

## IMPACT OF RELATIONSHIP OF COACHES ON ATHLETES

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In a sporting context, athletes may endure extreme or excessive stress. Today, it's crucial to remember that nobody can keep the sport a secret. Sport has become a significant feature of our lives and is a social phenomenon that affects all facets of an individual's and society's existence. The numerous aspects of psychological relationships, such as successful communication and conflict between coaches and athletes, will be examined in the current study. The study's major goal is to understand the psychological factors that affect how well players perform in sports. The interaction between athletes and coaches is a key factor in fostering athletes' development. Ability of the coach to generate ideal working conditions based on their psychosocial and physical qualities

**Keywords:** Athlete, Coaches, Sports and Relationship

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## Introduction

This study aims to shed light on the connection between the athletes' passion for sports and their coaches. One of the most significant individuals in the professional or amateur athlete's career is the coach (Short & Short, 2005). As a result, the athlete's success is directly impacted by the nature of the coach-athlete connection and communication. The coach instructs the athletes in sportsmanship, provides them with tactical instruction, and aids in their development of agility and pragmatism. The coach-athlete relationship plays an important role in providing happiness and welfare. It can provide sources of help during difficult times such as injury or burn out, during emotional crises such as disqualification from a major competition, and transitions for example career termination (Jowett & Clark-Carter, 2006).

## Coaches

The development of an athlete's mental, physical, technical, and tactical skills is the responsibility of the coach, and on top of all that, they are also expected to succeed (Becker, 2009). So, the value of coaching is obvious, especially when competition rises and gets stiffer. The players benefit from the coaches' expertise and experience, and they also benefit from their assistance in learning how to effectively communicate with both their teammates and opponents. It has been found that coaches have a significant influence on their players' physical and psychological development, and that their main responsibility is to help them perform at their best and accomplish goals that they wouldn't be able to do on their own. Coaches have a lot of responsibilities, but they also have a lot of pressure to succeed. Their responsibility is to assist athletes in developing their tactical, technical, technical, and mental abilities. So, it is possible to think of the relationship between a coach and an athlete as the transfer of technical expertise and coaching. Notwithstanding a coach's responsibilities, the athlete-coach relationship is crucial to the coaching process since it will likely determine the athlete's happiness, self-worth, and performance success. The trainer, grower, and breeder are referred to as coaches. A coach is someone who oversees the process of directing, instructing, and developing members of a sports team, a group of them, or individual athlete.

## Athlete

An athlete is considered to be an individual who is engaged in physical activity and exercise on a regular basis. This definition is intentionally wide, to include all those individuals regularly participating in some type of physical activity. Later shared and updated, defining athletes as "people who engage in physical activity with the primary goal of improving performance to bolster athletic excellence and/ or achievement" (MacMahon and Parrington, (2017). On the other hand, exercisers should be identified as people who participate in physical activity with the motivation to increase fitness, promote health, improve physique, and learn or refine skills.

## How to Succeed as an Athlete

We have tried to keep the list of things required to succeed as an athlete in short.

Health, Talent, Luck, Consistency, Opportunities, Development, Goal setting and Coaching

The above given factors are subsumed for the athletes

## The Athlete-Coach Relationship

Poczwadowski, et al. (2006) discussed five key approaches used to study sport relationships from a psychological perspective, namely: Psychodynamics and personality-focused; behavioural; cognitive; social psychological; and interactional. Athlete-coach relationships as a phenomenon continue to be a relatively new area of scientific inquiry.

According to Jowett and Shanmugam (2016), effective coaching is a fair, thoughtful, helpful, and caring procedure or process with the primary goal of maximizing athletes' potential. In a study by Ostler (2014), it was discovered that coaches have a significant impact on the physical and psychological growth of their athletes and that their primary duty is to support their athletes in reaching their full potential and achieving objectives that they would be unable to accomplish on their own. According to studies, athletes' performance increases when instructors respect their sentiments and take into account their thoughts.

Jowett and Shanmugam (2016) agreed that effective coaching is a fair, considerate, caring, and helping practice/process where the main focus is on maximizing athletes' potential. In a study by Ostler (2014), it was found that the coach has remarkable influence on the physical and psychological

Development on their athletes and that their main responsibility is to help their athletes perform at their maximum level and reach goals that they could not attain on their own.

A coach must be able to recognize the individual learning styles of each athlete in order to be able to teach these athletes the proper techniques as well as the way of thinking (Coykendall, 2014). According to studies, athletes' motivation rises and has a positive impact on sport performance when coaches take into account their ideas and sentiments regarding the sport they play (Holt, 2013).

According to a study by Ward (2014), players believe that relationships may be maintained by having coaches stay in touch with them frequently and provide emotional support to their athletes both inside and outside of the sports context.

The coach-athlete relationship may suffer as a result of the athlete's perceptions of coaching actions being frequently more correct than the coach's assessments of their own behaviours due to perceptual differences (Detling, 2001). According to Coykendall's (2014) theory, every athlete has various needs because every human being is different, and as a result, every athlete may have varied expectations of their coaches. If the coach exhibits the preferred and anticipated coaching behaviours of the athlete, the coach's relationship with the athlete will likely be stronger (Coykendall, 2014). He comes to the conclusion that these actions, both positive and bad, have a significant influence on the type of relationship that athletes may have with their coaches (Coykendall, 2014).

### The Roles in the Relationship between Coach and Athlete

01. Approach the players with positivity, fairness, and consistency.
02. Ensure that every participant is aware of the requirements, guidelines, and policies of the programme.
03. Maintain an equipment inventory.
04. Carefully considering when to play and what to use as a plan.
05. Ensure that everybody is aware of the practice and game schedules.
06. Ensure every athlete's safety.

01. Follow the academic development of athletes.
02. Recognize and use injury prevention techniques.

### Athlete's Role

01. Always put in hard work!
02. Recognize and abide by the team and institution regulations.
03. Be positive and have a nice attitude.
04. "The only dumb question is the one that you do not ask," says the instructor in response to any questions.
05. Inform the coach of any unique issues.

### Conclusion

At the end of this study, we found that the athlete-coach connection can have both good and negative psychological effects that can influence an athlete's performance in tournaments. Closeness, dedication, complementarity, and co-orientation are related to this. It emphasized the importance of coaches in the athlete-coach interaction on the mental and physical status of the athlete as being interdependent with one another.

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