

COACHES DECISION MAKING: DETERMINE ATHLETE ACHIEVEMENT?

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Abstract— coaches’ decision making was determined athlete achievement, both in training or competing time. Right decision making from coaches made an athlete has more self-esteem, so she/he reached optimal achievement. The decision making in each sports were different, moreover if the decision related between team sport and individual sport. The main purpose of this study was described about decision making toward athlete achievement in team sport and individual sport. This research used survey and interview method, with cross sectional survey design. Coaches were used as sample in this study. Sampling is done by purposive method. The sample used amounted to 50 people who ever given training of trainer from 5 sport. Questionnaire was used as research instrument. Data were analyzed by using variance analysis. The process of calculation using SPSS software version 17. Decision making is very important in order to improve athletes’ achievement, for team sport or individual sport

I. INTRODUCTION

Coaches’ decision making is crucial for creating an athlete to be a champion. During the training process athletes and trainers communicate intensively. The intensive communications produce optimal achievement. Commonly, in carrying out the training, the coach must determine the decision for the athlete. Decision making is an action that firmly focused on what will be done to encounter a problem (Pomerol JC. Adam F, 2004). Decision making in training and sport competitions in the form of technical and physical decisions owned by the athletes. The accuracy of coaches’ decision making is determined by various factors. Decision making is based on knowledge of content, personal experience and capacity”(Comfort. L. K &Wukich, 2013). In addition, the coach is often dealt with decision making that must be done immediately. Coach-defined decision-making in sports will be natural, the majority of decisions are dynamic and made directly or under moderate conditions or with high pressure (Johnson, JG. 2006).

The decisions taken when an athlete competing also become a determinant factor in achieving optimal performance. However, the role of the coach is also important when athletes make decisions in their implementation. Sánchez, A. Athletes felt the exercise run well when making a decision with the help of the coach (Sanchez. 2009: 69-373). The speed of decision making strategy must be immediately decided to avoid errors that are fatal for athletes. Decisions are not always optimal and efficient but must be safe and controlled so that decisions become effective ”(Comfort. L. K &Wukich, 2013). The

decisions that agreed by both coach and athletes must be implemented seriously by all components who are involved in the coaching process. Decision making is a commitment in action, has its own characteristics and it is a real and rationally controlled phenomenon (LangleyA, 1995: 260-279).

Previous studies revealed the factors that influence decision making (Juliusson EA, KarlssonN, Gärling T. 2005: 561-575). However, the research revealing about decision making is associated with athlete achievement and coach decision making in sports is very limited, especially in Indonesia. Based on this, the purpose of this study is to analyze the decision making by the coach to achieve athletes’ achievement

II. RESEARCH METHODOLOGY

The method used in this study is a survey method using a cross sectional design. The samples of the study are the coaches who have attended the upgrading of advanced trainers. Samples come from 10 districts / cities in West Java. The selection of districts / cities is carried out randomly. Furthermore, for the selection of sports is carried out by paying attention to the coaches that are owned by each sport and have participated in advanced coach training. Based on this, samples were obtained from five sports, as shown in table 1.

Table 1 Research Population/Sample

Regency	Sport Branches				
	Volley Ball	Basket Ball	Foot Ball	Silat	Table Tennis
A	1	1	1	1	1
B	1	1	1	1	1
C	1	1	1	1	1
D	1	1	1	1	1
E	1	1	1	1	1
F	1	1	1	1	1
G	1	1	1	1	1
H	1	1	1	1	1
I	1	1	1	1	1
J	1	1	1	1	1

This study used instruments in the form of questionnaires and interviews. The questions in the questionnaire came from the description of empowerment in which there are sub-variables about decision making

referring to the opinion of (Grandz.J. 1990). Empowerment means that management vest decision-making or approval authority in employees where, traditionally, such authority prerogative managerial. Meanwhile, the instrument about sports performance refers to (Stoeber, 2010) achievement is measured by the best performance, achievement of goals and appearance in the championship. The questionnaire used was tested in advance. From the number of questions in the trial instrument there were 12 questions, it turns become eight valid questions after the trial.

Data collection was carried out by distributing valid questionnaires to 50 coaches who were the sample of the study. Meanwhile, the interview is done by visiting the sample. Each sample was interviewed for about 30 minutes each. The interview guide uses an interview format about decision making and athlete achievement. Interviews are used to explore the variables to be studied. Data were analyzed quantitatively using SPSS software, and the results of the interviews were analyzed qualitatively by describing the results.

III. RESEARCH RESULT

In accordance with the result of the study, it showed that for individual sport branch there was a positive and influential relationship that could be seen in table 2.

Table 2 Correlation result of individual sport

		Decision	Achievement
Decision	Pearson Correlation	1	.538*
	Sig. (2-tailed)		.014
	N	20	20
Achievement	Pearson Correlation	.538*	1
	Sig. (2-tailed)	.014	
	N	20	20

*. Correlation is significant at the 0.05 level (2-tailed).

Table 2 showed the correlation result between decision making and athlete achievement of 0.538. Meanwhile the significance result of the correlation showed that the significant value of this correlation is indicated by the result of the calculation value of 0.014 which is smaller than the significance value of 0.05. Whereas, for the results of the correlation calculation of the team sports, can be seen in table 3.

In accordance with table 3, the correlation value for team sports is 0.431. Whereas for the value of significance calculation produced a value of 0.018, which when compared is smaller than the significance level of 0.05.

Table 3 Correlation result of Team sport

		Decision	Achievement
Decision	Pearson Correlation	1	.431*
	Sig. (2-tailed)		.018
	N	30	30
Achievement	Pearson Correlation	.431*	1
	Sig. (2-tailed)	.018	
	N	30	30

*. Correlation is significant at the 0.05 level (2-tailed).

Meanwhile, the interview results can be described as follows:

The accuracy of decision making has an impact on the accuracy of solving problems that occur in the field. As the result, the conflicts that happen in training and during the game can be avoided. The accuracy of decision making will result in a "win-win solution" in achieving athlete's achievements. In addition, the speed of decision making is also a determinant in gaining the achievements both for changes in appearance and achievement of goals in each performance during training and during matches. The speed of decision making results has a significant impact on the speed of correcting errors or problems that arise in the training and competing process.

Responsibilities given by the organization to the coaches in carrying out their duties in accordance with their fields of expertise and without intervention from the organization, especially in the technical field. Thus, the coaches are very easy to make decisions when encountering problems in the field. In addition, it also provides authority in deciding a problem to become stronger. And granting authority to decide problems when superiors are absent is highly absolute for respondents who are given such authority. So that it does not hamper the process of coaching athletes that carried out in the field both during training and competing.

IV. DISCUSSION

Decision-making is the key word for the success of athletes in gaining the achievements. The right decision making when practicing and competing will determine the athletes' achievements, both in team sports and individual sports. The right decision from the coaches can avoid the athlete from fatal mistakes that caused un-optimal athletes' performances. However, there are differences in result between individual sports and team sports. The difference depends on what, who and when the decision is determined (Parent, M.M. 2010: 291-318). Decision-making by a trainer is controlled by four factors: 1) the structural dimension (place and time) 2) interaction between stakeholders 3) information management (gathering as much information as to what is decided) 4) individual characteristics (skills,

experience etc). (Parent, M.M. 2010: 291-318) Decision making between individual sports coaches and teams will be very different because there are more tactics in team sport branch that must be given when the team competes meanwhile, in individual sports the element of tactics is less because there is only single player in the match. In addition, there are still other constraints that affect decisions made by the coaches as expressed (Thomas L. 2007: 1001-1016), “having at least 6 complex problems in making decisions, an individual, a group, a corporation, a government, and a government network”. The components that influence this result in the achievement of athletes that cannot be achieved optimally.

V. CONCLUSIONS

Decision making has an important role to determine the achievement of an athlete. The athlete's achievement is determined by the right decision making both when practicing and competing. In practicing time, the right decision can help athletes improve technical, physical and tactical skills. Meanwhile, in competing time, the right decision making can increase athletes' confidence so that athletes can achieve high performance when competing. However, it should be noted that other factors might affect athletic achievement. Based on the conclusions, it is suggested, the following matters

For the organization, authorize the coach to make decisions related to the athlete's needs in the field of techniques, tactics, mental strategies so that the coaches can monitor what weaknesses and advantages the athlete has. In addition, non-technical matters need to involve other resources in the training process to improve the athletes' performance in terms of non-techniques.

For the agency / sportsmanship institution, to improve athletes' performance, it needs support from various parties, especially other human resources. But with quantity limitations, the role of sports institutions is needed to increase the quantity and quality of sports human resources through trainings.

For the academic world, Academic involvement is the key to improve sports learning in upgrading sports performance. Besides that, it is also necessary to search for models that are ideal for improving athletes' achievements, in terms of management, techniques, training equipment etc.

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