

Description of the quality of athlete-coach communication in the district. Kutai kartanegara, East Kalimantan

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Abstract

The purpose of this study was to determine the quality of athlete-trainer communication in Kutai Kartanegara Regency, East Kalimantan. The aim of research on the quality of athlete-coach communication is to evaluate and analyze athletes' perceptions of the quality of communication they receive from their coaches. To identify areas of communication that could be improved between athletes and coaches, as well as understand how successful communication can be understood by athletes and impact outcomes. Coaches need 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 descriptive can be used to collect information from populations or individual subjects. This method can also be used to analyze past data to look for patterns or trends in the data. The number of samples in the study were 46 athletes. The instrument used in this study was a questionnaire/questionnaire in the form of a Google form. The results of this research noted the results in the quality of communication between athletes and coaches. Open communication with coaches reached 68.8% and expressed opinions when communicating with coaches had a result of 62.5%. Resolving communication problems and exchanging opinions is one of the best ways. The importance of communication in training reached 56.3%. Discussions with athletes resulted in agreeing 43.8%, strongly agreeing 31.3%, strongly disagreeing 6.3%, and disagreeing 18.8%. This helps coaches to understand topics more deeply and increases athletes' ability to solve problems.

Keywords: Quality, communication, athlete

INTRODUCTION

Athletes are unique individuals, with their own talents, and then their own behavior patterns, their own personalities, and life backgrounds that have a special impact on them (Pratiwi & Lestari, 2017). Someone who participates in physical activity through achievements in sports is, so to speak, an athlete (Pluhar et al., 2019). From the description above it can be concluded that an athlete is an individual who is trained, unique, and also athletically gifted, physically trained (Wu et al., 2021). Communication is the bridge between coaches and athletes. The purpose of the exercise is communicated through communication of appeals, prohibitions, orders, as well as suggestions and criticisms in assessment (Kim & Park, 2020). Training cannot take place without communication components such as language, voice, body movements, facial movements, signs or words. The trainer's instructions to the athletes are impossible to carry out if the athletes do not understand the language or the coach's instructions (Otte et al., 2020). Communication is important in education. Good training is mutual between coach and athlete. Usually the coach gives instructions and the athlete receives or gives

advice about the exercise to be performed. This communication model influences how someone trains this method (Davis et al., 2019).

Quality a coach must also be able to create an atmosphere of high training enthusiasm for his athletes, so that athletes are motivated to take part in training (Gani et al., 2022). Communication between coaches and athletes in this case is needed to motivate athletes (Kim & Park, 2020). In order for athletes to be motivated in training to be optimized, it is necessary to know the factors that can influence training motivation (Walter et al., 2019). These factors include internal factors that come from within the individual and external factors that come from outside the individual. Internal factors such as attitudes towards training, interests and talents, satisfaction and others as well as external factors from outside the individual concerned such as communication, environment and leadership (Pezzimenti et al., 2023).

The purpose of this research is to determine the quality of athlete-trainer communication in Kutai Kartanegara Regency, East Kalimantan. In quality athlete coach communication is to build a strong relationship between coaches and athletes, help athletes achieve their goals, and help athletes develop their skills and competencies. Effective communication between coach and athlete 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. It's important to know a description of the quality of communication from an athlete's perspective, it can be seen to what extent a coach interacts with his athlete, where interaction in this case is communicating well between athletes and coaches, what is more emphasized from a coach is more communicative towards athletes in the emphasis the coach is trying to find out what causes a qualified athlete.

From various views of athletes in the field shows that from this it can be seen that there is a close relationship between the soul, body and mind, which influence and interact with each other. Coaches play a role in shaping athletes to become complete human beings. It is not easy to understand an athlete, because humans have basic human nature, namely self-awareness, autonomy and transcendence, and easy to get along with. To better understand the character of an athlete, it is necessary to emphasize to the coach that character is not an abstraction. Humans are concrete creatures. An athlete with a healthy soul 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 (Aryati, 2018). The reality is coaches and athletes, because after all a coach will not be able to foster athletes properly if there is no interaction between coaches and athletes, and between fellow athletes based on a sense of familiarity, openness, compassion, willingness to be corrected, accepting suggestions and so on based on positive attitudes.

METHOD

Descriptive quantitative research is research that draws conclusions by monitoring, observing, and describing the number of samples based on phenomena that occur during the study (Son, 2015; Ramdhan, 2021). Descriptive quantitative research is research with a design to visualize a research result. Meanwhile according to (Jayusman & Shavab, 2020). Descriptive quantitative research aims to find information, goals to be achieved, how to approach it, and collect various kinds of data as a reference for making reports until to the conclusion that descriptive research is done by seeking information relation to the symptoms that exist to reach the goal. The main method between descriptive research and other research is that this research is more focused on answering problems that existed at the time the research was carried out, or there were significant problems/events that still arise. This study aims to describe the situation precisely and accurately, not to look for a relationship between the independent variable and the dependent variable or to compare two or more variables to look for a causal relationship (Paramita et al., 2021:13). The method used in this study is a descriptive quantitative study. Descriptive

investigation is an investigation that investigates a situation, situation or other event and then presents the results in the form of an explanatory investigation report that uses quantitative methods because it uses numbers, from data collection, data interpretation and results. Based on understanding in research came to the conclusion that descriptive research was carried out by seeking information in relation to existing symptoms achieving a clear goal of how researchers approach and collect different kinds of data such as material to be made a report. In this study the authors wanted to know the quality of athlete-trainer communication using the media through the Google form in the form of a questionnaire that was distributed via the WhatsApp group. After obtaining all the necessary data then grouping is done.

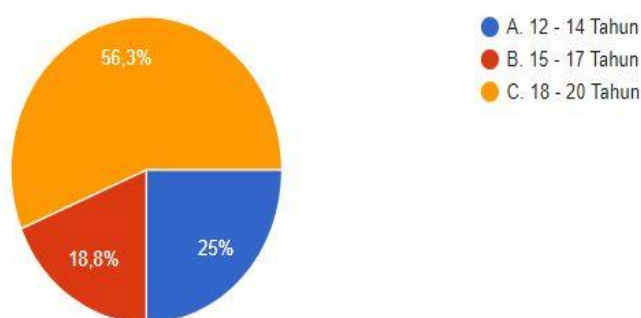
RESULTS AND DISCUSSION

Results

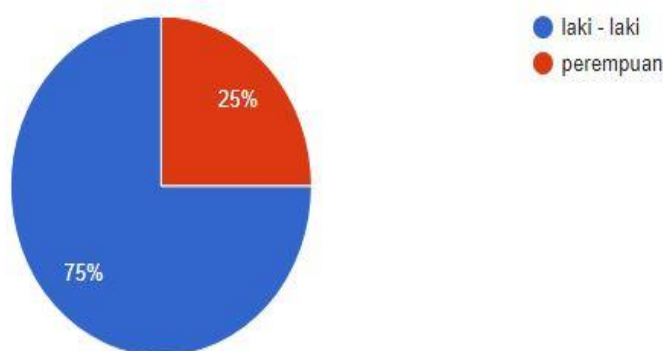
In this study, the quality of athlete-trainer communication In this study, the quality of athlete-coach communication is one of the important factors in determining the success of athletes. This study found that athletes who have good communication qualities with their coaches tend to have better results than athletes who do not have good communication qualities. This shows that the quality of athlete-coach communication can play an important role in determining the success of athletes. In addition, this study also found that good quality communication between athletes and coaches can increase athlete motivation and self-confidence, which in turn can improve athlete outcomes. This research uses quantitative descriptive which focuses on the results of statements in the form of grouped questionnaires. The sample used in this study was 146 athletes with the instruments used in this study using a questionnaire.

The results showed that communication or message recipients were divided into 3, namely: Personal communication is communication aimed at a single target, group communication is communication aimed at certain groups, and mass communication is communication aimed at masses or communication using mass media. And the end result of communication, namely the attitudes and behavior of people, is appropriate or not in accordance with what we want.

In the results of the data describing the quality of communication between athletes and coaches in Kutai Kartanegara Regency, East Kalimantan, the diagram is based on the following research:



From the results of filling in there are ages 12-14 years 25% and results for ages 15-17 years 18.8% then with ages 18-20 years 56.3%. Based on the results that answered this statement, the majority in the questionnaire were aged 18-20 years.



Based on the results of gender in the athlete's communication quality - the coach who answered the most questions was male 75%. This is because men become trainers more often than women 25%. In addition, men are also more likely to have a more dominant role in the quality of athlete-coach communication.

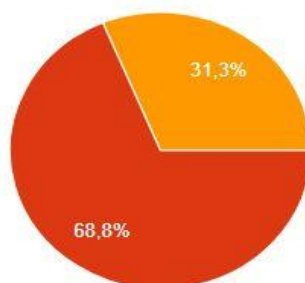


Figure 3. Athlete-coach open communication

The diagram above with the results of communicating openly with the trainer is in the results because I believe that by communicating openly we can more easily achieve the goals that have been set. With the results agreeing 68.8% while the results strongly agree 31.3% then two results 0% namely strongly disagree and disagree with the statement. Open communication allows trainers to share ideas and exchange useful information, and helps to forge win-win agreements. In addition, open communication can also help and create a more conducive situation for learning and development.

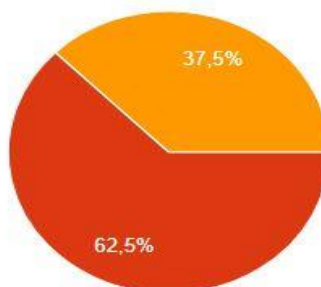


Figure 4. Opinions between athletes – coaches

Based on the diagram above, the opinion in communicating with the trainer is a result of agreeing 62.5% while the results strongly agree 37.5% then two diagrams result 0%. As a coach, listen to every opinion given by athletes. In this way, athletes can identify problems and find the right solution for any problems that arise. Apart from that, you must also ensure that any opinions expressed by athletes are respected and taken seriously. If you feel that the opinion expressed by the athlete is not relevant to the goals of the team or that many ideas have already been put forward, you must inform the athlete in a polite manner.

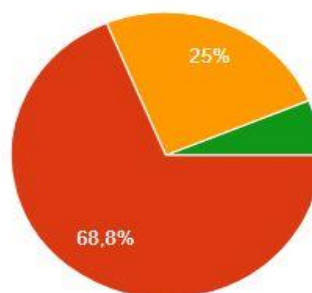


Figure 5. Problem solving between athletes – coaches

The diagram above in exchanging opinions to solve a problem communication and exchanging opinions is one of the best ways. With the results agreeing 68.8% while the results strongly agree 25% then the results strongly disagree 6.3% the results disagree 0% this means that communication and exchanging opinions are the keys to achieving a successful solution. By listening to different thoughts and perspectives, we can find appropriate and effective solutions to the problems at hand. It will also help improve relations between parties and build collective awareness. In this way, we can reach the desired agreement, and problems can be resolved safely and effectively.

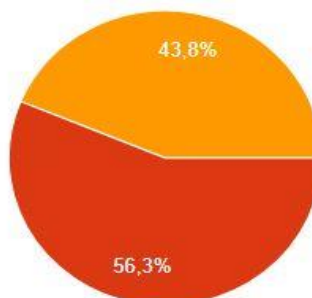


Figure 6. Athlete satisfaction with coach

On the diagram of athletes and coaches the importance of communication in Exercise 56.3% agree then athletes need to be paid attention to by the coach in order to facilitate the delivery of communication in the training process so that the goals of the training can be achieved 43.8% Strongly agree communication is a very important component in supporting the enthusiasm of athletes in training. Then there are the results of the diagram 0% strongly disagree and disagree. I am very happy to be finished with this program thanks to the trainer's help. Effective communication with the trainers has helped me to complete the program successfully and not feel overwhelmed. I am also satisfied with the results I have got.

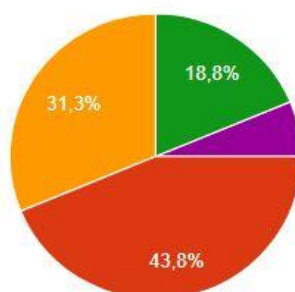


Figure 7. Discussion between athletes – coaches

Based on the diagram above in the statement above happy to engage in discussions with trainers communicating with athletes should be part of the coach's responsibility, because of that formal communication with athletes must be seen at the right time and place and so is the discussion with athletes. The results in the statements agreed 43.8% and strongly agreed 31.3% with the results strongly

disagreed 6.3% and the statements also disagreed 18.8% helping the coach to understand the topic deeper and improve the athlete's ability to solve problems. Discussions also allow athletes to get input from coaches and share ideas with others. Discussions also help me to interact with others and develop better communication skills.

Discussion

Athlete-trainer communication in Kutai Kartanegara, East Kalimantan, was generally good. Coaches support and encourage their athletes, always providing guidance and feedback. Athletes are encouraged to speak up and share ideas, and coaches are always willing to listen and offer advice. Athletes feel comfortable communicating with their coaches, and both parties have strong respect and trust. This high-quality communication allows athletes to reach their full potential and achieve success in them. Trainer - An athlete is a professional tasked with helping, guiding, fostering, and directing talented athletes to realize maximum performance in the shortest possible time. A trainer can help reveal athletes' potential to become actual abilities optimally quickly. Therefore, the trainer must carry out his duties and roles according to his profession and be supported by the skills needed by a trainer (Pgri & Timur, 2019). Open communication also allows coaches to provide helpful 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 reach their goals more quickly. Open communication also allows the athlete to express his feelings and expectations to the coach, allowing the coach to adapt better to the training program (Nilamsari & Perdana, 2019). Opinions between athletes and coaches depend on the context. As athletes, they will probably have different views about the strategies used in training and preparing for competitions. Trainers may emphasize the technical and physical skills needed to achieve the desired results. Opinions between athletes and coaches can be complementary if they can work together and find the right balance of technique, skill, and mentality required to succeed (Purbaningrum & Wulandari, 2020). According to athletes - coaches should be respected and cared for. It helps solve the problem by following the coach's opinion - the athlete must have a solid understanding of the problem. All parties must create and implement solutions that will produce the desired results; effective communication must be maintained so that all parties get the correct information.

The coach must follow the necessary preventive measures to prevent recurring problems (Gunawan et al., 2015). Athletes' satisfaction with coaches in communicating is essential for athletes' success. This satisfaction depends on the coach's ability to provide information clearly and honestly so that athletes can understand easily. Coaches must also ensure that they listen to and understand the needs of athletes and provide them with the support they need. Coaches must also create interactive communications and provide opportunities for athletes to ask questions and discuss. In this way, athletes can develop self-confidence and increase their satisfaction with their coach (Geraldi et al., 2020). In addition, coaches must also build trust and a strong relationship with their athletes by communicating with them openly and actively. They must also ensure that their athletes are comfortable and that they can expect appropriate assistance and advice. Coaches must be willing to listen and engage in discussions with their athletes to ensure they get the correct information and the help they need (Kurnia & Apsari, 2021).

The quality of communication between athletes and coaches is an essential aspect of successful training and athlete achievement. Effective communication between athletes and coaches will enable coaches to provide the right direction to help athletes achieve their goals. Poor communication can hinder an athlete's development and prevent them from achieving their goals. Several factors that affect 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 issues an athlete is experiencing. Coaches must give athletes space to talk about their problems. Athletes should feel comfortable talking openly and honestly with coaches. Trust is a significant factor in the quality of communication between athletes and coaches. Athletes must have trust and respect for coaches. The coach must build a strong relationship with the athlete to build trust. Communication skill is the ability to speak clearly and

effectively. Trainers must be able to use language that is appropriate and easy to understand. The coach must also be able to listen carefully and provide appropriate and helpful responses.

Based on the description of athlete-coach communication in Kutai Kartanegara Regency, East Kalimantan, it is evident that formal language is not always necessary. In fact, it can make athletes feel uncomfortable and distant from their coaches. Active listening is a crucial aspect of athlete-coach communication. Athletes often discuss their training obstacles and future plans with their coaches. It is essential for a coach to actively listen to everything an athlete says. This active listening strengthens the communication bond between coaches and athletes, fostering a more effective and supportive relationship.

CONCLUSION

Effective communication enables athletes and coaches to understand each other and build a respectful relationship. 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 establish effective communication, athletes and coaches must ensure that they speak openly and honestly, respect different opinions, and respect and value one another.

Quality of athlete-coach communication in Kutai Kartanegara district, East Kalimantan. Communicate openly with the coach, agree 68.8%, and express opinions when communicating with coaches. The result is 62.5%, and solving a problem, communication and exchanging opinions is one of the best ways. The results agree with 68.8% and coach the importance of communication in training 56.3%. The fifth diagram discussed athletes. The results of the statement were 43.8% strongly agreed, 31.3%, with the results strongly disagreed and 6.3%, and those who disagreed with 18.8%, which helped the coach understand the topic and improve the athletes' ability to solve problems. Discussions also allow athletes to get input from coaches and share ideas with others. Discussions also help athletes to interact with others and develop better communication skills.

The quality of communication between the athlete and coach depends on both parties, which creates a relationship of mutual respect and provides opportunities to share information. If athletes and coaches work together and work hard to create effective communication, the quality of communication between them will improve.

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