

The relationship between time management of the process training with decision-making quality of active sport coaches in Tehran city

¹Sobhan Sabouri, ²Mozafar Yektayar and ³Sardar Mohammadi

¹*Young Researchers Club, Science and Research Branch, Islamic Azad University, Kurdistan, Iran*

²*Department of Sport Science, Sanandaj Branch, Islamic Azad University, Kurdistan, Iran*

³*Department of Sport Management, University of Kurdistan, Sanandaj, Iran*

ABSTRACT

Attention to time has been one of the most important influence factors on the performance decision making of coaches, That result can figure of the competition for any individual or team. So in order to examine the relationship between time management of the training process and decision-making quality of active coaches in Tehran city, research was descriptive -correlational. Total 325 persons of different sports coach in Tehran were chosen by random sampling. The Time Management questionnaire [16] and decision making quality of the coaches questioner [16] was used. The Pearson correlation test was used to analyze the data. Results showed that there are relationship between the time management of the training process and decision-making quality of coaches in Tehran ($r=0/59$). Exactly can be said Training good time management has enhanced quality of decision-making, reduce errors, and seating plan , reduce stress and achieve to desired results coaches in Tehran city, As a result, teachers have to use of the system time in the training process.

Key words: time management of training process, decision making quality, sport coaches, Tehran

INTRODUCTION

The time Valuable wealth of with each person, group or organization that is not comparable to any other funds [6]. Time is irreplaceable, loss, scant and non-rental or purchase, so it optimal use and management require knowledge of how to spend it. Since such concepts as much as we try to understand its nature, wonder and complexity of the encounter. Time, money and valuable resources that, if lost, can never find a replacement for it. [3]. Time management is a set of skills that will help managers in more effective use of time. Lack of time management is that managers do not know what is time management. The third group of management time is not used, those who like Pressure and shortness of time (90 minutes) and crisis work [8]. Such intelligent human reality to the concept of time management has guided To the understanding and application of specific methods and techniques, allowing better use of time would provide [3]. Time management is a prerequisite for good decision Management is considered an integral component of the decision Task management is manifested in any way. Suitable model for the decision-maker to decide the type of problem and the situation depends [1]. Agents to stop wasting time and improve productivity priority and the results of each project activity category, spending minimal time for less important activities, the most important factor that counts. Athletic trainers work to complete the training process depends on several factors. Many times, the image of a performance coach, his ability to develop and set up training programs And management training and competition or depend decisions in some situations [4]. Several factors affect the ability of the coach to manage time and make decisions For successful management are financial professional and life [5]. This has the effect of exercise on the coach , Instructor's ability to manage time effectively exercise has positive effects on the quality of the decision-making process, it is in practice. He may be able to

manage the optimal training and competition. Both planning and understanding of the factors for the management coach during practice and competition Are considered, How to control the timing of the decision-making process of the trainers is very important to practice and competition, Large paper, analyzed the various aspects of time management. The results of [12] showed 12-fold difference exists between areas of time management, Also [7] also stated that managers always complain of not having enough time is available, They also discussed ideas for managing their time. [11] also found that fitness level subordinates executives decided not alone decisive factor method, But your fitness level manager in determining his methods is effective decisions. However, despite relatively extensive research on the use of time management, but, in applying the principles of time management and quality related decisions coaches, little research has been done. This article examines how athletes practice time management by active coaches in Tehran And its relationship to quality of decision making in practice and is competitive. The results of this research can have a positive impact on the minds of both team and individual sports trainers, professional and amateur, For optimum utilization of time and decided to leave. Also useful feedback about the current situation in the country will continue to work on the trainers, relationship time management and Good decision making Ability to connect effectively between coaches will strengthen the two components.

MATERIALS AND METHODS

This study was a descriptive - correlation method. Total 350 persons of man coaches active in Tehran selected of fields (soccer, volleyball, wrestling, swimming, amateur boxing, gymnastics, badminton, judo, handball, archery, tennis) as random sampling with (Krsay & Morgan) table (N=1809). according to Be altered some questionnaire only 325 persons were examined. Variables measuring instruments: 1- management time questioner [16] that the questionnaire consisted of 60 questions with six sub-scales (planning, organization, commitment, procrastination, stress , patience) Likert type 5-degree (totally disagree=1, totally agree= 5). 2- Decision making Quality inventory [16] consisted of 29 questions with a Likert type degrees 5 (totally disagree=1, totally agree=5) to weigh only deciding factor. In order to determine the validity and reliability and to detect and eliminate potential ambiguities, the pilot study was performed on 30 cases of coaches in Tehran. Face validity and content validity of the opinions of experts and exploratory and confirmatory factor analysis of construction validity was used. Result of Exploratory factor analysis with varimax rotation for variable time management (kmo=0. 921 , df=512 , p= 0.00) , Variable quality of decision making (kmo=0. 936 , df=406 , p= 0.00) were Significant. amount of Confirmatory factor analysis for the plann (CFI=0.96, RMSEA=0.052, GFI=0.93 , df=11 , p=0.003), organization(CFI= 0.95 , RMSEA=0.065, GFI=0.94 , df=6 , p=0.002) , commitment(CFI=0.96 , RMSEA=0.067 , GFI=0.96 , df=15, p=0.000) , procrastination(CFI= 0.97 , RMSEA=0.068 , GFI=0.95 , df=8 , p=0.002) , stress (CFI=0.97, RMSEA=0.068 , GFI=0.95 , df=8, p=0.002) , patience (CFI=0. 97 , RMSEA=0. 068 , GFI=0. 95 , df=8 , p=0. 002) , decision making quality (CFI=0. 96 , RMSEA=0. 063 , GFI=0. 93 , df=28 , p=0. 003) for reliability of questionnaires was used of the Cronbach's alpha coefficient, the results of the time management questionnaire was ($\alpha=0.864$) and for decision making quality questionnaire ($\alpha=0.788$), the Cronbach's alpha coefficient for planning ($\alpha=0.798$) , organization ($\alpha=0.852$), commitment ($\alpha=0.801$), procrastination ($\alpha=0.846$), stress ($\alpha=0.896$), tolerance ($\alpha=0.872$) were in the time management questionnaire. In order to organize and summarize the data, descriptive statistics and inferential statistics of exploratory factor analysis and confirmatory factor analysis to check the validity of the Pearson correlation test and Kruskal-Wallis test to examine the relationship between the variables of time management and decision quality coaches were used. For the analysis of data be used spss version20 and liserl (8.52).

RESULTS AND DISCUSSION

Table 1 describes the characteristics of the individual coach active in Tehran city. Results showed the greatest coaches in the age range 40-50 years, most of the record of the sample was 15-10 years and Most coaches at the amateur level coached.

Table1.The descriptive statistics individual characteristic of coaches

sample	Age			Coach level			Coach record		
	age	F	percent	Level	F	percent	record	F	percent
Coaches active of Tehran city	30-40	119	36.6	Amateur	180	55.2	5-10	45	14.1
	40-50	168	51.7	Semi-profsonal	50	15.3	10-15	167	51.6
	50 above	38	11.7	profsonal	95	29.4	15 above	113	34.7
Total	325		100.0	325		100.0	325		100.0

Results showed that there is a significant positive relationship between the component of time management process of training and decision-making quality the coaches in Tehran (Table 2). Some researchers have concluded that there is a relationship between time management and decision-making scale [16]. Some also considered the experience

factor for decision improve, stated that effective high experiences in quality of decision-making [15]; [9]. Also, there is a significant positive linear relationship between the quality of decision making in Tehran coaches with coach level and their experience of coaching, (Table 3). Some researchers have acknowledged that aging enhances cause improving the quality of decision making and increase the skills of time management [14].

Table2. Pearson correlation among time management and decision making quality

Pearson correlation		Time management	Decision making Quality
Time management	r	1	0.591*
	sig	0	0.002**
	n	325	325
Decision making Quality	r	0.591*	1
	sig	0.002**	0
	n	325	325

* $p \leq 0.05$

**showing correlation between time management and decision making quality

Table3. The Pearson correlation among coach level and coach experience with decision making quality

* $p \leq 0.05$

Pearson correlation	Coach level					Coach experience				
Decision making Quality	sig	r	(M± SD)			sig	r	(M± SD)		
			Amateur	Semi-prof	prof			5-10	10-15	15 above
	0.002*	0.661	60.177± 0.872	24.95± 0.794	0.171± 0.742	0.001*	0.789	32.155± 0.811	25.159± 0.734	99.199± 0.637

Also, according to mean of subscales of time management, organization factor more than other factors has correlated with the quality of decision making highly ($r=0.622$). Prioritize sub-scales based on their mean and correlation with decision making quality, respectively (organizing, planning, procrastination, patience, stress, commitment) (Table 4). This finding with the results [7] was aligned. In contrast to these results, some researchers have stated that the planning will play a more effective role among time management techniques [13].

Table4. Mean and standard deviation and correlation sub-scales of time management with decision making quality

sample	Time management	M ± SD	Decision Making Quality	r
Coaches active of Tehran city	Planning	4.22±0.845	5.621±0.824	0.614
	Organization	4.64±0.874		0.622
	Commitment	3.81±0.739		0.486
	Procrastination	4.12±0.823		0.586
	Stress	3.82±0.794		0.512
	Patience	3.89±0.810		0.521

* $p \leq 0.05$

Also, Results of Kruskal-Wallis test shows that there is a significant relationship between the age of coaches and the quality of their decisions, , With , to increasing age, also increased the quality of decision making of the coaches, but the age range 50-40 has the highest average and the average for this group is higher than the other groups.

CONCLUSION

Results showed that there is a relationship between time management of the training process and the quality of decision-making in coach of Tehran city. This is consistent with the results of the present study . In addition, another study showed that increasing age in coaches has a significant relationship with of in their quality of decision making. In fact, aging is associated with a rise in coaches' experiences, According to previous results showed that high experience Coaches cause improve the quality of decision making, Decision-making in elderly coaches than young coaches is much better. results showed that organizing has a more effective role in Tehran's coach process of the training, These results suggest that all of time management factors including planning, organizing, commitment, etc., all have a stake in Time Management. To take advantage of time of the training , coaches should not forget any of the elements of time management. The ultimate goal of this research was to create a window of opportunity to the coaches see how have time management to exercise and play , the team's coach was being effected Factor in the success of the person or team, The difference between a successful coach and mentor unsuccessful due to the fact the is "time management of the training process " . It is the result of Tehran metropolis and for use in other provinces and cities in the coming years, a review need on the coaches in other areas, the results are compared with the this study, Future research in relation to other criteria such as performance, self-esteem, commitment with time management of process training are examined , no doubt , survey the component of Time management in the

national team coaches could undermine the national team results. More ways can be noted to improve time management training process including: raising of planning processes of the training, avoid of stress in training, technical assistance participation in decision-making, deleting career barriers in training, in order to emphasize using the appropriate of time training, Establish appropriate systems of reward and punishment in training, presence the coaches and players at training on time, The relative independence of the coaches to decide, and reviewing the previous practices and finding influence points over the time management of training. Identification waste factors of the time And the selection of appropriate strategies can help coaches To raise the value of their time and can provide satisfaction for teams and clubs. It is hoped to this finding , coaches more aware of the importance of time management in practice and have been careful and strategic planning.

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