



## COLLISION OF DEMOCRATIC COACHING LEADERSHIP STYLE TO IMPROVE TECHNICAL SKILLS OF BADMINTON PLAYERS<sup>i</sup>

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### Abstract:

This research study was carried out on the game technique of badminton players during the tournament educational organizational structure for developing successful inter-collegiate and inter-department level badminton players of Sukkur region, Sindh. The study was conducted on 200 male players of Badminton. The student-players of 20 affiliated colleges (N=100) and 20 teaching departments (N=100) of Shah Abdul Latif University Khairpur participated in the study through a survey questionnaire was applied for the collection of data. The results show that the majority of students were with the higher impact of democratic coaching on technical skills of the badminton players. The frequencies, percentages were differently found with the overall means such as; 2.51, 2.55, 2.41, 2.39 and 2.48, respectively which were significantly different to each other. It is concluded that this information will help the coaches to improve the techniques of badminton players. Therefore, it is suggested that the University or College level inter-collegiate and inter-department badminton tournaments should be arranged and encouraged.

**Keywords:** democratic coaching style, impact assessment, players, badminton

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## 1. Introduction

Badminton is one of the most popular sports in the world, with 200 million adherents (Kwan *et al.*, 2010). It is the fastest racket game (Singh *et al.*, 2011) originating in China and created in England it is the national sport of various Asian countries. It can be practiced by anyone regardless of age or experience. Badminton is a racket sport for two or four people, with a temporal structure characterized by actions of short duration and high intensity. This sport has five events: men's and women's singles, men's and women's doubles, and mixed doubles, each requiring specific preparation in terms of technique, control, and physical fitness. Badminton is one of the most popular sports in the world, with 200 million adherents. The decision to include badminton in the 1992 Olympics Game increased participation in the game (Phomsoupha and Laffaye, 2015). According to an estimation of BWF this diversion is presently played by more than, 200 million individuals on the planet and more than thousand took part in various rivalries and competitions around the globe (Alam *et al.*, 2009).

Coaching in sports is defined as a set of strategies intended to enhance the coach's ability to influence the behavior of the whole team and players more effectively (Smith, 2010). Effective coaching changes throughout specific play situation as the qualities of players and the known situations vary (Farrow and Abernthy, 2003). Coach possesses a capability to offer an expert teach individuals to explore and assure development in different games as well (Christensen and Ball, 2016). A more effective coach must see the players as a distinctive and strive to enhance the performance of each player according to need (Kristiansen *et al.*, 2012).

The majority of the exploration that has been organized on in the efficacy of coaching region limiting the most recent 3 decades have been influenced by a want to distinguish the specific coaching qualities, abilities, insights or cognitions, practical methodologies and strategies, styles of leadership, or behavioral ways have an efficacy (Horn, 2008). The players have distinguished the abilities and each merit for his / her uniqueness. Coaches need to vary their style with each player. A similar type of coaching program does not suit everyone. Each and every player should be roused dissimilarly (Pilus and Saadan, 2009). The Training of being a coach has become a well-known methodology for the advancement of leadership and change in complex situations. In spite of expanding popularity or prevalence, little confirmation defines the coaching need and effect (Carey *et al.*, 2011). The players of badminton of Sukkur region have been found to be reached at good levels of their sports. Continuance of this phenomenon raised a question to find out the fact of coaching relationship on player's game technique thus; the research study was conducted.

Badminton has a unique movement style and specific fitness demands. One of the key things to remember is the size of a badminton court. It has a smaller area compared to Tennis, Football, Rugby, Hockey, and Netball. This smaller area means that players do not have a chance to build up their maximum speed. Because of this, explosive movements such as jumping, turning, speed off the mark, lateral movements

and agility, are extremely important (Badminton Australia, 2012). Footwork is the foundation to be able to produce quality stroke in badminton, which, if it is done in a good position. To be able to hit with a good position, an athlete must have a movement speed. Footwork speed cannot be achieved if the footwork is irregular. The focus of good footwork is reaching the bird as quickly as possible with as little effort as possible. Good footwork gets player into the best position to execute shots while maintaining good balance and body control (Grice, 2008).

Significant literature review defines coaches as leaders. Presently in football, the term “Coach” and “Manager” are utilized conversely. Also, numerous specialists in wear settings utilize the terms “Coach” and “leader” reciprocally strengthening the presupposition that the coaches are leaders. Achievement in coaching in the field of sports depends, to a great extent, on the authority style of the trainer in the sports. It is relied upon of the Coach to attempt to guarantee that there is accordance between the required, genuine and favored leadership conduct (Surujlal and Dhurup, 2012). This may need the coach to show adaptability or elasticity in adjusting his/her style of leadership to suit particular circumstances of leadership with the goal that all partners which are coach, player, and leadership are fulfilled. Coaches employ solid collision over their players, hence their leadership abilities shapes a key component of their coaching. Thus; the research study was conducted to evaluate the significant values, latter on; the findings will be shared with the stakeholders of badminton game.

## 2. Research Methodology

### 2.1 Hypothesis

$H_0$  Democratic coaching leadership style does not impact significantly on the game technique of badminton players.

$H_1$  Democratic coaching leadership style significantly impacts the game technique of Badminton players.

The sample size of the study is 200 badminton players, as 100 from affiliated colleges of Shah Abdul Latif University and 100 from the various departments of Shah Abdul Latif University Khairpur. This research consists of the 40 badminton teams of different affiliated Colleges and the badminton teams of various departments of Shah Abdul Latif University (SALU) Khairpur. The list of affiliated colleges was taken from the office of the Inspector of Colleges of the concerned University. The population of the study was the student-players of badminton, studying in colleges of Sukkur region and the student-players studying in different classes of various departments at Shah Abdul Latif University Khairpur. All the colleges of Sukkur region were visited to know the availability of badminton players by the cooperation of Directors Physical education of concerned colleges.

Following the convenience sampling technique, 20 badminton teams of 20 those colleges were selected as a sample of the study on the recommendation of concerned Director Physical Education whose players must had played at least inter-class/ inter-

department, intercollegiate or intervarsity tournaments, whereas from the University side, Sports week was organized by the Sports Section, Shah Abdul Latif University Khairpur during the year 2017 and various sports competitions were arranged where the inter-department badminton tournament was also organized, list of all the participating departments along with the names of players was available in the office of the Director Physical Education, Shah Abdul Latif University Khairpur which was used to select the players for the collection of data. 20 teams of 20 departments were selected as the sample of the study, following the convenience sampling technique.

As there were two areas of the study one was the affiliated colleges of Shah Abdul Latif University Khairpur and other were different departments of Shah Abdul Latif University Khairpur so the study was limited to the student-players (boys) of B.A Part-I & II, BSC part-I &II, B. Com part-I & II of affiliated boys degree colleges of Sukkur region and badminton (boys) players of different departments of Shah Abdul Latif University Khairpur studying in bachelor or master degree programs and represented his department or University as badminton player. The students who were studying in the first year & inter classes in colleges and M. Phil & Ph. D in University were excluded.

## 2.2 Statistical Analysis

The Coaching Efficacy Scale (CES; Feltz, et al; 1999) consisting of 5 coaching efficacy domains was used as an instrument to collect the data as a structured survey questionnaire. The frequency, percentage and mean were computed through the application of Statistical Package of Social Sciences (SPSS) version 22.

## 3. Results

For the checking of Reliability test, the Cronbach's Alpha test was performed to check the reliability of data, there were 27 items. The result of Cronbach's Alpha test i-e., 0.92 and found to be reliable. Thus; (Table 1) shows the age group and educational level of the respondents in which, the majority of respondents were belonging to the age group of 16 - 22 years with the highest frequency of 138 and 69 percentage, whereas; the most of respondents were studying in bachelor degree programs with a frequency of 183 and 91.5 percentages with the Master 17 and 8.5 of all 200 and 100 allocated to age and education respondent separately. The detailed level played by the respondents described that there were three levels of respondents as Inter-class/ inter-department and Inter-collegiate and Intervarsity, most of the respondents had played Inter-collegiate badminton tournaments with a frequency of 108 and 54 percentage with the inter-varsity 20 and 10.0 of all 200 and 100 allocated separately.

**Table 1:** The majority of respondents belong to the age group, inter-class with a different frequencies and percentage

Item	Option	Frequency	Percentage
Age of the respondent	16 to 22 Years	138	69.0
	23 to 29 Years	53	26.4
	30 Years & Above	9	4.6
Education of the respondent	Bachelor	183	91.5
	Master	17	8.5
Level played by the respondents	Inter-Class/ Inter-Department	72	36.0
	Inter-Collegiate	108	54.0
	Inter-varsity	20	10.0

The statements of assessment by badminton player for efficiency of democratic coach to improve the game technique, mentioned in (Table- 2) majority of respondents in the first item have responded as extremely with a frequency of 137 and 68.5 percentage similarly; most of the respondents for 2<sup>nd</sup> item have responded as extremely with 132 frequency and 65.5 percentage. There were a total of 200 frequency numbers with the percentage of 1.00 that shows the overall mean 2.5100 of performs skills. Whereas; the focuses on techniques were found not at all zero, moderately with the frequency of 69 and percentage 34.5 with the extremely frequency 131 and percentage 65.5 with the overall mean of 2.5500, respectively. The statements for assessment of badminton players regarding the capability of their democratic coach as detailed under given table for improvement in-game technique; the majority of respondents in the first item have responded as extremely with a frequency of 124 and 62.0 percentage similarly most of the respondents for 2<sup>nd</sup> item have responded as extremely with 112 frequency and 56 percentage. The statements for assessment of badminton players regarding the capability of their democratic coach as detailed for improvement in-game technique; the majority of respondents in the first item have responded as extremely with a frequency of 101 and 50.5 percentage similarly most of the respondents for 2<sup>nd</sup> item have responded as extremely with 112 frequency and 56 percentage with the 200 and 100 for each and every statement.

**Table 2:** The frequency, percentage and mean of all statements regarding the impact of democratic coaching leadership style on technical skills

Statement	Option	Frequency	Percentage	Mean
Performs skills	Not at all	8	4.0	2.5100
	Moderately	55	27.5	
	Extremely	137	68.5	
Focuses on techniques	Not at all	0	0.0	2.5500
	Moderately	69	34.5	
	Extremely	131	65.5	
Promotes ability of the player	Not at all	8	4.0	2.4100
	Moderately	68	34.0	
	Extremely	124	62.0	
Recognizes mentality	Not at all	8	4.0	

	Moderately	80	40.0	2.4100
	Extremely	112	56.0	
Find out skill errors	Not at all	8	4.0	2.3900
	Moderately	91	45.5	
	Extremely	101	50.5	
Teaches game skills	Not at all	4	2.0	2.4800
	Moderately	84	42.0	
	Extremely	112	56.0	

**H<sub>1</sub>** Democratic coaching leadership plays a role significant role to improve the game technique of the player.

Chi-square test was applied to find out the chi value of all items, results indicated in table-3 as item no. 1; 127.8, item no. 2; 19.220, item no. 3; 100.9, item no. 4; 85.120, item no. 5; 78.190, and item no. 6; 94.240 respectively with a df= 2 and p-value 0.000 of all items. An alternative hypothesis was tested through Chi-square with the P=value of all items was found to be significant and less than 0.5 (Table- 3).

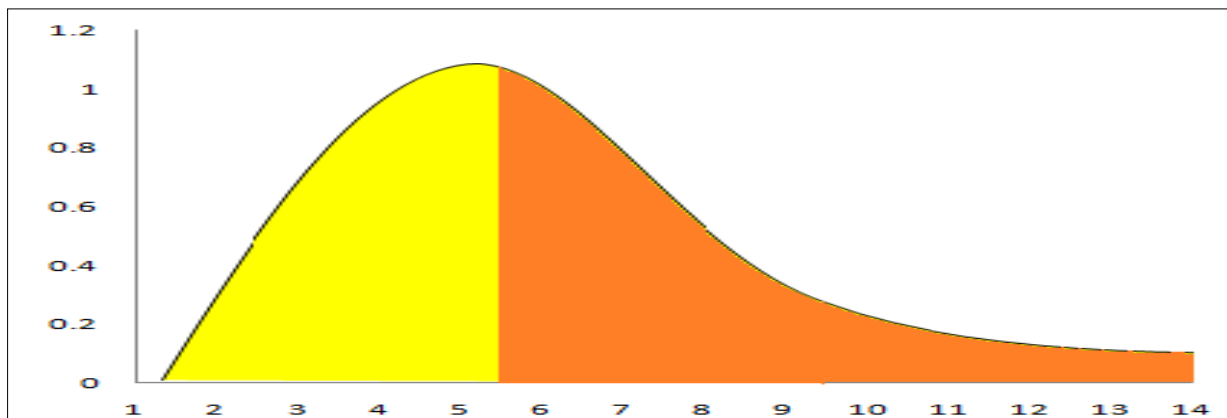
**Table 3:** Alternative hypothesis testing through Chi-square

Item	Observed	Expected	Chi	DF	P-value
1	8	66.7	127.870	2	0.000
	55	66.7			
	137	66.7			
2	0	0	19.220	2	0.000
	69	100.0			
	131	100.0			
3	8	66.7	100.960	2	0.000
	68	66.7			
	124	66.7			
4	8	66.7	85.120	2	0.000
	80	66.7			
	112	66.7			
5	8	66.7	78.190	2	0.000
	91	66.7			
	101	66.7			
6	4	66.7	94.240	2	0.000
	84	66.7			
	112	66.7			

**H<sub>0</sub>: Democratic Leadership Style does not impact significantly on Badminton players**

In this research study conducted at Sukkur region on the impact of democratic coaching leadership style on badminton players in which the Null Hypothesis was tested with the application of Chi-square and found to be rejected, as Chi-square statistic of all items' values were larger than the critical Chi-Square Value is (5.99) with

df =2 and  $\chi^2 = 49.040$ , whereas; the Null Hypothesis was already rejected as shown as under given in (Fig. 1).



**Figure 1:** The chi-square of statistic all items values was larger than the Critical Chi-Square value

#### 4. Discussion

This research consists of the 40 badminton teams of different affiliated Colleges and the badminton teams of various departments of Shah Abdul Latif University, Khairpur. The sample size of the study was kept 200 badminton players, as 100 from affiliated colleges of Shah Abdul Latif University and 100 from the various departments of the University. The population of the study was the student-players of badminton, studying in colleges of Sukkur region and the student-players studying in different classes of various departments at SALU-Khairpur. Other investigations conducted recently, have found a positive association between the players and coaches. It was observed that the student-players of Badminton of who participated in the badminton competitions during their student life were approaching good positions in a higher level of competitions like inter-varsity, inter-district, inter-region, and Sindh and even national games competitions. The Coaching leadership styles of the coaches were also observed from time to time by the researcher during the inter-collegiate badminton competitions. The impact of coaching leadership styles have been proved to be a scale to which the trainers consider a concept of having possessed a capability to impact the learning and performance of related players and consists of domains: motivation, game strategy, technique, competition and character building of the player. Impact on game technique denotes the self-confidence or capability of coaches or trainers in their capability to train and guide their players to a winning performing position during the tournaments (Kavussanu *et al.*, 2008).

The literature was reviewed and study shows that the democratic, autocratic, training and feedback style of coaching can be applied in better way keeping in view the level of players, more particularly, to build up a comprehension of what training style has the best effect on motivation and performance of the players (Rodolfo *et al.*,

(2017). The Coaching style and standard techniques have been proved for having certain impacts on the recreational level in relation to performance (Horn, 2008). The research was to find out different leadership styles followed by sports officials, implemented at Universities in South Africa, established whether there were any differences in conditions of gender and create the relationship between management styles and organizational efficiency (Naidoo *et al.*, 2015). The self-motivated were developed, social support and goal activities, in achieving a task of the group and association performance demanded by the groups, aims, and purpose on the number of tracks and assistance (Ryan and Tipu, 2013).

The badminton players of Sukkur region were observed to be reached at good levels of their sports. Thus, a question rose for finding the fact of coach-player relationship in shape of the impact of democratic coaching leadership style on technical skills of badminton players. The enlargement in the concentration of social, psychological and behavioral improvements in the players has resulted to compel the coaches, managers, and researchers for finding out the fact, reasoning and solutions to meet the day to day needs in the field of coaching for improving technical skills of the player and better competitive results. As there are different coaching leadership styles which are applied according to the attitude, behavior and technical requirement of the players. Myers, *et al.*, (2006) and Kavassanu *et al.*, (2008) reported that the behavioral, social and psychological consequences of coaching impact has enlarged the concentration in recent past years with various researches denoting significant results of this construct for examining the impact of coaches' styles on athletes. This study analyzed the impact of democratic coaching leadership style on the technical skills of badminton players at Sukkur region, Sindh. N The student-players assessed for their Coaches' democratic leadership style and impact on technical skills. As per the assessment, democratic coaching leadership style has a positive relationship with the improvement of technical skills of the badminton players.

The evidence of justification of the scale by giving an analyzation of the psychometric properties of the data collection tool from previously collected data on school and college level coaches from the United States. The results showed the validity of scale which includes motivation, game strategy, technique, competition and character building. Findings denoted all the items of the efficacy as accurate and reliable. The coaching efficacy scale was recommended for future research to investigate the effects of coaching on the players and to find out the coach-player relationship (Myers *et al.*, 2006). Perhaps due to the importance, they place on winning, male coaches spend more of their time developing their skills to lead the team to success during competition thereby enhancing their game strategy efficacy. Years of coaching experience positively predicted technique efficacy. This finding is not surprising if we consider that extensive coaching experience should provide more opportunities for mastery experiences relating to diagnosing and remedying athletes' difficulties on technique. As mastery experiences are the most important source of efficacy beliefs (Bandura, 1997) they should contribute to coaches' technique efficacy beliefs. In past research, coaching



experience has been linked to higher levels of technique (Feltz et al., 1999), but also game strategy (Feltz et al., 1999; Marback et al., 2005; Myers et al., 2005), motivation (Feltz et al., 1999; Marback et al., 2005), and character-building (Marback et al., 2005) efficacy. Although the coaching experience was a significant predictor of only technique efficacy, all dimensions of coaching efficacy were positively related to coaching experience as indicated by the zero-order correlations; however, these correlations were not significant, likely due to the small sample size (Kavassanu et al., 2008). A trainer or coach must be capable of understanding the technical needs of the players for appropriate utilization of their potential and to stable the relationship of coach and player. In this regard, the basic role of a coach is to upgrade the performance level of players and to generate an atmosphere as an instrument to promote and the results of this study will allow the researcher to provide this latest research to the trainers and coaches for its application technical improvement in the players for better victory results.

## 5. Conclusion

A study on the impact of democratic coaching leadership style which is assumed as a process to train the players in a participative way, which is applied throughout Pakistan and worldwide but at this juncture, the main objective was to find out its impact on technical skills of college-level badminton players during competitions. This study denotes that there is a positive impact of democratic coaching leadership style on the technical skills of badminton players at Sukkur region, Sindh.

### 5.1 Recommendations

While; examining the present study and expected future studies, an aspect for understanding the coaching, impact of coaching, coaching as leadership, coaching leadership style could be ensured. It is recommended that; the present research could be applied by the coaches and trainers, managers or by any individual in sports structured organizations in order to enhance the level of performance focusing on technical skills of players and the same can be appropriately applied not only for badminton players but players of all games.

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