



The relationship between coaching behavior style, the pleasure of exercise, and athletes' moral health

Oral Presentation

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Abstract

Introduction: The coaching styles are powerful forces that can affect the health of athletes and their view of sports. The purpose of this study was to investigate the relationship between coaches' behavioral style and pleasure of exercise and athletes' moral health.

Methods: This research was descriptive-correlational research. The statistical population of this study included all athletes in Neyriz city (540 persons) which according to Morgan's table, 222 questionnaires were randomly distributed among the statistical sample. Three questionnaires were used for data collection: Coaching Behavior Style questionnaire of Chaladourai and Saleh (1980), Exercises Pleasure questionnaire of Scanlan et al. (1993), and Sport Moral Health questionnaire of Walland et al. (1997). Data analysis was done using descriptive statistics and Spearman correlation coefficient at a significance level of $P < 0.05$ and using SPSS.

Results: The results showed that although the relationship between some of the components of moral health and coaching behavior style, such as negativism were inverse and negative; overall, there was a positive and significant relationship between coaching behavior style, the pleasure of exercises, and athletes' moral health. Also, there was a positive and significant relationship between moral health in sport and exercises pleasure.

Conclusion: According to the results, sports coaches' behavioral style can affect the moral health and enjoyment of athletes. Therefore, sports coaches should choose their style of behavior according to athletes' needs, however, based on their willingness in supportive and participatory styles.

Keywords

Behavioral Style; Health; Sports Ethics; coach; athlete

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