

## Duties and Obligations of Basketball Trainers among Their Players in Selected Universities in China



LI YANG

Emilio Aguinaldo College, Manila, Philippines

**ABSTRACT:** The study investigates the relationship between basketball trainers' duties and their obligations to players at four universities in Guilin, China. Using a descriptive-comparative approach, data from 30 athlete respondents were analyzed quantitatively. Results indicate a significant correlation between trainers' duty in coaching games, training sessions, leading the team, and managing performance, and their obligation in terms of professional conduct. However, no significant relationships were found regarding legal obligations and health and safety. Trainers' performance of duties significantly impacts their adherence to professional conduct obligations. Notably, coaching games and managing performance emerged as particularly influential aspects. The study underscores the importance of trainers' roles in fostering professional conduct among players. Findings suggest areas for improvement in aligning trainers' duties with legal obligations and health and safety concerns. This research contributes to understanding the dynamics between trainers and players, informing strategies for enhancing player development and well-being within basketball programs.

**KEYWORDS:** basketball trainers, duties, obligations, players, universities, professional conduct, China

### INTRODUCTION

The success of any sports competition relies heavily on the trainer, who manages, trains, and coaches the team. The lay view of coaching focuses on episodic activities, while trainers view training as a complex model of overlapping scenarios, including training supervision and liaison with fellow trainers and peers. Modern advanced trainers must take responsibility for their athletes both inside and outside of competition, making their duties more complex and diverse.

Teachers facilitate training sessions and physical development, while teachers instruct athletes in the ways of the sport. Analytical duties are crucial for the athlete's development, providing feedback on performance and guiding training and competition goals. Discipline is essential for ensuring athletes reach their full athletic potential, while friend/mentor duties help motivate athletes during low performance or monotony.

Fundraising, organizing, and public relations are also important duties for trainers, especially at amateur levels. They act as fundraisers, organizers, and public relations officers, communicating with the press and sponsors to avoid undue pressure. Some duties will remain with the trainer, while others will become less important as the athlete develops.

Ganaden, et al (2017) pointed out that trainer is one of the fundamental pillars of the formation and development of sports teams and their important duty in the performance of the players cannot be ignored. Trainer can create and cultivate an environment around the team that affects athlete development and team performance. A positive and supportive coach can inspire athletes to reach their full potential, both individually and as a team. By providing guidance, motivation, and constructive feedback, a trainer can help players improve their skills and work together cohesively. Ultimately, the influence of a dedicated coach extends far beyond the field, impacting the personal growth and success of each athlete under their guidance.

Lorimer and Jowett (2020) propose that trainers' training experience plays a crucial role in their capacity to empathize effectively, impacting the effectiveness and success of their interactions with athletes. Trainers need to serve as role models for players in addition to imparting knowledge, as emphasized by Chiu & Huang (2021). It is asserted that trainer leadership conduct is a complex process and an essential strategic competence in contemporary society. Coaches' leadership conduct on the sports field significantly influences the improvement of individual and team performance. Leadership characteristics are essential for a trainer to efficiently manage a team.

Trainer-athlete relationships are founded on mutual regard, trust, and candor, according to Bennie and O'Connor (2019) on professional team sports in Australia. They categorized partnerships into two types: family-oriented and professional. Both methods are efficient when trainers and athletes have a mutual mindset. The study highlights the importance of specialized training for trainers in people management.

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Gillet et al. (2020) suggest that high-quality trainer-athlete relationships improve cognitive and physical performance, reduce stress, and enhance performance. Understanding trainers' attitudes, demeanor, personality, and leadership style is crucial for success in sports teams, attracting attention and motivation. Coaches who are supportive, encouraging, and able to effectively communicate with their athletes are more likely to foster a positive training environment. This positive environment can lead to increased trust between athletes and trainers, resulting in improved performance outcomes.

In China, sports trainers hold high respect and duties, requiring trust and confidence. Basketball is the most popular team sport, and the duties and obligations of trainers are crucial. The researcher, a basketball player and trainer, will study the duties and obligations of basketball trainers among their players at four universities in Guilin, China, each with a basketball team for men and women.

### Research Question

Is there a significant relationship between the assessment of the player/athlete respondents on the obligations and duties of their trainer to their players?

## II. RESEARCH METHODOLOGY

This study focuses on the duties and obligations of basketball trainers among their players at four universities in Guilin, China. The research uses descriptive-comparative research, which involves using numerical data to describe variables. Quantitative research is essential for explaining phenomena and helps explain phenomena among schools, institutions, administrators, teachers, staffs, and students. The study involved 30 basketball players/athletes from four universities in China. The questionnaire was a researcher-made instrument based on his experience as a basketball trainer and was subjected to three validations: phase, construct, and content validations. The validated questionnaire was tested for reliability using the sample try-out method and the Cronbach Alpha index of reliability.

## III. RESULTS AND DISCUSSION

**Table 1: Relationships between the Duties and Obligations of Trainers to the Players Based on the Assessment of Athlete Respondents**

Duties	Obligations	Computed r	Sig	Decision on Ho	Interpretation
1. Coaching Games	Professional Conduct	0.55	0.00	Rejected	Significant
	Legal Obligations	0.05	0.57	Accepted	Not Significant
	Health & Safety	0.08	0.33	Accepted	Not Significant
	<b>Average</b>	<b>0.37</b>	<b>0.67</b>	<b>Accepted</b>	<b>Not Significant</b>
2. Training Sessions	Professional Conduct	0.17	0.04	Rejected	Significant
	Legal Obligations	0.04	0.62	Accepted	Not Significant
	Health & Safety	0.02	0.81	Accepted	Not Significant
	<b>Average</b>	<b>0.11</b>	<b>0.20</b>	<b>Accepted</b>	<b>Not Significant</b>
3. Leading the Players	Professional Conduct	0.04	0.59	Accepted	Not Significant
	Legal Obligations	-0.01	0.91	Accepted	Not Significant
	Health & Safety	-0.02	0.86	Accepted	Not Significant
	<b>Average</b>	<b>0.01</b>	<b>0.90</b>	<b>Accepted</b>	<b>Not Significant</b>
4. Leading the Team	Professional Conduct	0.30	0.00	Rejected	Significant
	Legal Obligations	-0.15	0.07	<b>Accepted</b>	Not Significant
	Health & Safety	0.04	0.65	Accepted	Not Significant
	<b>Average</b>	<b>0.10</b>	<b>0.23</b>	<b>Accepted</b>	<b>Not Significant</b>
5. Managing Performance	Professional Conduct	0.38	0.00	Rejected	Significant
	Legal Obligations	0.00	0.99	Accepted	Not Significant
	Health & Safety	0.07	0.39	Accepted	Not Significant
	<b>Average</b>	<b>0.25</b>	<b>0.24</b>	<b>Accepted</b>	<b>Not Significant</b>
Over-all	Professional Conduct	0.54	0.00	Rejected	Significant
	Legal Obligations	-0.03	0.74	Accepted	Not Significant
	Health & Safety	0.06	0.48	Accepted	Not Significant
	<b>Average</b>	<b>0.31</b>	<b>0.26</b>	<b>Accepted</b>	<b>Not Significant</b>

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As shown in the table, on trainers' duty in terms of coaching games, athlete respondents have obtained a computed  $r$  value of 0.55 as regards trainers' obligation in terms of professional conduct with significance value of 0.00. Since the significance value is less than the set 0.05 level of significance, null hypothesis is rejected which means that there is a significant relationship between the trainers' duty in terms of coaching games, and their obligations in terms of professional conduct. However, no significant relationship was found in terms of legal obligations, and health and safety. This goes to show trainers' duties in terms of coaching games has great impact in performing their obligations to players in terms of professional conduct.

On trainers' duty in terms of training sessions, athlete respondents have obtained a computed  $r$  value of 0.17 as regards trainers' obligation in terms of professional conduct with significance value of 0.04. Since the significance value is less than the set 0.05 level of significance, null hypothesis is rejected which means that there is a significant relationship between the trainers' duty in terms of training sessions, and their obligations in terms of professional conduct. However, no significant relationship was found in terms of legal obligations, and health and safety. The result indicates that trainers' duties in terms of training sessions could somehow give impact in performing their obligations to players in terms of professional conduct.

On trainers' duty in terms of leading the players, athlete respondents have obtained a computed  $r$  values of 0.04, -0.01, and -0.02 as regards trainers' obligation in terms of professional conduct, legal obligations, and health and safety with significance valued of 0.59, 0.91 and 0.86 respectively. Since the significance values are less than the set 0.05 level of significance, null hypothesis is accepted which means that there is no significant relationship between the trainers' duty in terms of leading the players, and their obligations in terms of professional conduct, legal obligations, and health and safety.

On trainers' duty in terms of leading the team, athlete respondents have obtained a computed  $r$  value of 0.30 as regards trainers' obligation in terms of professional conduct with significance value of 0.00. Since the significance value is less than the set 0.05 level of significance, null hypothesis is rejected which means that there is a significant relationship between the trainers' duty in terms of leading the team, and their obligations in terms of professional conduct. However, no significant relationship was found in terms of legal obligations, and health and safety. The result shows that trainers' duties in terms of leading the team could somehow give impact in performing their obligations to players in terms of professional conduct.

On trainers' duty in terms of managing performance, athlete respondents have obtained a computed  $r$  value of 0.38 as regards trainers' obligation in terms of professional conduct with significance value of 0.00. Since the significance value is less than the set 0.05 level of significance, null hypothesis is rejected which means that there is a significant relationship between the trainers' duty in terms of managing performance, and their obligations in terms of professional conduct. However, no significant relationship was found in terms of legal obligations, and health and safety. This goes to show that trainers' duties in terms of managing performance could somehow give impact in performing their obligations to players in terms of professional conduct.

Generally, the result reveals that trainers' performance of their duties could greatly affect how they perform their obligation specifically in terms of professional conduct. On the other hand, their performance of duties was not found to be significantly correlated with their obligations in terms of legal obligations and health and safety.

## IV. CONCLUSION

The analysis of the relationships between the duties and obligations of basketball trainers to their players in selected universities in China sheds light on the intricate dynamics of coaching within this context. The findings highlight significant associations between certain aspects of trainers' duties, such as coaching games, training sessions, leading the team, and managing performance, and their obligations, particularly concerning professional conduct. These results underscore the crucial role of trainers in shaping player behavior and fostering a positive team environment conducive to success.

It is worth noting that the study reveals that trainers' performance of their duties significantly influences their fulfillment of obligations, specifically in terms of professional conduct. Specifically, trainers' duties in coaching games and managing performance show significant correlations with their obligations in professional conduct, suggesting a direct impact on their interactions with players.

However, it is important to acknowledge that no significant relationships were found between trainers' duties and their obligations regarding legal obligations and health and safety. This indicates that while trainers may excel in certain aspects of their duties, such as leading the team or managing performance, these may not necessarily translate to enhanced compliance with legal or safety-related obligations.

The findings highlight the complex nature of the interaction between the trainer and athlete, as well as the wide range of coaching duties. Additional study is needed to investigate more aspects that affect these dynamics and to create techniques to improve trainers' efficacy in completing their responsibilities to players thoroughly. By comprehending the relationship between trainers' responsibilities, we want to enhance athlete growth and team achievements in Chinese university basketball.

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