

Development and initial validation of an instrument to assess stressors among South African sports coaches

Alliance Kubayi

Department of Sport, Rehabilitation and Dental Sciences, Tshwane University of Technology;

kubayina@tut.ac.za

Abstract

Sports coaching is a stressful occupation in South Africa. Therefore, the present study aimed to develop a questionnaire to ascertain stressors among sports coaches in the country. Two studies were conducted to develop the *Stressors in Sports Coaching Questionnaire* (SSCQ). Study 1 developed an initial pool of 45 items based on existing review of literature and a panel of experts examined its content validity. Study 2 included 119 sports coaches and used Principal Component Analysis to identify the latent underlying structure as well as to reduce the number of items in the SSCQ. These procedures yielded a 26-item measure consisting of the following four sub-scales: performance stressors, environmental stressors, athlete stressors, performance stressors, and task-related stressors. The findings indicated that the internal consistency of the SSCQ ranged from 0.73 to 0.89. Collectively, the series of studies provided initial evidence that the SSCQ is a valid and reliable tool that can be used by sports organisations, psychologists and coach educators to assess coaches' stressors.

Keywords: Coaching, demands, measurement, psychometric, stress.