



Investigating the role of interpersonal communication on athletes' performance

Poster Presentation

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Abstract

Introduction: The purpose of this study was to investigate the role of interpersonal communication on athletes' performance.

Methods: The method of the present study was descriptive-correlation in terms of applied purpose and in terms of field data collection method. The statistical population studied in this study consisted of 300 adolescent athletes in Kashan among group and individual players from 13 to 17 years old who had won first to third places in provincial, national or international competitions. Sampling was also done in a targeted and accessible manner. In this study, five questionnaires of coach-athlete relationship between Jowtt and Tumanis (2002), coach-parent questionnaire and perceived performance questionnaire were prepared due to the lack of appropriate assessment tools. Also, Parent-Athlete Lee and McLain (1997) Questionnaire, Weiss and Smith Athlete-Teammate Questionnaire (1999) were used. Factor analysis with varimax rotation was used to determine the dimensions of the coach-parent questionnaire and perceived sports performance questionnaire. SPSS software was utilized for exploratory factor analysis as well as estimating factor loads. To analyze the research hypotheses, PLS structural equation modeling was used.

Results: The results indicated that the coach-athlete, parent-athlete and teammate-athlete relationships had a significant effect on sports performance and also the coach-parent relationship had little effect on sports performance, which was not significant.

Conclusion: In general, the results show that by creating an intimate atmosphere between coach and athlete, respect, trust between coach and parents, active participation and parental support of the athlete and also, supporting and strengthening the self-esteem and pleasant sitting and playing of the athlete with his teammates can improve the performance and success of the athletes.

Keywords

Interpersonal communication; coach; athlete; parents; teammates; sports triangle; performance

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