Perception of Coaching Competency Among African American College Student Athletes

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An efficient coach can influence the nature and the quality of the experience of his/her athletes and for this reason he/she must have excellent scientific techniques (Cushion & Jones) and knowledge, regardless of the age or the competition level of his/her athletes (Giatsis, Zetou, & Tzetzis, 2005). He/She should be able to aim to his/her athletes’ self-confidence and to be able to control them under stressful situations, especially at a high level (Chen, Chang, Hung, Chey, & Hung, 2010), a useful attribute, not only within the narrow framework of a team, but in their lives in general. Therefore, the purpose of the study was to examine the perception of coaching competency among African American college student athletes.

Method

A convenient sample (N = 50) of student-athletes from classes at a small southeastern private historically black college and university was utilized in the study. Coaching competency was measured using a Modified athlete’s perception of effective coaching traits survey (Holstein, 2010). The responses on the questionnaire ranged from 1 to 5 on a Likert scale with 1 being Strongly Disagree to 5 being Strongly Agree.

Results

Demographic data from the questionnaire was analyzed using descriptive statistics. Independent t-test and ANOVA were utilized to determine the differences between the demographic categories and the Coaching Competency questions, alpha = .05. Students reported means above 3.5 for the following questions: Question #2, “Is hard work a trait of a good coach? M = 4.38”, Question 3, “Are team-bonding activities part of being a good coach? M = 4.18”, Question 4, “Is loyalty a trait of a good coach? M = 4.24, and Question 23, “Does knowing your players as a coach a trait of a good coach? , M = 4.14”. Independent t test revealed that females scored higher than males in regard to Question #2, Is hard work a trait of a good coach? (t = 2.88, p = .006), and Question 10, Is having high intensity and energy a trait of a good coach? (t = 2.32, p = .024). Analysis of variance revealed that Juniors and Freshman scored higher than Sophomores and Seniors regarding Question #6, Is being realistic a trait of a good coach? (F = 3.30 p = .028). In addition, Analysis of variance also revealed that Basketball athletes scored higher than athletes in other sports in regard to Question #15, Is helping his/her players off the court a trait of a good coach? (F = 3.06, p = .011)

Discussion

Results from this study are similar to others in that athletes in Basketball and Football scored higher than those in other sports regarding questions on coaching traits. However, more studies are needed among historically black colleges and universities. Recommendations are made to further examine Coping Competency among African American college student athletes.