Chapter-V
Summary, Conclusions and Recommendations

The purposes of the study were to assess the coaching leadership style and athlete satisfaction from the athlete’s point of view. Further the study was also assessed as to whether male athletes are more satisfied with their coaching leadership style as compared to female athletes or vice-versa.

To accomplish the intention of research, the total number of the subjects selected 300 S.A.I centre athletes from Punjab (India) in the age group of 16-25 years. The subjects were selected on the basis of a minimum of one year duration of training experience.

In this study, purposive homogenous sampling was used to assess the coaching leadership style and athlete’s satisfaction, the questionnaires which were filled by the athletes are as follows:-

1. Leadership scale for sports (LSS) - To measure the perceived coaching leadership style of coach by the athlete.
2. Athlete Satisfaction Questionnaire (ASQ) - To measure an athlete’s satisfaction with his/her athletic experience with nine sub factors.

For the present study the data was collected by the researcher scholar, at all the S.A.I centre athletes of Punjab, by administering the leadership scale for sports (LSS), and Athlete Satisfaction Questionnaire (ASQ).

The first part of study was about leadership scale for sports (LSS) and second was on athlete satisfaction questionnaire (ASQ) and both were assessed on the basis of quantities assessment. The results and discussions were two parts: for leadership scale for sports and for athlete satisfaction first descriptive statistics was used, then correlation matrix was employed to see the difference among male athlete and female athlete. Level of significance was set at 0.01.
Conclusions

Within the limitations of the study and in the light of the conclusions drawn, they are:

1. The leadership variable such as democratic behaviour, autocratic behaviour, social support and positive feedback had significant relationship with the training instruction among male athletes.

2. The leadership variable such as training instruction, autocratic behaviour, social support and positive feedback had significant relationship with democratic behaviour among male athletes.

3. The other leadership variable autocratic behaviour had significant relationship with training instruction, democratic behaviour, social support and positive feedback among male athletes.

4. The variables of social support depicted a significant relationship with training instruction, democratic behaviour, autocratic behaviour and positive feedback.

5. The Positive feedback, other variable had positive significant relationship among males with the training instruction, democratic behaviour, autocratic behaviour and social support.

6. Democratic behaviour, autocratic behaviour, social support and positive feedback showed significant relationship with training instruction among female athletes.

7. The leadership variable such as training instruction and positive feedback had significant relationship with autocratic behaviour in case of male athletes.

8. Autocratic behaviour in case of females showed insignificant relationship with democratic behaviour and social support.
9. In case of female athletes the variables of social support showed significant relationship with training instruction, democratic behaviour, on the other hand it had shown an insignificant relationship with autocratic behaviour and with positive feedback.

10. The variables of Positive feedback on leadership scale for sports had shown a significant relationship with training instruction, democratic behaviour, autocratic behaviour and social support.

11. The athletes satisfaction variable, individual performance had shown significant correlation with team performance, ability utilization, strategy, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents among both the male and female athletes.

12. Results of team performance had shown significant correlation with individual performance, ability utilization, strategy, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents among both the male athletes and female athletes.

13. Athlete satisfaction and ability utilization had shown significant relationship with individual performance, team performance, strategy, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents among both the male and female athletes.

14. Regarding findings of the variables on strategy it had shown significant relationship with individual performance, team performance, ability utilization, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents among both the male and female athletes.
15. Results of the variables in personal treatment had also shown significant relationship among both the male athlete and female athlete with individual performance, team performance, ability utilization, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents.

16. Findings of Training and instruction of athlete satisfaction had shown significant relationship among both male and female athlete with individual performance, team performance, ability utilization, personal treatment, training and instruction, team task contribution, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, external agents.

17. Team task contribution had shown significant relationship with all the parameters like individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team social contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, and external agents among both the male athlete as well as female athletes.

18. Team social contribution has also depicted significant correlation with individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, ethics, team integration, personal dedication, budget, medical personnel, academic support, and external agents in both the genders.

19. The athlete satisfaction variable of ethics had showed significant relationship with individual performance, team performance, ability utilization, personal treatment, training and instruction, team task contribution, team social contribution, team integration, personal dedication, budget, medical personnel, academic support, and external agents among both the male and female athletes.
20. Results of Team integration had shown a significant relationship with individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, personal dedication, budget, medical personnel, academic support, and external agents in both the male and female athletes.

21. Individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, budget, medical personnel, academic support, and external agents all these variables had shown significant relationship with personal dedication.

22. Findings of the variables in budget had also shown a significant relationship with all the variables like individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, personal dedication, medical personnel, academic support, and external agents among male and female athletes.

23. Contribution of medical personnel towards the athlete welfare had significant relationship with all the variables like individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, personal dedication, budget, academic support, and external agents among both male and female athletes.

24. Academic support services had depicted significant relationship with individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, and personal dedication, and budget, medical personal and external agents.

25. Support of external agents had also shown significant relationship with individual performance, team performance, ability utilization, personal treatment, training and instruction, training instruction, team task contribution, team social contribution, personal dedication, budget, medical personal and academic support services.
Recommendations

Based on the conclusions drawn in this study the following recommendations have been made:

- A similar study can be undertaken with a larger sample.
- Further study may be conducted on players of different sports.
- It may be conducted on subjects with varied age levels and for both sexes.
- Similar study may be conducted by increasing the time period of athletes trained under a particular coach.
- A study can be conducted by selecting other psycho-physiological variables measuring the leadership style and athletes satisfaction only.
- A study may also be undertaken for special athletes or athletes with various disabilities to understand their abilities and conditions.
- A similar study may be conducted on International athletes of other Asian athletics dominating countries.
- A comparative study on this theme could be conducted between Indian athletes and athletes and developed countries, comparing with Indian athletes.
- A study of similar nature can be conducted on players of other levels such as sub-juniors, juniors and senior sportsperson.
- Study may also be conducted on Indian International athletes and players of other individual and team sports.
- Similar study can be conducted on team sports of various age groups.