

# Current Problems and Prospects Encountered by Sports Coaches: A Case Study of Selected Government Colleges in Mysore

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**Abstract**—The modern-day challenges encountered by sports coaches within the university setting. These professionals play a pivotal role not only in fostering athletic excellence but also in promoting academic success, mental well-being, and holistic personal growth among student-athletes. However, various factors adversely impact the performance of sports coaches and the effectiveness of university sports programs. The primary aim of this study is to analyze the socio-economic profile of sports coaches in selected universities and explore the critical issues they face while managing sports activities at the university level. This includes an in-depth look at their working conditions, available resources, and the institutional support they receive. One significant finding of the study is that university sports programs often operate on constrained budgets, directly influencing the availability of essential resources such as training equipment, travel allowances, and well-maintained facilities. Coaches frequently encounter difficulties in acquiring the necessary tools to support their athletes' development. Furthermore, the poor quality or overcrowding of sports facilities presents additional challenges. Limited space and inadequate maintenance hinder effective training sessions. Often, universities prioritize academic resources over sports, leaving athletic programs underfunded and under supported. Injury management emerges as another critical concern. Coaches are tasked with ensuring that injured athletes receive proper care and recover adequately while balancing their academic responsibilities. The study underscores the urgent need for better financial planning, resource allocation, and institutional support to empower sports coaches. Addressing these issues would enhance the training environment, improve athlete performance, and contribute to the overall development of sports department at government Colleges.

**Index Terms**—Physical Education, Sports Coaches, Problems in Sports Department etc.

## I. INTRODUCTION

Sports coaching is a pivotal element in the development of athletes and the promotion of sports culture within educational institutions. In the context of government colleges, coaches play a dual role: nurturing athletic talent and fostering the overall physical and mental well-being of students. However, the role of sports coaches is often fraught with challenges that can hinder their effectiveness and impact. In government colleges in Mysore, where sports hold a significant place in the educational framework, coaches face a unique set of issues. Limited resources, infrastructural deficiencies, and administrative constraints often stand in stark contrast to the expectations placed on coaches to deliver results. Additionally, evolving societal and technological dynamics have reshaped the landscape of sports, introducing new demands and complexities for sports coaches. Despite these challenges, sports coaching in these institutions also holds immense potential. The rising interest in sports as a career, increased governmental and societal focus on fitness, and the growing recognition of the role of sports in holistic development provide opportunities for coaches to contribute meaningfully etc.

This case study seeks to explore the current problems faced by sports coaches in selected government colleges in Mysore while also shedding light on the prospects for improvement. By identifying the obstacles and opportunities, this study aims to provide actionable insights to enhance the effectiveness and

satisfaction of sports coaches, thereby fostering a more robust sports culture in educational institutions. Participation in youth sports is widely celebrated for its numerous physical, psychological, and social benefits. It fosters physical fitness, self-discipline, teamwork, and resilience while building lifelong habits of health and wellness. However, alongside these advantages, the pressures of intense competition can create significant challenges for young athletes and their families. Among the most concerning issues are physical injuries, emotional stress, and the risk of burnout. These factors can profoundly impact a child's long-term attitude toward sports and physical activity, potentially leading to what is often referred to as the "dropout syndrome." Dropout syndrome describes a state where an athlete decides to disengage from sports or physical activity altogether. It is characterized by a cluster of symptoms, including a loss of motivation, reduced enjoyment, and diminished commitment to the sport. The syndrome often results from underlying issues such as psychological stress, burnout, or external pressures like overtraining or unmet expectations.

## II. REVIEWS OF LITERATURE

Wasylyshyn KM. (2014) provides a comprehensive examination of various factors influencing the executive coaching process, with a focus on the selection of coaches, the reactions of executives to coaching, and the overall outcomes of coaching engagements. The article provides valuable insights into the executive coaching process, particularly the dynamics between the coach, the executive, and the organization. It emphasizes that successful coaching engagements require careful consideration of the coach's background, the executive's readiness for growth, and the long-term sustainability of the changes made during coaching etc.

John Gray's (2015), study provides a thought-provoking analysis of coaching by examining its intersection with adult learning theory, particularly transformative learning. Transformative learning theory focuses on enabling individuals to critically evaluate their assumptions, shift perspectives, and make profound changes in their personal and professional lives. Gray's research positions coaching as a powerful medium for facilitating such

transformative growth, especially among executives and leaders.

Capdevila (2016), which highlight the relationship between sports participation, academic performance, and certain socio-demographic factors. It highlights the importance of family involvement especially when parents are well-educated and active in sports, as these factors collectively contribute to better study habits and a reduction in sedentary activities. These findings emphasize the multifaceted benefits of sports, not only for physical fitness but also for academic success and personal development.

Josephson PE (2019), study presents an insightful action research project on executive coaching within the Swedish construction industry, focusing specifically on site managers. The study investigates how a coaching program designed for site managers can improve their leadership abilities, communication skills, and overall work-life balance. Despite the costs and effort associated with coaching programs, the overall reception of this coaching initiative was positive, indicating that coaching is a valuable leadership development approach that can yield substantial benefits in terms of skill development, communication, and work-life integration.

Jeffers M. (2022), the author addresses a critical gap in the literature by highlighting the need for a better conceptual understanding of the coaching process, specifically focusing on the role of feedback in executive coaching. While existing coaching models mentioned feedback as an important element, they did not sufficiently explore or expand on its role and function within the coaching relationship. The model highlights the importance of clear, constructive, and ongoing feedback as an integral part of leadership development. By offering a deeper understanding of feedback's role, Jeffers encourages coaches to use feedback not just as an evaluative tool but as a dynamic, supportive, and growth-oriented component of the overall coaching experience.

Babita's (2024), study reveals that athletes tend to have a more favorable attitude toward sports and higher levels of aspiration than non-athletes. The study also explores the positive relationship between aspiration and attitude, suggesting that sports participation might foster personal growth in both domains. These findings highlight the value of sports in shaping not only physical fitness but also students' mindset, aspirations, and overall development.

### III. RESEARCH METHODOLOGY

The current study has been collected from both primary and secondary sources. The primary data was collected by on the basis issue of questionnaire, the survey has been done 50 sports coach's selected from government colleges at Mysore District. The secondary data was collected from research publications in books, journals and periodicals, dailies and study reports and articles available on the chosen topic. For analysis of data used SPSS 21.0 Version, descriptive statistics, mean, standard deviation, chi-square test etc. The combination of primary and secondary data collection methods, along with the application of advanced statistical tools, provides a solid foundation for the study. This methodology enables the identification of key issues, trends, and relationships pertinent to the socio-economic profile and challenges faced by sports coaches in government colleges.

### IV. OBJECTIVES OF THE STUDY

1. To analyzes the socio-economic profile of the sports coaches at selected universities.
2. To investigates the problems faced by the sports coaches to management sports activities at government colleges

### V. RESULTS AND JUSTIFICATION

1. The socio-economic profile of sports coaches working in government colleges provides a comprehensive understanding of their demographic, professional, and financial characteristics. This profile is crucial in identifying trends, challenges, and areas for improvement within the profession.

Table No.1 explains the data provided offers a detailed overview of the gender profile, age pattern, marital status, designation of sports coaches, types of sports coaching camps, and the physical education records maintained by the sports coaches. In the context of gender profile of the sports coaches, majority of sports coaches are male, making up 90% of the sample, while only 10% are female. This highlights a gender imbalance in the coaching profession, which may suggest a need for greater gender diversity and

inclusivity in sports coaching. This was followed by the large portion (50%) of sports coaches are over the age of 50, suggesting that many coaches may have vast experience in the field. However, there is also a significant percentage (30%) of coaches in the 40-50 years age group, which indicates a mid-career stage for a substantial number of sports coaches. Only 20% are in the 30-40 years range, possibly indicating fewer younger professionals entering the field. The data shows that 90% of sports coaches are married, with 10% being unmarried. This could reflect the personal commitment and stability that may come with the profession, but the data also reveals a potential lack of representation of younger or single coaches in this group. In the context of the designation of sports coaches, majority of the coaches (60%) hold the position of Assistant Professor, indicating that most sports coaches are still in the earlier stages of their academic careers. Associate Professors make up 30%, while only 10% are Professors respectively.

This could suggest limited advancement in academic rank or a relatively young field of sports coaching within the academic context. Further the physical education records Maintained by sports coaches, the data reveals that the majority of sports coaches maintain a physical fitness register (45%), which may track individual fitness levels, progress, or health. The Attendance Register is maintained by 30% of coaches, while a Physical Education Minutes Register (tracking activities and other details) is kept by 25%. This suggests that while record-keeping is essential, there may be room for improvement in the consistency and types of records maintained by the sports coaches in government colleges. The data provided offers valuable insights into the demographic and professional profile of sports coaches. While experienced professionals dominate the field, the underrepresentation of women, younger individuals, and those in advanced academic ranks highlights areas that require attention. Similarly, the record-keeping practices of coaches show the need for consistent and comprehensive documentation standards. Addressing these issues through policy reforms, training, and inclusivity initiatives could enhance the effectiveness and sustainability of sports coaching in academic institutions etc.

Table No.1 Showing socio-economic profile of the sports coaches

Demographic variables		Chi-Square	Results
(i) Gender Profile			
a) Male	90%	$\chi^2=2.01$	$P=0.000$ (H0 Significant)
b) Female	10%		
(i) Age Pattern		$\chi^2= 3.12$	$P=0.000$ (H0 Significant)
a) Between 30-40 years	20%		
b) Between 40-50 years	30%		
c) Above 50 years.	50%		
(ii) Marital Status		$\chi^2= 1.17$	$P=0.001$ (H0 Insignificant)
a) Married	90%		
b) Unmarried.	10%		
(iii) Designation of the Sports Coaches		$\chi^2= 3.11$	$P=0.000$ (H0 Significant)
a) Assistant Professor	60%		
b) Associate Professor	30%		
c) Professors	10%		
(iv) Sports Coaching Camps		$\chi^2= 2.88$	$P=0.000$ (H0 Significant)
a) Summer coaching camps	20%		
b) District/Rural coaching camps	50%		
c) Regional coaching camps	30%		
(V) Physical education records maintained by the Sports Coaches		$\chi^2= 2.45$	$P=0.055$ (H0 In Significant)
a) Attendance Register	30%		
b) Physical Fitness Register	45%		
c) Physical Education Minutes Register etc.	25%		

Sources: Field Survey  
Significant Level is 5%

To calculate, chi –square test for data of gender profile, age pattern, marital status, designation of the sports coaches and sports coaching camps of the respondents the table value of  $\chi^2$  for degrees of freedom at 5% level of significance, the calculated P value is 0.000, 0.000, and 0.000 which is less than the Alpha Value of 0.05 it was found to be significant. Therefore the results indicate that the stated null hypothesis to be rejected and alternative hypothesis is accepted. In the other part to calculate, chi –square test for data of physical education records maintained by the sports coaches of respondents, the table value of  $\chi^2$  for degrees of freedom at 5% level of significance, the calculated P value is 0.055, which is more than the Alpha Value of 0.05. It was found to be not significant. Therefore the results indicate that the stated null hypothesis to be accepted and alternative hypothesis is rejected. The findings reveal a significant association between demographic and professional characteristics, such as gender, age, marital status, designation, and coaching camps, with the outcomes of the study. However, no

significant relationship was found concerning the maintenance of physical education records. These results underscore the importance of considering demographic and professional variables in evaluating and enhancing sports coaching practices while suggesting that procedural factors like record-keeping may have a less direct impact on outcomes. Further research may explore these dynamics to provide deeper insights and actionable recommendations.

II. Sports coaches in government colleges often encounter a range of challenges that hinder their ability to effectively manage sports activities. These issues can be broadly categorized into institutional, financial, infrastructural, and personal challenges etc. Table No. 2 presents data on various challenges encountered by sports coaches at the university level. The analysis focuses on the average ratings (mean) and the degree of variability (standard deviation) for each challenge, highlighting their relative importance and consensus among respondents. The most

significant challenge identified is inadequate communication and administrative support, which recorded the highest mean score of 4.83 and a standard deviation of 1.775. This finding underscores that a lack of effective communication channels and administrative backing is a critical issue for sports coaches. The relatively lower standard deviation indicates a strong consensus among coaches regarding the severity of this problem, suggesting its universal relevance across institutions.

Another major challenge is financial limitations, with a mean score of 4.56 and a standard deviation of 1.504. This highlights the widespread struggle coaches face due to restricted budgets, which impacts their ability to procure necessary resources, organize events, and implement comprehensive sports programs. The slightly higher standard deviation reflects some variability in the experiences of coaches, likely influenced by differences in funding levels and institutional policies respectively.

In the case of injury management and athlete health also emerged as a significant concern, sharing the

same mean score of 4.56 and a standard deviation of 1.504. Coaches reported difficulties in managing injuries and ensuring the overall well-being of their athletes, which can directly affect performance and morale. The variability in responses suggests that access to medical support and training facilities may vary between universities, contributing to differing experiences.

In summary, the highest-rated challenges faced by university-level sports coaches are inadequate communication and administrative support, financial constraints, and injury management. These issues are widely acknowledged across institutions, with varying degrees of consensus. Addressing these concerns through improved communication strategies, increased funding, and enhanced support systems for injury management can significantly alleviate the challenges faced by sports coaches and promote a healthier and more efficient sports environment in government colleges.

Table No.2 Shows the Issues and challenges faced by the sports coaches to manage sports activities at government colleges

Average Mean Values		SD
Limited financial Funding and Sports Resources	4.55	1.465
Time Management and Balancing Academics in Universities	3.98	1.049
Proper Recruitment and Retention of Athletes	3.97	1.639
Injury Management and Maintaince of Athlete Health	4.56	1.504
Diverse Needs and Motivations of Athletes	2.75	1.403
Managing Team Dynamics and Leadership in Sports	3.83	1.508
Compliance and NCAA or Governing Body Regulations	3.09	1.353
Lack of Communication and Administrative Support	4.83	1.775
Cultural and Gender Issues	4.31	1.152
Maintaining Motivation and Passion Amid Pressure	3.80	1.571
Lack of Professional Development Opportunities	4.25	1.681
Athlete Diversity in Mental and Physical Needs	3.70	1.381
Lack of encouragement given by the universities to conduct sports activities at inter college/District levels	3.88	1.241

Source: Field Survey.

### Strategies for Effective Circuit Training in Sports Coaching

#### 1. Customized Circuit Training Programs

Coaches should develop circuit training routines tailored to the specific needs of each athlete. For example, endurance-focused athletes might perform

circuits with a greater emphasis on aerobic exercises, such as running or cycling, to improve cardiovascular stamina. Conversely, strength athletes should prioritize exercises targeting major muscle groups, such as squats, deadlifts, and bench presses, to build muscular power and endurance.

## 2. Real-Time Feedback and Athlete Engagement

Providing real-time, constructive feedback is critical to ensuring athletes perform exercises with correct technique, reducing the risk of injury. Coaches should foster an interactive environment where athletes feel encouraged to ask questions, share their experiences, and discuss challenges. This approach enhances understanding and promotes active learning, helping athletes stay engaged and motivated during training.

## 3. Progressive Intensity Increases

A gradual increase in the intensity of exercises allows the body to adapt and improve over time. Adjustments may include adding resistance, extending the duration of each exercise, or increasing the overall difficulty of the circuit. This progressive overload principle ensures consistent improvement in the athlete's physical performance while minimizing the risk of overtraining or burnout.

## 4. Enhanced Understanding and Engagement

Educating athletes about the purpose and benefits of circuit training helps them appreciate its role in their development. By understanding how circuit training improves specific performance metrics, athletes are more likely to execute exercises effectively and stay committed to their routines. This deeper engagement translates into higher levels of effort and better results.

## 5. Incorporation of Mental Strategies

Mental preparedness is a crucial component of effective training and competition. Incorporating visualization exercises and discussions about maintaining a positive mindset can help athletes focus and enhance their performance. Coaches should emphasize the link between mental focus and physical execution, demonstrating how psychological strategies can optimize outcomes during circuit training etc.

By integrating these strategies, coaches can create more effective and engaging circuit training programs that support both the physical and mental development of their athletes.

## VI. CONCLUSION

This paper has comprehensively examined the multifaceted challenges faced by Indian athletics coaching, with a specific focus on the university level.

Key problem areas identified include deficiencies in training infrastructure, scarcity of essential equipment, a shortage of qualified coaches, financial limitations for athletes, and gaps in policy monitoring and implementation. Sports activities demand that coaches navigate a wide array of responsibilities, including resource management, compliance with regulations, and providing personal support to student-athletes. These demands are compounded by constraints such as inadequate training spaces and limited access to modern equipment, which impede the effectiveness of training programs. Additionally, restricted opportunities for professional development, such as access to seminars and advanced training techniques like circuit training, further exacerbate the challenges faced by coaches and athletes. Addressing these challenges requires a strategic and holistic approach that emphasizes enhanced infrastructure, improved financial support, and professional development for coaches. Effective communication and balanced planning are crucial to ensuring that athletic performance is optimized while prioritizing the well-being of student-athletes. By identifying and addressing these core issues, university sports programs can better allocate resources and focus efforts on creating an inclusive and effective environment for sports activities. This analysis highlights the urgent need for targeted interventions in policy, infrastructure, and resource allocation to elevate the standards of sports coaching and support the holistic development in sports department in government colleges.

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