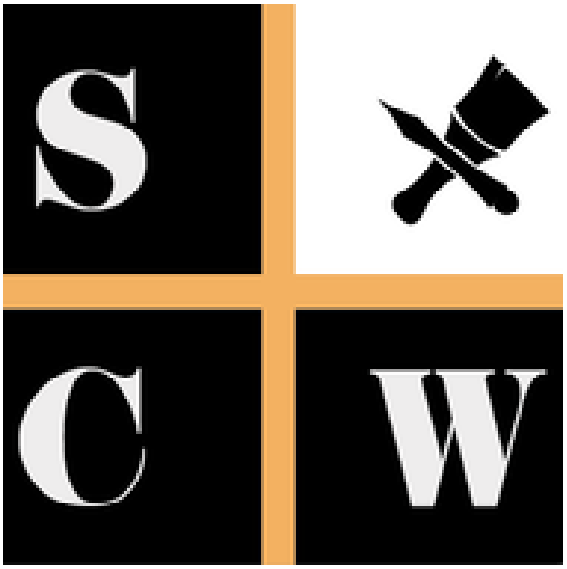


DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Andraya Perez

Room: Guzman Lecture Hall

Faculty Mentor: Ian Madfes

Session & Time: Poster_V / 4:00 to 4:50pm

Discipline: Psychology

Digital Portfolio URL: N/A

Title: Gender Comparison of Head Coaches for Female Athletes

Abstract:

Female sports teams can have both female or male coaches. What makes these coaches good is how well they effectively communicate with their players and how close they are to their players.

Effective communication is the act of exchanging ideas, information, knowledge, thoughts, and feelings, where we understand others and try to be understood by them. Effective communication is used in a work environment. In a workplace, female managers are seen by both male and female subordinates as better communicators than male managers. Female managers are more likely to be open, answer questions, and disclose personal concerns/information. In addition, women managers are more emotional, talkative, outspoken, and gentle. This shows the females are better communicators than males. These workplace study results logically would also apply to other circumstances where women are in positions of management, e.g., sports team coaches.

Closeness refers to feeling emotionally close with one another, like a friendship. Women tend to rate their same-gender friendships higher in intimacy, social support, nurturance, overall quality, and satisfaction. Women are also less likely to pick their spouse as their closest friend, instead pick a female friend. This highlighting that females tend to be closer to females then they are males. Given this, it is likely that female athletes will have emotionally closer relationships to another woman as compared to a male coach. compared to their male friends.

Therefore, it is hypothesized that, for female athletes: 1) female coaches are easier to communicate with than male coaches and 2) female coaches are closer to their players than male coaches.

Data will be acquired anonymously through an online survey. 100 female athletes from a California university will be completing: Coach-Athlete Relationship Questionnaire (CARQ) and Coach-Athlete Communication Questionnaire (CACQ). The CARQ will include questions regarding the subscales: closeness, commitment, and complementary.

Hypothesis 1 will be supported if the calculated scores from the CACQ are higher for female athletes with a female coach compared to a male coach. Hypothesis 2 will be supported if the calculated scores from the CARQ are higher for female athletes with a female coach compared to a male coach.