

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

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### 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 n=41

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
<b>Time planning</b>	34.463	35.000	4.388	18.000	23.000	41.000
<b>Time organizing</b>	29.146	30.000	3.798	13.000	22.000	35.000
<b>Time directing</b>	19.317	20.000	4.401	12.000	12.000	24.000
<b>Time controlling</b>	17.146	18.000	3.214	12.000	9.000	21.000
<b>Total axes</b>	100.073	106.000	11.725	41.000	78.000	119.000
<b>Score</b>	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	*0.753	*0.677
Time directing				0.196	*0.810	*0.674
Time controlling					*0.517	*0.501
Total axes						*0.869
Score						

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 n=20

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 n=33		Female n=7		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 n=17		Field coaches n=24		Mean Difference	T
	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&lt; 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 un wanted behavior pattern for coaches which cause lost of time .

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