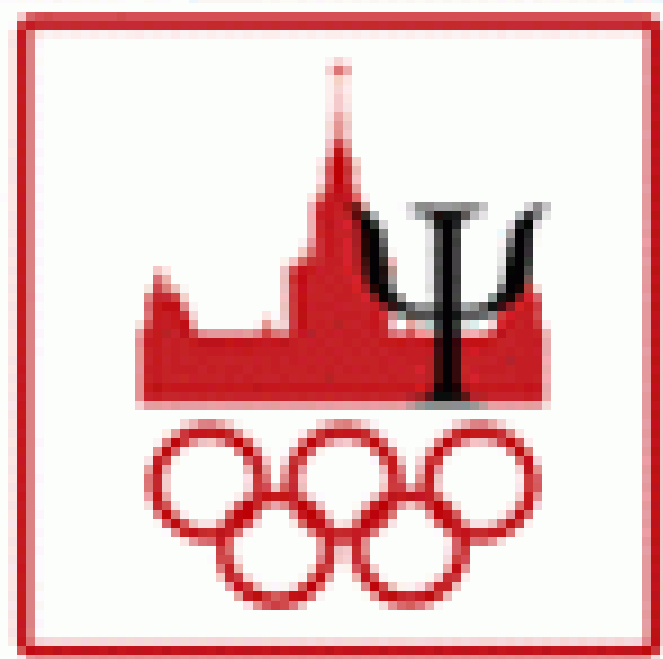




Relationship between the professional success of coaches with the indicators of their life satisfaction

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Abstract

With the growing popularity and development of sports, interest in effective coaches is growing. Along with the professionalism of the coach is extremely important its individual characteristics and the ability to be an example for the athlete in their beliefs and attitude to life, as all this can have a direct impact on the development and effectiveness of the athlete.

The aim of the study was to determine the nature of the connection between professional success and life satisfaction of coaches.

Hypothesis: professional success and satisfaction with the life of coaches are in relation to the nonlinear relationship.

In accordance with the literature [1,2,4-7] and the opinion of trainers – participants of the study, the criterion of professional success of coaches includes objective and subjective indicators: the maximum level of performance of athletes trained by coaches and their self-assessment of success. Checking the degree of consistency of the two indicators of success of trainers through the correlation analysis of Spearman showed their moderate and positive correlation ($R=0,517$, $p<0,05$). This confirms the adequacy of the chosen criterion of success.

The analysis of the results revealed a nonlinear relationship of the studied parameters, which differs from the conclusions of previous studies of other specialists.

Materials and Methods

By prior arrangement with each of the respondents by phone, an individual meeting was held, in which the conversation was held and the methods were filled. The average time of communication with each respondent took about 40 minutes.

The sample consisted of 59 coaches from different sports and different levels of professional success, leading professional activities at the sports bases of the Department of Sports and Tourism of Moscow. The average age of the respondents was 42 years ($m=40$, $f=19$). Respondents were divided into groups on professional success groups based on the level of achievements of their athletes. Conditionally allocated 4 achievement level athletes:

- 1 - winners of the Championship of Moscow;
- 2 - winners of the Championship of Russia;
- 3 - winners of the European Championship;
- 4 - winners of the World Championship.

The following methods and techniques are used:

1. A conversation in which respondents were asked to answer several questions, including: In your opinion, which coach can be called successful? What is the maximum level of achievement of your athletes?
 2. The test «Life Satisfaction Index» (A, LSIA) developed by B. Neugarten with colleagues (1961), a Russian adaptation of N.V. Panina (1993) [8].
 3. The self-assessment diagnostic method by Dembo-Rubinstein in the modification of A.M. Prikhodzhan, (modified by us for sports coaches) [10].
- SPSS Statistics (version 22) was used for statistical data analysis. The correlation analysis according to Spearman's criterion, univariate analysis of variance was carried out.

Results and Discussion

The results of univariate analysis of variance indicate the existence of significant differences in life satisfaction, depending on the level of professional success of coaches ($f=6,836$, $P<0.001$) (Table. 1). The nonlinear nature of the discovered connection of the studied variables is shown in figure 1.

According to the obtained results, life satisfaction indicators of coaches increase linearly and monotonously in accordance with their success at 1 - 3 levels, and at 4 levels decrease (for coaches who won the World Cup).

Thus, it cannot be stated unequivocally that with the growth of professional success of coaches, life satisfaction always increases.

It can be assumed that the results are associated with high emotional tension, psychological discomfort and emotional burnout, which is accompanied by professional activity of coaches; the results can also be determined by the nature of relations with athletes, the features of goal-setting, perfectionism, although unequivocal conclusions require additional research.

The results obtained in our work are only partially consistent with the findings of other researchers who have established a close relations of life satisfaction with job satisfaction, external rewards and satisfaction of significant needs through the achievement of goals [3,9,11].

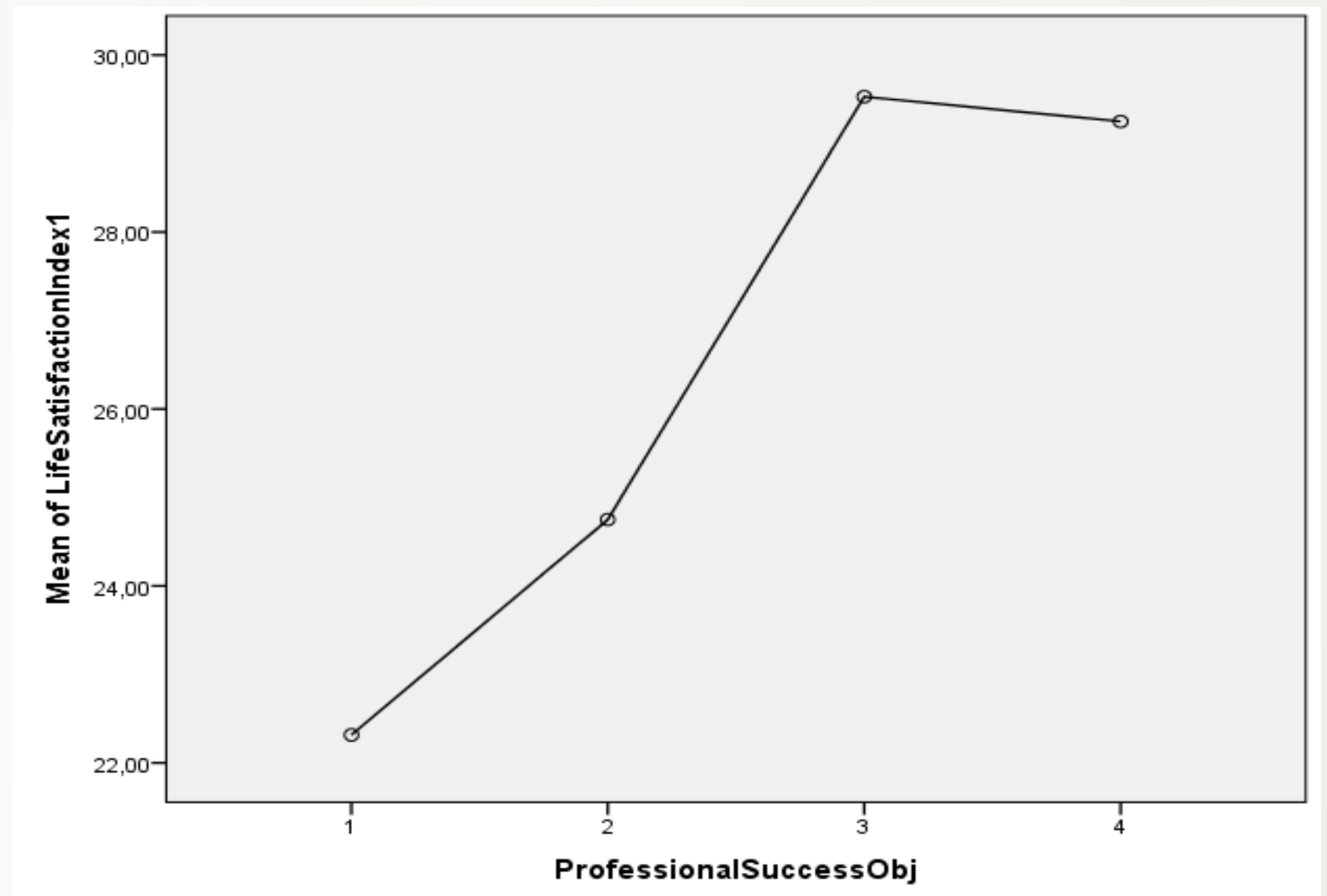


Figure 1. The features of the connection between the objective level of professional success and the index of life satisfaction of coaches.

Conclusion

The established nature of the relation allows us to conclude that the indicators of life satisfaction of coaches are not always due to the growth of their professional success.

The results of the study can be useful in psychological work with coaches of different sports and professional experience to improve their professional productivity. The results can be taken into account in situations of prevention and correction of symptoms of emotional burnout; when making recommendations for individual development of coaches. The results of the study raised new questions related to the professional success of coaches and made it possible to outline areas for further research. For example, the study of the features of goal setting and their impact on the satisfaction of life and work of coaches; the study of ways to reduce emotional stress in coaches.

This area of sports science and practice is important - not only individual, but also public, and therefore requires further study.

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