The role of time management in the level of athletics coaches results

Ahmed Sayed Ahmed

Lecturer, Department of sports management, Faculty of physical education for men, Helwan University

Abstract

The research aims to identify the levels of time management for athletics coaches, and studying the relation between time management and results level on the local level, and studying the difference in time management between athletics coaches according to kind (male and female coaches), competition type, the researcher used the descriptive method, and the research sample consisted of (41) athletics coaches, the data collecting tool included the time management questionnaire for athletics coaches, and the results of republic championship for young male and females under age of (20) years and the scoring tables for combined events, results: athletics coaches have good level of time management in the axes and total questionnaire in the research, significance between coaches with high level of results and coaches with low level of results according to total scores in the axes and total time management questionnaire for athletics coaches, no significant statistical difference between athlete coaches according to kind (males, females) and according to competition type (track competition, field competition).

Keywords: Time management, coaches, Athletics

Introduction:

Management is a unique activity related to most of human life aspect, and at the same time it is a very effective method to accomplish targets for any aspect of human life, so if management does not exist there will be chaos which threatens with failure.

Time is considered one of the most important practical life resources in our modern world and must be used in an effective way, through using all available potentials to reach the targets, and time management is considered the basic fundamental in achieving success, where foundations are looking forward to invest the bigger part of employee’s time, and enable them to use time effectively, and so raising competitive potentials for the foundation. (Al Ashab 2015, p125,145)

Time management refers to activities that imply an effective use of time that is deemed to facilitate productivity and alleviate stress. (Leonidas A. Zampetakis et al. 2010, P.P24)

The various definitions all converge on the same essential element: The completion of tasks within an expected timeframe while maintaining outcome quality, through mechanisms such as planning, organizing, prioritizing, or multitasking. To the same effect. (Ou Lydia Liu et al. 2009, p174)
Time management can be divided generally into four divisions:

1- creative time: this type of time is for process of future thinking, analyzing, planning, beside organizing work and evaluating achievement level.

2- preparatory time: represents preparation time interval before starting work.

3- productive time: represents time interval consumed through executing the work.

4- overhead time: a time for general sub-activities that have influences on relations with others (Abu Al-Nasr 2009, p 36-37).

The work of sports coach relates with many of factors that contribute to promoting the training system as a whole. Some often view the coach's efficiency through his ability to develop and formulate training programs and rarely view his efficiency through his ability to manage the time of training and competitions in some situations. Moreover, there are several factors affect the coach's ability to manage time as the effectiveness of managing successfully, economic and professional conditions and lifestyles. These factors affect the performance of the sports coach. (Abo El-Komsan & El-Gebaly 2010, p 91)

The time management is the best use of time, available potentials, to achieve the goals. This will be done only through commitment, analyzing, planning, following back for the best benefit of time in the future, as effective time management enables athletics coach to achieve the goals through its definite time by self activation and others, and so achieving the best results of fast achievement, improving quality of performance, decreasing mistakes that can be done, having positive directions for the coach to his work.

As the athletics coach gains the skills of time management he can achieve all his work in a short time and with low coast, as those are behavioral changes, that should be come from self motivation to gain success, so the research problem is about to identify the level of time management for athletics coaches and its relation with the achieved results level on the local level.

Research Aims:

The research aims to identify:

1- Time management levels for athletics coaches.

2- The relationship between time management and the level of results achieved for athletics coaches.

3- The difference in time management between high achievement and low achievement athletics coaches according to the type of competition.
Material and Methods

Research method:

The researcher used the descriptive method as it is convenient to the nature of the research.

Samples

The sample was chosen by intentional method from athletics coaches for the teams participant in republic championship for young males and females under (20) years in 25-27 September 2019 on the Olympic Centre for national teams, the research sample consisted of (41) coaches from Cairo and Giza sports clubs where their players achieved advanced positions in (10) males competitions and (7) females competitions and table (1) clarifying the description of research sample.

Table (1) Sample distribution

| Category      | Frequency | Per cent |
|---------------|-----------|----------|
| Gender        |           |          |
| Male          | 33        | 80.49    |
| Female        | 8         | 19.51    |
| Age           |           |          |
| 24-29         | 3         | 7.32     |
| 30-35         | 9         | 21.95    |
| 36-41         | 13        | 31.71    |
| 42 and above  | 16        | 39.02    |
| Qualification |           |          |
| Upper middle  | 4         | 9.76     |
| BA degree     | 17        | 41.46    |
| Higher Diploma| 6         | 14.63    |
| Master's degree| 8      | 19.51    |
| Doctoral degree| 6       | 14.63    |
| Experience    |           |          |
| 1-4 years     | 2         | 4.88     |
| 4-5 years     | 8         | 19.51    |
| 10-14 years   | 14        | 34.15    |
| 15 years and above | 17 | 41.46 |

Data collection:

The data collection tool represented by :

1-time management questionnaire for athletics coaches researcher design, the questionnaire consists of (4) basic axes and (41) phrases as following:

a- First axes “time planning”:(14) phrase.
b- Second axes “time organization” : (12) phrase.
c- Third axes “time direction” : (8) phrase.
d- Fourth axes “time control”: (7) phrase.  
The researcher depended on triple estimation scale for the research response  
“always = three degree, almost = two degree, never = one degree”.

2- the results of the republic championship for young males and females under (20) years in 25-27 September 2019 on the Olympic Centre for national teams in competitions (100 meters, 400 meters, 1500 meters, 110 meters hurdles, Long jump, High jump, Pole vault, Shot put, Javelin throw, Discus throw) for young males, and (200 meters, 800 meters, 100 meters hurdles, Long jump, High jump, Shot put, Javelin throw) for young females.

3 - scoring tables for combined events to transform competitions results to points so the researcher can perform statistical analysis to the current research.

Procedures
Survey study:
The researcher conducted the pilot study on a sample consisted of (16) coaches from the same research community and outside the basic research sample in 21/8/2019 - 23/8/2019 for conducting the scientific procedure for the questionnaire of the research.

The reliability for questionnaire phrases between (0.498-0.923), questionnaire axes (0.554 - 0.922), and Cronbach’s alpha (0.535-0.919).

Main study:
The researcher applied the time management questionnaire for athletics coaches on the basic research sample in 25/9/2019 - 27/9/2019.

Results:
Table (2) Description of research sample response to time management questionnaire for athletics coaches and score

| Variables       | Mean  | Median | Std. Deviation | Range | Minimum | Maximum |
|-----------------|-------|--------|----------------|-------|---------|---------|
| Time planning   | 34.463| 35.000 | 4.388          | 18.000| 23.000  | 41.000  |
| Time organizing | 29.146| 30.000 | 3.798          | 13.000| 22.000  | 35.000  |
| Time directing  | 19.317| 20.000 | 4.401          | 12.000| 12.000  | 24.000  |
| Time controlling| 17.146| 18.000 | 3.214          | 12.000| 9.000   | 21.000  |
| Total axes      | 100.073| 106.000| 11.725         | 41.000| 78.000  | 119.000 |
| Score           | 1366.951| 1341.000| 834.991        | 3049.000| 255.000 | 3304.000|
Table (3) Correlation matrix between time management for athletics coaches and score

| Variables       | Time planning | Time organizing | Time directing | Time controlling | Total axes | Score |
|-----------------|---------------|-----------------|----------------|------------------|------------|-------|
| Time planning   | 0.195         | 0.285           | 0.275          | *0.830           | *0.692     |       |
| Time organizing | 0.098         | 0.205           | 0.196          | *0.753           | *0.677     |       |
| Time directing  | 0.196         | 0.810           | *0.517         | *0.501           |            |       |
| Time controlling| *0.517        | *0.810          | *0.501         |                  |            |       |
| Total axes      |               | *0.869          |                |                  |            |       |

Notes: *P< 0.05

Table (4) The significant difference between Lower Quartile and Upper Quartile coaches in time management questionnaire (axes and total axes) according to score

| Variables       | Groups          | N   | Mean Rank | Sum of Ranks | Z          | Asymp. Sig. |
|-----------------|-----------------|-----|-----------|--------------|------------|-------------|
| Time planning   | Lower Quartile  | 10  | 5.50      | 55.00        | *3.801     | 0.000       |
|                 | Upper Quartile  | 10  | 15.50     | 155.00       |            |             |
| Time organizing | Lower Quartile  | 10  | 5.65      | 56.50        | *3.694     | 0.000       |
|                 | Upper Quartile  | 10  | 15.35     | 153.50       |            |             |
| Time directing  | Lower Quartile  | 10  | 5.75      | 57.50        | *3.637     | 0.000       |
|                 | Upper Quartile  | 10  | 15.25     | 152.50       |            |             |
| Time controlling| Lower Quartile  | 10  | 6.60      | 66.00        | *2.975     | 0.003       |
|                 | Upper Quartile  | 10  | 14.40     | 144.00       |            |             |
| Total axes      | Lower Quartile  | 10  | 5.50      | 55.00        | *3.814     | 0.000       |
|                 | Upper Quartile  | 10  | 15.50     | 155.00       |            |             |

Notes: *P< 0.05

Table (5) The significant difference between male and female athletics coaches in time management questionnaire (axes, total axes, score)

| Variables       | Male          | Female       | Mean Difference | T       |
|-----------------|---------------|--------------|----------------|---------|
|                 | Mean          | Std. Deviation | Mean          | Std. Deviation |
| Time planning   | 34.848        | 4.177        | 32.875        | 5.167   | 1.973      | 1.146   |
| Time organizing | 29.545        | 3.492        | 27.500        | 4.781   | 2.045      | 1.382   |
| Time directing  | 19.758        | 4.235        | 17.500        | 4.899   | 2.258      | 1.313   |
| Time controlling| 17.333        | 3.179        | 16.375        | 3.462   | 0.958      | 0.753   |
| Total axes      | 101.485       | 10.633       | 94.250        | 14.849  | 7.235      | 1.596   |
| Score           | 1462.818      | 826.851      | 971.500       | 797.870 | 491.318    | 1.517   |

Notes: *P< 0.05
Table (6) The significant difference between track and field coaches in time management questionnaire (axes, total axes, score)

| Variables         | Track coaches          | Field coaches       | Mean Difference | T   |
|-------------------|------------------------|---------------------|-----------------|-----|
|                   | n=17                   | n=24                |                 |     |
|                   | Mean   | Std. Deviation | Mean   | Std. Deviation |                 |     |
| Time planning     | 34.588 | 3.890       | 34.375 | 4.790       | 0.213           | 0.151|
| Time organizing   | 28.941 | 4.205       | 29.292 | 3.569       | 0.350           | 0.288|
| Time directing    | 19.294 | 4.753       | 19.333 | 4.239       | 0.039           | 0.028|
| Time controlling  | 17.059 | 3.249       | 17.208 | 3.257       | 0.150           | 0.145|
| Total axes        | 99.882 | 11.826      | 100.208 | 11.905      | 0.326           | 0.087|
| Score             | 1412.941 | 860.742   | 1334.375 | 833.352   | 78.566          | 0.293|

Notes: P < 0.05

Discussion:

Shown in Table (2) it appears that the research sample form athletics coaches having good level of time management in the axes and total time management questionnaire for athletics coaches, the researcher sees that the coaches (the research sample) can manage their time effectively, and they are more careful to apply some strategies and time management methods for the effective performance and results level, as (Hammodah 2003 p 9) refers that effective management of time is the result of effectiveness which express the done work through short interval of time, and the effectiveness that express skills and potentials in an individual which is used to accomplish work with low coast and in time, as the relief comes from the assurance that targets planned to do are on schedule and they are all in the same form which is “time management “ also those findings agree with what has been mentioned by “Darweesh et al. 2009 p 28, 29” that in the principles of management, the effectiveness which means the choice of the best applying and management method to achieve high level of a efficiency, represents the best investment for resources and available potentials, achieving bigger income, that appears through (good performance and time investment, sequence process according to determined time, focusing on results), the study results (Gumusgul 2018) that research sample has good level in time management in competition or time planning.

Shown in Table (3) that there is a significant statistical direct relative correlation between axes and total time management questionnaire for athletics coaches, the researcher sees that athletics coaches research sample have obvious scientific standards to time management during training which affect the athletes performance level they coach in the official competition that appear in their results in different championships, those results agree with the study (Mohammed 2019) in the presence of direct relative relation between time management and accomplish competitive advantage, the study (Khalil (2016) and (Al-Khateeb 2009) that there is relative relation between time management...
and performance effectiveness and results level, those findings agree with what (Abu Haleema 2004 p 255) referred to that time management means self-management and work-management so determined results can be obtained by time.

Shown In table (4) it appears that there is significance between coaches with high level of results and coaches with low level of results according to total scores in the axes and total time management questionnaire for athletics coaches, the researcher sees that these results indicate that it is one of the factors for the success of athletics coach and achievement of a high level of results is the availability of time management skills to him, as training process requires following up and monitoring the main changes that make the training process in terms of (athlete, training environment, effectiveness of implementing training program, methods of training, training tools, state of training, level of competition) Which requires the coach to strike a balance between these requirements and intervene in a timely manner, also those findings agree with what has been mentioned by (Abu Al-Nasr 2009, p 65) in that time management enables the individual to achieve the maximum benefit from his efforts and prevents wasting it, and makes his efforts come back to him with the greatest benefits to achieve success in work, those results agree with the study (Mohammed 2019) (Al-Khateeb 2009) that the level of performance and achievement of excellence is directly affected by the successful management of time.

Shown in Table (5, 6) it appears that there is no significant differences between athletics coaches according to kind (male, female) and athletics coaches according to competition type (track competition, field competition), the researcher sees that those findings indicate that athletics coaches with advanced position in local competitions have the skills and of time management which reflects on their results and the performance level of their athletes with no difference between them, as the time management is a collection of process, elements, tools, integrated intervenient procedure which enables athletics coach to find the best methods to use time and there for raising athletes efficiency and reach targets in optimal time interval, this results agrees with (Taha 2017) study, the researcher sees that agreement is due to several reasons such as both (male \female) has the same amount of culture, education, environmental, social, and economical circumstances, they differ with (Khalil 2016) in the presence of disparity between coaches in time management and the researcher sees that this is due to the difference in the practiced activity.

**Recommendations:**

1 - Pro-founding the concept of time and its importance for coaches, through programs of applicable work shop about time management.
2 - Activating the use of electronic time management to do coaches different missions.
3 - Taking care of updating time management planning systems in training and competitions.
4 - Limiting of general and personal liabilities, by reducing unwanted behavior pattern for coaches which cause lost of time.

References:
- Abo El-Komsan, W.M.R., El-Gebaly, T.O.A. (2010): “Time management of the training process and its relationship to the quality of decision making to coaches of some individual and team sports”, World journal of sport sciences, Vol 3, No 2, P.P 90-99.
- Abu Al-Nasr, Medhat Mohamed (2009): ”Understanding Time Management, Regulation and Skills”, second edition, The Arab Group for Training and Publishing, Cairo, Egypt.
- Abu Halima, Faeq Hosni (2004): “Modern in Sports Management”, Wael House for Publishing and Distribution, Amman, Jordan.
- Al-Ashhab, Nawal Abdel-Karim (2015): “Time Management in a Strategic Concept”, Amjad Publishing and Distribution House, Amman, Jordan.
- Al-Khatteeb, Abeer Fawzi (2009): “Time management and its impact on employee’s performance level: field study on the cellular communications companies in Jordan”, Unpublished Masters, Faculty of Business, Middle East university, Amman, Jordan.
- Darwish, Kamal Al-Din Abd Al-Rahman, Al-Hamhami, Muhammad Muhammad, El-Mohandis, Soheir Mustafa: “The Scientific Foundations of Sports Management”, the Book Center for Publishing, Cairo, Egypt, 2009.
- Gumusgul, Osman (2018): “Comparison of time management perception of students studying at department of physical education and sports teaching and program in primary school education”, Asian journal of education and training, Vol 4, No 3, P.P 224-227.
- Hammouda, Abdel Nasser Mohamed (2003): "The Arab Director's Guide to Time Management", Research and Studies Series, Arab Administrative Development Organization, Cairo, Egypt.
- Iaaf (2001): “Iaaf scoring tables for combined events”, Monaco.
- Khalil, Tariq Muhammad (2016): "Planning for time management in training and matches and its relationship to the effectiveness of performance and the level of results for hockey", the seventh international scientific conference, Faculty of Physical Education for Girls, Helwan University, Cairo, Egypt.
- Liu, Ou Lydia, Rijmen, Frank, MacCann, Carolyn, Roberts, Richard (2009): “The assessment of time management in middle-school students”, Personality and Individual Differences, Vol 47, No 3, P.P 174-179.
- Mohamed, Ashraf Abdel Aziz (2019): "The role of time management in achieving excellence: a field study applied to Palestinian pharmaceutical companies”, Scientific Journal of Commercial and Environmental Studies, Vol 10, No. 2, Part 1, Faculty of Commerce, Suez Canal University, Ismailia, Egypt.
- Taha, Emad Abd Al-Sattar (2017): "The effect of time management effectiveness on the academic achievement of field training students in library departments”, International Journal of Library and Information Science, Vol 4, No. 3, pp. 214, 230.
- Zampetakis, Leonidas A., Bourantab, Nancy, Moustakis, Vassilis S. (2010): “On the relationship between individual creativity and time management”, Thinking Skills and Creativity, Vol 5, No 1, P.P23-32.