

Investigating the Impact of Coach's Behavior on Mental Health and Well-being of Competitive Athletes

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Abstract

The study aimed to assess coaches' behavior toward educated athletes. As we know, the mental health of every athlete has become a pressing concern in the sports industry. Various elements determine an athlete's ability to perform well in sports. Still, the coach's behavior plays a significant role in shaping athletes' determination and psychological well-being. Coach behavior is a gross root of any athlete since they serve as the primary organizer and structure for all athletic advancements. The objective of the Study was to view the perception of players regarding the effect of a coach's behavior on mental health. The researchers use a convenient sampling technique, and the sample of the study consists of 100 male athletes who were representing HEC during the 51st National Athletics Championship in Attock, Pakistan. A self-made validated questionnaire was distributed among the participants and collected back after filling by the respondents. According to the findings and the results reveal there is a significant difference ($p=.000$, $\alpha=.05$) between scores of the player's perceptions about the statement and ($\chi^2 = 1.668$), which shows that the majority of the players were feeling relaxed about their psychological health regarding the impact of sound behavior of coaches. Coaches have the power to improve the mental health of adolescents and hold themselves to a higher standard by actively supporting youth in this way. In the future, supporting mental health could be one area where the role of coaches supports youth players.

Keywords: Coaches Behavior, Mental Health, Wellbeing.

Introduction

The mental health of athletes has become a growing concern in the sports industry, with increasing reports of anxiety, depression, and burnout. Coaches, as crucial figures in athletes' lives, significantly influence their mental health and well-being. The authors explore the relationship between coaches' behavior and players' mental health, well-being, communication, and emotional intelligence on athletes' stress, anxiety, and overall mental health and well-being. Parents and sports organizations have noticed a noticeable rise in the expectation in recent years for coaches

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to assist athletes with their mental health (Bean et al., 2014). Coaches' behavior and leadership styles can significantly impact athletes' mental health. Authoritarian coaching styles, emphasizing winning at all costs, can lead to increased stress and anxiety. In contrast, supportive and autonomy-supportive coaching styles foster a positive environment, promoting athletes' well-being. Effective communication and emotional intelligence are also crucial, enabling coaches to understand and address athletes' mental health concerns.

A positive relationship between coach and athlete is essential for physical performance. A coach's behavior can enhance sports performance through self-esteem, effective coaching, positive behavior, self-determination and motivation. Coach behavior enhances participants' intrinsic motivation, which plays a significant effect on overall well-being. Literature endorsed that positive coaching behavior leads to success in sports and athletic performance. However, at every level of competition, coaches play an essential role in the lives of athletes and participants see athletics as an exciting setting in which to learn about mental health (Swann et al., 2018). But a lot of coaches don't know what to do and worry that they might unwittingly respond in a way that harms their athletes' mental health. Coaches have beneficial support if they have an educational background. Every individual realizes their potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or for the betterment of the community. Although mental health issues are one of the primary causes of the burden of disease (Walker et al., 2015).

Finally, it is critical to remember that, despite their importance, coaches are only one stakeholder in the development of mental health. A certified mental health professional, not a coach, should decide when to resume playing, for instance. Therefore, future studies should look into possible policy-level areas that support the description of coaches' roles more clearly and provide them with the confidence and authority to feel more at ease in their assigned roles. With the increasing interest in mental health promotion in sports settings, policy-level methods to mandate mental health training for coaches are a viable opportunity.

Significance

This Study's findings will inform evidence-based coaching practices and mental health support strategies, promoting a positive and supportive environment for athletes. By exploring the significance of coaches' role in shaping athletes' mental health and well-being, it is possible to enhance the overall well-being of athletes and foster a healthier sports culture through coaches' behavior.

Objective of the study

- To view the perception of players regarding the effect of coaches' behavior on mental health and well-being.

Research Question

- What are the perceptions of players regarding the effect of a coach's behavior on mental health and well-being?

Figure 1: Perceptions of athletes

Research Methodology

To reach at certain findings and conclusion the researchers were adopted the following research methodology:

Population: The population of the study was all male athletes which were representing HEC during 51th National Athletics Championship 2023 Attock, Pakistan.

Sample and sample size: Due to various reductions it is very difficult for researcher to approach the whole population. In this regard the researcher used convenient sampling technique for saving time money. The sample of population of this study was 100 male athletes which were representing HEC during 51th National Athletics Championship, Attock, Pakistan.

Procedure: The researchers developed a questionnaire with the help of physical education experts, related literature and coaches. After reliability and validity of the questionnaire the researchers visited athletics track of 51th National Athletics Championship and distribute among players the and collect it back filled by the respondent.

Data Analysis

The collected data analyzed through appropriate statically tool while using SPSS 20.0 version.

Table 1: Chi-square value of player's perception about I have been feeling confident about my performance

Statement 1	Observed Number					Expected Number					χ^2	P
	SD	D	UD	A	SA	SD	D	UD	A	SA		
I have been feeling confident about my performance	1	4	6	52	37	20.0	20.0	20.0	20.0	20.0	1.037	.000

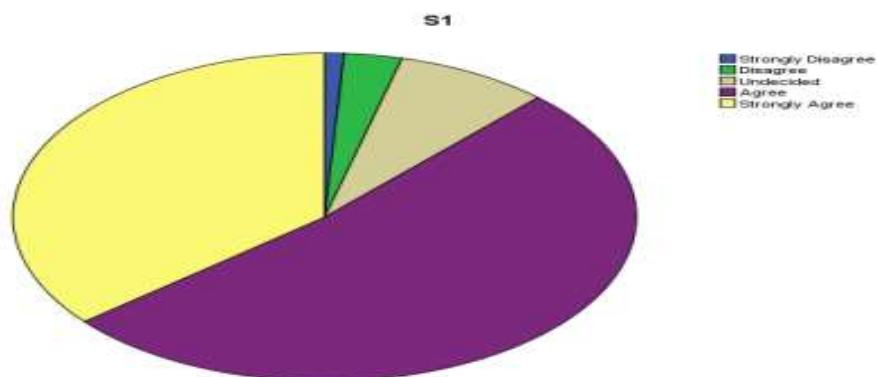
Figure 2: Confidence about performance

Table 1 shows player's' perception about statement I have been feeling confident about my performance. Chi-square test was conducted and the statistics shows that there is significant difference ($p=.000$, $\alpha=.05$) between scores of the player's' perceptions about statement and ($\chi^2 = 1.037$). Result shows that majority of the players feeling confident about performance regarding positive impact of coach's behavior

Table 2: Chi-square value of player's perception about I am feeling relaxed regarding my psychological health

Statement	Observed Number					Expected Number					χ^2	P
	SD	D	UD	A	SA	SD	D	UD	A	SA		
I am feeling relaxed regarding my psychological health	3	4	3	68	22	20.0	20.0	20.0	20.0	20.0	1.668	.000

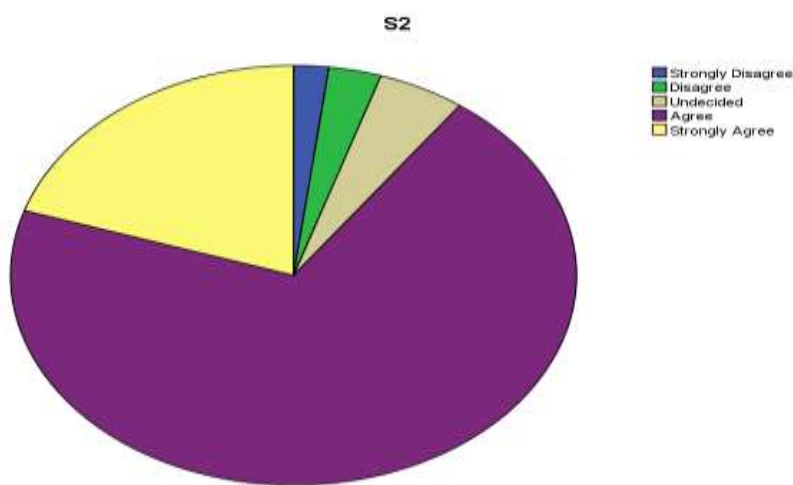
Figure 2: I am feeling relaxed regarding my psychological health

Table 2 shows player's perception about I am feeling relaxed regarding my psychological health. The state of Chi-square shows significant difference and the results reveals there is significant difference ($p=.000$, $\alpha=.05$) between scores of the player's perceptions about statement and ($\chi^2 = 1.668$). Results show that majority of the player were feeling relaxed about their psychological health regarding impact of sound behavior of coaches.

Table 3: Chi-square value of player's perception about I believe even I can achieve my goals, even if there are obstacles

Statement	Observed Number					Expected Number					χ^2	P
	SD	D	UD	A	SA	SD	D	UD	A	SA		
I believe even I can achieve my goals, even if there are obstacles	0	2	17	49	32	0	25	25	25	25	49.71	.000

Figure 3: I believe even I can achieve my goals

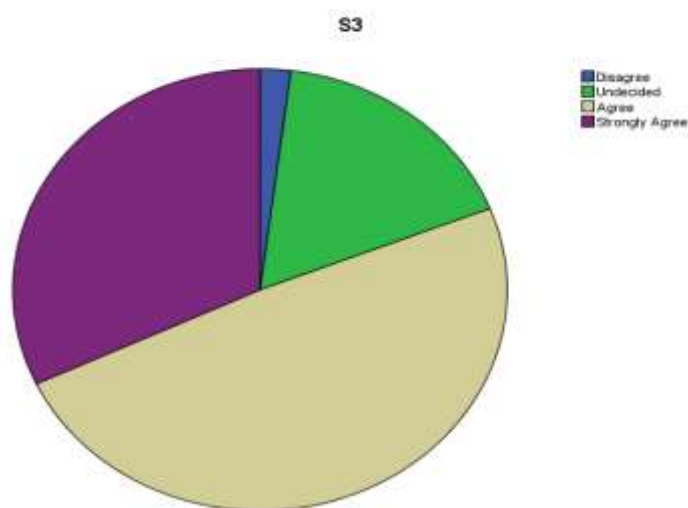


Table 3 shows player's perception about statement I believe even I can achieve my goals, even if there are obstacles. The results of the statistics shows that there is significant difference ($p=.000$, $\alpha=.05$) between scores of the player's perceptions about statement and ($\chi^2 = 49.71$). Results show that majority of the players have believed that they can achieve their goals regarding positive impact of coaches.

Discussion

Sports participation has been shown to improve people's social skills, emotional skills, cognitive abilities, and positive connection. In another study Calfas and Taylor (1994) reported that teenagers who exercise have a greater level of mental well-being as compare the adolescents who do not exercise. When look at the underlying reasons, literature endorsed that adolescents who exercise are more likely to have self-confidence, confidence in their abilities, social support, and feelings of appreciation than those who do not exercise, and all of these factors increase mental well-being (Biddle et al., 2000).

It is suggested that higher authorities create a supportive environment for sports coaching. All athletes deserve to be under trained, skilled, and experienced coaches at the grassroots and also in competition. The study concluded in light of obtained results that positive impact of coaches' behavior towards athletes has positive impact on mental health and wellbeing and also result of another study found that good coaching behavior leads to improved athlete performance in physical training and conditioning (46.4%), mental preparation (53.6%), technical skills (54.5%), and goal setting (44.6%).

In addition to its physical and physiological benefits, exercise is known to reduce stress, to provide psychological wellbeing to increase life satisfaction (Zayed et al., 2018), the statement also linked with the statement that majority of the players feeling relaxed about psychological health. A change in culture within sport is also necessary to support athlete wellbeing and mental health, and part of that change is acknowledging the value and variety in sound behavior leads to sound health promotion. Coach education also plays effectively role for practically support athletes' mental health and wellbeing.

Conclusion

By acknowledging the significant role coaches play in shaping players' mental health, we can promote a positive and supportive environment, enhancing players' overall well-being and performance. Coaches need training and support to effectively address players' mental health along with wellbeing which need to support competition demands and psychological attractions. Coaches' leadership styles, communication patterns, and emotional intelligence can either positively or negatively impact players' mental health. In addition, the coaches' capacity have effective support which would be strengthened the athlete psychotherapy and improve young athlete's mental health, wellbeing and sound athletic performances.

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