SUMMARY

In the past few decades sports performance has shown dramatic progress. The reason behind this success is the high level of motivation which has encouraged the athletes, long hours of sports training and the guidance they receive from coaches. The coach who is the architect of this progress must synthesize all informations collectable during the training process. There are many studies related to teaching effectiveness at various levels and its psychological correlates. The task of the coach becomes more complicated unless a person is equipped with sufficient knowledge, experience and the coaching skill, he may not be in a position to succeed in his endeavours.

There is a general agreement that the relationship between the coach and the athlete in a particular situation is important for the effectiveness of coaching. This general opinion is supported by a model of coaching behavior, their determinants and effect (Smith and Smoll, 1982). There are few studies concerning the coaching behavior their determinants and effectiveness. Since they are smaller in number and their findings are insufficient to provide adequate information to the coaches. This study mainly concentrate on the coache's individual difference variables. Unlike earlier studies, this study attempts to analyse the coaching behaviors through multivariate approach extending it further to analyse the physical and psychological conditions of the coaches which could influence the coaching behavior.

In order to make this study more meaningful and effective, coaches Personality, their Achievement motivation, Quality of working life, Occupational stress, General health conditions and Burnout are considered. In addition coaches are asked to make self
evaluation of their coaching behaviors and athletes were asked to rate how they perceive such coaching behaviors.

The main aim of the present investigation was to study the coaching effectiveness in individual sports coaches, team sports coaches, ball games coaches and other sports coaches. In addition the coaching effectiveness was studied in two levels of coaches, namely district level coaches and state level coaches. The coaching effectiveness of these coaches were measured through Eysenckian dimensions of personality, viz. Extroversion, Neuroticism, Psychoticism and Lie (Social desirability) Scale, motives, viz. the need for Achievement, the need for Affiliation, and the need for Power and the need for Approval, Quality of working life (AWL) viz. Economic benefits, Physical working conditions, Mental state, Career orientation, Advancement on merit, Effect on personal life, Union management relations, Self respect, Supervisory relationship, Intra group relations, Sense of achievement/Apathy, Confidence in management, Meaningful development, Control, influence and participation, Employee commitment, General life satisfaction and Organisational climate, Occupational stress, General (physical) health; Impulsiveness, Empathy and Venturesomeness; Burnout, viz. Emotional exhaustion, Depersonalization and Personal accomplishment; self rated effectiveness and Athlete rated effectiveness.

The secondary aim of the present investigation was to study the relationship of coaching effectiveness with Eysenckian dimension of personality, motives, quality of working life, Occupational stress, General (physical) health, Burnout, Impulsiveness, Empathy and Venturesomeness.

The Eysenckian dimension of personality was measured through the revised version of the Eysenck Personality Questionnaire (EPQ-R) developed by Eysenck, Eysenck and Barrett (1985). The four motives, viz. need for Achievement, need for Affiliation, need for Power and need for Approval were measured by Questionnaire.
measures constructed by Misra and Tripathi (1980). The quality of working life (QWL) inventory developed by Sinha and Sayeed (1980). Occupational stress index developed by Srivastva and Singh (1984) was used to measure the occupational stress of the coaches. General (physical) health Questionnaire developed by Marshall and Cooper (1978) was used to measure the general health conditions of the Coaches. Impulsiveness Questionnaire developed by Eysenck and Eysenck (1978) was used to measure the impulsiveness, Empathy and Venturesomeness among coaches. Maslack Burnout Inventory (1981) was used to measure the Emotional exhaustion, Depersonalization and Personal accomplishment among coaches. The Coaching Effectiveness Scale developed by Mohan, Sehgal and Fortgalland (1990) was used to measure the self rated effectiveness and Athlete rated effectiveness of coaches.

The sample comprising of 120 professionally trained coaches and have taken sports coaching as a career and training athletes to various levels. The area of sports has been analysed in individual and team sports. The level of coaching groups are made on the basis of the level of achievement of the athletes of the concerned coach. The classifications are district level and state level.

All the afore-mentioned tests were scored according to the procedure given in the respective manuals. The raw score obtained were statistically analyzed. Appropriate methods were used to compute means, S Ds, t-ratios intercorrelations, factor analysis and regression equation relevant for the study. The conclusions were made on the basis of the results obtained in this study.