



KEY WORDS

- ✓ Coach
- ✓ athlete
- ✓ communication
- ✓ individual sport
- ✓ team sport

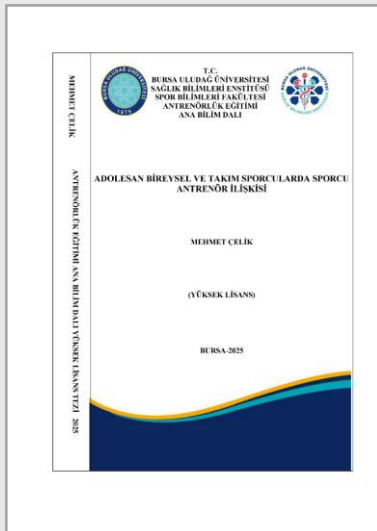
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ATHLETE-COACH RELATIONSHIPS IN ADOLESCENT INDIVIDUAL AND TEAM ATHLETES

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THESIS ABSTRACT

This study examined athlete-coach relationships in adolescent individual and team athletes. The sample of the study consisted of a total of 218 athletes, including football (n=50), handball (n=59), basketball (n=36), tennis (n=21), table tennis (n=25), and badminton (n=27). The relationships between athletes and their coaches were assessed using the Coach-Athlete Relationship Questionnaire, developed by Jowett and Ntoumanis (2004) and adapted into Turkish by Altındağ et al. (2012). The scale consists of 11 items and 3 sub-dimensions (closeness, commitment, and complementarity) in a 7-point Likert format. Each sub-dimension was analysed based on demographic characteristics, national athlete status, competition achievements, and the number of years the athlete had been licensed in the respective sport.

Normality of the data was tested using Skewness and Kurtosis values as well as the Kolmogorov-Smirnov test. Since the data did not show a normal distribution, non-parametric tests such as the Mann-Whitney U test, Kruskal-Wallis H test, and Spearman correlation analysis were applied. The significance level was set at $p<0.05$.

No statistically significant differences were observed in the sub-dimensions of the scale (closeness, commitment, complementarity) based on gender, national athlete status, or competition achievements ($p>0.05$). However, a significant difference was found in the "closeness" sub-dimension based on the educational level of the athletes ($p<0.05$).

Furthermore, no significant differences were observed between individual and team sports or within the different sports branches themselves.

In conclusion, it was suggested that in order to support the increase in athletic performance with advancing age during adolescence, athletes should also be provided with mental support that enhances their psychosocial adaptation processes.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that this study will make significant contributions to the literature in terms of observing the relationship level of licensed athletes in both team and individual sports and, in line with the data obtained, in terms of managing the psychosocial processes in the following years in the most efficient way.

ACADEMIC ACTIVITIES

Vatansever Ş., Çelik, M. Hypoxia and Exercises. 10 th International GAP Summit Scientific Research Congress, 17-18 March 2023. Şanlıurfa, Türkiye