

The Effect of Parental Attitudes of Basketball Coaches on Their Leadership Perception and Life Satisfaction

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ABSTRACT This study aims to research whether parental attitudes of basketball coaches effect their leadership perceptions and life satisfaction. 244 male basketball coaches (X age 35.26 ± 8.16) participated in the research voluntarily. To the participants were applied the Parental Attitudes Inventory Life Scale. Pearson correlation, multiple regression analysis and one-way ANOVA analysis were used in analyzing the data. A positive relationship was determined between parental attitudes and life satisfaction scores; while a significant negative relationship was found between authoritarian and protective parental attitudes and life satisfaction. In this line, suitability of modeling the relationships by regression analysis was tested. On one hand it was determined as the result of hierarchical regression analysis, on the other hand, the perceived leadership behavior was the positive predictor of life satisfaction. Considering whether life satisfaction scores of basketball players varied based on the perceived leadership behavior, it was set forth that life satisfaction scores are high at a significant level.

INTRODUCTION

Analyzing the sport psychology researches, it can be seen that several researches have been made on coaching and leadership theories in recent years. Development of coaching and leadership theories has reduced the dependence to the non-sport specific theories. Development of sport specific leadership theories and the great interest shown to the subject of leadership have led to the emergence of new definitions used to define the concept of leadership. Besides, a great number of different approaches has been indicated and stated for the leadership studies.

Researches aimed at revealing leadership perception and effective coaching behavior have focused on psychological characteristics of teams. Sport leadership, accepted as one of them, is defined as the behavioral process leading people to a desired goal, characteristics used to head and lead a community and the process affecting individuals and group for the determined purposes and goals (Barrow 1977).

As a general result of leadership and coaching studies, an "effective coach" is the leader

who elicits successful performance outcomes. An effective coach must be ready to meet several personal and individual needs of his athletes. Effective coaches are those who are prepared to meet the individual needs of their athletes and realize that they can make a difference in the team performance by improving their own coaching skills and understanding the effect their behavior can have on their athletes (Anshel 2003). On the other hand, it is possible to see some new researches for leadership in sport setting. For example, a total of 173 volunteer participated in a study that examined athletes who actively do sport and prefer leadership sub-scales according to individual to team sports, age groups and gender. Since the study is for determining coach behavior, leadership behaviors of athletes were examined within the scope of their perceptions in terms of age, gender, sport branch, sport age and training period with current coaches and the relationship was investigated between these parameters. At the end of the study, it was found that 16-23 years old athletes prefer more instructive and informative, democratic, social support and positive feedback coaching behavior; male athletes were found to prefer more autocratic behaviors than female athletes; team sport athletes were found to prefer more democratic, autocratic and social support behaviors than individual athletes. A negative and significant relationship was found between age groups and instructive and informative, democratic, social sup-

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port and positive feedback coaching behaviors of athletes (Eskiyecek et al. 2015). There is another study conducted by a total of 411 coaches consisting of head coaches, assistant coaches and volunteer coaches working at basketball schools. Significant differences were found in leadership and intrinsic motivation mean levels of basketball coaches in terms of experience year. As a result, leadership and intrinsic motivation show differences in terms of experience year (Toros et al. 2013).

On the other hand, a basketball coach must be happy with his job to form a successful team. Thus, life satisfaction of coaches varies at different stages of life. Subjective well-being and life satisfaction is a branch of psychology that examines how people evaluate their lives. These life evaluations are composed of cognitive judgments and frequency of positive and negative emotions. In fact, subjective well-being and life satisfaction mean a coach's evaluation of his own life and pronouncing judgment. It's likely to say that subjective well-being includes three major components: life satisfaction, presence of positive mood, and absence of negative mood. These three components represent the term happiness indeed (Ryan and Deci 2001). Life satisfaction reflects a summary of positive emotions concerning an individual's cognitive evaluation of his own life quality and satisfaction (Dost 2004). Subjective well-being is identified with the terms happiness and life satisfaction (Veenhoven 1996; Diener 2000; Diener et al. 2003). An individual who experiences high levels of subjective well-being is expected to have high levels of life satisfaction perception, to have good feeling and pleasure generally, and to experience negative emotions such as sadness, sorrow and anger rarely. For Ghiselli et al. (2001) and Higgins et al. (1992), low level of life satisfaction influences performance negatively and causes a low level of job satisfaction. Today, there are several empirical and theoretical studies on subjective well-being and life satisfaction. The ones examining life satisfaction and sport emphasize the significance of life satisfaction. Researches on life satisfaction analyzing the changing nature of sports teams are essential for social psychology studies and have an important place in research fields. Social psychology studies aimed at examining the dynamics of sports teams remark the importance of life satisfaction. Life satisfaction may play a significant role in determining the level of

achievement of basketball coaches. In a study conducted by Kara and his friends (2014), it was aimed to determine the life satisfaction and loneliness level of partners of elite athletes. Findings didn't indicate any significant difference between genders. However working status and partners of athletes who have a child were reported to have a higher level of life satisfaction. As a result, partners of athletes were reported to enjoy their life regardless of gender differences but also feel themselves alone. Besides, it was reported that no relationship was found between being happy for their life in general and loneliness feeling of individuals.

It is stated that life satisfaction individuals who engage in any sort of nature sports has increased dramatically (Gezer 2014).

On the other hand, relations between basketball coaches are not stable and likely to be affected by external factors. As a result of such relations, appearance of life satisfaction of basketball coaches and their performance may be influenced by several internal and external factors.

Having a low or high level of life satisfaction will have an impact on basketball coaches' optimism about the future and provide their potential and creativeness to appear. In this process, the role of parental attitudes is as important as the opportunities given to coaches by society. Parental attitudes depend on how and to what extent the needs of children are satisfied by their parents (Trautner 1991). Having a high level of life satisfaction is important for basketball coaches to get through a difficult period of life in which they become independent of their parents and develop their identity. A basketball coach who experiences a high level of life satisfaction will become a hopeful, confident and thus, a happy person. Parental attitudes are important for basketball coaches to grow up in family environment where there is healthy communication, to feel good and to show it by his behaviors. Attitudes as one of the important concepts in behavioral sciences are defined as permanent judgmental tendencies leading individuals to behave towards, think or feel about a certain person, object or event whether in a positive or negative way (Budak 2000). Attitudes of parents towards their children play a significant role in shape of the future life and general well-being of their children.

Therefore, the aim of this study is to research whether parental attitudes of basketball coaches affect their leadership perceptions and life

satisfaction. As the result of this study, relation and interaction between parental attitudes, leadership behaviors and life satisfaction levels of basketball coaches considered important for team sports will be determined and a different dimension of sport psychology rarely examined in Turkey will take its place in literature. Revealing the importance of being a team for sport psychologists, particularly for the ones who work as an implementer, and the affecting elements will enable teams to be organized in an easier way. That basketball coaches will learn the factors affecting to become a team and the relation between these factors and achievement in sports, on the other hand, may contribute to organize teams in an easier way and maybe to achieve success.

METHODOLOGY

Research Group

244 male basketball coaches (X age: 35.26 ± 8.16) participated in the research voluntarily.

Data Collection Tools

To the participants were applied the Parental Attitudes Inventory, developed by Kuzgun and Eldeleklioglu (1996), the Leadership Scale for Sports (LSS), developed by Chelladurai and Saleh (1978, 1980) and adapted to Turkish for Turkish athletes by Toros and Tiryaki (2006), and the Satisfaction with Life Scale, developed by

Diener et al. (1985) and adapted to Turkish by Koker (1991).

Data Analysis

Pearson correlation, multiple regression analysis and one-way ANOVA analysis were used in analyzing the data. The margin of error was set .05.

RESULTS

In the research, regression models of parental attitudes of basketball coaches were established and tested in line with its relation to leadership perception and life satisfaction (Table 1). Suitability of modeling the significant relations by regression analysis was tested in line with the findings. After it is verified that hypotheses of multiple linear regression analysis are true, a regression analysis was made for determining prediction levels of parental attitudes, leadership perceptions and life satisfaction of basketball coaches. Predictor variables were analyzed by Enter method, a model of regression analysis. Since the regression analysis model (Model 1) was found insignificant, the variables were eliminated from the model starting from the one with the lowest significance level for the purpose of finding the most suitable model. In this model considering life satisfaction significant, the variables of training and instruction, authoritarian mother and protective mother were eliminated by being found insignificant and the remaining

Table 1: Hierarchical regression analysis on parental attitudes, leadership perceptions and life satisfaction of basketball coaches (Model1, Model2, Model3)

Variables / n= 244		$\hat{a}$	t	p
Perceived Leadership Behavior	Training and instruction	Except Model 3		
	Democratic behavior	.239*	2.702	.008
	Authoritarian behavior	Except Model 3		
	Social support	.239*	2.702	.008
	Rewarding behavior	.206*	2.559	.010
Parental Attitudes	Life satisfaction	.199*	2.417	.019
	Democratic mother	18.421*	4.886	.000
	Protective mother	.267*	3.003	.003
	Authoritarian mother	Except Model 3		
	Democratic father	Except Model 3		
	Protective father	.251*	2.926	.006
	Authoritarian father	Except Model 3		
	R ²	-.146*	2.258	.032
	F		.261	
	p	11.426		
		.000		

*p<.05

variables were reanalyzed. As the result of this analysis, it was determined that rewarding behavior and authoritarian father are among the significant predictors (Model 2). Then, hierarchical regression analysis was made and Model 3 was established. In this model, on the other hand, authoritarian behavior and protective parental attitudes were eliminated; while democratic behavior, social support, democratic mother and democratic father variables were found among significant predictors (Model 3).

DISCUSSION

Basketball is a team sport. Comparing athletes in team sports, it is thought that team athletes playing in an environment where interpersonal interaction level is high are influenced by behaviors of the basketball coach as their leader (Yukl and Van Fleet 1992; Toros 2002). Besides, the most general and uncontrollable factor providing the team to get united and the team members to become socialized are life satisfaction of coaches. Considering the studies on perceived leadership behavior and life satisfaction, on one hand, it is found that parental attitudes have an impact on athletes' leadership perception and their ability to establish consistent, clear and net communication that is suitable especially for the team's duties, goals, values and the roles of individuals. On the other hand, when high level of authoritarian behaviors and the tendency to frequently give penalty-oriented feedback, not to give reinforcement and to ignore the failures are perceived in basketball coaches, it brings to mind that coaching behavior may reduce the level of life satisfaction since such behaviors may have negative effect. In such an environment, athletes would just struggle to win and to receive positive feedback from their coaches (Sullivan and Kent 2003; Reinboth et al. 2004). Since positive reinforcement or encouragement would not be common in this environment, the concern of basketball coaches would be the anxiety of making mistake, rather than being good at sports. Furthermore, it wouldn't encourage team unity or belief.

Mert and Ardahan (2014) stated that life satisfaction, emotional intelligence and recreative nature sports (climbing, rock climbing, cycling and trekking) have impact on ecological perception of an individual.

In a study conducted in Spain on adolescence whose ages were between 14 and 17, it was aimed at to examine the effect of doing exercise in adolescence on life satisfaction and self-competence. Findings showed that individuals who are physically active were reported to have a high level of general self-competence and life satisfaction. Besides, significant differences were observed concerning self-competence perception, exercise frequency per week and social environment that exercise was done (Reigal 2014).

In a study done with 104 males (Age mean is 28.38 ± 11.66) who do sport, aged between 18 and 70, it was found that negative behavior of coach decrease life satisfaction and sport mentor support has positive impact on life satisfaction. Besides, it was stated that individuals who do sport for health will have an increased life satisfaction (Torregrosa et al. 2014).

In a study done with 12-16 years old Spanish adolescents, positive relationship was detected between physical activity, Mediterranean diet and life satisfaction (Grao-Cruces et al. 2014).

In another study, gateball sport was applied for a 60 years old individual in a closed area, five days a week and 30 minutes. Result showed that gateball sport enhances life satisfaction and thus gateball sport may be a healing method for enhancing life satisfaction of individuals (Kwon-Young Kang 2014).

It was found that while there was an increase in life satisfaction and self-perceptions of Education Philippine elders who join physical activity, a decrease was observed in the levels of depression (Escolar and Guzman 2014).

In a study on life satisfaction, health, self-evaluation and sexuality levels of university students who study in sport sciences, education and nature sciences departments, it was observed that life satisfaction values of sport sciences students were higher. A subjectively positive relationship was observed between physical activity and life satisfaction, health, self-evaluation and sexuality level (Sigmund et al. 2014).

In a study done with Australian women on the relationship between physical activity and life satisfaction, it was found that life satisfaction of women who go to a sport club was found to be higher in comparison to women who go to gymnastic hall and walk. 793 participated in the research (Eime et al. 2014).

In a study conducted on 78 football players, although athletes perceive that their coaches give

importance to education and provide social support, they pointed out that their coaches cannot create mastery oriented motivational climate while carrying out these kinds of behaviour.

In a study done with Turkish Youth National Team football players, when taking into consideration of choices of youth players, it was concluded that coaches who will work with this age group should show interest to personal development of players and provide social support except from their sportive problems. Some differences are available in characteristic democratic behaviour, autocratic behavior and positive feedback directions of behaviors on perceived coaching behavior of athletes. Leadership behavior perceived by athletes is determined according to qualities that coaches have (Türksoy et al. 2013).

Another study was done with 107 athletes who play in football league and minor league B category of infrastructure academy teams. The differences between perceived leadership behaviors of athletes from their coaches and leadership behavior they choose and the difference between the level of satisfaction and leader behavior were investigated. 31 of athletes played as defense, 42 of athletes played as midfield, 25 of athletes played as offence and 9 of athletes played as goalkeeper. As a result, there was found difference between leadership behavior of athletes that they perceived from their coaches and two sub-scales of leadership behavior they choose, autocratic behavior and democratic behavior. The characteristic of coach is taken into consideration in the study, while no significant difference was observed between perceived and preferred leader behavior and satisfaction; significant difference was found between preferred leader behavior and satisfaction regarding the characteristics of athletes (Türksoy 2013).

A study was done for enterprise behavior levels as predictor of perceived leadership behaviors of individual sports athletes. It was done with a total of 170 male athletes from wrestling, athletics, weightlifting, taekwondo, boxing, karate and badminton branches. According to findings, significant correlation was found between sport leadership subscale (education and teaching behavior, democratic behavior, social support behavior and positive feedback behavior) and enterprise (Sari et al. 2014).

CONCLUSION

Since life satisfaction provides team performance to become a determinant of a successful team formation, behaviors of basketball coaches may change in time. Having defined the elements including these formations and their development, democratic behavior frequently used by parents in relations with their children is indicated as the most proper behavior for personality development of the children since it includes showing unconditional love and respect towards the children. In this behavior, the children are allowed to display certain behaviors within certain limits; thus, a suitable environment is created for developing their sense of responsibility. By this way, parents allow their children to grow up in a free environment, to reveal their talents and to realize themselves. Authoritarian parental attitudes, on the other hand, are displayed by ignoring development level, personality traits and desires of the children and by expecting children to behave in the way the parents want. Since they are punished when they misbehave, the children having authoritarian parents develop dependent personalities and especially males are likely to have many problems accordingly. In the light of this information, basketball coaching is effected by parental behavior.

RECOMMENDATIONS

- More appropriate findings should be attained by means of using different sport branches
- This research can also be done for male and female athletes
- Self-efficacy, self-competence and self-esteem topics should also be included in studies together with life satisfaction and leadership perception
- New scales for sport should be paid attention in future studies

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