

Description of the Quality of Communication between Athletes and Coaches in the District. Kutai Kartanegara, East Kalimantan



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ABSTRACT: The aim of this research is to determine the quality of communication between athletes and coaches in Kutai Kartanegara district, East Kalimantan. The aim of research on the quality of communication between athletes and coaches is to evaluate and analyze athletes' perceptions regarding the quality of communication they receive from their coaches. To identify areas of communication that can be improved between athletes and coaches, as well as understand how successful communication can be understood by athletes and impact outcomes. The need for coaches to understand better communication with athletes.

The method used in this research uses quantitative descriptive. Quantitative descriptive is a research method by collecting data and processing it in a descriptive way. It can also be used to identify factors that influence conclusions about the subject under study. Quantitative descriptives can be used to collect information from populations or individual subjects. This method can also be used to analyze previous data to look for patterns or trends in the data. The number of samples in the study was 233 athletes. The instrument used in this research was a questionnaire in the form of a Google Form. With Structural Equation Modeling (SEM) technique analysis using AMOS version 24 software.

The results of this study note that the results are in the quality of coach-athlete communication. The RMSEA of this research is 0.074 with a recommended value of ≤ 0.08 , this shows that the research model is fit. The AGFI in this model is 0.850. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model. The GFI in this model is 0.892. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model. CMIN/DF in this study was 2.101, indicating that the research model was fit. The TLI in this study was 0.942 with the recommended value being ≥ 0.90 , this shows that the research model is fit. The CFI in this study is 0.953, the recommended value is ≥ 0.90 , this shows that the research model is fit.

KEYWORDS: quality, communication, athletes, coaches, east kalimantan

I. INTRODUCTION

Athletes are unique individuals, with their own talents, and then their own behavioral patterns, their own personalities, and life backgrounds that have a particular impact on them[1]. A person who participates in physical activity through achievements in sports is, so to speak, an athlete[2]. From the description above it can be concluded that an athlete is an individual who is trained, unique, and also athletically talented, physically trained[3].

Communication is the bridge between coaches and athletes. The objectives of the training are communicated through the communication of appeals, prohibitions, commands, as well as suggestions and criticism in assessment[4]. Training cannot take place without communication components such as language, sounds, body movements, facial movements, signs or words. The coach's instructions to the athlete are impossible if the athlete does not understand the coach's language or instructions[5]. Communication is important in education. Good training is a reciprocity between coach and athlete. Usually the coach gives instructions and the athlete receives or gives advice about the exercises to be carried out. This communication model influences how a person practices this method[6].

The quality of a coach must also be able to create an atmosphere of high training enthusiasm for athletes, so that athletes are motivated to participate in training[7]. Communication between coaches and athletes in this case is very necessary to motivate athletes[4]. So that athletes are motivated in training and can optimize it, it is necessary to know the factors that can influence training motivation[8]. These factors include internal factors that originate from within the individual and external factors that

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originate from outside the individual. Internal factors such as attitudes towards training, interests and talents, satisfaction, etc. as well as external factors from outside the individual concerned such as communication, environment and leadership[9].

The aim of this research is to determine the quality of communication between athletes and coaches in Kutai Kartanegara Regency, East Kalimantan. In the quality of athlete-coach communication is to build strong relationships between coaches and athletes, help athletes achieve their goals, and help athletes develop their skills and competencies. Effective communication between coaches and athletes can help increase motivation, increase productivity, and help athletes achieve better results. Effective communication can also help improve communication skills, increase openness, and help athletes achieve their goals.

The importance of knowing the description of the quality of communication from the athlete's perspective, can be seen to what extent a coach interacts with his athletes, where interaction in this case is communicating well between athletes and coaches, what is more emphasized by a coach is being more communicative towards athletes in the coach's emphasis on trying find out what makes a quality athlete. From various views of athletes in the field, it can be seen that there is a close relationship between soul, body and mind, which influence and interact with each other. Coaches play a role in shaping athletes into complete humans. It is not easy to understand an athlete, because humans have basic human characteristics, namely self-awareness, autonomy and transcendence, and sociability. To better understand an athlete's character, it is necessary to emphasize to coaches that character is not an abstraction. Humans are concrete creatures. An athlete with a healthy mind always thinks positively. This positive thinking makes the body stronger and more enthusiastic in carrying out physical movements, techniques and tactics to achieve peak performance.[10]. In reality, coaches and athletes, because after all, a coach will not be able to develop athletes well if there is no interaction between the coach and the athlete, and between fellow athletes, which is based on a sense of familiarity, openness, compassion, willingness to be corrected, accepting suggestions and so on which are based on positive attitudes.

II. METHODOLOGY

Descriptive quantitative research is research that draws conclusions by monitoring, observing, and describing the number of samples based on phenomena that occur during the research[11].[12] Descriptive quantitative research is research with a design to visualize research results. Meanwhile, according to[13] Descriptive quantitative research aims to find information, the goal to be achieved, how to approach it, and collect various kinds of data as a reference for making a report to the conclusion that descriptive research is carried out by looking for information related to existing symptoms to achieve the goal. The main method between descriptive research and other research is that this research is more focused on answering problems that exist while the research is in progress, or there are significant problems/events that are still arising. This research aims to describe the situation precisely and accurately, not looking for a relationship between the independent variable and the dependent variable or comparing two or more variables to look for a cause and effect relationship. [14]. The method used in this study is a descriptive quantitative study. Descriptive investigation is an investigation that investigates a condition, situation or other event and then presents the results in the form of a report. The investigation is explained using quantitative methods because it uses numbers, from data collection, data interpretation and the results. Based on the understanding in the research, we can come to the conclusion that descriptive research is carried out by looking for information related to existing symptoms, achieving clear goals, how the researcher acts to approach and collect differently various data such as material to be made into a report. In this research, the author wants to know the quality of communication between athletes and coaches who use media via Google forms in the form of questionnaires distributed via WhatsApp groups. After obtaining all the required data, grouping is carried out.

In this study, researchers used the Structural Equation Modeling (SEM) technique using AMOS version 24 software. SEM is described as an analysis that combines factor analysis approaches, structural models and path analysis. to interpret and draw conclusions from a number of collected data[15]. Researchers used SEM (Structural Equation Model) AMOS software version 24 to process and analyze research data.

III. RESULTS AND DISCUSSION

In this research, the quality of athlete-coach communication. In this research, the quality of athlete-coach communication is one of the important factors in determining athlete success. This research found that athletes who have good communication qualities with their coaches tend to have better results than athletes who do not have good communication qualities. This shows that the quality of communication between athletes and coaches can play an important role in determining athlete success. In addition, this research also found that good quality communication between athletes and coaches can increase athlete motivation and self-confidence, which in turn can improve athlete results. This research uses quantitative descriptive which focuses the results on statements in the form of grouped questionnaires. The sample used in this research was 233 athletes with the instrument used in this research using a questionnaire. The research results show that communication or message recipients are divided into 3,

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namely: Personal communication is communication aimed at a single target, group communication is communication aimed at a certain group, and mass communication is communication aimed at the masses or communication that uses mass media. And the final result of communication, namely people's attitudes and behavior, is appropriate or not according to what we want. The data results describe the quality of communication between athletes and coaches in Kutai Kartanegara district, East Kalimantan, with pictures and tables based on research as follows:

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
valid	Man	132	56.7	56.7	56.7
	Woman	101	43.3	43.3	100.0
	Total	233	100.0	100.0	

Based on the gender data of respondents obtained in the table above, it can be described that the largest number of respondents' gender is male, namely 56.7% and female, 43.3% of the total data of 233 respondents.

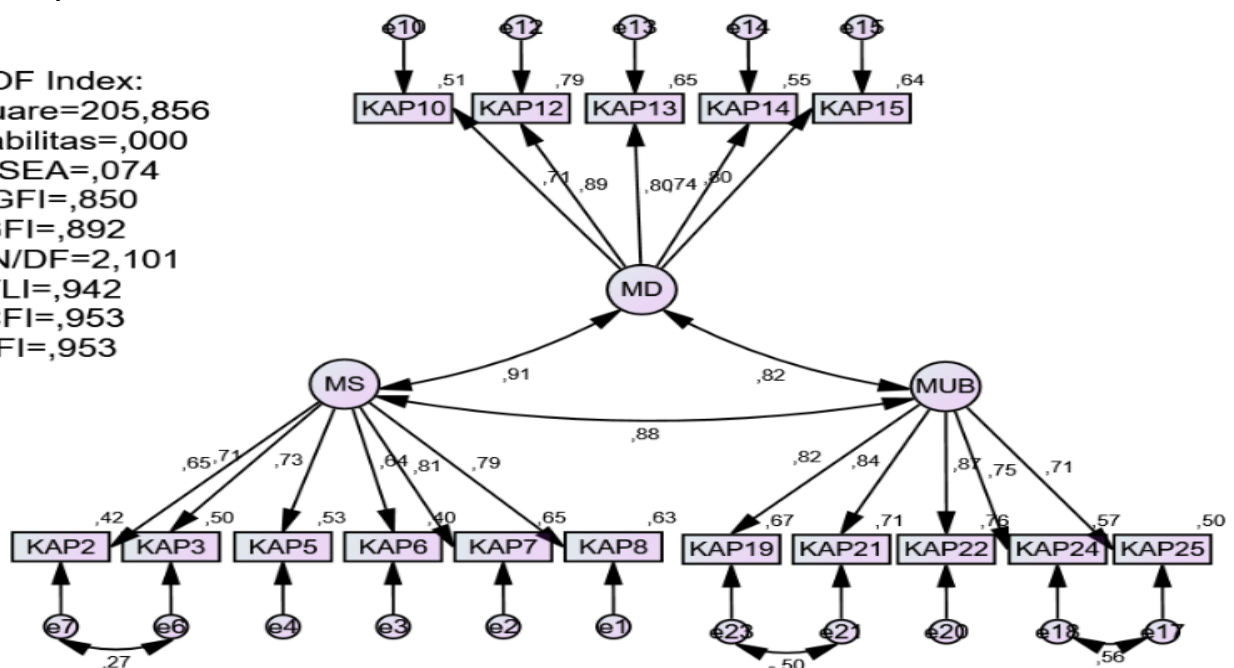
Age

		Frequency	Percent	Valid Percent	Cumulative Percent
valid	15 – 17 Years	230	98.7	98.7	98.7
	18 – 20 Years	3	1.3	1.3	100.0
	Total	233	100.0	100.0	

Based on the respondents' age data in the table above, it can be described that the largest number of responses was 98.7% aged 15 - 17 years and 18 - 20 years old 1.3% of the total data of 233 respondents.

AMOS SEM analysis

GOF Index:
 chi-square=205,856
 probabilitas=,000
 RMSEA=,074
 AGFI=,850
 GFI=,892
 CMIN/DF=2,101
 TLI=,942
 CFI=,953
 IFI=,953



Amos SEM Analysis Results

Based on the results of the data above, it can be seen that the research model is close to being a good fit model. As for the explanation of the criteria in the table above, you can see the following explanation:

1. RMSEA is an index used to compensate for chi-square values in large samples. The RMSEA value of this research is 0.074 with the recommended value of ≤ 0.08 , this shows that the research model is fit.
2. AGFI is the GFI adjusted by the ratio between the proposed degree of freedom and the degree of freedom of the null model. The AGFI value in this model is 0.850. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model.

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3. The Goodness of Fit Index (GFI) shows the level of overall model suitability which is calculated from the squared residual of the predicted model compared to the actual data. The GFI value in this model is 0.892. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model.
4. CMIN/DF is a parsimonious suitability index which measures the goodness of fit of the model by the number of estimated coefficients expected to achieve suitability. CMIN/DF results in this study 2.101 shows that the research model is fit.
5. TLI is a suitability index that is less influenced by sample size. The TLI value in this study was 0.942 with the recommended value, namely ≥ 0.90 , this indicates that the research model is fit.
6. CFI is an index that is relatively insensitive to sample size and model complexity. The CFI value in this research is with 0.953, the recommended value is ≥ 0.90 , this shows that the research model is fit.

Communication between athletes and coaches in Kutai Kartanegara, East Kalimantan is generally good. Coaches support and encourage their athletes, always providing guidance and feedback. Athletes are also encouraged to speak up and share ideas, and coaches are always willing to listen and make suggestions. Athletes feel comfortable communicating with their coaches, and there is a strong sense of respect and trust between both parties. This high-quality communication allows athletes to reach their full potential and achieve success in their lives. A coach and athlete is a professional tasked with helping, guiding, developing and directing talented athletes to realize maximum achievements in the shortest time. A coach is someone who has the ability to help reveal an athlete's potential into real, optimal abilities in a short time. Therefore, trainers must carry out their duties and roles according to their profession and supported by the abilities required by a trainer [16]. Open communication also allows coaches to provide useful input to help athletes achieve their goals. Coaches can also understand the situations and problems faced by athletes. With open communication, coaches can identify problems and help athletes achieve their goals more quickly. Open communication also allows athletes to express their feelings and expectations to the coach, which allows the coach to better adjust the training program [17]. Opinions between athletes and coaches depend on the context. As athletes, they will likely have different views on the strategies used in training and preparation for competitions. As coaches, they may emphasize the technical and physical skills necessary to achieve desired results. The views of athlete and coach can be complementary if they can work together and find the right balance of technique, skill and mentality necessary to succeed [18]. The opinions of athletes - coaches should be respected and taken into account. It helps to resolve the problem by following the opinion of, the coach - the athlete must have a solid understanding of the problem at hand. All parties must create and implement solutions that will provide the desired results, effective communication must be maintained so that all parties receive the correct information. Coaches must follow the necessary precautionary measures so that the problem cannot recur [19].

Athletes' satisfaction with coaches in communicating is very important for athlete success. This satisfaction depends on the coach's ability to provide information clearly and honestly so that athletes can understand it easily. Coaches must also ensure that they listen to and understand athletes' needs and provide them with the support they need. Coaches must also create interactive communication and provide opportunities for athletes to ask questions and discuss. In this way, athletes can develop self-confidence and increase their satisfaction with their coaches [20]. In addition, coaches must also build trust and strong relationships with their athletes by communicating with them openly and actively. They must also ensure that their athletes feel comfortable and that they can expect appropriate help and advice. Coaches must be willing to listen and engage in discussions with their athletes to ensure that they are getting the right information and getting the help they need [21].

Goodness of fit index	Cut of value	Research Model	Model
Chi-square	Expected to be small	205,856	Fit
Significant probability	≥ 0.05	0,000	Fit
RMSEA	≤ 0.08	0.074	Fit
AGFI	≥ 0.90	0.850	Fit
GFI	≥ 0.90	0.892	Fit
CMIN/DF	≤ 2.0	2,101	Fit
TLI	≥ 0.90	0.942	Fit
CFI	≥ 0.90	0.953	Fit

The quality of communication between athletes and coaches is an important aspect in the success of training and athlete achievement. Effective communication between athlete and coach will enable the coach to provide the right direction to help the athlete achieve his goals. Poor communication can hinder an athlete's development and prevent them from achieving their goals. Several factors that influence the quality of communication between athletes and coaches are openness, trust, and communication skills. Openness is the ability to openly and honestly talk about any problems an athlete is experiencing. Coaches

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must give athletes space to talk about their problems. Athletes should feel comfortable speaking openly and honestly with coaches. Trust is a very important factor in the quality of communication between athletes and coaches. Athletes must have trust and respect for coaches. Coaches must build strong relationships with athletes to build trust. Communication skills are the ability to speak clearly and effectively. Trainers must be able to use language that is appropriate and easy to understand. Coaches must also be able to listen carefully and provide appropriate and helpful responses. Based on the description of the quality of communication between athletes and coaches in Kutai Kartanegara district, East Kalimantan, communicating with athletes does not always have to be in formal language, because that will make athletes stiff with coaches. Active listening becomes very important when athletes are interacting. Athletes often talk to coaches about their obstacles while training and in the future. A coach must actively listen to everything an athlete says. Because with things like this, there is a reason to strengthen the communication bond between coaches and athletes.

IV. CONCLUSIONS

Effective communication allows athletes and coaches to understand each other and build respectful relationships. This helps increase productivity and increases motivation. Effective communication also allows athletes and coaches to express opinions, give and receive feedback, and make decisions together. To build effective communication, athletes and coaches must ensure that they speak openly and honestly, respect different opinions, and respect and appreciate each other.

Based on the results of the data above, it can be seen that the research model is close to being a good fit model. As for the explanation of the criteria in the table above, you can see the following explanation:

- RMSEA is an index used to compensate for chi-square values in large samples. The RMSEA value of this research is 0.074 with the recommended value being ≤ 0.08 , this shows that the research model is fit.
- AGFI is the GFI adjusted by the ratio between the proposed degree of freedom and the degree of freedom of the null model. The AGFI value in this model is 0.850. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model.
- The Goodness of Fit Index (GFI) shows the level of overall model suitability which is calculated from the squared residual of the predicted model compared to the actual data. The GFI value in this model is 0.892. Values close to the recommended level ≥ 0.90 indicate marginal fit of the research model.
- CMIN/DF is a parsimonious suitability index which measures the goodness of fit of the model by the number of estimated coefficients expected to achieve suitability. The CMIN/DF results in this study were 2.101, indicating that the research model was fit.
- TLI is a suitability index that is less influenced by sample size. The TLI value in this study was 0.942 with the recommended value being ≥ 0.90 , this shows that the research model is fit.
- CFI is an index that is relatively insensitive to sample size and model complexity. The CFI value in this study is 0.953, the recommended value is ≥ 0.90 , this shows that the research model is fit.

The quality of communication between athletes and coaches depends on both parties creating a relationship of mutual respect and providing opportunities to share information. If athletes and coaches work together and work hard to create effective communication, the quality of communication between them will be better.

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