



Relationship of Democratic Coaching Style with Character Building of Student-Players

Nisar Ahmed Khaskheli^{*} | Muhammad Hashim Darya[†] | Muhammad Akhlaque Memon[‡]

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Abstract: *This examination study was conducted on the character building of students who are also players through democratic coaching style. The primary goal of the examination was to explore the connection of democratic conduct of coaching with the character building of the players. The study was carried out on Badminton players at the Sukkur region, Sindh. The student-players of 20 associated colleges (N=100) and 20 teaching departments (N=100) of Shah Abdul Latif University, Khairpur participated in the study. A survey questionnaire, as a research tool, was applied. The results show that the majority of student-players were of the view that there is a positive relationship between democratic conduct of coaching with the character building of the student players. The frequencies, percentages were differently found, which were significantly different from each other. The study recommended that the training and coaching programs for the character building of student-players should be arranged and tournaments like inter-school, inter-department, inter-collegiate, and inter-varsity be organized where the student-players be encouraged to participate, and the concerned coaches must focus on the character-building of the students along with the technical and tactical skills of the student-players.*

Key Words: Character Building, Democratic Coaching, Relationship Assessment.

Introduction

As all the skills, including behaviors belonging to the players of any sporting event, are deeply rooted with the coaching skills of the coaches. The teenage students, including school and adolescent, including college and university level, play a key role in the character-building of the youth of any nation. The Teachers and parents play a key role in the character building of the child, but along with teachers and parents, the coaches in sports also have an opportunity to interact with players showing good attitudes like parents and teachers. There is a solid sign of the deficiency of the respectable qualities innate in our country, for example, togetherness, politeness, honesty, and sufficient to make our basic concerns. There ought to be a work to cause those qualities back to characters we to feel pleased before others. One exertion toward that path is to improve our character ought to accentuate on character building. The key responsibility of all coaches in sports improve the technical, tactical, social skills and to ensure the character building with the passage of time. Hence this study was designed to find out the connection of democratic way coaching in sports with the student-players of the students.

Since the last decades, personality building and character education have been regaining its reputation all over the world. Issues of moral, mass fighting, disrespect, time-honoured lack of manners, and bullying have grown and been without problems viewed in our daily existence and proven through mass media all over the world. Mostly the guardian is of view on the educational institutions and educators for not having appropriate principles for solid steps towards character building; educators

^{*}Lecturer, Department of Physical Education and Sports Sciences, Sukkur IBA University, Sindh, Pakistan.

Email: nisar.khaskheli@iba-suk.edu.pk

[†]Lecturer, Department of Physical Education and Sports Sciences, Sukkur IBA University, Sindh, Pakistan.

[‡] Center for Physical Education Health & Sports Sciences, Faculty of Natural Sciences, University of Sindh, Sindh, Pakistan.

believed it should result from a lack of values being taught at home. The investigations brought up years in the past that preparation is an ethical undertaking, where the character-building of the students is the vital aim of coaching everywhere in the world. The building of character is, nonetheless, as popular as it is dubious ([Lapsley and Narvaez, 2006](#)). Moral instructive founding has a lopsided history, regardless of endeavours focused on its improvement ([Carr, 2010](#)). Instruction concerning values is the most fundamental part of good preparing ([Sayin, 2014](#)). Character-building and becoming more acquainted with good and moral qualities have been considered as the first and most significant point of schooling, and numerous educationists have underlined it (Khanam, 2008). The thought of coaching foundations including qualities and character has inspired a fantastic arrangement of movement in current years and countries, for example, the United Kingdom, the United States of America (USA), New Zealand, the Netherlands, and Australia have held meetings on qualities schooling in the structure of character-building programs with very much characterized protection approaches ([Arthur, 2011](#)). Qualities and preparing have been indivisible in view that old occasions, because of the reality the idea training has been portrayed to be bounty extra than the simple moving of skill. However, the vast majority of the countries have thus chosen to as a substitute put into impact character-building programs that advance purported set up qualities ([De Waal et al., 2010](#)).

Coaching

The accentuation that has been set on investigating the demonstration of coaching to the detriment of acquiring a superior comprehension of the individual doing the training is, along these lines, neglectful ([McCarthy and Giges, 2017](#)). A High- quality teaching adjustments throughout the precise play scenario as the features of gamers and the regarded conditions differ ([Farrow and Abernthy, 2003](#)). The simple relationship between coaches and players is seen to be quintessential for creating and advancing the reasonable of a major part in games exercises ([Jowett, 2007](#)). Successful coaching is the ability to treat major parts in befitting habits. Players have singular abilities and each legitimacy for his/her uniqueness. Every member should be animated differently ([Pilus and Saadan, 2009](#)). A significant component of mentors and members is to produce a more beneficial exhibition and last triumphs in the competitions. In this manner an inquiry that has been raising considering since its commencement through the analysts, mentors, and players that what sort of training method of conduct in games exercises is extra incredible ([Cote and Gilbert, 2009](#)). Instructing in games exercises is characterized as a bunch of systems expected to upgrade the mentor's capacity to impact the conduct of the total group and players all the more effectively ([Smith, 2010](#)). The coaching in games exercises has been ending up being a bunch of arranging and methods that chose to enhance the capacity of training to affect the general presentation of the total gathering and players all the more effectively ([Smith, 2010](#)). The instructing in games plays a critical situation in the ability improvement of the players of any occasion and has become a significant circumstance for the games exercises experts, sports exercises organizations, and all the divisions which are stressed over the control of sports. Better training with a favorable way advances specialized abilities and a wide range of necessary procedures in stand-out games. Additionally, in Badminton, the instructing shows a critical part for advancing methods, abilities, the capacity to contend, the capacity to diagram an awesome game procedure, affectivity of better impacts principle to victorious positions, and extreme aftereffects of acting with cooperative people, authorities, rivals, and observers. The analysts in the subject of sports exercises are thoroughly considering it to discover the ways of coaching whereby not only technical, tactical, motivational, game strategically and an attitude of competing in an event can be improved, but character building of players be ensured and improved while applying appropriate coaching style in the shape of democratic, autocratic or Laissez-faire coaching style. The Coach possesses a functionality to offer information to educate humans to explore and assure improvement in specific video games ([Christensen & Ball, 2016](#)). The coaches have several roles in the shape of the director, teacher, trainer, motivational, supervisor, counselor, and may others (Martens, 2012). The coaching is a professional undertaking that allows the players to participate in sports competitions with effective behaviors ([McDonnell, 2016](#)).

Character

As indicated by Standard Dictionary of Indonesian character implies nature; psychological quality, morality or character that distinguish one from another; Character; The meaning of character as per Ministry of National Education Language Center Indonesia is inborn, heart, soul, character, character, conduct, common demeanor, and attitude ([Adi, 2018](#)). The meaning of character has remained a focus of philosophers for a thousand years. Question of morals that have been; who is a decent individual? ([Lepholletse, 2008](#)). This sort of inquiry draws in the thoughtfulness regarding the morals of being, to those elements in the ethical ways of life that abide inside a character ([Woodbridge, 1990](#)). It is portrayed as the moral and mental attributes extraordinary to the individual (Pearsall, 1998). The term character is gotten from a Greek expression that the possibility to stamp, for instance, on account of an etching ([Lapsley and Narvaez, 2006](#)).

Character Building

Character and ethical quality issues have consistently been a significant issue and exceptional discussion in the training field. This might be the aftereffect of the way that training ([Adi, 2018](#)). Character-building includes the improvement of conducts and applies that are commonly liked to "live" and role nicely in a sphere of distinction, and this one encourages the improvement of pupil personality (Berkowitz, 2011). Defining the personality looks to be no simple substance; though, character-development is, however, measured an outdated aim to offer male education. Character-development cannot be accomplished besides growing student's potential to assume severely and attentively ([Helter bran & Strahler, 2013](#)). Character training in the nation beginning from fundamental schooling, as in the United States, Japan, China, and Korea. Some proof that the execution of character instruction is masterminded efficiently really positively affect scholarly accomplishment. US government firmly bolsters character schooling program executed since fundamental instruction. This can be found in the instructive approach of each express that giving a sizable segment in the plan and usage of character schooling. It might be found in the number of characters in the instructive American asset which might be gotten. Maximum, plans in character instruction educational plan underline experiential investigation as a method for building up the personality of understudies ([Kamaruddin, 2012](#)).

Coaching Style

The management is implemented in functioning something at a very high degree of accuracy, stage of confidence, sympathy, be involved, and practically experienced might be different from a less expert manager, as a person who does now not suit to face managerial issues ([Dess and Picken, 2000](#)). The Coaching fashion and preferred. Procedures have been demonstrated for having sure to influence the sporting degree about execution ([Campbell and Sullivan, 2005](#)). The Style and Behavior idea is known as a precise phase of fulfilment, inventiveness, and inspiration as being guaranteed through the democratic coaching style with players, performing with huge energy and strength regardless of the accessibility or inaccessibility of the coaches; autocratic coaches basically focusing on a huge measure of profitability. Laissez-faire coaching considered appropriate then again driving a group to have the ability and incited individual ([Jung et al., 2008](#)). A more prominent gigantic train needs to consider to be as a particular and attempt to enhance the generally of each member in agreement to need ([Kristiansen et al., 2012](#)). The administration is an individual association where an individual infers, organizes, and directs diverse in the general exhibition to achieve the incessant objective. The communal settlement of authority is considered as a legend that practising to improve current societal acknowledgement and shape about the need for levels of leadership and pioneers in foundations. The administration is seen to be a difficulty of changing a person's continuous shared targets and empowering them to take the activities foreseen to reach them. The expertise capacity to influence an individual or pack toward the achievement of basic expectation is required ([Khan et al., 2015](#)).

Badminton

Badminton is a racket sport described by irregular activities made out of dull brief times of activity with

fast alters, of course, joined with dangerous blasts enduring between 1-to-9 seconds and short recuperation times of low-power movement (standing or strolling for 6-to-15 seconds), that bring about a successful playing season of 40-half (Fernandez-Fernandez et al., 2019). Badminton is a game that is outstandingly performed across the world. This entertainment is performed at all levels through the people having a place with unmistakable age gatherings (Shariff et al., 2009). This is an action that is performed via racquets to smash a shuttlecock to move to a net fixed in a court of Badminton. This game is performed most generally in two codes which are "singles" and "copies", singles as one member for every viewpoint, and duplicates as two players for each side. Officially this diversion portrays over the rectangular nature as an indoor. A fit comprises pleasant of three rounds of 21 elements or one diversion of 21 focuses. There is one arbitrator, who plays a capacity as accountable for the entire competition and they may have aides and the various refs or group individuals. One umpire who plays a capacity as accountable for the whole court. There is one assistance pick, and his job is to name administration deficiencies and ten-line judges who direct the shuttlecock and the strains of the court agenda (Badminton world organization, BWF). As indicated by the assessment of BWF, this redirection is by and by playing with the guide of more than, 200 million people on the planet and more than thousand took area in an assortment of contentions and rivalries around the world (Alam et al., 2009).

Research Gap

The findings of various researches demonstrate a certain relationship between coaches and the players. The character and behavior of student-players belonging to various games vary from each other. Especially in Pakistan, a large number of players are those who do not belong to the regular class environment of the Schools, colleges, or Universities with the changed attitude, which ultimately denotes their character. Most of the players are found to be with a well-behaved and positive attitude & good moral characteristics and some with ill-mannered and immoral characteristics. The players are taught and trained through different coaching leadership styles followed by camps by their coaches. The player's avail this environment of coaching. The Director of Physical Education working in the Colleges likewise perform their duties as a Coach at Sukkur-region Sindh. The Instructing styles of the coaches were additionally noticed and found to apply democratic coaching generally during the between university Badminton competitions of schools in the Sukkur district and between division rivalries at Shah Abdul Latif University Khairpur. The occurrence of this phenomenon brought up an issue to discover the reality of the relationship of democratic coaching with the character building of the player.

Objective of Research

- To find out the relationship of democratic coaching with the character building of the players.

Research Question

- What is the effect of democratic coaching on the character building of the student-players?

Hypothesis

- H₀:** Democratic coaching style has a negative role in the character building of the players.
- H₁:** Democratic Coaching Style have a positive role in character building of Players

Research Methodology

This study was carried out on the relationship of democratic coaching leadership style with the character building of Badminton players. The study was conducted on 40 Badminton boys' team, belonging to different Colleges of Sukkur region and different department of Shah Abdul Latif University, (SALU) Khairpur. All the colleges of the Sukkur area, associated with Shah Abdul Latif University Khairpur were visited to know the accessibility of students playing sports by the participation of Directors Physical Education (DPE) of the concerned institution. Applying the method of convenience sampling, twenty Colleges were chosen as an illustration of the investigation as per the proposal of related DPE, whose players probably participated in any event inter-class/inter-department, intercollegiate or intervarsity

competitions, though talking about the side of University, Sports festival was corresponded by the department of Sports, SALU and different games rivalries were conducted, Badminton competitions comp where the inter-department Badminton competition was likewise coordinated, rundown of the multitude of participating departments alongside the names of players was accessible at the Sports Section of University which was utilized to choose 20 Badminton (young men) groups for the assortment of information.

Sample Size

The size of the sample of the examination was two hundred players of Badminton, as one hundred from associated institutions and one hundred from the different departments of SALU Khairpur. As there were two territories of the investigation one was the associated colleges, and the other was various departments of SALU Khairpur.

Limitations of the Study

This examination was restricted to the players (young men) studying in B. A part-I and II, BSC part-I and II, B. Com part-I and II of associated boy's degree colleges of Sukkur region and Badminton (young men) players of various departments of SALU Khairpur studying in various disciplines of different degree programs.

Delimitations of the Study

The students/ players who were studying in the first year and intermediate classes and M. Phil & Ph. D in University were made away from the study.

Research Tool

[Myers, et al; \(2009\)](#) a revised Coaching Efficacy Scale was used as an instrument to collect the data as a structured survey questionnaire.

Validity / Reliability of Tool

Cronbach Alpha test was performed to confirm the reliability of the instrument and found to be reliable with the result as 0.92.

Statistical Analysis

The frequency, percentage was computed through the application of Statistical Package of Social Sciences (SPSS) version 22.

Results

Table-1 shows the age, educational level, and the maximum level played by the respondents. As per results shown in table-1, majority of student-players were about the age group of 16 - 22 years with the highest frequency of 138 and 69 percentage, 23 to 29 years of age group with a frequency of 53 and percentage 26.4 whereas the age group of 30 years & above was 9 & 4.6 percentage. So far as the educational level of the respondents is concerned, most of the students were studying in bachelor degree programs with the highest frequency of 183 and 91.5 percentages, several respondents studying in Master degree program with the frequency of 17 and 8.5 percentage and a large number of respondents were found to be played inter-collegiate with a frequency of 108 and 54.0, inter-class / inter-department as a 72 frequency, 36.0 percentage and inter-varsity level with a frequency of 20 and 10.0 percentage.

Table 1. Shows the Age Group and Educational Level of the Respondents

Item	Option	Frequency	Percentage
Age of the respondent	16 to 22 Years	138	69.0

Item	Option	Frequency	Percentage
Education of the respondent	23 to 29 Years	53	26.4
	30 Years & Above	9	4.6
	Bachelor	183	91.5
Level played by the respondents	Master	17	8.5
	Inter-Class/Inter-Department	72	36.0
	Inter-Collegiate	108	54.0
	Inter-varsity	20	10.0

The items which included in data collection tool for examination to find out the relationship of democratic coaching leadership style with the character building of the players are as detailed in table-2. The result shows that the majority of responses enable that there is the closest relationship of democratic coaching leadership style with the character building of the players with the highest frequency of 103, 51.5 percentage and mean and 2.29 as in 1st item, 108 frequency, 54.0 percentage and mean is 2.47 as in 2nd item, 120 frequency, 60 percentage with a mean of 2.59 as in 3rd item and 110, 55 percentage and mean 2.45 as in 4th item. These are the analysis which interprets that the democratic coaching leadership style is very effective for the character building of the players.

Table 2. Statements and Responses with Frequency, Percentage and Mean.

Statement	Option	Frequency	Percentage	Mean
Democratic Coach teaches Ethical manners	Not at all	15	7.5	2.2900
	Moderately	82	41.0	
	Extremely	103	51.5	
Democratic Coach introduces the fair play	Not at all	5	2.5	2.4700
	Moderately	87	43.5	
	Extremely	108	54.0	
Democratic Coach develops sportsmanship	Not at all	5	2.5	2.5900
	Moderately	75	37.5	
	Extremely	120	60.0	
Manners of having esteem for others	Not at all	4	2.0	2.4500
	Moderately	86	43.0	
	Extremely	110	55.0	

Chi-square Statistics

H₀= Democratic coaching leadership style results in a negative role in the character building of the players.

The current study which was conducted at region Sukkur Sindh to find out the relationship of democratic coaching leadership style with the character building of players and the test of Null Hypothesis was performed through the application of Chi-square and found to be rejected, as Chi-square statistics of the statements of all values were larger than the critical Chi-Square Value is (5.99) with df =2 and $\chi^2 = 49.040$, however; the Null Hypothesis was already rejected as shown in (Fig. 1).

Figure 1. Shows the result of the chi-square test, the figure shows that the null hypothesis rejected.

$$df = 2$$

$$\chi^2 = 49.040$$



Chi-square Statistic all items values are larger than the Critical Chi-Square Value is (5.99) with df =2

H₁: Democratic Coaching Leadership Style plays a positive role in the character building of Players
Chi-square test was conducted to find out the p-value and found to be less than 0.5

Table 3. Shows The Results Of Chi-Square Test Of Hypothesis

Item	Observed	Expected	Chi	Df	P-value
1	16	66.7	113.230	2	0.000
	49	66.7			
	135	66.7			
2	12	66.7	96.070	2	0.000
	63	66.7			
	125	66.7			
3	5	66.7	85.930	2	0.000
	94	66.7			
	101	66.7			
4	7	66.7	96.670	2	0.000
	73	66.7			
	120	66.7			

Discussion

The social, psychological, attitudinal and behavioral changes in the players through coaching and the impact of coaching has distended the ideas recently with various researches showing important consequences of this scale for investigating the coaching on players (Feltz et al., 1999) as modified by Kavassanu et; al, 2008 and Myers, et al., 2009. An essential element that any of past research on this has not been examined at Sukkur, Sindh, or even though in Pakistan to find out the relationship of democratic coaching with character building of the player, the construct to which they differ from coaches reports of coaching efficacy. The current research is considered to fill a little gap in the literature. Coaching, its different ways of coaching, and its regular tactics have been proven for having positive effects on the leisure level about performance in good manners (Horn, 2008). The self-motivated were promoted, social contribution and objective behavior, in the accomplishment of targets (confidence and ability) of the teams and organizational performance required by the teams, purposes and aims at the number of tracks and support (Ryan & Tipu, 2013).

The idea of Badminton players for the relationship of democratic coaching was analyzed through the coaching efficacy scale CES that showed the parallel component arrangement as the genuine construct. Following a similar extent, Myers along with the social group (Myers et al., 2009) also examined the coaching efficacy scale (CES) to analyze the assessment of players for the skill of their

instructor to affect the character building of the players. The statements as of the scale as in genuine construct were applied, through which asking the players of Badminton to percept how their trainer was skilful to affect character building of the player, however, the researcher asked the athletes to point out at what amount the democratic coach is effective or how that impact on the character building of the players through the coaching while coaching camps, training and even though during play or at any other environment where the coaching is possible. A development that tends to affect coaching is the effectiveness of coaching. Relationship of coaching with players has been proved to be an extent to which the coach believes an idea of having possessed an ability to the collision the learning and presentation of concerned athletes and consists of domains of coaching including character building of the players. Relationship of Coaching with the character building of the players denotes away, an attitude and behavior of coaches with their players and steps of the coaches while coaching for the character building of player ([Kavussanu et al., 2008](#)). The results of the present research show the innovation in the area of awareness with the latest examination of emotional backgrounds of the concept for searching out the factual knowledge concerned with the effect of coaching in the field of sports at the college level while applying the coaching efficacy scale ([Feltz et al., 1999](#)), made to order by Myers, et, al; 2009 as a source of data collection tool. The significance of the relationship of democratic coaching with character building of the players is highly inter-reliant games such as Badminton has been created in writing, these outcomes add to tolerating it as mental foundations, and this is a fundamental examination on Badminton training adequacy at Sukkur Region Sindh. Additionally, to comprehend the information on equitable instructing and its viability for the player can have an alternate tendency for mentors worried about the players.

Resultantly the sports officials and coaches will certainly be able to use democratic coaching style at inter-department, inter-class, inter-collegiate, and inter-varsity level of training, coaching camps, and competitions to encourage and to improve the players' character building. A trainer or coach should have the ability to comprehend the requirements of the players to apply their full talent and physical capability and to make stronger the connection between players and the coach. In this way; the role of a trainer is to develop a level of performance of players and to generate surroundings as an instrument to promote the positive attitude of the player, and the analyzation of this investigation will permit to the concerned to present this researched fact to the trainers and the coaches to adopt and utilize to improve the character building of their players.

Conclusion

The current study which was conducted on the relationship of democratic coaching from the perspective of its relationship with the character building of the student- players. Indeed, the coaching has a key role in the field of sports, and it is considered to be an effective way of improving the different skills of the players throughout the world, including Pakistan. At the current status, it was to find out the effect of democratic coaching on the character building of the player during coaching camps, training sessions, and during the tournaments and competitions. Thus, this study denotes an optimistic relationship of democratic coaching with the character-building of the student-players, and the student-players of Badminton are of the view to have a big positive effect of democratic coaching on their character building at Sukkur region Sindh.

Recommendations

While examining the present study as a relationship of democratic coaching with the character building of the players and the topics expected for future researches related to coaching, effects of coaching, coaching in the perspective of leadership, the efficacy of coaching as on various coaching domains can be ensured. Furthermore, keeping in view the present study, it is recommended that it can be applied and followed by the instructors, trainers and the coaches in sports programs as well as by the teachers in structured educational organizations for the enhancement of the level of character building of the player and all coaching domains that are not only related with the Badminton game but the players of all games.

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