

ANXIETY OF KARATE COACHES

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Abstract

Development needs of karate sport in modern conditions stand in the foreground the importance of studying and monitoring the psychological structure of personality all its stakeholders. In particular, in recent times, call for comprehensive monitoring of trainers, both in terms of direct sport-training technology and other scientific fields border. Successfully addressing coaching job, above all, characterized by the achievement of certain business and other results, it cannot be imagined today without taking into account the psychological dispositions of each individual. The practical application of psychological laws are often plays a decisive role in the complex process of human labor involvement. The research was conducted for the Karate Union of Vojvodina, and the goal is to detect the degree of anxiety had at Karate coaches who are actively involved in the Karate Union of Vojvodina. The sample of respondents consisted of 80 coaches from 53 karate clubs that are members of the Karate Union of Vojvodina and its activities are realized within the concept of WKF karate.

Key words: anxiety, coaches, karate

Introduction

The modern sport as a whole, including karate, characterized by the multidisciplinary approach considering all its aspects and phenomena. Especially in the part related to the organization and management of the central part of the karate system, and that is the training process. As in the basic organizational form - karate club, karate and organization as a whole. Karate athletes training process should involve a competent and responsible approach, in designing its basic ideas and goals, as well as the immediate implementation. The needs of development of sports activities in the modern conditions stand in the foreground the importance of studying and monitoring the psychological structure of personality. What sport as a whole, and each sports discipline (or branch) separately. Successfully addressing competitive sports, and later the sports business in any its form (coaching, management and organizational, social and sports, etc..) through the achievement of certain business and other result, can no longer be imagined without taking into account the psychological dispositions of each individual. The practical application of psychological laws often plays a decisive role in the complex process of human work engagement (Dunđerović, 1996). Different research in psychology (Lazarević & Bojanić, 1978; Paranosić & Lazarević, 1975; Dunđerović, 1996; Nešić, 2005) aimed, among other things, to determine whether the individual person, with a particular structure or set of personality characteristics, destined for sport (directly) or sports activities, and to be successful in them. Also, if some of the relevant dispositions developed during longtime participation in sports activities, in the broadest sense. The development of different areas of psychology, particularly the psychology of sport and psychology of work (Bahtijarević-Šiber, 1999), and more recently the application of psychology and management

(Dunđerović, 2004), contributed to the research in these areas based on the theoretical and methodological proper. Especially regarding the selection of representative samples, tested measuring instruments and other important elements that significantly affect the credibility of scientific fact. Anxiety is most common in two forms (Nešić-Grubić, 2002): a structured personality traits as a temporary condition related to a particular situation.

Manifested most often in stressful situations, as in karate athletes most evident in competitive performances. Given that the coaches are integral part of a complex system "coach-athlete" of them anxiety, too, can be seen through the manifestation of sporting events and situations of their athletes performances. As with athletes and coaches is any kind of sports competition stress. Since the majority of karate trainers themselves were once competitors, determining the presence of anxiety level was significantly in terms of their coaching engagement. For the coach who clearly demonstrates the presence of high levels of anxiety, can be directly adversely affect its competitors, in, for his critical periods, and that's before the show or during the competition (struggle).

So, the sport psychological aspects of anxiety can be discussed as a bio-psycho-social phenomenon in which emotional experience is a state of psychological tension, which is accompanied by feelings of anxiety and uncertainty related to the possibility of an unfavorable outcome, whereas a man may not be aware of the level of their feelings (Kaprara & Červon, 2003). In other words, it is an emotional experience which is a basic feature of irrationality.

Methods

Sample

Research was done for the Karate Union of Vojvodina (Nešić, 2009) had the aim, among other things, to detect the level of anxiety in karate coaches who are actively involved in the Karate Union of Vojvodina. Sample consisted of a total of 80 coaches from 53 karate club who are members of the Karate Union of Vojvodina and its activities are realized within the concept of WKF karate.

Research techniques

As a basic research technique was applied written communication process with the use of standardized tests, and techniques of type "paper-pencil". Test to verify the anxiety did is basically amended, Martens SCAT test (1975), which is in its original form is designed to measure competitive trait of anxiety in athletes. Active SCAT test (a modification made by Dunđerović & Obadov, 1998) which examined anxiety of judo sportists, for this survey was further modified and is in conformity with the needs of patients from the population related to the karate sport (a modification made by Dunđerović & Nešić, 2005). The test is made up of a total 24 items, of which 18 was rated, while 6 items were letters "lie". Rated answers are in the range of 1 to 3 Stepen anksioznosti utvrđivan je na osnovu skalnih indeksa i skalnih vrednosti datih odgovora. Degree of anxiety was determine on the basis of the index and scale values of given answers. Previous studies have shown that the SCAT test widely represented in the work of psychologists with the athletes and could very well serve to predict success in the competition. Since karate coaches and trainers in the martial arts in general, very often the opportunity to participate with their athletes to competitions and to prepare to fight a common "sympathy" with his disciples, and that the ultimate outcome - the success of Competition result of a complex system "coach-athlete" can be considered to be the coach to determine the degree of anxiety is also applicable techniques SCAT test. Statistical processing of results was done using the statistical package SPSS 11.5 for Windows, using appropriate statistical methods of descriptive and comparative character.

Results and discussion

The results of research showed that, generally speaking, the karate coaches working in clubs in the Karate Union of Vojvodina expressed no anxiety (Table 1). Scale average value (1.82) shows that it is located within the low-anxiety, considered the sample as a whole. This may be in favor of positions that a degree of anxiety in a number of coaches probably not expressed as a structural feature of personality, but as a transitory state manifestly related to the particular situation. This is evident in the results of respondents' answers to individual indicators, with significant anxiety is manifested, for example, in relation to: concern about the opposite competitors that are known to lack the necessary control of their shots (2.79),

possible injuries that can occur competitors (2.58), anxiety related to judicial impartiality of the jury (2.53), etc.

Table 1 - Scale of anxiety (coaches)

Claims (Indicators)	Si	Sv
Indicators 1	223	2,79
Indicators 2	206	2,58
Indicators 3	202	2,53
Indicators 4	183	2,29
Indicators 5	163	2,04
Indicators 6	161	2,01
Indicators 7	157	1,96
Indicators 8	153	1,91
Indicators 9	147	1,84
Indicators 10	146	1,82
Indicators 11	144	1,80
Indicators 12	123	1,54
Indicators 13	117	1,46
Indicators 14	116	1,45
Indicators 15	107	1,34
Indicators 16	106	1,33
Indicators 17	88	1,10
Indicators 18	86	1,08
Value scale		1,825

So, some anxiety and concern was evident in the situation where a coach can not directly affect its causes and sources. On the other hand, karate coaches, in general, have much more confidence and do not show signs of anxiety in situations in which they can directly influence or are the result of their activities.

That is, the answers of respondents, perceived by some indicators, such as worrying that a competitor prepared and trained will fail to achieve anticipated sporting a result, confidence in the safety of its competitors and in their appearance, concern about the consequences of possible failure of sports in relation to the management of the club, and so on. According to generally shown the degree of anxiety in the presence of karate coach, a comparative classification of subjects into a whole, set aside the three levels of its expression (Table 2).

Table 2 - Anxiety karate coaches - competitive group

Comparative group (Expression of anxiety)	The position on the scale (Value scale)	f	%
I - extremely low	1,28 - 1,73	32	40,0
II - low	1,74 - 1,90	22	27,5
III - moderately	1,91 - 2,28	26	32,5
Total:	1,28 - 2,28	80	100,0

Given the previously stated opinion that the appearance of karate coach anxiety be treated primarily as a temporary condition related to the specific situation (and most often are those situations related to karate competitions), the results shown in the comparative groups may be regarded coaching and competitive experience. In fact, with a large dose of justification can be argued that coaches with more coaching service and long experience in karate exhibit extremely low anxiety.

Given to the structure of the respondents this is primarily related to trainers with over 15 years of coaching experience. Taking into account the group of subjects with low anxiety (27.5%) of which may include coaches with more than 10 years of coaching experience shows that most respondents (67.5%) belongs to the category of people with low anxiety. The group, which is characterized by moderate anxiety is 32.5% of respondents and these are mostly young coaches who have no more than 5 years of coaching experience (Table 3).

Table 3 - Characteristics of the sample according to the coaching internship and results

MARK	f	%
COACHING EXPERIENCE IN KARATE SPORTS		
from 1 to 5 years	28	35,0
from 6 to 15 years	26	32,5
from 16 to 30 years	26	32,5
Total:	80	100
Coaching LEVEL RESULTS		
domestic level	51	63,7
international level	20	25,0
Total:	71	88,7

In the light of these considerations can be seen engaging in active competition and serving the respondents (Table 4). With many years of experience in competitive karate sport (more than 10 years) were included in 65% of coaches, which is in symmetry with their, later, coaching track. Up to 10 years of competitive experience has 35% of the respondents, which is the approximate ratio of coaches to show moderate anxiety. The comprehensiveness of these two areas of activity of respondents, as an expression of experience in karate sport, create conditions for the accumulation of positive values that karate sport contains.

Table 4 - previous competitive experience of coach

MARK	f	%
OFFICIAL KARATE EXPERIENCE		
from 1 to 9 years	28	35,0
from 10 to 15 years	28	35,0
from 16 to 30 years	24	30,0
Total:	80	100

Table 5. – Coaching search and anxiety (f-%)

COACHING SEARCH		ANXIETY			
		I	II	III	Total
		extr. low	low	moderat.	
I	domestic level	16	20	15	51
		31,4	39,2	29,4	100
II	international level	12	2	6	20
		60,0	10,0	30,0	100
		28	22	21	71
Total:		39,4	31,0	29,6	100

$\chi^2 = 6,945$ $df = 2$ $p = 0,031$

Anxiety as an important psychological entries in the sport related to personality, in this research showed that in karate trainer does not show a significant level of expression. However, in terms of results achieved coaching anxiety showed a certain tendency in its presence (Table 5). The statistical significance of differences observed comparative whole clearly indicates that anxiety may be expressed differently and reflected in work results karate coaches who work within the KSV. Observed that the majority of coaches with very low anxiety in the group characterized by a working search international levels (60.0%). With coaches who exhibit low anxiety (10.0%) were the highest percentage of highly successful coaches, as confirmed so far presented findings that karate coaches, in fact, people with low anxiety and that in most cases there is no negative impact on labour results.

Also, it can be concluded that in this group are those most experienced trainers with many years of coaching practice and rich international experience, and that their low anxiety expressed certainly contributes to the achievement of high sports results athletes they work with. Specifically, it is not hindering factor in their collective work, i.e. functionality of the system "coach-athlete", because it is an "experienced" karate experts in their sports career and work have gained rich experience and in a way to used in a variety of situations that carry karate higher competition (international) levels. A smaller number of respondents to the international coaching search showed a moderate anxiety (30.0%). It can be said that here is mainly on coaches with a relatively short coaching trail, or those karate experts who work with younger age groups. The results achieved at the international level athletes in these categories (pioneer, hope, cadets) mainly occur as the debut, and carry a certain degree of high excitement and anxiety. Also, this may apply to trainers, as a relatively new and unknown conditions of competition, and thus ultimately may cause some anxiety reactions. This may refer to some indicators of anxiety, for example: taking care of opponents who are technically incorrectly constructed, the uncertainty due to ignorance of the opponent's competitors, possible injuries that can happen, and so on.

Coaches whose work results reach national level (national championship), expressed in terms of anxiety, too, similar trends, although the percentage of significantly altered. In this group of coaches most of those with low anxiety. Thus expressed, relatively evenly expression level of anxiety (low value) can be interpreted and the number of coaches who have been classified into these two categories. Here, however, is about coaches who have been long in the karate sport, have enough coaching experience that allows them to understand all the issues of karate sport in the country, and that well-known and competitive karate population, and potential opponents of their athletes.

Given the results they achieve (state level), an governed by objective indicators of preparedness and the value of its competitors, and by certain situations in which the times are the major karate championships important not to deny the state of uncertainty, tension and anxiety for the outcome. Accordingly to set out result, it can be set as hypothesis (for a second and more extensive research) that the practice of karate sport activities, especially its direct exercise, participate in contests, conducting training process, and second, over a longer period of time, affect the personality in terms of reducing anxiety. Also, operating results may represent an important determinant for the manifestation of a relatively low level of anxiety in karate coach, in this case in the territory of Vojvodina.

Conclusion

Anxiety as a basic emotion, in this research is aimed at something more clearly explain the specific character role as a karate coach of management teams, which are the direct implementers of the basic system - the training process. As coaches, as well as operational managers, have a wide range of problems that must be implemented in their work, of which largely depends on the realization of objectives, the club, they react in certain situations may be of crucial importance for the very outcome of sports. In other words, the coaches, as opposed to leaders of clubs and other entities club management, are in constant contact with "producers" of club success - athletes and situations where they valorise the work of the entire organization, such as karate competitions. Their way of response, behaviour and management skills, largely depend on the results achieved by athletes in karate competitions. Anxiety response is often manifested in stressful situations, which are mainly observed in athletes in karate competitions. Given that the coaches part of a complex system of "coach-athlete" of them anxiety, too, can be seen through the manifestation of the situations competitive performance of their athletes. Anxiety showed a statistically significant only in relation to the variable that was characterized by coaching search. The level of the results achieved in the work of coaching can significantly affect the expression of anxiety in a number of trainers, which is reflected in the degree of its presence.

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The largest percentage of coaches with very low anxiety is working results in the karate sport reach international level. Along with coaches who exhibit low anxiety are the highest percentage of highly successful coaches, as confirmed by the findings presented in this paper that the karate coaches, in fact, people with low anxiety and that, in most cases there is no negative impact on operating results.

Likewise, it can be concluded that this group are those most experienced coaches, with long-time coaching practice and rich international experience, and that their low anxiety expressed certainly contributes to the achievement of high sports results athletes they work with. Anxiety, therefore, not a disturbing factor in their collective work, because it is a karate experts in their sports career and work have gained rich experience and in a way to used in a variety of situations that carry a high karate competition (international) levels. Low and moderate anxiety mainly characterized by the trainers that their work results achieved within the state championships. In this group of coaches is demonstrated relatively evenly distributed presence anxiety, in general, established, low limits. Here, however, is about coaches who have been long in the karate sport, have enough coaching experience that allows them to understand all the issues of karate sport in the immediate, but also the wider environment. They are well aware of the entire population of karate competition, and thus the potential opponents of their athletes. Given the results they achieve (state level), an governed by objective indicators of preparedness and the value of its competitors, and by certain situations in which the times are the major karate championships, more important not to deny the state of uncertainty, tension and anxiety for the outcome. In any case, it can be concluded that in terms of anxiety, coaches as an important part of management in karate sport, generally looking at the stable factor on which directly depends on the quality of the karate athletes.

In the broadest context may be considered to be just practicing karate sports activities, particularly its active exercise, participation in competitions and conducting training process over a longer period of time may affect the personality of individuals in terms of decreasing anxiety, if it is not structured as a personality trait.

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ANKSIOZNOST KARATE TRENERA

Sažetak

Potrebe razvoja karate sporta u savremenim uslovima sve više u prvi plan ističu značaj proučavanja i praćenja psihološke strukture ličnosti svih njegovih aktera. Posebno se, u novije vreme, nameće potreba sveobuhvatnog praćenja rada trenera, kako sa aspekta neposredne sportsko-trenažne tehnologije, tako i drugih graničnih naučnih oblasti. Uspešno bavljenje trenerskim poslom koji, pre svega, karakteriše postizanje određenih radnih i drugih rezultata, ne može se danas zamisliti bez uvažavanja psiholoških dispozicija svakog pojedinca. Praktična primena psiholoških zakonitosti često igra i odlučujuću ulogu u složenim procesima čovekovog radnog angažovanja. Istraživanje je realizovano za potrebe Karate saveza Vojvodine, a za cilj je imalo detektovanje stepena anksioznosti kod karate trenera koji su aktivno uključeni u rad Karate saveza Vojvodine. Uzorak ispitanika je sačinjavalo ukupno 80 trenera iz 53 karate kluba koji su članovi Karate saveza Vojvodine i koji svoju aktivnost realizuju u okviru koncepta WKF karatea.

Cljučne reči: anksioznost, treneri, karate

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