Japanese Junior High School soccer players’ resilience and their perception of coaching behaviours

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BACKGROUND

- Benefits of participation in extracurricular sport
- Japanese government wants to promote youth development through participation in sport
- Athletes get exposure to promotive factors as described the resiliency theory
- Extracurricular sports clubs in Japanese Junior High Schools increasingly use external coaches
- Research suggests these coaches are mostly unqualified and cases of violence occurring (MEXT, 2013).
- This suggests that the potential outcomes that the Japanese government desires is not occurring.
- How is this lack of knowledge of coaching impacting Japanese students’ well-being?
Resilience has been shown to be positively associated with sporting performance and psychological well-being.

Resiliency theory is a strengths-based approach and focuses on promotive factors. Promotive factors help individuals deal with risk factors. Promotive factors are *personal assets* such as self-efficacy as well as *resources* such as a coach, parents or team mates.
• Resilience is currently a hot topic as academics explore and try to understand how to measure resilience specifically in sport

• We would like to find out what Japanese Junior High Schools’ coaching behaviours influence resilience
AIM

- Our **aim** is to explore perceived coaching behaviours of external coaches in Japanese Junior High School extracurricular soccer clubs and their relationship with levels of student resilience.
Research questions

1. What are the perceptions of Japanese Junior High School soccer players about the behaviours of their coach?

2. In what ways do coaching behaviours influence resilience?

3. How are coaching behaviours perceived differently between male and female students?
Methods

Type: Qualitative

Design: Case study

Context: 4 Japanese Public Junior High Schools in Tsukuba
  - Only Japanese students

Participants:
  - 13-15 years old
  - Extracurricular soccer players
  - Male & female
Sample

• 32 students (16 female, 16 male)
• 8 coaches
• 4 female and 4 male teams

Sample Selection:

• Four Public Schools in Tsukuba with male and female extra-curricular soccer teams
  • One female and one male team from each school (40 participants)
• Randomly select 10 students from each team to complete resiliency scale
  • 10-item Connor Davidson Resilience Scale (10-CD-RISC)
• Identify two lowest and two highest resilient students
Data Collection

- Interviews (2 per participant)
  - Interview questions based on resiliency theory
- Reflection diary (Entry following each training/competition day)
- Video record training to triangulate findings
Procedure

• Pre-study (Ethics)
  • Contact and gain permission from schools
  • Parental consent
  • Assent from students

• Study (Start)
  • Selection procedure
  • Provide diaries

• Study (Week 1&2)
  • Observe and record each training session
  • Interview students and check diaries after 2 weeks

• Study (Week 3&4)
  • Observe and record each training session
  • Interview students and return diaries after 4 weeks
Data Analysis

• Primary and secondary coding of interviews, video recordings and diary entries
  • Identify themes relating to promotive factors e.g. self-esteem, self-efficacy
• Use triangulation of video recorded data, diary records and interviews to interpret student perceptions.
• Compare perceptions of coach behaviours between students with high levels of resilience and low levels of resilience.
1. Psychology of Sport and Exercise Science
   Has recently published two research articles that used the CD-DRS in sport (including this year).

2. Journal of Japan Society of Sports Industry
1. Nippon Sports Science University (NSSU)
   • Coach Development Academy Conference in conjunction with MEXT and TOKYO 2020 Olympic Committee

2. International Council for Coaching Excellence (ISSE)

3. The mission of the ICCE is to lead and support the development of sport coaching globally. In light of this mission, the Conference aims to showcase and evaluate the important impact sport coaching plays throughout all levels of sport and society across the globe.

4. Japan Coaching Conference
   • International Coaching Federation