

## A STUDY ON THE RELATIONSHIP BETWEEN COLLECTIVE EFFICACY AND COACHING BEHAVIOUR OF ELITE FEMALE VOLLEYBALL PLAYERS IN SRI LANKA

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Collective efficacy plays an important role in the successful performance of team sports. The main objective of this survey study was to investigate the relationship between collective efficacy and coaching behavior of elite club level female volleyball players in Sri Lanka. Further, the effect of coaching behavior on performance, collective efficacy level of the teams according to their level of success and differences among the subscales of the collective efficacy were also identified. The Collective Efficacy Questionnaire (CEQ) and Leadership Scale for Sports (LSS) were used as instruments for data gathering. A sample of 144 players from 12 volleyball teams completed the CEQ and LSS at the end of the competition season (November 2017). Results revealed that coaching behaviors such as democratic leadership, positive feedback, social support, and training and instruction had a positive correlation with collective efficacy. With respect to coaching behavior, coaches show higher training and

instruction and lower autocratic behavior. The scores for training and instruction, social support, autocratic and democratic leadership were higher ( $P < 0.05$ ) in coaches of successful teams compared to those of coaches in less successful and unsuccessful teams. The highest ( $P < 0.05$ ) collective efficacy scores were recorded in successful teams followed by less successful and unsuccessful teams. There were significant differences among the subscales of collective efficacy. The major contributing factors for collective efficacy were the preparation and the unity of players. Overall, the findings suggest that coaching behavior and collective efficacy contribute to the success of a team's performance. Further, players' mental and physical preparation and the team unity play a vital role in team efficacy.

**Keywords:** Collective Efficacy, Coaching Behavior, Volleyball