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The Relationship between Coaches' Spirituality and Top Wushu Players' Stress and Aggression in the Fars Province

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ABSTRACT

The aim of the current study was the relationship between spirituality teachers with aggressiveness and stress of Sport wooshow in Fars Department staff province. The research was descriptive correlation methods and The population 200 individuals wooshow in Fars is Fars province. Questionnaire to collect information were used from spirituality, aggressiveness and stress. Analysis of Statistical methods were used, Pearson correlation factor, multiple regression and analysis of variance. The results of statistical analysis showed that there was a significant relationship between spirituality teachers with aggressiveness and stress of Department Sport wooshow in Fars province, Spirituality also coaches athletes are able to predict aggression and stress.

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INTRODUCTION

Human beings are naturally predisposed to moral values. Besides, human life requires the he adheres to moral obligations based on beliefs and social norms and refrains from what is prohibited (Gimbel, 1976). Sport as an effective phenomenon for building culture and morality can play a vital role in the development of youth, role making, and national pride. (Vaux, 1926) Moral functions of sport behaviors are always a subject for contemplation. However, the desire to succeed in championship sports has caused challenges in this field (Munn, 1951). The dominance of the result-oriented approaches, the conclusion of big contracts, the competition of clubs to absorb technically superior athletes and champions without considering their moral and spiritual competencies, the exploitation of sports as an industry and for commercial promotion, and the diversion of top athletes and heroes from morality and spirituality will result in the formation of a new type of athletes who are unresponsive to spirituality and moral issues. However, coaches will play the most important role in athletes' moral changes (Rushall, 1970). Coaches are thought of as trainers and nurturers of athletes. Certainly, coaching and especially coaches' leadership styles have been partly known in sport fields and coaches will choose a method of their own for their leadership based on their knowledge, personal experience, and modeling other people. (Smith, 1981). However, one of the most important factors that coaches must be aware of it is to incite spiritual values such as honesty, fairness, justice, and moral behaviors in an athlete (Weiten, 2004). A coach's good relationship with athletes will improve their psychological skills and social well-being and leads to the development of stress coping skills and self-growth among athletes. Conversely, the coach's negative relationship with the athletes will result in stress, aggression, and the formation of negative attitudes towards athletes' competition and success. (Schultz and Willemse, 1991).

Research methodology:

The present study is a correlation research which in turn is a subset of descriptive studies aiming to examine possible relationships between variables and determine these relationships more accurately to investigate the correlations between pairs of variables. In other words, the research aims to examine pair-wise relationships among variables.

Results of the study:

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Research population and sample:

The population under study included all male wushu players and 40 wushu coaches who were going to be sent to the provincial championships games. Besides, the population and the sample were the same. In other words, all 200 wushu players were included in the sample under study. As a result, an available sampling technique was used to select the participants in the present study.

Table 1: Mean and standard deviation for the scores of spirituality.

Variable	N	Min	Max	Mean	SD
Spirituality	40	1	4	208.4	32.6

As shown in the above table, the mean score of spirituality is 208.4.

Table 2: Mean and standard deviation for the scores of stress.

Variable	N	Min	Max	Mean	SD
Stress	200	1	5	192.99	48.04

As shown in the above table, the mean score of stress is 192.99.

Table 3: Mean and standard deviation for the scores of aggression.

Variable	N	Min	Max	Mean	SD
Stress	200	1	5	80.00	24.8

As shown in the above table, the mean score of aggression is 80.00.

Table 4: Correlation between coaches' spirituality and the wushu players' aggression and stress.

Coaches' spirituality		
Variables	Correlation coefficients	Sig.
Aggression	-0.404	0.0001
Stress	-0.471	0.0001

As can be seen in the table, the values of the correlation coefficient (-0.404 and -0.471) are significant at significance levels of 0.0001 ($P < 0.0001$) and as significance levels less than 0.05 ($P < 0.05$) are acceptable so there is a negative and significant relationship between coaches' spirituality and the wushu players' aggression and stress.

Table 5: Correlation between coaches' spirituality and the wushu players' aggression.

Statistical Indicators	Correlation coefficient	Sig.
Spirituality	-0.471	0.0001
Aggression		

Given the value of significance level which is equal to 0.0001 ($P < 0.01$), there is a negative and significant relationship between coaches' spirituality and the wushu players' aggression so the research hypothesis is confirmed.

Table 6: Correlation between coaches' spirituality and the wushu players' stress.

Statistical Indicators	Correlation coefficient	Sig.
Spirituality	-0.404	0.0001
Stress		

Given the value of significance level which is equal to 0.0001 ($P < 0.01$), there is a negative and significant relationship between coaches' spirituality and the wushu players' stress so the research hypothesis is confirmed.

Table 7: Results of ANOVA and regression analysis for the correlation between coaches' spirituality and the wushu players' aggression through simultaneous method

Predictive variable	Aggression	Spirituality	R	R ²	F	P	β	T	p
			0.404	0.16	38.5	0.0001	-0.404	-6.2	0.0001

As can be seen in the table, f value is equal to 38.5 at the significance level of 0.0001 and the significance level is less than the acceptable value ($P < 0.05$), so it is not significant. Given the significance level in the last column, it can be concluded that the value of beta for spirituality is significant ($P < 0.05$). In other words, the spirituality is a predictor of aggression. In addition, the multiple correlation coefficient for spirituality is 0.16, suggesting that it can predict 16% of the variances of aggression.

Results and conclusions:

The results of the data analysis indicated that there is a negative and significant relationship between coaches' spirituality and stress and aggression among the top wushu players in Fars Province in 2012. This suggests that the more coaches focus on spirituality matters the less will be mental stress resulting from work pressure and aggression among wushu players. In other words, if there is a atmosphere of spirituality between coaches and athletes and coaches respect their sun ordinates' feelings and opinions, there will a mutual empathic atmosphere and, consequently, athletes will suffer less from aggression and stress. On the other hand, if the coaches do not show respect for athletes' opinions and do not trust them and if they treat them unemotionally and do not pay attention to spirituality, stress and aggression will be increased.

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