



# Coach Leadership Style and Athletes 'Anxiety of West Java Karate

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*Authors' Contribution: A – Study Design, B – Data Collection, C – Statistical Analysis, D – Manuscript Preparation, E – Funds Collection*

**Abstract:** Anxiety in athletes is a problem that has not been resolved by coaches, especially in karate. The leadership style of a coach is one of several factors causing anxiety in athletes. This research aimed to investigate the significant correlation between coach leadership style and anxiety in karate athletes and to explore what kind of coach leadership style significantly influences karate athlete anxiety. This study applied descriptive methods and a quantitative research approach with a correlational research design, which involves collecting data to decide whether there is a correlation between the coach's leadership style and the karate athlete's anxiety. The sample in this research involved 15 West Java karate athletes (i.e. eight women and seven men). A questionnaire in the form of SAS-2 (Sport Anxiety Scale) and Leadership Scale for Sport (LSS), which athletes filled in via Google Forms, was used. The results indicate a significant correlation between the coaches' leadership styles and the anxiety of karate athletes. This research concludes that the coach's leadership style and anxiety of karate athletes are two things that are related to each other, so both need to be considered in the process of coaching karate athletes. Therefore, the author suggests coaches pay more attention to their athletes' anxiety levels

**Keywords:** coach leadership style, athlete's anxiety, karate

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## INTRODUCTION

Coaches have a difficult function to carry out their duties. A sports coach fulfils a leadership role characterized by goals based on improving sports performance (Purborini & NRH, 2016). The correlation between coaches and athletes is a common part of sport, based on athletes' experiences shows evidence that this relationship is very important to support the best results and performance (Vealey et al., 1998). Many studies in the literature have confirmed that the way a coach communicates with his athletes is considered to be an important part of shaping an experience (Kim et al., 2021). By what was stated by Vealey et al and Kim et al, the correlation that exists among a coach and his athlete is a necessary core that can influence the final results, experience, and success of an athlete's competitive achievements.

The demands that coaches has will arise which humanly the coach pressure and channel it to athletes indirectly. Study explains in its research that, When an athlete is asked to provide an assessment of their coach, many describe the relationship that exists between the coach and athlete, praise and motivation, as well as encouragement and trust given to the athlete from their coach who has a supportive and able nature trusted. (Strand, 2021). Further explained in their research coaches often emphasize physical, technical, and tactical aspects (Agita & Tansir, 2021). Coaches still don't know how to apply mental training to their athletes, so mental training to support athletes' psychological aspects has not been carried out. Supported by the statement put forward by (Saputra et al., 2022) in their research that Incidents of threats and aggression will affect concentration, performance, motivation, and anxiety before, during, and after the game. then research conducted by Kubayi, stated that the known impact of a coach's leadership style will affect the psychological condition of athletes (Jooste & Kubayi, 2018).

The mentality is a pillar that athletes must have because a strong mentality will support an athlete's success. There are various types of mental problems, one of which is anxiety. Previous research explains that athletes in all sports are very susceptible to experiencing anxiety, even in the sport of karate, athletes are even more susceptible to experiencing anxiety (Hagerty & Felizzi, 2023). This is then supported by a statement (Anderson-Butcher & Bates, 2021) which presents data that, Anxiety is something that is commonly felt by athletes of all ages and performance levels. Many children and teenagers around the world participate in organized sports. According to a survey conducted by the American Health Association, 85% of

coaches know that their athletes experience anxiety, but it is unfortunate that coaches have not been able to deal with the anxiety problem.

This research will link leadership style with an athlete's anxiety in the sport of karate. According to (Kusuma et al., 2020) in their research, it was found that in the sport of karate, the athletes had the highest average score for somatic anxiety, which was equal to 21.33. Currently, the correlation among coach leadership style and athlete anxiety is very interesting to study, especially in Indonesia. Research on leadership styles and competition anxiety in Indonesia in the sport of karate is still rarely researched.

## **MATERIAL AND METHODS**

This research uses a descriptive method, because the author did not provide treatment to the sample. With a correlational research design, the author carried out a data collection process aimed at determining whether there is a correlation among the coach's leadership style and the anxiety of karate athletes. The population in this research were West Java karate athletes who had experience participating in karate competitions, totalling 15 athletes (7 men and 8 women). The author used a total sampling technique to take samples for this research because there are criteria listed.

The instrument used in the research was the SAS-2 (Sport Anxiety Scale) questionnaire, where the sports anxiety scale was prepared based on the competition anxiety theory by (Smith et al., 1990). This anxiety scale was adopted and adapted by (Putra et al., 2021) into Indonesian, and tested on elite Papuan athletes. In research that has been completed by (Putra et al., 2021), the results of sports anxiety scale (SAS-2) were obtained which contained 15 questions related to anxiety (Anxiety) with 4 ratings, namely 1 (Never), 2 (Ever), 3 (Frequently), 4 (Very Often). The leadership style instrument used is the Leadership Scale for Sport (LSS) (Chelladurai & Saleh, 2016), a leadership style instrument with 39 questions related to a coach's leadership style in training athletes. The assessment criteria for LSS are 1 (Never), and 5 (Often). The two instruments used by the author use adoption techniques. Distribution of questionnaire data was carried out from April-May 2024, using a Google form, athletes were asked to answer several questions presented.

## RESULTS

The author presents the results of data processing and analysis in table form. A statistical description can be seen in Table 1.

**Table 1.** Statistical Descriptive

Variable	Min.	Max.	Sum	Mean	Std. Deviation
Coach Leadership Style	119	191	2389	159.27	18.172
Anxiety	41	51	678	45.20	2.757

Based on Table 1, the first variable, namely the trainer's leadership style, obtained an average value of 159.27, a standard deviation of 18.172, the lowest value of 119, the highest value of 191, and the total value obtained was 2389. Meanwhile for the variables anxiety obtained an average score of 678, a standard deviation of 2.757, the lowest score was 41, the highest score was 51, and the overall score was 678. Next, the author carried out a normality test which can be seen in Table 2.

**Table 2.** Normality Testing

Variable	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Coach Leadership Style	0.141	15	0.200	0.974	15	0.908
Anxiety	0.196	15	0.127	0.950	15	0.522

Table 2 shows the results of the data normality test using the Shapiro-Wilk Test. Based on Table 2, the leadership style variable obtained a statistical value of .974, a df value of 15, and Sig. of .908. Meanwhile, the anxiety variable obtained a statistical value of .950, df 15, and Sig. of .522. Based on the test results, both data obtained a Sig. value are  $< .05$  so that both data are declared "Normal Distribution". Therefore, the author uses a parametric approach in carrying out correlation tests. The results of the correlation test can be seen in Table 3.

**Table 3.** Correlation Test between Coach Leadership Style and Karate Athletes' Anxiety

Variable	Pearson Correlation	Sig. (2-tailed)
Coach Leadership Style - Anxiety	.586	.022

Table 3 shows the results of the correlation test. Based on Table 3, the Pearson Correlation value is 0.586 with Sig. (2-tailed) of .022. Based on the Sig test results. Is  $< .05$  so  $H_0$  is accepted. So, it can be stated that there is a significant relationship between coaches' leadership style and anxiety in karate athletes.

## DISCUSSION

Athletes are instructed to achieve achievements and maintain their health. However, in some sports, aspects such as concentration, physical fitness, and self-confidence are also important, with pressure to maintain high levels of concentration in every playing situation. This situation creates great challenges for athletes in maintaining their mental health, especially when dealing with injuries, recovery periods, training preparations, and various external factors such as pressure from supporters and coaches. Anxiety is an unavoidable part of human life, especially for athletes who always have to be in the best condition to win in matches, and so on. Although everyone experiences anxiety, levels can vary. Anxiety can have both positive and negative effects, especially for athletes who feel disturbed by anxiety when competing, which can hinder their performance. Many athletes try to avoid anxiety triggers so they can control these feelings and play to optimal ability (Alifi & Widodo, 2022). Anxiety is an emotional state that has no object, a coach would be better off paying attention to the athlete's anxiety level to support the athlete's playing performance (Hindiari & Wismanadi, 2022).

Most coaches always emphasize their athletes in technical, tactical, and mental aspects. However, the mental aspect still does not attract the attention of coaches because most coaches think that mental conditions do not affect athletes' performance. Professional coaches will have a leadership style that suits the needs of their athletes, not only limited to putting pressure on athletes, but coaches must also have broad insight into training, being a leader, being a friend/friend and parent to their athletes (Agita & Tansir, 2021). Previous studies explained in their research that each coach has a different leadership style according to their characteristics and characteristics as well as athletes (Abdul, 2020) so that communication and understanding can be established between both parties which supports reducing anxiety levels in athletes. This is confirmed by previous studies (Jooste & Kubayi, 2018) That leadership style is closely connected to the psychological sector experienced by athletes. It was further explained that the application of psychological aspects in training aims to explore how psychological factors can influence physical performance and also have a positive impact on the health progress and mental readiness of male and female athletes (Purnamasari & Novian, 2021).

Previous research suggested that 68% of male athletes in the futsal sport had moderate anxiety, while the majority of female athletes, 84%, had the highest level of anxiety (Widyanti et al., 2023). This is then supported by the outcomes of previous study (Nurdiansyah & Jannah, 2021) that explains the grade of anxiety experienced by male and female athletes has the same

average. In martial arts sports, the grade of anxiety in male athletes will increase when they are about to compete, in contrast to the grade of anxiety in female athletes whose anxiety level does not change. Male athletes have a high level of anxiety when facing matches because there are external factors that the coaches provide to their athletes (Fahrurrozi et al., 2023). The outcomes produce that male athletes had a high grade of sports anxiety based on scores on the sports anxiety scale, while female athletes had a moderate level of sports anxiety. This shows that there are differences in sports anxiety scale scores between male and female basketball athletes (Arifin, 2024).

By studies from previous studies that the grade of anxiety in male and female athletes has the same results, there is no tendency for anxiety among different gender athletes. The coach's leadership style plays crucial role that be able to help athletes overcome the nervousness and anxiety they experience, by providing direction, instructions, and strategies (González-García et al., 2021).

## CONCLUSION

This research concludes that there is a significant correlation among coaching leadership style and anxiety of karate athletes. This research explains that the coach's leadership style is crucial to pay attention to because it is related to the anxiety experienced by an athlete in the sport of karate. The sport of karate is played individually and in teams, so the athletes' concerns need to be paid more attention by the coaches. Therefore, the author suggests that coaches should pay more attention to leadership styles in training so that athletes have more controlled anxiety conditions and are wiser in choosing the appropriate leadership style to apply.

## Funding Statement

This study recognized no external funding.

## Acknowledgments

Thank you to all samples who want to participate in this research and provide a broad insight to the author. Also, all my lecturers helped the author to guide and help to do all the research.

## Conflicts of Interest

The authors declare no conflict of interest.

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