Dweck, 2003). The study found that personal achievement goals showed a positive correlation with life satisfaction. These findings are consistent with many findings in the literature [25, 30, 31, 32].

The third outcome of the study is a positive relationship between recognition and life satisfaction. The power of recognition and life satisfaction not only present to affect the ideal functioning of a person in the but also willingness to encourage positive progression in near future [32]. This result was coincided with other findings [33, 34]. Recognition appears to be a key factor affecting life satisfaction and it seems to be effective in helping triathletes change and improve their lives positively.

The fourth outcome of the study is a positive relationship between well-being and achievement perception. Many studies have been conducted between these two variables in the literature. This result was coincided with several [35, 36, 37, 38, 39].

5. Conclusions

Most of the participants were male, the majority of the participants were aged 31 and older and had high income group, university education, working in the private sector, living in the city. It was concluded that the individuals who participated in the Ironman event were individuals who completed their education and worked in the private sector in the business world, who had high income groups and mostly lived in cities.

As a result, the motivation dimensions of triathletes participating in the Ironman Event had a positive and significant effect on life satisfaction and achievement perceptions. Furthermore, the relationship between motivation sub-dimensions including meaning in life, personal achievement goals and recognition sub-dimensions have a positive and significant effect on life satisfaction. Also, well-being has a positive and significant effect on achievement perception. This research article provides an overall approach about sub-dimensions of motivation, life satisfaction and achievement goals which are abstractly conducive and important for practice.

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Does the Coach Leadership Behavior Mediates the Influence of Factors Affecting Coach Leadership Behavioral Styles on Team Success

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Abstract The intension of this study is to conclude whether coach leadership behavior serves as a mediator amongst factors affecting said leader behavior and team success in sports. The sample for this was obtained from one hundred and sixty (n=160) athletes who participated in inter university games with special reference to Western Province Sri Lanka. Only team sports are considered and players from individual events are not considered under the current study. Coach leadership behavior was assessed through Revised Leadership Scale for Sports questionnaire (RLSS) and adopted questionnaires were utilized to measure the factors affecting it and the team success. General Linear model and Multiple Linear Regression were the methods used to analyze data. Validity and reliability of the questionnaires were measured through Correlation matrixes and Cronbach's alpha respectively. The results from the study confirm that coach leadership behavior acts as a mediator of the relationship between and factors affecting coach leadership style and team success signifying that factors affecting coach leader behavior may enhance coach behavior in the task of successful performance. Mediating effect was first tested through calculating path coefficients and further conducted the Sobel's test to validate the previous results.

Keywords Coach Leadership Behaviour, Mediator Sports, Team Success

1. Introduction

A Sport is generally described as an organized, a competitive and a skillful physical activity which entails devotion and fair play. Sports contribute towards cultivation of national peace and harmony. Therefore the United Nations had recognized sports as an important

phenomenon in achieving their millennium goals (UN Inter-Agency task Force on Sports for Development and Peace, 2005). International Olympic Committee had also documented that sport can help in bridging cultural and ethnic divides, create jobs and businesses, promote tolerance and non-discrimination (International olympic Committee, 2009).

Therefore there arises a necessity to study and address the issues persist with sports by any nation.

The success records in Olympic and other international sports events especially in team sports are not at all appealing with regard to Sri Lanka (Perera & Pushpakumari, 2016; Biyanwila & Perera, 2018). There are many factors that are affecting to the success of sports. Therefore there arises a necessity to study the factors that influence the team success in sports. Hence this study focused to assesses the impact of coach leadership behavior on team success in sports. Among the objectives of the study the core objective is to ascertain the relationship between Coach leadership behavior and team success and the sub objectives were to assess the impact of factors affecting to coach leadership behavior on coach leadership behavioral styles and to measure whether coach leadership styles mediate the relationship between factors affecting to it and team success.

2. Literature Review

Factors Affecting Coach Leadership Behavior (FACL B) comprises of three facets (Smoll & Smith, 1989), namely situational characteristics, leader (coach) characteristics, and team member characteristics. The factors were derived from the multidimensional model of Leadership developed by Chelladurai and Saleh in 1980.

Situational characteristics are the factors that are beyond the control of the coach and the athletes/team players. A

model developed by Smoll and Smith (1984) identified factors such as level of competition, nature of the sport, and previous track records of success as situational factors that influence on coach behavior styles. Leader characteristics are the factors inherited with the coach and includes, age of the coach (Chelladurai & Carron, 1983; Smoll & Smith, 1989), gender (Rintaugu, Bailasha, & Toriola, 2011; Smoll & Smith, 1989), and the explanation of tactics and the trust he has on his own skills (Smoll & Smith, 1989; Rotter, 1966). Team member characteristics that influences on coach leadership styles includes age of the player (Smoll & Smith, 1989), gender of the player (Chelladurai & Arnott, 1985; Terry & Howe, 1984) and the nature of the sport that the players are involve in (Chelladurai & Saleh, 1980; Terry, 1984; Terry & Howe, 1984). Nationality and culture from which athletes/team players are from, also considered under the present study even though it was found that there is no significant differences in preferred coaching style due to the impact of nationality in previous studies (Terry, 1984). Yet Sri Lanka is considered as a multicultural country and since this factor is yet not considered under Sri Lankan context, the present study used it as an influential factor for coach leadership styles.

The Coach Leadership Styles (CLS) specified in Leadership Scale for Sports (LSS) includes five styles specifically training and instruction behavior, democratic behavior, autocratic behavior, social support and positive feedback behavior (Chelladurai & Saleh, 1980). LSS used as the instrument to support Chelladurai's Multidimensional Model (MML) Chelladurai and Saleh (1980). Weiss and Friedrichs (1986), Alemu and Babu (2012), Pilus and Saadan, (2009), had utilized LSS questionnaire in their scholarly work. If a coach possesses training and instruction behavior, he would help athletes to acquire their extreme physical potential by provision of required training and technical support (Chelladurai, 2007). Autocratic style indicates that the coach keeps authority in decision making with him and stresses athletes when dealing with them and in contrast democratic style reflects the fact that the coach practices participative decision making process where athletes also considered as a part of it (Chelladurai, 2007; Calvo & Topa, 2019). A coach who possesses social support behavior would involve in satisfying the interpersonal needs of the athletes/players. Verbal and visual compliments and reinforcements make by coach depicts his positive feedback behavior (Chelladurai, 2007; Kim & Cruz, 2016).

There are different methods of accessing team success. Team success was operationally defined as the total winning percentage of a team for which games played in their regular competitive agenda. A percentage score will be calculated by dividing the number of points obtained by the maximum number of possible points (Carron, Bray, & Eys, 2002; Perera & Pushpakumari, 2016). A research conducted to examine the relationship between coach leadership, the athlete relationship, team success, and the

positive development experiences of adolescent soccer players measured team success by the total number of competition points accumulated during a season (Vella, Oades, & Crowe, 2012; Perera & Pushpakumari, 2016; Perera, Jusoh, Azam, & Sudasinghe, 2019; Perera, 2015; Abdullah, Musa, Maliki, Kosni, & Suppiah, 2016).

The conceptual framework developed to the study is as follows.

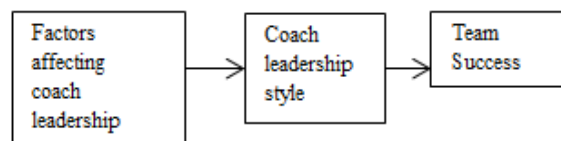


Figure 1. Conceptual Framework of the study

3. Methodology and Data Analysis

Participants completed The Revised Leadership Scale for Sports (RLSS) (Zhang, Jensen, & Mann, 1997) and a self-developed questionnaire to measure team success. The population of the study was 160 team players from the teams representing Basketball, Volleyball, Field Hockey, and Elle, and the sample derived was also 160.

The questionnaire was pilot tested by directing it to a sample of 25 players. The reliability of the questionnaire was assessed using the Cronbach's Alpha test and the questionnaire was found to be acceptable with a Cronbach's Alpha value of 0.891. Nunnally (1978) has indicated that a Cronbach's Alpha value of 0.7 is an acceptable reliability coefficient. The questionnaire was thereafter distributed among the total population under the supervision of the researcher in order to obtain relevant information for the study.

Correlations matrix for each coach leadership behavior style were developed and the values lied between 0.3 and 0.8. Cohen uses a benchmark of minimum correlation value of 0.3 (Cohen, J., 1988), for convergent validity. The correlation coefficients reported in this study vary from 0.3 to 0.8 and hence considered to have discriminant validity also. The data collected were also subjected to Kaiser-Meyer-Olkin (KMO) and Bartlett test analyses to test the scale's structure validity, yielding to the results of KMO for training and instruction behavior 0.919, Democratic behavior 0.756, Social support behavior 0.751, positive feedback behavior 0.748, and situational consideration behavior 0.745. The Average Variance Extracted (AVE) was calculated to ascertain construct validity, and all the values were more than 0.5. This elaborates that at least as much explained compared to unexplained.

Methods used to analyze data were General Linear model and Multiple Linear Regression. Multiple Linear Regression was conducted to analyze the relationship between factors affecting leader behavior styles and coach leadership behavior and coach leadership behavior styles

and team success. Sobel’s test was used to analyze the mediating effect of Coach Leadership behavior styles which depicts in Figure 2. Additionally, the results of direct and indirect effect of path coefficients also used to further prove the mediating effect.

A total of 160 subjects participated in the study. The descriptive statistics are as follows.

Table 1. Descriptive Statistics

Variable	Frequency	Percentage
Gender		
Male	91	56.88%
Female	69	43.12%
Age		
20-22	37	23.12%
23-25	108	67.5%
26-28	15	9.38%
Living Area		
Urban	45	28.12%
Suburb	54	33.75%
Rural	61	38.13%

According to Table 1, most of the participants were male (56.88%) and females were 43.12%. Age of team players

ranged from 20 to 28 years. The age was categorized into three groups as 20-22 years (23.12%), 23-25 (67.5%), and 26-28 years (9.38%). The living areas were categories into three groups (Table 2). As Table 1 illustrates, more participants are from rural area (38.13%).

The impact of factors affecting coach leadership styles (FACLB) on coach leadership behavior (CLB) was also analyzed.

Table 2. The Relationship between Faclb and Clb

FACLB	Mean comparison
Situational Factors	3.30
Characteristics of the Coach	3.58
Team member Characteristics	3.63

According to the mean figurers depicts in Table 2, it can be concluded that the above mentioned characteristics make impact on coach leadership behavior.

The impact of CLB on team success was also analyzed. According to Table 3, only training and instruction behavior is the significant predictor of team success which is measured through winning percentage.

The overall effect of coach leadership behavior (CLB) on team success was also analyzed and found that CLB is a significant predictor of team success (p=0.000).

Table 3. The Relationship between Coach Leadership Styles and Success

Model	Unstandardized Coefficients		Std. Coeff	T	Sig.
	B	Std. Error	Beta		
Cons.	-.030	.231		-.129	.897
TIB	.268	.028	.707	9.53	.000
DB	-.042	.031	-.102	-1.36	.174
AB	-.021	.027	-.054	-.787	.433
SSB	.000	.028	-.001	-.013	.990
PFB	-.031	.052	-.049	-.587	.558
SCB	-.022	.058	-.031	-.377	.707
CLB	.270	.060	.336	4.48	.000

DV: Team Success

According to Figure 2, the independent variable (IV) is Factors Affecting Coach leadership Behavior (FACLB), the mediating variable (MV) is Coach Leadership Behavior (CLB) and the dependent variable (DV) is Team Success. In Figure 2, “a” denotes the effect of FACLB on CLB, “b” denotes the effect of CLB and team success and similarly “c” represents the effect of FACLB on Team Success.

Mediation effect was first tested through generating path coefficients. The summary results of path coefficients estimates are as follows.

According to Table 4, the p value resulting for FACLB,

CLB and team success is 0.000 ($p < 0.05$) and therefore found that CLB mediates FACLB to team success relationship. FACLB to CLB is not significant since $p\text{-value} = 0.673$ which is more than 0.05 and hence not significant. Therefore it can be concluded that CLB is a total mediator between FACLB and team success.

The model used to analyze the mediation effect using path coefficient and Sobel’s test depicts in Figure 2. The Sobel test is a statistical method of testing the significance of a mediation effect. The test is based on the work of Michael E. Sobel, (Sobel, 1982). (Sobel, 1982)

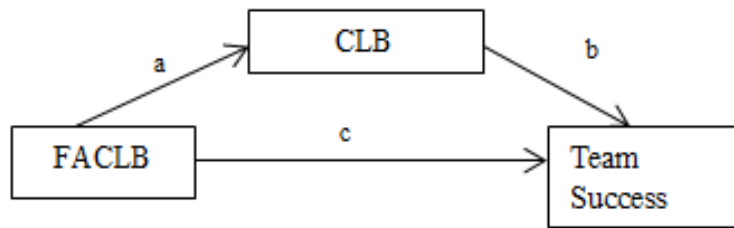


Figure 2. Mediation model

Table 4. Coefficient for Mediating Effect

Testing Paths	<i>B</i>	<i>SE(B)</i>	<i>95% CI</i>	<i>B</i>	<i>Sr2</i>
Path c –DV= winning/Team success					
$R^2=0.113$, $F(1,160)=0.179$, $p=0.673$					
IV=FACLB	0.049	0.115	-0.179,0.276	0.036	3.6%
Path a; DV=Coach leadership style					
$R^2= 0.038$, $F(1,160)=6.16$, $p=0.014$					
IV=FACLB	-0.418	0.169	-0.751,-0.085	-0.194	-19.4%
Path b and c; DV; winning/Team success					
$R^2= 0.144$, $F(1,160)=11.263$, $p=0.000$					
IV=FACLB	0.168	0.110	-0.049-0.385	0.125	12.2%
IV=CLB	0.320	0.068	0.186-0.453	0.388	37.8%
Total				-0.075272	

Subsequently, Sobel's test (Sobel, 1982) was conducted. Values were substituted to the following Sobel's formula.

$$z\text{-value} = a*b/\text{SQRT}(b^2*s_{a2} + a^2*s_{b2})$$

The value derived by Sobel's Model was -1.12538014. The ab product is judged to be statistically significant if 'z' is greater than +1.96 or less than -1.96. Because $z = -1.125$, with $p = 0.000$, two-tailed, the ab product that represents the effect of FACLB on team success mediated by CLB can be judged statistically significant.

4. Discussion

The primary intention of the study was to examine the relationship between factors affecting coach behavior and coach leadership styles. The results of the study revealed that there is moderate impact of situational factors, characteristics of coach and team member characteristics on coach leadership styles. The previous studies prove the factors dealt with coach (Leader characteristics) for instance coach's age level relate with coach behavior (Riemer & Toon, 2001; Rintaugu, Bailasha, & Toriola, 2011) are making influence on coach leadership behaviors which is consistent with the present study. According to the preset study, age level of the coach is affected to the coach leadership styles but less likely in case of Autocratic behavior which is partially consistent with the previous studies (Rintaugu, Bailasha, & Toriola, 2011; Terry & Howe, 1984). Furthermore it is found that there is moderating impact of said variables on Coach leadership behavior which is consistent with the previous studies conducted in Sri Lanka with a sample size of 291 athletes (Perera & Pushpakumari, 2015; Perera & Pushpakumari, 2015).

The findings of this research on relationship between coach leadership behavior and team success revealed that CLB is a significant predictor of team success and furthermore found that training and instruction behavior of coach as the most with the findings of Rintaugu and Bailasha (2011), Alemu & Babu (2012), Vahdani et al (2012) and partially agree with Terry (1984) on preferences made by them on training behavior. But the results are not consistent with the research findings made by Bahrami et al (2011) and Donald, et.al (2019). The results of the study partially agreed with the findings of Perera & Pushpakumari (2016), in relation to Sri Lanka Context.

A study conducted by Cruz and Kim (2017) indicated that young athletes strongly preferred training and instruction, followed by positive feedback, democratic behavior, social support, and autocratic behavior.

The main intention of the study was to evaluate the validity of the mediation model developed by Smith and Smoll in 1989. Accordingly, one of the objectives was derived to assess the mediating effect of CLB in the relationship between FACLB and team success. The results of this study provided strong support for the proposed

model in which coach leadership behavior mediates the relationship between factors affecting coach leadership behavior and team success which was derived through path coefficient and Sobel's test.

5. Conclusions

This study, at the inception, examined the relationship between factors affecting coach behavior and coach leadership styles and found that these factors make an impact on coach leadership behavior. Mean of the scores was used to analyze the relationship between factors affecting leader behavior styles and coach leadership behavior and found that situational, coach and team member characteristics make impact on coach leadership behavior and at the same time the impact of CLB on team success was also analyzed using General Linear model and Multiple Linear Regression. The results concluded that training and instruction behavior is the only significant predictor of team success which is measured through winning percentage. The overall effect of CLB on team success was also analyzed and found that CLB is a significant predictor of team success. Path coefficient and Sobel's test was conducted to analyze the mediation effect of coach leadership behavior between FACLB and team success. Subsequently, it was found that FACLB on team success was mediated by CLB. Study Results further concluded that CLB is a total mediator between FACLB and team success. Furthermore the results obtained relating to above mentioned relationships found consistent with previous studies.

The implications of the study are depicted in the light of the findings of the study, and the following recommendations were forwarded. 1. A coach should promote training and instruction leadership style among his team because lots of team players urge and they perceive the said behavior of the coach which will lead to their success 2. Continuous studies comprising qualitative method of research should be done in the future to identify the other factors other than coach leadership style which will lead towards team success, 3. The same study to be conducted before and after a competition (Pre and post) and analyze whether the players perceive the same said factor (training and instruction behavior) as the only predictor of team success.

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