

Coach-Athlete Relationship and Grit on Athletes with Disabilities

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Abstract: This study was conducted to examine the correlation between the coach-athlete relationship and grit in athletes with disabilities. An overview of the coach athlete relationship using the CART-Q (Jowett and Ntoumanis, 2004) and grit using the Grit Scale (Duckworth, Peterson, Matthews and Kelly, 2007). Research participants consisted of 38 athletes with disabilities aged 16-48 years and were selected by purposive sampling technique. The results showed that there was a significant correlation $r=0.455$ between the coach-athlete relationship and grit in athletes with disabilities. This Study are expected to be an evaluation of athletes, coaches and all National Paralympic Committee of Indonesia (NPCI) administrators to pay more attention to the quality of good relationships between coaches and athletes, while maintaining enthusiasm and perseverance in training and regular long-term matches in order to maintain sports achievements.

Keywords: Coach-Athlete Relationship, Grit, Athletes with Disabilities

1 INTRODUCTION

One of the main obstacles for athletes in the training process is the problem of feeling bored in training which becomes a long-term routine and takes up a lot of athlete time, so that it can reduce performance (Satiadarma, Siregar & Dwiariani, 2013; Gunarsa, 2008). Athletes who experience boredom will make a withdrawal on the exercise. Boredom can be caused by lack of commitment and passion of athletes in training (Juriana & Jannah, 2017). Someone who has passion, enthusiasm and perseverance, persistence, hard work (perseverance) to achieve long-term goals (long-term goal) that a person wants to achieve is called grit (Duckworth, Peterson, Matthews & Kelly, 2007).

Elmuro (2016) conducted a study on 142 non-sportsman disabilities with an age range of 18 to 88 years. The results of the study show that there are differences in grit in high-achieving athletes (participating in national and international championships) and low (never participated in national and international championships). One of the factors that determine the grit of athletes is a sports coach (Moles, Auerbach & Petrie, 2017). According to Satiadarma (2000) in the world of sports, the trainer does not only act as a program, but also as a friend, teacher, parents, counselors, even psychologists for athletes. Coach is a character central for a new player is optimal because it is in the hands of the coach the potential possessed by athletes will emerge, and it is the coach who form a player's winning mentality. There is a strong relationship between coaches and athletes can produce good performance (Jowett & Ntoumanis, 2004).

In particular, the relationship between coaches and athletes is a significant determinant. It is very important in mentally preparing athletes (Jowett & Carter, 2006). Open communication with athletes can affect the athlete's mentality. Coaches can use an individual approach to athletes in prepare athlete mentality. Based on the research above, the researcher wants to conducted research on the significant relationship between Coach athlete relationship with grit for athletes with disabilities, considering that there are still limited studies of disability sports psychology in Indonesia.

2 MATERIALS AND METHODS

This research is quantitative research that uses numbers, starting from data collection, interpretation of the data, and appearance on the results (Periantalo, 2016). Quantitative data obtained through survey research (naturally) using online questionnaires (on the network) filled in by the respondent. Quantitative data obtained through survey method in the form of a questionnaire for the purpose of correlational studies in one certain period of time. This study aims to determine the correlation between coach-athlete relationship and grit on athletes with disabilities at the National Paralympic Committee of Indonesia (NPCI). Research data collection was carried out on 8 May - 30 June 2018 online with the help of the National Paralympic administration committee of Indonesia (NPCI) along with sports coaches paralympics. The questionnaire was successfully obtained and filled out by as many as 38 respondents.

3 RESULTS

Based on the research objectives, the results that there's a significant correlation between Coach-athlete relationship with Grit on athletes with disabilities at National Paralympic Committee of Indonesia (NPCI).

Table 1. Correlation Test	
Variable	r (pearson)
Coach-Athletes Relationship	0.455
Grit	

The results of the Pearson product correlation test are obtained moment, to find out the relationship between the coach-athlete relationship with grit on athletes with disabilities obtained the results of Sig. of 0.004. Because the results obtained are $0.004 < 0.05$, it can be said that there is a relationship significant relationship between Coach-athlete relationship with Grit in athletes' persons with disabilities in this study. In addition, when viewed from the results of $r = 0.455$ means, the higher the Coach-athlete relationship, the higher grit on athletes with disabilities and the strength of the correlation between these variables included in the medium category (Periantalo, 2016).

4 DISCUSSIONS

The results of this correlation study show that there is a significant correlation between Coach-athlete relationship with Grit in athletes with disabilities at the National Paralympic Committee of Indonesia (NPCI). In this study, almost all athletes with disabilities have high achievements which prides itself on the quality of the relationship with a good coach and have high grit. High grit in individuals can occur because since the beginning athletes with disabilities have gone through various life challenges, starting from a long-term training process with good sports facilities minimal, to the challenges of life outside the competition. Athletes with Disabilities in this study have different barriers according to conditions each, although they are generally the same in terms of accessibility (Soleh, 2016).

Based on the researcher's interview with one of the athletes, in general friends of athletes with disabilities have the same obstacle, namely the lack of the government's attention to the accessibility of persons with disabilities, such as very limited sports facilities, access to further education, employment ost-athlete and coupled with the discriminatory view that athletes Paralympics are not real athletes and have no commitment as an athlete (Martin, Byrd, Watts and Dent, 2015).

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A discriminatory view of commitment as an athlete does not break people with disabilities to excel, just like athletes with disabilities still have a spirit that never goes out and diligently practice for become a champion and feel proud of the achievements achieved. In accordance with the research results of Gilchrist, Fong, Herbison, Sabiston (2018) and Duckworth (2007) who said that grit was significantly related to taste proud and achievements that have been achieved before, the prouder and achievement, the more persistent the individual will be to carve next achievement.

Other research on the existence of complementary passion between coaches and athletes to achieve the same goal in an activity, can increase the positive relationship between coach and athlete (Lafrenière, Jowett, Vallerand, Donahue & Lorime, 2008). This is in accordance with the conditions that exist in this study, where the majority of athletes have a with the coach in a positive way. Athletes with disabilities in this study felt that he is attached in thought, feeling and behavior to the coach and have the same passion to achieve a common goal for achieve achievements.

This study also illustrates the strength of the moderate correlation (medium) between grit and Coach-athlete relationship with the direction of the relationship positive ones. The direction of the positive relationship in this study means that the higher the grit, the higher the Coach-athlete relationship. On the other hand, if the Coach-athlete relationship is high, grit will increased as well. In accordance with research conducted by Moles, Auerbach and Petrie (2017) found that coach feedback can improve grit motivation climate. Athletes who get feedback positive from the coach, tend to stick to training and match duties difficult and significantly improve sports performance for make achievements.

According to Duckworth (2016), it is assumed that grit can be developed from outside the individual, namely with a culture of unyielding that is transmitted by a leader. A leader in a sporting context usually refer to a coach. In this study, the trainer has a role to fostering, directing, placing, evaluating every athlete who developed to achieve maximum sports performance.

According to Satiadarma (2000) the coach has a very big role in the mental formation of athletes. Athletes are expected to earn a degree champion continuously through the routine training program provided by the coach. The quality of a good coach relationship can improve sports performance by providing constructive feedback. The high quality of the relationship between athletes and coaches illustrates emotional attachment to trust each other, commit based on shared beliefs, knowing the strengths and weaknesses as well as cooperate with each other to achieve common goals in achieve maximum performance.

The athletes in this study are committed to focusing on the sport certain period of time, illustrates the consistency of interest related to commitment as an athlete and perseverance in trying to complete a difficult and planned routine exercise program related to with deliberate practice (Tedesqui & Young, 2018). Consistency of interest and persistence in trying is a dimension that forms grit (Duckworth & Quinn, 2009).

According to Duckworth (2016) deliberate practice is needed to form grit from within through specific exercises only on activities that have not been mastered and difficult to do. According to Ericsson (cited in Arif, 2018) it takes approximately 60 hours a week (about 9 hours a day) in a row to get the maximum skill, need at least 10 years (a total of 31,200 hours) to become an expert in their respective fields respectively. Athletes in this study did regular exercise about 8 hours a day. In the morning and evening athletes do exercises every day.

Limitation of this study on Self-report research always has the possibility of participants doing faking good in answering the statements contained in the questionnaire. So, in future research to improve grit and Coach–Athlete Relationship Questionnaire (CART-Q) to reduce social desirability of items in the questionnaire. If you want to do research quantitatively, researchers can conduct similar research by adding the number of research participants so that the external validity of the study can be improve for the better.

According to Duckworth (2016) grit is influenced by internal factors (interest, purpose, practice, hope) and by external factors (parenting of grit, play field of grit, culture of grit). In future research, it is also faced to examine Duckworth's hypothesis regarding these factors. The results in this study are expected to be an evaluation of athletes, coaches and all NPCI management to pay more attention to the quality of the relationship good relations between coaches and athletes, while maintaining enthusiasm and perseverance in regular long-term training and matches that can improve sports performance.

5 CONCLUSIONS

Based on the research objectives that have been formulated by the researcher, then it can be concluded that there is a significant correlation between Coach-athlete relationship with Grit on athletes with disabilities at National Paralympic Committee of Indonesia (NPCI).

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