



## THE ANALYSIS OF WRESTLING COACHES' BEHAVIOUR TOWARDS THEIR ATHLETES IN TURKEY

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**Aim:** The aim of this study is to investigate the behaviors of individuals who are coaching at wrestling in Turkey towards their athletes and to identify the differences between the various variables. **Method:** The sample consisted of randomly selected (n=1084) wrestlers in 15 high level wrestling clubs in different regions in Turkey. As well as demographic data of the wrestlers and their coaches, Coaching Behavior Scale for Sports (CBS-S) which consists of 47 questions and 7 factors (1-physical and conditioning, 2-technical skill, 3- mental preparation, 4- goal setting, 5- competition strategies, 6- positive coaching behavior, 7- negative coaching behavior) developed by Mallet and Code were used to collect the data. From the Turkish version of the scale has emerged two factors in result factor analysis. These two factors describe the basic factor of training and competition (questions 1-39) and negative coaching behavior (questions 40-47). Statistical analysis of the data was done using SPSS 16.0 packet program using descriptive statistics, independent t-tests and a one-way ANOVA test.

Table 1. Demographic features of wrestlers

Ages	n	%
14-17	675	62.3
18-20	286	26.4
21 +...	123	11.3
<b>Athletes Licensed Age</b>		
1-3 year s	396	36.5
4-6 years	423	39
7 years or more	265	24.4
<b>Winning a Medal in an International Competition</b>		
Yes	360	33.2
No	724	66.8
<b>Total</b>	<b>1084</b>	<b>100</b>

Table 2. The distribution of the demographic features of the wrestler's coaches

Ages	n	%
22 –under..	41	3.8
23-30 ages	351	32.4
31-40 yaş	466	43.0
41 ages +...	226	20.8
<b>Education level</b>		
High School and under level	281	26
University and upper level	769	70.9
<b>Winning a Medal in International Competitions as an Athlete</b>		
Yes	563	51.9
No	521	48.1
<b>Experiences as a Coach of National Team</b>		
Yes	656	60.5
No	428	39.5
<b>Total</b>	<b>1084</b>	<b>100</b>

**Results:** In the result of this evaluations determined that the older athletes with more experience athletes evaluated their coaches' behaviors more negatively. On the other hand middle-aged coaches working in national team were evaluated positively by their athletes.

**Conclusion:** The results of this research on wrestler's perceptions of their coaches' behavior are generally viewed as inadequate in terms of both factors- fundamental training and competition and negative coaching behaviors. Knowledge and skills must be constantly improved by coaches to be effective with their athletes. They must know the requirements which are necessary to motivate their athletes in training and competitions.

