

The controlling behavior of the coach's and its relationship to the basic needs psychological thwarting of football players in Minia Governorate

Prof. Dr ./ Hassan hassan abdo abd allah

Prof. of psychological, educational and social sports sciences at faculty of physical education -
Minia university.

Researcher / Mohammed Ahmed Bayoumy Ismail

A researcher at the department of Psychological, Educational, Social and Sports Sciences at
faculty of physical education - Minia university.

An introduction and problem of the research :

In general, modern training is set on scientific bases for many different sciences (especially for football). Psychological and educational science is one of the most important sciences wich is interested in studying the psychological and behavioural sides which are required generally is sport ,Sports training science takes from the psychological science many achnowled germents and much information which contribute to help both the trainers and players to understand themselves and to achieve adaptation and success to reach the ideal performance.

Sports psychological science has become the basis in analysing many problems and psychological variables which sports people have . One of these variables is the coach behaviour system.This has an important effect on the players achievement and satisfaction. It is also the reason for making sports people go on in practicing his sport or being depressed and not satisfied or less motivated . It can also be one of the reasons that make the player stop.

Mellet (2004 : 10) sees that the coach is the base of developing the player and one of the clues to boost the player and to help him show his talents . This can be through developing all the body , skill and psychological sides of the player and that is through the behavior of the coach.

Bartholomeu et al (2009 :34), Isoard et al (2012 : 12) pointed that there are two main styles of training : Independent support and control.

Hedge et al (2011 :10) and others pointed that we know the style of the independent support training from the trainers who shows reasons for their decisions. They also allow their trainees to feel independent in making decisions. Moreover, this style of training is the ideal to lower pressure on the players whether internally or external.

Bartholomeu et al (2009 :34), Isoard et al (2012 : 12) also indicated that the other style of training (The controlling style) comes in contrary with the previous style. For, instead of allowing the player to have independence in training. The controlling coach has a more excessive controlling style. This style leads the player to feel less able to control his own actions and becomes approximately like a puppet. Then you can notice the increase of pressure and the need of satisfaction.

The two researchers see that the control coach behaviour makes the players obliged to do whatever to meet the excessive demands of the coach. It also makes the player feel faulty and forces them to act according to the external instructions with any self-support. Psychological basic needs thwarting is considered one of the most important modern issues that interests the researchers of psychological in general and those of the sports psychological science in particular. Frustration is connected to need. Thus a person or a group, when finding an obstacle in fulfilling their needs (whether physical, social or psychological), they have negative feelings which result from frustrating their positive feelings.

Gulzar et al (2012:15) point that frustrating situations happen daily in life or in any place , at school or at work or even when dealing with others. Frustration has become one needs to face it.

Hassan abdo (2012:3) pointed that the basic psychological needs can be expressed through a number of aspects which illustrate the process of "competence" as the ability to use talents and sports information and to organize work in the team. It is also the innovation and the ability to adapt with the abnormal activities and the

individual talents "autonomy" is the internal control in one's behaviour that makes one behave according to his own beliefs not to social standards and "relatedness" It is the feeling of having good relationships with others within the team, being close to them and trusting them .

The two researchers see that frustration results from not fulfilling the needs. That leads to deviation in the player's behaviour. For the player has basic needs and not fulfilling them hurts him and causes not achieving mental health.

The researchers noticed that football teams in minia have some problems in the hesitant standard of players which proves that these players have psychological obstacles that retard them.

The two researchers see that these obstacles which stops the development of these teams may com from the behaviours of the trainers with the players which may play the role that affects them badly to fail to achieve success in sport.

The current research problem is reinforced of this research is that there are no studies in both the arab and foreign environment dealing with the changes of the research " controlling behaviour coach's and it's relationship with psychological basic needs thwarting for football players in minia".

Goals of the research :

The present research aims at identify the:

-The relationship between control behaviour of the coach and the thwarting beasic psychological needs for football players in minia governorate.

Research hypotheses:

The two researchers assumed that there is astatic connected relationship between the control behaviour of the coach and the thwarting beasic psychological needs for football players in minia governorate.

procedures of the research:

Method of the research:

the two researchers used the descriptive method (surveying studies method) with its steps for its appropriateness to achieve the research goals.

Community and sample of the research:

The sample of the research included the players of football in minia in the sports season 2020/2021. The number in this sample reached (287) players . The two researchers choose a random sample of (130) players with a percent of (45.29) of the community of the research . The sample were aged between (21 to 30 year).

Tools of the research :

To collect the data required for the research we used:

1-control coach behaviour scale of Bartholomu localization researcher(2)2020.

2-psychological basic needs thwarting scale by bartholomu localization hassan abdo 2020.

The scientific procedures of the research tools:

1-control coach behaviour scale:

A-Validity:

To measure control behaviour scale the researchers used the concept of validity or constrent validity through internal consistency. It was consolidated on a sample of (30) footballers in minia.

-The percentage of the correlation coefficients between score of each statement and total score roned between (0.66-0.40). They are statically significant ones indicating the internal eonsistency of the questionnaire.

B-Reliability:

To calculate the questionnaire reliability, the researchers used half-split method through alpha coronbach coefficient by applying it on a sample of (30) footballers from minia from the research community and outside the original sample. Alpha Cronbach coefficients of the control behaviour scale ranged between (0.74-0.94).and they are statically significant ones in dicating the questionnaire reliability.

2-psychological basic needs thwarting scale :

A-Validity:

To measure psychological basic needs thwarting scale the researchers used the concept of validity or constrent validity through internal consistency. It was consolidated on a sample of (30) footballers in minia.

-The percentage of the correlation coefficients between score of each statement and total score ronged between (0.60-0.49). They are statically significant ones indicating the internal consistency of the questionnaire.

B-Reliability:

To calculate the questionnaire reliability, the researchers used half-split method through alpha coronbach coefficient by applying it on a sample of (30) footballers from minia from the research community and outside the original sample. Alpha Cronbach coefficients of the-psychological basic needs thwarting scale ranged between (0.70-0.58).and they are statically significant ones in dicating the questionnaire reliability.

Presenting and discussing the findings

Table (1) the coefficients between the control coach behaviour and the psychological basic needs thwarting for the senior footballers in el minia governorate n=(130)

Variables		Psychological basic needs thwarting		
		Autonomy	Competence	Relatedness
Controlling Coach's behavior	Controlling use of rewards	-0.29**	-0.24**	-0.16**
	Negative conditional regard	0.32**	0.12	0.23**
	Intimidation	-0.03	-0.22*	0.02
	Excessive personal control	0.23**	0.16	0.29**

It is shown from the table (1) the following :

-There is a static negative relationship between controlling use of rewards One dimension of the controlling behavior of a coach with (Need thwarting Autonomy - Need thwarting Competence) One of the dimensions of psychological basic needs thwarting, While there is a non-statistically significant relationship with (Need thwarting Relatedness).

-There is a positive statistic relationship between using Negative conditional regard One dimension of the controlling behavior of a coach with(Need thwarting Autonomy - Need thwarting Relatedness) One of the dimensions of psychological basic needs thwarting, While there is a non-statistically significant relationship with (Need thwarting Competence).

- There is a static negative relationship between intimidation (coming from the control coach behaviour) and(Need thwarting Competence) wich is out of the psychological basic needs thwarting. There is a non-statistic relationship with (Need thwarting Autonomy - Need thwarting Relatedness) .

-There is also a positive relationship between the aspect of excessive personal control – related to (Need thwarting Autonomy - Need thwarting Relatedness) . There is a non-statistic relationship with (Need thwarting Competence).

Discussing the findings:

Through the previous findings, the researcher show that :

The researchers attribute these results to the practice of controlling behavior strategies for the coach even though it is seen as frustrating and negative, and this is what the results showed with Negative conditional regard, which is withholding support and attention from the player who did not implement the requirement of him by the coach, which increases the frustration of the need for Autonomy and Relatedness is the player's relationship with the coach and his colleagues as well As well as the strategy of excessive personal control that increases the player's feeling of malaise and anger and also works on the player's feeling of losing independence and straining his

relationship with the coach and colleagues for fear of further interference in his personal life, which leads to frustration of Autonomy and frustration of the Relatedness, but it is with experienced players that may have an impact. Positive, such as the strategy of controlling the use of rewards and intimidation of losing his place in the team, which leads him to demonstrate his competence This is in agreement with the findings of Matosic et al. (2014) and the SDT theory. Although much negativity surrounds the controlling (controlling) training method, there is evidence to suggest that it may improve the perception of competence, which is one aspect. The three main aspects of self-determination theory, and that another concern associated with dominant training style is its effect on player status and relationship within the team. (They found in their research that those with a scholarship and a dominant coach view the scholarship negatively. This negative view of a scholarship can be considered as It is a negative view of their position and relationship with others on the team, and the additional pressure that comes from obtaining a scholarship may increase through the control style of the coach. This is also consistent with what Hodg et al. (2011) suggested when highlighting the importance of understanding and integrating both autonomy and controlling approaches depending on the requirements of the situation.

This result was in agreement with the study of:

This is in agreement with some of the results of the Clamen study

- The study "Yago Ramis" (2017), "Vello Hein" (2015), the results of these studies demonstrated the positive effect of the controlling behavior of trainers and physical education teachers on frustrating the basic psychological needs of their samples.
- In this way, the assumption of the research is partially realized, which states: "There is a statistically significant correlation between the controlling behavior of the sports coach and the frustration of the basic psychological needs of adult football players in Minya Governorate."

Conclusions:

1-There is a static negative relationship between controlling use of rewards One dimension of the controlling behavior of a coach with (Need thwarting Autonomy - Need thwarting Competence) One of the dimensions of psychological basic needs thwarting, While there is a non-statistically significant relationship with (Need thwarting Relatedness).

2-There is a positive statistic relationship between using Negative conditional regard One dimension of the controlling behavior of a coach with(Need thwarting Autonomy - Need thwarting Relatedness) One of the dimensions of psychological basic needs thwarting, While there is a non-statistically significant relationship with (Need thwarting Competence).

3- There is a static negative relationship between intimidation (coming from the control coach behavior) and(Need thwarting Competence) wich is out of the psychological basic needs thwarting. There is a non-statistic relationship with (Need thwarting Autonomy - Need thwarting Relatedness) .

4-There is also a positive relationship between the aspect of excessive personal control – related to (Need thwarting Autonomy - Need thwarting Relatedness) . There is a non-statistic relationship with (Need thwarting Competence).

Recommendation:

1-Control coach behaviour scal for barthalmauo sgould used and future researchs for this topic should be done in egypt.

2-We assure the importance of the sports psychist in minia sports chubs.

3-Circular measures of the psychological basic needs of the players should be carried out for the registered players in the sports clubs.

4-The standards of the research should be consolidated on different samples and on various sports.

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