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How Leadership Styles of College Coaches Affect Student-Athlete Satisfaction

CONFERENCE ABSTRACT

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Abstract

This research focused on the foundation of organizational management and leadership and correlated it with college athletics. Throughout this research, the main question that was posed is how do leadership styles affect student-athlete well-being? Participants were 42 student athletes, both male and female, on various athletic teams. A modified version of Mefi and Asoba's (2021) Leadership Styles and Employee Job Satisfaction Scale was used to assess coaches' leadership style and how coaches made them feel personally, using a 5-point Likert scale. In general, the positive correlation of player satisfaction between head coaches and assistant coaches was significant, $r(30) = 0.534, p < .002$. Overall, participants were satisfied with their head coaches ($M = 3.565, SD = 0.478$) and their assistant coaches ($M = 3.53, SD = 0.326$). The relationship of player satisfaction and leadership styles followed the same pattern for head and assistant coaches. Athletes were least satisfied with autocratic leadership styles, [$r(30) = 0.05, p = 0.791$ for assistant coaches, $r(41) = -0.21, p = 0.183$ for head coaches]. Athletes were most satisfied with transactional leadership styles, [$r(30) = 0.82, p < 0.0001$ for assistant coaches, $r(41) = 0.822, p = 0.0001$ for head coaches]. This data will be presented pertaining to each individual athletic team and their satisfaction, and implications will be discussed.

Keywords: coaching, leadership, student-athlete, satisfaction

References

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