

Coach's Actions Quality Perception by Powerlifters-Veterans in "Coach-athlete" Dyad

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Abstract: The research deals with psychological interaction between a coach and a powerlifter from a veteran group. We define the dominant actions of a coach concerning the athlete, who is older than 40 years old. We received the results of 30 powerlifters (older than 40) with the help of the questionnaire survey. Athletes estimated 13 criteria in the aspect of real and desired actions of a coach. Among real behavioral trainer's techniques the most dominant are the following: "helping during the competitions (warming-up, marching on platform)" (the average grade-9,4), "mastering own methodology of training athletes" (the average grade-8,8), "attendance of the competitions" (the average grade-8,6) and "my individual characteristics taking into consideration (health state, mood, difficulties in life and others)" (the average grade-8,6). The priority positions of the desired coach's actions have the following items: "helping at the competitions" (warming-up, marching on platform) (the average grade-10), "mastering own methodology of training athletes" (the average grade-9,9). The athletes of the veteran age group are experienced enough, but they need team work "coach-athlete". This conclusion can improve "nature" understanding of the relations between a coach and a powerlifter, who is older than 40. It can also provide the role and the importance realization of a coach's personality in a sports career of a veteran athlete.

1 INTRODUCTION


The topics of sports research works are mainly focused on examining young athletes. It is reasonable, as this group presents the prestige and the authority of the country at the International level.


In terms of demographic shift to lifetime increase more and more mature and elderly age people take part in sport. These events have created generations of Masters athletes (Baker, 2015). Earlier sport was considered important for youth development. But nowadays the opportunity to take part in sport is seen positively during the whole life. The number of healthy middle aged people who are active in sports has increased significantly during the past generation (Foster, 2007). The increasing number of athletes, who take part in the World Masters Games proves that elderly age people become more involved in competitive sport (Delvecchio et. al., 2013).


Sport as a social sphere of a person's activity forms a communicative platform. In the individual kinds of sport the nearest interaction is realized through the partnership with a coach. The quality of relations in "coach-athlete" dyad is the key moment between a coach and an athlete (Jowett, 2017). High quality of coach-athlete relationship positively predicts athletes' general happiness (Lafreniere, 2011).

The development and display of physical strength has been a hallmark of humanity from the very beginning. So it is likely that there will always be a demand for a competitive barbell sport like powerlifting (Warpeha, 2015). Powerlifting is characterized by the ability to generate maximal force. However, an understanding of the factors affecting strength in PL athletes is poorly understood (Latella et al., 2018).

The research was held in order to study real and desired actions of a coach concerning a powerlifter,

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who is older than 40. This question is very interesting, both in the context of powerlifting and in the context of sport. As the perceived by the athlete quality of relations with a coach is connected with the level of the athlete's burnout (Isoard-Gauthier et al., 2016).

2 ORGANIZATION AND RESEARCH METHODS

For this research organization the authors created the questionnaire. It helped to reveal important actions of a coach and of his participation in athlete sports activity from the point of athletes view.

The novelty of this questionnaire is in the fact that it groups the actions. They demonstrate the role of a coach in powerlifters sports activity.

2.1 Participants

30 athletes took part in studying significant actions of a coach concerning the attitude to veterans of powerlifting.

According to age-related classification of the International Powerlifting Federation Rules (International Powerlifting Federation, 2019), the age group starting from 40 years-old corresponds with the category "veterans".

The criterion of the respondents selection for the participation in the research was the partnership in "coach-athlete" relations for this category no less than three months.

The average age of the respondents was 47,3 years-old; the experience of going in for powerlifting – from 5 till 21 years. The group of the respondents also included people, who went in for powerlifting before veteran age. The sampling also included people, who started to go in for powerlifting after 40 and earlier went in for another kind of sport. Sports qualification of the respondents was the following: candidate master, "Master of sports of Russia" and "World-class athlete of Russia" in powerlifting.

2.2 Instruments

In terms of the research work the respondents answered the questions of the created questionnaire. The questionnaire included 13 items of possible actions in two aspects: real and desired participation.

The questionnaire content of the actions can be considered from two positions. 8 actions of the questionnaire are connected with technical and methodical support of an athlete (for example, "is

present at the trainings", "explains the methodology of the exercises fulfillment", "is present at the competitions", helps at the competitions (warming-up, marching on platform)" and others). The rest five items of the coach's actions reflect the attitude to powerlifter as a personality (for example, "provides psychological support during trainings and competitions", "uses humor", "estimates my success/failures" and others).

The respondents estimated each criterion of a coach's participation in sports activity according to the influence degree on an athlete. The scales of answers varied from 1 (strongly disagree) to 10 (strongly agree). Given to the definite factor rank 1 has the most important value and rank 13 has the lowest value for the athlete.

2.3 Data Collection

Data collection for the research was realized during the Championship of Powerlifting Federation in Russia among the veterans (since March, 28 till April, 1, 2018 in Cherepovets, Russia).

Before the beginning of the questionnaire the participants were informed about general aims of the research and the demands for participations. The questionnaire fulfillment was realized personally by the athletes during the competitions. We informed the athletes of the fact that data collection was confidential. It took the respondents 15-20 minutes to fill in the questionnaire. Also we guarantee that the questionnaire filling in was voluntary.

2.4 Statistic Analysis

The importance determination of the coach's actions influence on powerlifters, who are older than 40 years-old, was held on the basis of the arithmetical mean calculation.

Then the materials of the questionnaire were ranged. The results of summary statistics are presented in Table 1, 2.

3 RESULTS AND DISCUSSION

During the research we realized the role of a coach study in powerlifters older than 40 years-old sports activity. Statistical results of the questionnaire according to real actions of a coach towards powerlifting veterans are presented in Table 1. The results of the questionnaire according to the desired actions of a coach concerning the attitude to powerlifting veterans are shown in Table 2.

3.1 Real Actions of a Coach Analysis concerning the Attitude to Powerlifters

According to Table 1 the most significant actions, which are used by a coach during his interaction with powerlifters, are the following: the I rank- helping at the competitions; the II rank – has his own methodology of training athletes, the III, 5 rank- is present at the competitions, the III,5 rank – takes into account athlete’s individual characteristics.

Table 1: Hierarchy of a coach’s real actions towards powerlifters of veteran group.

Coach’s actions	Rank (the average grade)
Helping during the competitions (warming-up, marching on platform)	I (9,4)
Mastering own methodology of training athletes	II (8,8)
Attendance of the competitions	III,5 (8,6)
Taking into consideration athlete’s individual characteristics (health state, mood, difficulties in life and etc.)	III,5 (8,6)
Athlete’s success/ failures estimation	V (8,5)
Psychological support provision during the trainings and competitions	VI (8,2)
The methodology of exercises fulfilment explanation	VII (7,9)
Making the plan of trainings	VIII (7,2)
Humour use	IX (7,1)
Personal demonstration of the exercises fulfilment	X (6,7)
Taking part in athlete’s life (personal, educational, professional)	XI,5 (6,6)
Attendance of the trainings	XI,5 (6,6)
Reasonable demands demonstrations (regimen during the trainings and competitions, nutrition regimen and etc.)	XIII (6,3)

Dominant position of a coach’s action “helping during the competitions” conditions the following: no matter how psychologically mature and experienced the athlete is, he always needs sports help of a coach. It is an obvious and reasonable choice of the respondents, as competitions are the final event in the athlete’s activity.

High importance of a competition as the stage of sports career provides physical and emotional influence. Competitive trait anxiety may have negatively impacted performance (Judge et al., 2016). Attendance of the coach in competitions helps to share emotional tension and realize technical (bandage winding around the knees, putting on

equipment uniform and etc.) and organizational support (barbell weight claiming for further attempts, tactical struggle in counting the final sum).

In terms of competitions «competitive trait anxiety may have negatively impacted performance» (Judge et al., 2016). The help of a coach during the competitions is very important for an athlete.

For a mature athlete his coach is not only a mentor, but also a friend. Very often during the competitions they interact as colleagues. A coach fulfills a supporting function. For a powerlifter, who is older than 40, it is important to have a coach-friend during the competitions. He would help during warming-up and marching on platform. A person, who won’t be a mentor, but would give practical advice, would help to create the strategy in interaction with the opponents.

The second place belongs to the action. The coach uses it towards the athletes of veteran group – “mastering own methodology of training athletes”. An athlete, who is older than 40, as a rule, has an experienced coach. A long-term experience of a coach provides own methodology formation. In this situation a coach and an athlete are two like-minded people, who work to achieve one aim.

It should be noted that the trainings of young and elderly athletes have much in common: they demand great caution, attention to details. Joints can be depleted because of long-term trainings. Age-related changes influence all physiological systems, including those, which are used during the exercises and sport (Reaburn, 2014). That is why experienced coaches have their own methodical secrets of additional muscle volume strengthening (for example, back squat; wide grip pull-up; load transfer to legs during deadlift fulfilment and etc.). Coaches share their experience of training for the competitions, trainings optimization, trauma avoidance and etc. (Austin et al., 2012; Sutphin, 2014). The aim of a coach during own methodology creation is to preserve health and sports longevity of his “trainee”.

The third rank position is given to two actions: “attendance of the competitions” and “taking into account my individual characteristics”. In general, all priority described actions, in our opinion, are connected. A coach-friend during the competitions helps an elderly athlete achieve the state, which is described in literature as tactical efficiency (Ilin, 2012; Kuznetsova, 2018).

Psychological determination is an important part in training athletes. It is “subjectively formed on the basis of physical and psychological organism activation before the future definite activity”

(Sergeev, 2008). A young athlete learns how to control own emotions, but excitement still dominates. A mature athlete has less problems with own emotions control. He needs only support of an understanding person.

A coach is not just focused on developing and nurturing the skills and optimum physical abilities of the athletes but also considers his own personal characteristics that could have positively or negatively effect on his/her behavior towards coaching (Gustl, 2018). Knowing his own athlete helps a coach to feel his emotional mood, feel slight changes in his physical and psychological state and take this into account while choosing the ways of distorting factors overcoming (Ljdokova et al., 2014). Each coach has his own means: humor, pleasant memory, favorite music and etc..

3.2 Desired Actions of a Coach towards Powerlifters Analysis

Table 2: Hierarchy of a coach's desired actions towards veteran group powerlifters.

Coach's actions	Rank (the average grade)
Helping during the competitions (warming-up, marching on platform)	I,5 (10)
Psychological support provision during the trainings and competitions	1,5 (10)
Mastering own methodology of training athletes	III (9,9)
Athlete's success/ failures estimation	IV (9,7)
Humour use	V (9,4)
Taking into consideration athlete's individual characteristics (health state, mood, difficulties in life and etc.)	VI (9,3)
The methodology of exercises fulfilment explanation	VII (9,2)
Attendance of the trainings	VIII (9,1)
Making the plan of trainings	IX (9)
Personal demonstration of the exercises fulfilment	X (8,8)
Taking part in athlete's life (personal, educational, professional)	XI (8,4)
Attendance of the competitions	XII (8,2)
Reasonable demands demonstration (regimen during the trainings and competitions, nutrition regimen and etc.)	XIII (7,5)

We analyze the actions of a coach, which powerlifters define, as the desired ones. The first two positions of the desired actions are the following: "helping during the competitions" and "psychological support provision during the trainings and competitions"; the

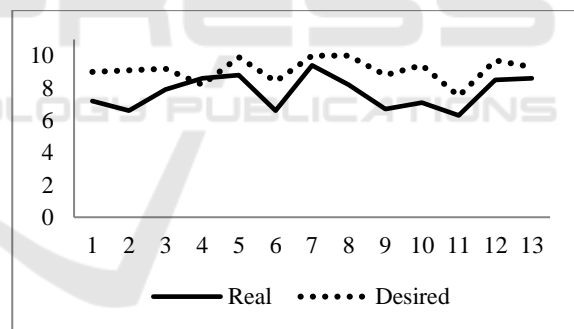
third place belongs to "mastering own methodology of training athletes".

As we see, the actions, used by a coach towards the veteran group athletes and their desires are almost identical. It corresponds with athletes age-related characteristics.

Athletes, who are older than 40, don't have a vivid egocentrism, ambitions that everyone around should provide conditions for their success. An important characteristic in adult personality formation is an effective, productive moment of his activity. A mature athlete uses his best formed qualities in higher aims achievement. A coach doesn't treat veteran powerlifter as a young beginner. A coach understands that it is necessary to negotiate with a middle aged athlete.

Received during the research result shows the following: a coach realizes the actions, which are desired by an athlete. It forms a difficult process of an effective interaction between a coach and an athlete, when there is thoughts and actions symbiosis. It leads to sports success.

3.3 A Coach's Real and Desired Actions Results Comparative Analysis



Note. Vertically – ranks; horizontally: 1 – plan of trainings creation; 2 - attendance of the trainings; 3 – explaining the methodology of exercises fulfilment; 4 - attendance of the competitions; 5 – mastering own methodology of training athletes; 6 – taking part in your life; 7 – helping during the competitions; 8 - psychological support provision during the trainings and competitions; 9 – personal demonstration of the exercises fulfilment; 10 – humor use; 11 - reasonable demands demonstrations; 12 - my success/ failures estimation; 13 – taking into account my individual characteristics.

Figure 1: A coach's real and desired actions toward powerlifting veterans comparison.

Indices of a coach's real and desired actions comparison (Figure 1) demonstrates the following fact: 12 from 13 items of the desired actions are extremely more important than the points of a coach

real actions. We can suppose that this condition proves elderly age powerlifters' strong desire to have their coach's attention and support.

Such kind of a coach's action as "attendance of the competitions", in a real aspect has the following average grade – 8,6 units and in a desired one- 8,2 units. It means that a real atmosphere satisfies the athlete's desire and compensates his needs.

For a powerlifter the fact of the competitions attendance is not very important. For the performance effectiveness it is important if a coach takes part in warming-up, equipment putting on, barbell weight order between the attempts, psychological support after a not successful attempt or before an important attempt. Mentioned above actions dominate in a desired behavior of a coach and have the highest average grade (10) – "helping during the competitions" (warming-up, marching on platform) and "psychological support during the trainings and competitions". Odd actions spend physical and emotional energy and it leads to over-tension, fatigue, emotional and physical imbalance.

The results (Figure 1) show how the activity of a coach is important for powerlifters, who are older than 40 years-old.

4 CONCLUSIONS

This research gives an idea of veteran group athletes' attitude to real and desired activity of a coach. The research results are directed toward highly-qualified relations with the athletes and their high effectiveness stimulation.

The athletes from a veteran group are experienced and independent enough. They are integral personalities, but need team "coach-athlete" work.

These results can improve "nature" understanding of relations between a coach and powerlifters, who are older than 40. They can also provide the role and importance of a coach's personality understanding in sports career of a veteran group athlete.

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