

## The effect of coaching behaviors on tennis players and swimmers

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection.

### Abstract

The purpose of the current research is to investigate tennis players and swimmers' coaching behaviors for sport with sport age.

*Material/Methods:* A cross-sectional survey method was applied to tennis players and swimmers (~~Buyukozturk et al., 2012~~). Participants ( $n_{\text{females}}=175$ ;  $n_{\text{males}}=187$ ) were selected from different tennis ( $n=122$ ) and swimming ( $n=240$ ) clubs in Canakkale, Istanbul and Hatay provinces. For data collection, a translated Turkish version (~~Yapar and Ince, 2014~~) of the Coaching Behavior Scale for Sport (CBS-S) (~~Côté et al., 1999~~) was used. The CBS-S includes 47 items and 7 sub-dimensions. The collected data were analyzed with descriptive and One-Way Analysis of Variance (ANOVA) statistics. The CBS-S sub-dimensions were evaluated with the sport age of tennis players and swimmers ( $p<.05$ ).

*Results:* According to the One-Way ANOVA, sport age was statistically significant in the sub-divisions of physical training and condition, technical skills, mental preparation, goal setting, competition strategies and personal rapport among tennis players ( $p<.05$ ). Among swimmers, sport age was significant for only negative personal rapport ( $p<.05$ ).

*Conclusions:* Tennis players and swimmers' Coaching Behavior for Sport scores were evaluated as high. Sport age was significant for the Coaching Behavior for Sport sub-dimensions among tennis players.

**Key words:** coaching behavior, individual sports, sport age.