UNDERSTANDING OF COACHES WITH YOUNG ATHLETES
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Annotation. The problems of understanding coaches athletes with athletes. It is studied orientation of the individual coaches. It is studied their job satisfaction and how to respond to situations of conflict. The study involved 4 coaches in athletics of varying skill levels, and 64 athletes. Found that all the athletes are sociable, communicative, able to listen, which correspond to a high level (0.6-2.1%). Athletes appreciate their coaches sensitivity, kindness, friendliness. It was found that the rate of burnout is very low (18% to 26%) of all the coaches, which indicates emotional stability trainers, strong enough foundation for their functionality. It is shown the availability of coaches and athletes joint features. Almost all of the coaches and athletes are a temperamental group of extroverts are strong, energetic and emotionally stable individuals. This fact greatly facilitates relationships and encourages productive collaboration.

Keywords: athletics, understanding, compromise, collaboration, compatibility.

Introduction
Coach’s communication with sportsmen yields, by its time, only to sportsmen’s communication with the members of family (even sometimes exceeds). Exactly owing to communication teaching, transfer of knowledge, educating of disciples occur. That is why great attention should be paid to the communicative process [2, 7, 9].

Selection of a certain mean of influence requires that coach should consider psychological features of his trainees. Because intensive and maximal physical and psychic loads are compulsory and they accompany sportsmen’s activity not only at competitions, but also during trainings. Sometimes, it results in discrepancy of opinions in regard to the results of training activity. Coach’s exactingness is regarded by the trainees as his captiousness, while persistence of disciples is understood as stubbornness [1, 2, 4].

Theoretical and practical researches of leading psychologists Ye. Ilyin, K. Platonov, B. Lomov [3, 5, 6] are devoted to the problems of mutual understanding of social objects. Peculiarities of mutual understanding in physical culture are studied in the works by Ye. Ilyin, G. Lozhkina, V. Voronova et al.[1, 2, 4, 7, 8].

Understanding of professional tasks of education and training by sportsmen comes with the growth of their self consciousness. And evaluation of coaches’ professional skills of communication by track and field sportsmen was one if the tasks of our research.

The subject of the research is included in plan of topics of scientific & research works of Olympic and professional sports department of KSU physical education and sports faculty, 0109У002277 “Advanced trends of preparation of specialists in the field of education in the context of Bolognese process”.

Purpose, tasks of the work, material and methods
The purpose of the research is to determine specific features of coaches and junior sportsmen’s mutual understanding.

Results of the researches
The research was carried out in the period 2011-2012 and involved 4 track and fields coaches (two men and two women). Sergey Konstantinovich M., Honorable coach of Ukraine, the period of his work – 26 years; Natalya Anatolyevna T., coach of the 1st category – 16 years period of work; Viktoria Anatolyevna K., 2nd category, - period of work 3 years and Aleksandr Nikolayevich D – specialist with 1 year period of work. All they are representatives of sports tracks and field club “Iskra”, of sport training base “Zoloptaya Niva” (CJSS) of Kherson regional CJSS center “Invasport”.

The second part of our research was devoted to observations at the disciples of the mentioned coaches. It covered 64 respondents; all they go in for track and fields sports, videlicet: short and long distance run 100, 400, 800, 1500). All they had qualification from 2nd grade to Honored master of sports of Ukraine. All they are the members of sport tracks and field club “Iskra” and Kherson regional CJSS center “Invasport”.

Conventionally, sportsmen and coaches were divided into groups. The first group consisted of 23 sportsmen, the disciples of Sergey Konstantinovich M., Honorable coach of Ukraine, the period of his work – 26 years; the second group consisted of 20 persons – coach - Natalya Anatolyevna T., coach of the 1st category – 16 years period of work; the third group consisted of 11 persons – coach Viktoria Anatolyevna K., 2nd category, - period of work 3 years. Group No. 4 consisted of 10 sportsmen- coach Aleksandr Nikolayevich D – specialist with 1 year period of work.

For determination of the level of mutual understanding between coaches and sportsmen we used questioning.

We used methodic for determination of “burning out syndrome” in coach activity, for study of coach’s satisfaction with his profession and work (authors N. Zhurin and Ye. Ilyin) [25]. Diagnostic of orientation of coach’s personality was fulfilled by B. Brass’s questionnaire, which is aimed to revelation dominating social orientation of coach as specialist. By G. Izenk’s test-questionnaire we diagnosed the properties and types of temperament of coaches. Evaluation of response-in-Conflict character was conducted by methodic of K. Thomas, which determines to what extent coach is bent to competitiveness or collaboration, his bent to compromises and so on [44, 52].
The tracks and field sportsmen were offered to pass the test for evaluation of communicative skills and the method of determination of relations between sportsman and coach (authors Yu. Khanin and A. Stambulova).

For the coaches and their disciples we offered method of evaluation of training’s efficiency (B.Jh. Kretty).

Analysis of special literature showed that communication problem for coaches in their relations with surrounding people, embraces a lot of factor. For our research we chose only some of them, videlicet: satisfaction with professional activity, orientation of personality, tolerance level, methods of releasing of conflict situations and some other. The highest level of satisfaction with professional activity and conditions of labor was manifested by Sergey Konstantinovich M., (HCU) – 94%. Regarding other coaches, this indicator corresponded to mean level (47.5-58.8%) Indicator of emotional exhaustion of all coaches was very low (from 18% to 26%), that witnesses about high emotional stability of coaches and is sufficiently strong foundation of their workability.

With studying of coaches’ de-personalization we obtained low results (from 0% to 16%). It says about their high activity in collective, their ability to find common understanding and effective solution of moot cases with management and colleagues. Results in reduction of personal achievements are very high (from 75% to 83%) Demonstration of high self-evaluation is in the base of demand in self realization, and is a motive to further professional development of a personality.

The answers to B. Bass’s questionnaire, which determines orientation of coach’s work, showed that orientation on work of coaches with category “specialist” and HCU are 15 and 12 points correspondingly. That is, these coaches are characterized by interest in solution of professional problems, by fulfillment of work with good quality, by orientation on professional collaboration, by ability to defend own point of view. However, young coach (category “specialist”) showed orientation on own self, on direct reward, aggressiveness in reaching status, imperiousness, bent to competitiveness, irritability, anxiety.

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Coaches of the 1st and 2nd categories (women) showed orientation on communication (13 and 20 points correspondingly), demonstration of desire to maintain relations with people in any conditions; orientation on co-activity (often yielding to execution of certain tasks), demand in attachment and emotional relations with people. These coaches have the qualities of purposeful, ambitious and communicative people. Their work, in the given case coach activity, takes important place in their lives.

As per methodic “Behavioral signs of communicative tolerance”, we obtained the following results. Leading coach, HCU, (10 points) has dominating wish to re-built, re-educate colleagues or disciples. Coach-woman of 1st category (8 points) showed inability to hide or smooth unpleasant feelings when facing non communicable features of colleagues. Young coach-specialist is not able to forgive somebody’s mistakes, unintentionally he can cause troubles.

In one case great professional experience leads to certain self-confidence and absence of wish to adopt something new, but on the other hand coaches with little professional experience are too ambitious, non compromised, that is witnessed by the obtained results.

Study of in-conflict-responses was carried out by methodic of K. Thomas, which determines typical ways of responses to conflict situations. This methodic permit to evaluate to what extent pedagogue is inclined to competitiveness or collaboration in collective in sport team, if he is oriented on compromises, avoids conflicts or, on the contrary, tries to aggravate them; this methodic permits also to evaluate the extent of every member’s of collective adapting to collaboration. The obtained results showed that coach HCU is more inclined to solve conflicts or moot cases by collaboration; the coaches of 1st category and specialist have bent to compromises and coach of the 2nd category prefers to avoid conflicting and moot situations.

Understanding of professional tasks of education by sportsmen comes with the growth of their self-consciousness. Exactly evaluation of coaches’ professional skills of communication by track and field sportsmen was one if the tasks of our research. Results of evaluation of interlocutor’s communicative skills showed that all sportsmen are communicative and communicable, they are able to listen that corresponds to high level (0.6-2.1%). We can assume that coach’s remark do not provoke their irritation or annoyance.

The results of study of relationships between sportsmen and coaches showed that three groups of sportsmen (Sergey Konstantinovich M., Natalya Anatolyevna T., Viktoria Anatolyevna K., Aleksandr Nikolayevich D) put on the first place emotional component of coach’s work. That is, they are content with coaches, trust them and want to be like they are. The advanced quality of coach Viktoria Anatolyevna K., was, in their opinion, behavioral part, i.e., justice, sympathy, attentiveness, absence of any censures. In building of relations between coach and a sportsman substantial place is taken by the coach’s behavior, understanding of sportsmen’s psychology, the style of management. At the same time, sportsmen appreciate coach’s sensitiveness, benevolence, amicability. There is an opinion of specialists (Ye. Illyon, , Yu. Kololmeytsev), that with compliance of typological properties of coaches and sportsmen, the latter achieved positive results in competition activity.

With diagnosing of types and attributes of temperament, it was revealed that all questioned coaches are moderate extraverts, who have high and moderate emotional stability, who are sufficiently open and faithful in communication. Concerning questioned sportsmen, all turned out to be moderate extraverts, emotionally steady, sufficiently open and faithful in communication. We can assume that this is an important factor of their tempers’ compatibility.

Psycho-physiological compatibility depends on the whole number of factors: they are purely physical and physiological features (height, strength, endurance, health and etc.), as well as peculiarities of perception processes, thinking, memory, emotions and so on.
Social psychological compatibility is based on common targets, interests and wishes of sport collective’s members, on unity of value orientations and orientation of activity of collective’s members, on specific features of social type of behavior, relation to the fulfilled activity by sportsman and coach.

As per our observations, competitions with team mates are very useful for tracks and field sportsmen of Sergey Konstantinovich M. Very often in final part of his trainings he uses competitions in pairs at different distances (100 m., 200 m., 300 m.).

For all tracks and field sportsmen frequent instructions on technique of elements’ execution are very useful, as well as opportunity to actively train. Coaches carry out correction of technical elements of their sportsmen in different ways (verbally or by own example). However with it, efficiency of training is not reduced.

By information about the intensity of coming training (before its beginning) we came to conclusion that the results of the questioned tracks and field sportsmen are different. In the group of Natalya Anatolyevna T., the half of the questioned sportsmen did not attach importance to this fact because her group is the group of initial preparation (second year of training).

“Competitions with oneself” dominate in group of Viktoria Anatolyevna K.. Most of sportsmen of this group are sportsmen of invasports.

All sportsmen positively appreciated video records and other visual aids as an effective mean, facilitating their trainings.

Stimulation and personal appraisal of coach play greater role even for experienced tracks and field sportsmen in comparison with such factor as support of a team mate. It is connected with the fact that in training process of such sportsmen individual approach is very often used.

**Summary**

Coach’s ability to form personality of a sportsman is an important component of his skillfulness. The process of personality’s formation can be imagined as functioning of complex dynamic system, interaction of whose elements is conditioned by coach’s leading role and authority, by influence of environment, by teenager’s state.

In building of relationships between sportsman and coach, a lot depends on the coach’s behavior, on his understanding of sportman’s psychology. Results of research of mutual understanding between coaches and sportsmen of tracks and field cub “Iskra” showed the presence of their common features. Nearly all coaches and sportsmen belong to the same temperament group of extraverts, being strong, energetic and emotionally steady personalities. This fact makes relationships much easier and provokes fruitful cooperation.

All coaches have high and middle level of satisfaction with their professional activity, which is directed by them to solution of professional tasks. In general, sportsmen are content with their coaches, fully trust them and would like to be alike them. They are communicative and able to listen.

Characteristic feature of the questioned groups is increased communicativeness, low level of conflict situations and interest in solution of working problems, orientation on working cooperation, ability to defend own opinion in interest of trainings.

Of the same importance is the fact that both coaches and sportsmen regard the same factor, facilitating efficiently train, as having priority.

Studying of coach’s and sportsman’s compatibility is an important task of modern psychology of sports. Application of up-to-date methodic (not only interviewing or testing) shall be aimed to deep investigation of psychological features of personality. This, in its turn, will help to determine sportsmen, who are easy or difficult for a coach to work with them, to establish mutual understanding.

**References**:

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