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RESEARCH ARTICLE

The Level Of Sports Performance In Malaysia

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ABSTRACT

Background: This paper examines the relationship sport performance between leadership. Previous research in the field has suggested that the majority of consultations conducted by sport performance are related to leadership. Included is a discussion of the factors affecting the sport performance. Suggestions for future research and practical considerations are listed in the conclusion. The survey was conducted on the non-athletes perception on sport performance in leadership. Quantitative approach were employed through cross-sectional survey, a total 220 questionnaires were distributed. Random sampling technique was applied in determining the sampling frame. Hence, the data obtained was analyzed by using Statistical Package for Social Sciences (SPSS) version 21. Finally, recommendations for future study and improvement of leadership styles on sport performance, specifically in the Malaysian context.

Key words: Leadership style, sport performance

INTRODUCTION

This article describes about sport performance in Malaysia, specifically about football. Football is a sport that is most demand by the people of various ethnic groups in this country. No matter how the performance of the national team increases or deteriorating, public support has not changed much. Local league, especially Malaysia Cup competition held every year, always draw people to meet the stadium, watching in stores, now or in front of the TV in their homes. Over the decades, our national football performance has not changed much compared to other countries which showed a significant increase. If in the first 80 years, our team is lined up with South Korea and often won on them in various competitions. Nowadays, South Korea is considered as Asia's prominent representative to the World Cup while Malaysia was still gasping for qualification.

The deterioration of the National sports has become an issue that is often got attention from the publics. Malaysia fails to obtain any medals in the Olympic Games in Sydney 2000 and the Olympic Games in Beijing 2008. This phenomenon leaved a dilemma and nightmare for the sport in Malaysia. At the Commonwealth Games in Melbourne 2006 they achieved 7 gold, 12 silver and 10 bronze and in New Delhi at 2010 12 gold, 10 silver and 14 bronze from 75 countries competing. In the Asian Games in Doha at 2006 was 8 gold, 17 silver

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and 17 bronze and at Guangzhou in 2010 9 gold, 18 silver and 14 bronze. While in the Southeast Asian Games (SEA Games) in Thailand at 2007 68 gold, 52 silver and 96 bronze and at Laos in 2009 40 gold, 40 silver and 59 bronze.

Based on the above statistics, the quality of the sport performance in our country is still under expectation. The growth is very slow compared to other countries in Asia such as Japan, Korea, and China even compared to other countries in Southeast Asia such as Vietnam and Laos.

Most previous studies have demonstrated leadership and command training dimension is the dimension that is most sought after by athletes, while the dimension of democratic leadership style and autocratic dimensions are the dimensions that are less enthused athletes. Leadership dimension feedback (reward) in turn acts as a distribution bonus [23,26,36] to coach athletes during training or during the competition. In addition, the dimensions of social support is needed especially by the coaches of young athletes to feel the excitement and dimension positive feedback or rewards can lead to a feeling of equality among members of the group formed and subsequently affect the performance of an athlete and the team.

The performance of athletes in sport is the main factors for success with sports associations regardless of Asia and international level. In association leadership style is one organization that really pay attention to sports associations to achieve success. Leadership style in an organization is one of the factors that play significant role in enhancing or retarding the interest and commitment of the individuals in the organization. Thus, Glantz (2002) emphasizes the need for a manager to find his leadership styles.

Literature Review:

Performance is determined by how effectively the athlete can sustain sufficient power output to overcome various types of resistance or drag, depending upon the sport event. Sustainable power output depends on the rate of energy expenditure that can be sustained throughout the event and the efficiency with which that energy can be converted into mechanical power. Depending on the sport event, sustainable energy expenditure will be a function of the ability to sustain the production of energy by anaerobic and/or aerobic means. Mechanical efficiency is dependent on muscle efficiency, i.e., the efficiency with which muscles convert the energy stored in carbohydrate and fat into muscle shortening, and the neuromuscular skill with which the athlete performs the event, i.e., the degree to which the athlete has learned to recruit only those motor units required to produce maximal power output in a skillful way.

The criterion for success in many sports, including those involving running, swimming, bicycling, speed skating, rowing, and cross-country skiing, is simply the time required to propel the athlete's body (and essential equipment such as a bicycle, rowing shell, or skis) for a given distance. In the case of Olympic weightlifting and power lifting, success is determined by how much weight can be lifted in the appropriate movements, whereas a wrestler is judged by the degree of physical control over the opponent. These sports are quite different in terms of the patterns of muscle recruitment, the force and power produced, and the equipment used; nevertheless, success in all of these seemingly diverse sports depends on a complicated application of a simple principle—the champion is the athlete best able to reduce the resistance or drag that must be overcome in competition and best able to sustain an efficient power output to overcome that resistance or drag.

According to McCloy, Campbell, and Cudeck, performance is defined as behavior or actions related to the goals of the organization concerned. They reported that the determination of these goals represent value judgment by those who have the power to make a judgment. Furthermore, performance is not the result, as a result, or the result of behavior or action; Performance is the action itself. In addition, performance is multi-dimensional [26], and there are some substantive performance components that can be distinguished in terms of patterns and variation with other variables. According to House and Dessler, the behavior of leaders has a direct impact on the psychological state of those who believed the motivation of subordinates as a driver towards the acquisition and achievement of organizational objectives.

Methodology:

This study design was shaped by quantitative survey. This study used a questionnaire and a questionnaire was used to obtain the required data. According to Sugiyono (2008), quantitative approach is to test theories through the independent variable and dependent variable. 220 questionnaires has distributed by using random sampling to non-athletes. This questionnaire will employed at 6 point Likert scale format that ranging from 1 – Extremely Disagree, 2 - Strongly Disagree, 3 – Disagree, 4 – Agree, 5 – Strongly Agree and 6 – Extremely Agree.

Finding And Discussion:

From data of profile respondent as shown below, the percentage of respondents for male student is 30.0% whilst female students is 70.0%. The age of overall respondents were classified into three group whereas respondent who has age less than 20 years showed 13.2%, 20-24 years recorded 82.3% and the respondent who are more than 25 years old 4.5%. Meanwhile for ethnics 71.8% represent for Malay, Chinese were 16.4%,

Indian showed 10.5% and the other ethnics showed 1.4%. Last demographic view is refer to religion that 74.1% represent for Muslim, Christian were 7.3%, Buddhist showed 15.0%, 3.2% represent Hindu and followed by others religion 0.5%. A profile of respondent can be referred in Table 1.

Table 1: Demographic Characteristic Od Sample

Respondent's Profile	Frequency	Percentage (100%)
Gender		
Male	66	30.0%
Female	154	70.0%
Age		
<20	29	13.2%
20-24 years	181	82.3%
>25 years	10	4.5%
Ethnic		
Malay	158	71.8%
Chinese	36	16.4%
Indian	23	10.5%
Others	3	1.4%
Religion		
Muslim	163	74.1%
Christian	16	7.3%
Buddhist	33	15.0%
Hindu	7	3.2%
Others	1	0.5%

Table 2 showed about descriptive statistics of sport performance in Malaysia related to leadership based on non-athletes perception. Hence, after collect the data all the aspect were analyzed through mean and standard deviation. These findings are consistent with the findings of a study conducted by Asiya and Rosli [2], which found there was a correlation between leadership style and performance. This finding coincides with the recommendations Smoll and Smith [48] through the Behavioral Leadership Model, which states that the relationship between leadership style with the athletes when leaders do their job as planned and athletes are able to understand the things done by their leaders and react based on the current situation of the training program carried out either during the preparation phase, phase or phase transition game.

Thus, a high number of mean showed high perception of non-athletes towards the Transformational Leadership in sport performance in Malaysia, meanwhile low number of mean showed low perception of non-athletes. Mean value 4.6 - 4.7 is the high perception while moderate mean value is 4.4 - 4.5 and 4.3 below represent low perception.

Therefore, based on the findings, it founds that two items which has high scored mean value between 4.6 - 4.7 (*My belief in my ability to do a task will help to improve my performance* and *I believe that my positive thoughts really help me to concentrate on a task*) were indicate to high perception from non-athletes.

Furthermore, 8 items show moderate mean value ranging of perception non-athletes which is the value between 4.4 - 4.5 as followed (*I am self-assured about my capabilities to perform my work activities, I have the authority to make the decisions that need to be made to perform my job well, My leader trusts me to make the appropriate decisions in my job, I have significant autonomy in determining how I do my job, I have considerable opportunity for interdependence and freedom in how I do my job, I admire and respect the organization, I believe that my positive thoughts can lead to a good performance* and *I believe that my positive thoughts will relax me enough to perform we*) were indicate to moderate perception from non-athletes.

Whilst the low mean value which is 4.3 and below. These indicate to five items were (*I feel competent to perform the tasks required for my position, I feel adequately prepared to perform my task, I do not have the skill to excel in my job, I am confident about my ability to do my job* and *I believe that my negative thoughts can increase my anxiety about performance*) were indicate to low perception from non-athletes.

These findings are also in line with the findings Shaharudin [45], which states there is a relationship between leadership style and performance. His findings are consistent with the findings of a study conducted by Chelladurai [11], which states there is a relationship between leadership style and performance of athletes, stressing that the dimensions of training and instruction and positive feedback dimensional affect an athlete's performance.

Furthermore, according to Alderman [(1947) that psychological factors such as motivation, enthusiasm, sense of responsibility, sense of social responsibility, the desire to win and so on. In addition to the factors mentioned above there are many other factors also determine the performance of athletes.

Table 2: Descriptive Statistics of Sport Performance

	Mean	Std. Deviation
I feel competent to perform the tasks required for my position	4.34	.899
I feel adequately prepared to perform my task	4.38	.875
I do not have the skill to excel in my job	3.99	1.108
I am confident about my ability to do my job	4.39	.984
I am self-assured about my capabilities to perform my work activities	4.45	.887
I have the authority to make the decisions that need to be made to perform my job well	4.40	.958
My leader trusts me to make the appropriate decisions in my job	4.47	.928
I have significant autonomy in determining how I do my job	4.43	.896
I have considerable opportunity for interdependence and freedom in how I do my job	4.46	.943
I admire and respect the organization	4.51	.944
I believe that my positive thoughts can lead to a good performance	4.55	.937
My belief in my ability to do a task will help to improve my performance	4.60	.889
I believe that my negative thoughts can increase my anxiety about performance	4.29	1.058
I believe that my positive thoughts will relax me enough to perform well.	4.55	.933
I believe that my positive thoughts really help me to concentrate on a task.	4.73	.854

Conclusion:

Similar with past studies [5,25,41], the current study indicates that leadership has a considerable impact on performance. Although leadership can have a considerable impact on performance [27,42,49,53], it is important to consider other components of an athlete's functioning as well. The mental health model of Performance does this by using the Profile of Mood States. According to the model, peak performances are achieved by individual who poses psychological states with high levels of vigor and low levels of tension, depression, anger, fatigue, and confusion. This is typically called the iceberg profile and is one method for differentiating between successful and unsuccessful performers. Although some research [50], has indicated that this profile cannot be used to differentiate between successful and non-successful athletes, evidence from Terry's meta analysis (1995) indicates that there is some validity to this profile if the sample is homogenous in ability and the sport they participate in. It is therefore necessary to consider all aspects of an individual's psychological functioning if sport psychology interventions are to have a maximum impact.

The results revealed that transformational leadership positively influences non-athletes perception of organizational reputation, not only directly but also indirectly, through empowering employees [14,19,24]. Leadership behaviors, such as communicating shared vision and high performance expectations [22], providing an appropriate role model [46], fostering collaboration among employees to achieve collective goals, stimulating new perspectives and ideas, emphasizing the quality of relationships with employees [18], and showing concern about employee's individual feelings and welfare [6,25], directly cultivate employee's favorable overall attitudes toward the organization Othman & Romle, [32] Romle, Razak & Shamsudin, [39] Romle & Shamsudin, Romle & Shamsudin, [37]; Romle & Shamsudin, [38]. In addition, through sharing power with employees and engaging them in the decision-making process, transformational leaders make employees feel more accepted, trusted, and valued, thus indirectly shaping employee's favorable evaluation of the organization [52].

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