



Coaches Quality as Predictor of Sports Development in Edo State, Nigeria, West Africa

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ABSTRACT

The study examined if quality of coaches is a predictor of Sports Development in Edo State, Nigeria. The study examined how quality of coaches would be a predictor of sports development in Edo State, Nigeria. The ex post – factor design was adopted for the study and the main research instrument used was a modified closed ended Likert type of questionnaire which was validated. The reliability of the instrument was employed using cronbach alpha to determine the internal consistency of the questionnaire and 0.84 was obtained. The data was analyzed using regression statistical analysis set at 0.05 alpha levels. The findings was that, quality of coaches significantly predict sports development in Edo State, Nigeria ($B=0.294$, $T=3.026$, $P<0.05$). The null hypothesis is therefore rejected. Based on the findings, it was recommended that, Government, through her policies should ensure that before anybody becomes a coach, he or she should receive a formal training in coaching and equally ensure that, the coach must have extensive knowledge of the human physiology, growth and development.

KEYWORDS: Coaches Quality, Predictor, Sports Development.

INTRODUCTION

Guidelines for the implementation of Sports Development Policy 1989 states that, there is no way equality of our participation in competitive sports, that can improve without having well trained and experienced coaches in various sports. Coaching is a vital aspect of sports development that shall be given priority accordingly:

- (i). Coaches of sports association shall have free hand in the training, selection and utilization of amateur athletes.
- (ii). Coaches shall be rewarded according to performance and retained or dispensed with on the basis of need and exigency, promotion and deployment of coaches shall depend on performance need and training.
- (iii). Coaches shall be given opportunity to improve performance, through constant expose and training.
- (iv). The welfare of coaches shall be given adequate attention.
- (v). Coaches shall undertake training and participate in workshop and seminars at the National Institution for sports and at other institution abroad.

Jackson (1998) postulates that the most essential requirement in developing top-level athletes is the availability of a world-class coach. Without question, the quality of coaching and the athlete no other single factor is as important.

Coaching in sports as perceived by Pastore and Judd (1992) is characterized as a volatile profession involving many pressures. The kind of pressure according to them arising from coaching sports warrants; coaches spending many long hours performing for competition and during the competitive season, the demands of the job can exceed coaches endurance and ability to cope (Adesanya 1997).

Coaching as a form of instruction places the responsibility for learning on the learner fosters the development and maintenance of skill through vigorous use of specific teaching practices. This process provides continuous feedback in the environment for practice is structured for the displays and mastery of skills (Nettles, 1992). In sports, coaching requires that the coach should possess a leadership quality whose aim is to satisfy the needs of athletes. For the coach to command the respect of the athletes, he must prove to the athlete that he possesses the subject matter of his profession. This will enable the coach to lead by respect not fear. No one leadership style can purely be used all the time by a coach. However, a combination of democratic and autocratic styles of leadership will help the coach to exert control over his athletes.

Akindutire (1987) describes coaching as result oriented career whose level of success is measured by the immediate response to specialized directive from the coach, resulting in quantifiable achievement and high-class performance of athletes. The efficiency of a coach is determined by the winning ability of his athletes who acquire and utilize the techniques offered them through coaching processes. It is a known fact all over the world that the reputation and tenure of office of a coach rest squarely on his ability to produce ever winning athletes or teams.

Coaching in sports has same characteristics with teaching and learning when applied in any educational circle. Therefore, the coach's role first and foremost as observed by Awoma (2012), is to fulfill the role of the teacher. As a teacher, the coach should be a disciplinarian, guidance counselor, and diplomat, also judge and jury roles. The roles of salesperson is necessary especially when recruiting, the coach must sell his programme to the school and promising prospective student athletes. The coach should be concerned with the development on or off the field of the athletes being coached. Winning during the competition should not be the only indices for appraising the success of the coach. The coach could as well be evaluated in terms of what kind of people he helped to build. This type of behaviour according to Awoma (2012) is of course reflective of the coach's personal philosophy and dependent on the coach's practices. Ideally, the philosophy of athletes first, winning second, would be the first commandment by which all coaches live.

Coaching in sports is perceived by most people as a profession for veteran sportsmen and woman who are no longer active in sports. That is the reasons why most athletes who had reached their peak in competitive sports are compensated with the job of coaching. This does not really put coaching on the same formal preparation. This misconception creates doubt in the minds of many people who cannot affix what constitute coaching in sports. Against his background, Boye (2010) suggested that coaches should formally be educated in the field of physical education and sports as part of their preparatory programme. This will help coaches to withstand the challenges of coaching in different situation. This, if a coach finds job in an academic environment, the athletic programme of the student could officially be kept under the control of the coach. This will bring the coach in direct ties to the academic programme of the institutions.

Therefore, the main purpose of this research is to investigate if quality of coaches would predict sports development in Edo State, Nigeria and to determine whether quality of coaches significantly predict sports development in Edo State, Nigeria.

Research Questions:

The research question generated to guide the study is “Would quality of Coaches be a predictor of sports development in Edo State”?

Hypothesis:

The hypothesis was formulated and tested for the study: Quality of coaches would not significantly predict sports development in Edo State, Nigeria.

METHODOLOGY

Population:

The population of this study is eight hundred and ten (810), which comprise two hundred and thirty nine (239) Administrative cadres, two hundred and twenty (220) coaches and three hundred and fifty one (351) programmes athletes of Edo State Sports Council (Edo State Sports Council 2010).

Sample:

A sample size of four hundred and five (405) which comprise administrative cadre of one hundred and twenty (120), coaches one hundred and ten (110) and programme athletes, one hundred and seventy five (175) representing 50% of the entire population where used for the study.

Instrumentation:

The instrument for data collection was self-developed modified Likert type questionnaire items (Q.C.S.D.I) which sought information on predictor of sports development in Edo State. The scoring mode of the questionnaire is a closed ended questionnaire on a four point modified Likert scale type in positive four scores thus: strongly agree, 4 points, agree 3 points, strongly disagree 2 points and disagree 1 point and the adopted questionnaire is given to experts in the area of study for content validity. Their comments, criticisms and suggestions are in corporate in the final copy.

The questionnaire items were drawn from the variable in the research hypothesis; four hundred and five (405) copies of questionnaire forms were produced and administered to the participants used for the study. In order to reach the participants, four trained research assistants were deployed to the various associations in the sports council to administer the questionnaire forms by hand. Three hundred and seventy two (372) were retrieved of which, three hundred and fifty four (354) representing 84.4% where duly and properly filled and those returned ones were used for the analysis of the data for the study.

Data Analysis:

The data were analyzed using descriptive statistics of frequency counts and percentage for the research question, while descriptive statistics of analysis of variance (ANOVA) was used to assess if there is significant difference in the quality of coaches as predictor of sports development in Edo State, Nigeria. 0.05 level of significance was used for the statistical test of analysis.

RESULTS

Would coaches' quality be a predictor to sports development in Edo State, Nigeria?

Table 1: Percentage response of coaches quality as predictor of sports development.

Respondents	Strongly Agree	Agree	Strongly Disagree	Strongly Disagree	Total
Sports Managers	7 18.9%	29 78.4%	1 2.7%	0. .0%	37 100.0%
Coaches	70 67.3%	29 28.7%	2 2.0%	0 .0%	101 100.0%
Athletes	66 40.7%	93 57.4%	3 1.9%	0 0.0%	162 100.0%
Sports Officials	9 45.0%	10 50.0%	1 5.0%	0 .0%	20 100.0%
Others	12 37.5%	20 62.5%	0 0.0%	0 .0%	32 100.0%
Total	164 46.6%	181 51.4%	7 2.0%	0 0.0%	352 100.0%

The results displayed on table 1 indicate the percentage responses of respondents on Research question 1. The result on the table revealed that, one hundred and sixty four (164) 40.6% of the respondents strongly agree while one hundred and eighty one (181) 51.4% agree that coaches quality is a predictor of sports development while (7) 2.0% disagree and Nil representing .0% strongly disagree. The result from the study revealed that coaches quality is capable of predicting sports development in Edo State, Nigeria.

Table 2: Regression analysis on coaches quality as predictor of sports development in Edo State.
Coefficient

Model	Unstandardized Coefficient		Standardized Coefficient	T	Significant
	B	Std error	Beta		
1 Constant	1.300	.181		7.188	.000
Coaches quality	.294	.097	.184	3.026	.003

- (a) **Dependant Variable:** Sports Development (V)
Significant Predictor = Coaches Quality

Hypothesis 1: Coaches quality would not significantly predict sports development in Edo State.

The relative effects of quality of coaches as predictor of sports development in Edo State, Nigeria as shown in table 2 revealed that quality of coaches significantly predicts sports development in Edo State, Nigeria. The table shows the regression weight (B) The Standard error or Estimate SEE (B) and the T-ratio associated with coaches quality. As indicated in the table, the significant T value of .003 is less than the table value of 3.006; as such the null hypothesis which states that quality of Coaches would not significantly predict sports development in Edo State is therefore rejected.

DISCUSSION

From the findings obtained in table 1, the study has show that quality of coaches significantly predicts sports development. This finding is in line with Jackson (1998) who postulated that the most essential requirement in developing top-level athletes is the availability of a world-class coach. Without question, the quality of coaching and the athletes, no other sign factor is as important. Athletes will not develop for without quality coaches creating and directing an intelligent training plan. If coach is highly knowledgeable, motivated, intense and sensitive to individual needs and successful in solving problems, the training environment should generate much success for athletes.

In other words, if coach has poor technical or theoretical knowledge, lacks experience, is unable to direct a comprehensive programme, or is not motivated, or cannot spend necessary time, the athletes will not reach his or her full potentials. In support of this view, Ojeme (2000) opined that among the groups that are involved in sports administration, coaches are the least educated, yet the mantle of development of top athletes is primarily theirs. This finding also agrees with Thompson (1984) that the first and perhaps most important step towards becoming a successful coach is by developing a philosophy. Without a philosophy, a coach will lack the roadmap and direction necessary to achieve his goal. This is true of many endeavours one takes in life. Thompson (1984) further stated that philosophy determines every thought, every decision and every action one makes. In his view further, he said no matter who you are from where you or how you come to be in coaching. You bring ideas, opinions and attitudes from a life – time of personal experience.

The result of the analysis on table 2, also contrast Martens (1987) who stated that philosophy will give a coach direction. If he does not know where is going, any road will get him there. To be a successful coach therefore, he needs to know where he is going. Coaches without a well developed philosophy lack direction and readily succumb to external pressure and this will affect development of sports.

CONCLUSION

The finding of the study confirmed that, quality of coaches is a predictor of sports development in Edo State, Nigeria. While the study revealed that the status of sports development in Edo State, is at its lowest ebb, due to absence of inequality of coaches. The inability for the state government to employ competent coaches to handle most of the important sports in the State has jeopardized sports development in Edo State.

RECOMMENDATIONS

The following recommendations are made to improve sports development in Edo State, Nigeria.

- The State Government through her policies should ensure that before anybody becomes a coach, he or she should receive a formal training in coaching. A situation whereby many coaches do not undergo formal training in coaching must be discouraged.

- The State Government must ensure before engaging any of the coach that he or she must provide social learning experience through sports and must possess good background in psychology, sociology and social psychology especially group dynamics.
- In addition to his knowledge of sports, the coach must have extensive knowledge of the human physiology, growth and development.
- Communication skills are somewhat required for prospective coaches because, this will enhance their ability in public speaking. This is invaluable for the coaches contact with the public and his speeches at sports meets.
- Training in Computer is another valuable area that has much to offer to coaches. Knowledge in Computer Operations will and the coach to deal with data collection, analysis and interpretations. The effectiveness in performing this task solely depends on the coaches computer proficiency.

ACKNOWLEDGEMENT

This paper in the write up would not have been a success without the immeasurable contributions of the authors who I referenced, I hereby acknowledge all with gratitude.

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