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ABSTRACT

Communication is a powerful tool for the trainer. And the trainers' tool is communication. A good trainer must have good communication skills. The trainers having good communication skills are successful. The propose of this research is to evaluate the effects of different variables (factors) on the trainers' communication skill levels, according to the perceptions of visually impaired athletes. 39 male, 59 female, totally 98 visually impaired athletes from sport clubs in different provinces participated in the study voluntarily. The trainer communication skill scale, developed by Yılmaz in 2008, is a five point Likert type-scale includes 48 items in total and the items of it are expressed as "never, sometimes, very little, quite a lot, always". The total Cronbach-Alpha of the trainer communication skill scale was found to be 0.973. In this study, in which trainer communication skills were analyzed, SPSS 22.00 Program was used, which is used in quantitative research methods. In the study, T test and One Way Variance Analysis (One-Way ANOVA) were used for mean, standard deviation, frequency, independent samples. No significant difference was detected in the communication skills of the trainers according to the variables gender, disability status, sports branch, visual level, year of doing sports, and the year of working with the trainer ($p > 0.05$).

In conclusion, as a finding of the study, it is observed that the communication skills of the trainers affected all the characteristics of the visually impaired athletes taken place in the training process. Communication is an extremely important and effective tool for visually impaired individuals, as they are visually impaired. Working with a trainer with good communication skills for visually impaired athletes will lead them to success. Communication is their nonexistent eye. They can easily reach the information they need by communicating. Through the communication, their lives get facilitated and they become socialized by entering the society. Since their communication is good, their persuasion power is high. Again, because of their good communication, their education level is high. They can seek their rights and are not dependent on anyone. Thanks to communication, they are free. They have represented our country in the paralympics in various sports branches and have been successful. Because of their good communication, they have made their existence accepted in the society. In the study we conducted, not significant difference was found between the variables because their expectations or emotional thoughts were the same.

Keywords: B2-B3 Visually Impairment, Athlete, Communication Skills of Trainers

INTRODUCTION

Communication is a competence each dwelling creature has. However, the manner of communicate utilized by all dwelling species differs. The man or women is the dwelling creature with the widest communicate scale. The man or women can talk occasionally with the aid of using writing, occasionally with the aid of using speaking, occasionally with the aid of using symptoms and symptoms and so on. (Dalbudak and Yaşar, 2020). Considering the verbal and non-verbal communicate phrases covered withinside the definitions of communicate, the idea of communicate is defined as "the system of mutual alternate and switch of thoughts, information, feelings, behaviors and beliefs" (Şahin, 2012). Communication is "the system of producing, moving and deciphering the knowledge" (Dökmen, 2008). Effective communicate competencies facilitate relationships in all styles of human relationships and in all styles of career areas (Korkut, 2005). It has been said that powerful communicate will increase the non-public effectiveness of human beings, allows them to set up relationships with different human beings, improves their overall performance and motivation at paintings positively, allows to apprehend the purpose of resistance in human beings and societies towards changing (Sen, 2008).

For the effectiveness of communication, good communication skill, especially understanding others and gaining sensitivity to see their feelings and thoughts by identifying with them is very important. Communication skill is one of the main factors for the success in gaining behavioral change. Communication skill, in understanding others during communication process, is to gain sensitivity of seeing others' feelings and thoughts by identifying with them (Yiğit, 2018; Demiray, 2003). Bloom (1997) found that the communication skills of the trainer unleashes an energy and that this plays a very important role in successful training and so the communication during "the training process". For example, in a situation where the trainer is tough and has communication problems, this also affects organization, training and competitions, which are the central themes of the model mentioned above. The athletes working with the trainers who work harder and who show more effective communication features, can catch the line of developing themselves better, enjoying, being successful and realizing themselves, with all their potential in the organizations, training and competitions they are in (Bloom, 1997; Yiğit, 2018; Erkan, 2002). The success of the trainers is due to a good communication feature. No matter how successful the individual is, he / she cannot be successful, if he / she cannot communicate well with the other people.

Sport is a necessary occupation for a healthy and happy life and is important for all people; However, it has a different importance for the people with disabilities (Dalbudak, 2019). Sports are extremely effective for individuals to establish a healthy communication with other individuals and gaining self-confidence (Dalbudak & Yaşar, 2021), and strengthens communication skills between individuals (Dalbudak, 2020). "Disability" can be defined as "Due to the deficiency in anatomical, physiological or psychological structure and functions, as a result of a loss or an abnormal condition of the body, the situation of doing the activities which can be achieved successfully by normal person, limitedly or none." (Açak, 1997). And being "visually impaired" can be expressed as the loss of the ability to see in both or one eye, completely or partially. Visually impaired individuals are classified differently according to their visual level. The classification is also valid in sports branches (Dalbudak & Musa, 2019). IBSA has defined three classes at an international event for the athletes who are partially or completely blind. This classification is applied in sports games that visually impaired people can do (IBSA, 2006). According to this classification: B1. They cannot see completely, they can perceive light but cannot recognize the shape of a hand from any distance, B2. Although they can perceive the shape of a hand, their visual acuity is below 20/600 and their visual angle is below 50 in the visual environment, B3. Visual angles are 5-200. Visual acuity 20/600 up to 60/600 (Dalbudak, 2019).

As a finding of the research, it was observed, the communication skills in trainers affected all the characteristics of the visually impaired athletes taken place in the training process. Communication is an extremely important and effective tool for visually impaired individuals, as they are visually impaired. Working with a trainer with good communication skills for visually impaired athletes will lead them to success. Communication is their nonexistent eye. They can easily reach the information they need by communicating. Through the communication, their lives get facilitated and they become socialized by entering the society. Since their communication is good, their persuasion power is high. Again, because of their good communication, their education level is high. They can seek their rights and are not dependent on anyone. Thanks to communication, they are free. They have represented our country in the paralympics in various sports branches and have been successful. Because of their good communication, they have made their existence accepted in the society. In the study we conducted, no significant difference was found between the variables because their expectations or emotional thoughts were the same.

METHOD

Research Group

39 male, 59 female, totally 98 visually impaired athletes in sports clubs in different cities, participated in this study voluntarily.

Data Collection

First, the to be had records orientated the reason of the studies has been systematically given through reviewing the literature. The Personal Information Form organized through the researcher to decide the demographic traits and the Trainer Communication Skill Scale consistent with the belief of the athletes had been given to the participants. The Trainer Communication Skill Scale which turned into advanced through Yılmaz (2008) is a five-factor Likert kind scale which includes forty eight objects in total, with the objects "never, sometimes, very little, pretty a lot, always". The inner consistency coefficient of the size turned into determined to be .95 (Yılmaz, 2008).

Data Analysis

The total-Cronbach Alpha of the trainer communication skill scale was found to be 0.973. SPSS 22.00 Program, which is used in quantitative research methods, was used in this study, in which trainer communication skills were analyzed. In the experiment, T test and One-Way ANOVA were used for mean, standard deviation, frequency and independent samples.

Findings (Results)

In the results section of the study, the responses given related the trainers communication skills levels and the scores were presented and interpreted using a statistical method.

Table 1: Demographic Features

		n	%
Gender	Male	39	39.8
	Female	59	60.2
Sport Branch	Individual	25	25.5
	Team	73	74.5
Disability Status	Congenitally	48	49.0
	Subsequently	50	51.0
Visual Level	b2	46	46.9
	b3	52	53.1
Year of Working with the Trainer	1-5	31	31.6
	6-10	50	51.0
	10 and Over	17	17.3
Year of Doing Sport	1-5 Years	18	18.4
	6-10 Years	47	48.0
	10 Years and Over	33	33.7

The findings of the sociodemographic-characteristics of the individuals participated in the study distribution is given.

Table 2: Communication Skills Scores T Test Results by Gender

	N	X	S	Sd	t	P
Male	39	4.33	.485	96	-.012	.990
Female	59	4.33	.632			

No-significant difference was found as a results of the t test according to gender $t_{(96)} = -.012, p > 0.05$.

Table 3: Communication Skills Scores T Test Results by Disability Status

	N	X	S	Sd	t	P
Congenitally	48	4.35	.458	96	.484	.630
Subsequently	50	4.30	.672			

No-significant difference was found in the communication skills scores according to the t test results by the disability status $t_{(96)} = .484, p > 0.05$.

Table 4: Communication Skills Scores T Test Results According to Sports Branch

	N	X	S	Sd	t	p
Individual	25	4.37	.449	96	.391	.697
Team	73	4.31	.615			

According to the findings of the t test according to the branch of sports, not significant difference was found $t_{(96)} = .391, p > 0.05$.

Table 5: Communication Skills Scores T Test Results According to Visual Degree

	N	X	S	Sd	t	P
b2	46	4.34	.487	96	.191	.849
b3	52	4.32	.648			

Not significant difference was observed as a results of the t-test in according to the visual level $t_{(96)} = -.191, p > 0.05$.

Table 6: One-Way Variance (ANOVA) Analysis of the Communication-Skills Score according to the year of doing sports

	Sum of Squares (SS)	df	Average of Squares	F value	P value
Between Groups	2.880	13	.222	.636	.817
Intragroup	29.255	84	.348		
Total	32.134	97			

When the results of one-way analysis of variance were examined according to the year of doing sport, no significant difference was found ($F_{(97)} = .636, p > .05$).

Table 7: One-Way Variance (ANOVA) Analysis of the Communication Skills Score to the Year of Working with the Trainer

	Sum of Squares (SS)	df	Average of Squares	F value	P value
Between Groups	3.910	11	.355	1.083	.385
Intragroup	28.225	86	.328		
Toplam	32.134	97			

According to the findings of the One-Way Analysis of Variance, not-significant difference was detected in the year working with the trainer ($F_{(97)} = .385, p > .05$).

DISCUSSION - CONCLUSION

The intention of this take a look at is to have a look at the consequences of various variables at the trainers' conversation ability levels, consistent with the perceptions of visually impaired athletes.

No substantial distinction become discovered consistent with the t check effects consistent with gender $t(96) = -.012, p > 0.05$. There isn't anyt any substantial distinction among male and woman visually impaired athletes. In a number of their research, the researchers concluded that gender does now no longer have a substantial impact on conversation abilities (İmamoğlu et al, 2019; Çicek, 2018, Ulukan, 2012). When the literature is examined, even though there are research expressing extraordinary opinions, it's far visible that the conversation abilities of women are typically higher than adult males (Tepeköylü et al.2009; Tepeköylü et al.2011). In a extraordinary take a look at, it's far visible that adult males talk higher than women (Akyol, 2019). It indicates that wholesome conversation with instructor is critical for each genders. Visually impaired athletes must be in exact conversation with their instructor. We can say that conversation has a completely critical impact on people because of their visible impairment. We have reached the effects assisting our take a look at.

According to the incapacity status, no sizable distinction become discovered withinside the communique rankings in line with the t check outcomes $t(96) = .484, p > 0.05$. It become concluded that there has been no distinction at the communique abilities of running shoes of visually impaired athletes, whether or not their visually impairment become congenitally or subsequently. It is seen that the communication skills of the visually impaired athletes' trainers are at the same level. We can say that the communication skills of the trainers are effective on visually impaired individuals. We can say that more communication skills of the trainers mean more success in sports. Thus, the individual will be successful in every field. Communication skills of visually impaired individuals' trainers are more important than the communication skills of trainers of non-disabled individuals. Since there are no studies similar to the study we conducted, no findings have been reached to support our study.

According to the results of the t test according to the sports branch, no significant difference was found $t_{(96)} = .391, p > 0.05$. According to the findings of the research, communication skills of the trainers are at the same level between individual athletes and team athletes. Yılmaz et al. (2009) also found that the communication skills of the trainers of individual athletes were at a better level in their studies. In addition, according to Margaret et al. (2010), athletes in different branches have reached the result by communicating with different people in different ways. The reason for the different results found in our studies may be due to the visually impaired characteristics of the athletes. The visually impaired athletes must be in good communication with their trainer due to their disability. No findings were found to support our study.

No significant difference was found according to the t test results according to the visual level $t_{(96)} = -.191, p > 0.05$. There is no significant difference between B2 and B3 visually impaired people in terms of communication skills. Although visually impaired individuals have different vision degrees, we can say that their communication skills with trainers are the same. We can state that communication skills of trainers are very important for people with disabilities. We can state that success in sports is through the communication. Since we couldn't find the studies similar to ours studies, there are no findings to support them.

When the results of one-way analysis of variance were examined according to the year of doing sport, there was no significant difference found. ($F_{(97)} = .636, p > .05$). Regardless of whether they have just started sports or they have been doing sports for a long time, it is observed that there is no difference between the communication skills of the trainers. Success in sports means communication. Good communication between the athlete and the trainer will bring the success. It will increase the motivation level of the athletes. And this will cause the success in sports. For visually impaired individuals, communication is like a seing eye. Since there are no studies similar to the ones we have done, there are no findings to support them.

According to the results of the One-Way Variance Analysis, a significant difference was not detected in the year of working with the trainer ($F_{(97)} = .385, p > .05$). A study similar to our work has been determined. As a result of the research of Tepeköylü Öztürk and Soytürk (2019), there was no significant relationship between the total togetherness with athletes and the weekly training time and communication skills. In short, sport has an important

effect on communication. We can say that the better communication between the trainer and the athlete means the higher performance of the athlete. Individuals doing sports are social. They do not have communication problems. This is extremely important for visually impaired individuals. Communication skill of both trainers and the athletes is very important. It has been determined that the competition performance of athletes with communication skills is affected in a positive way (Turan, 2018).

As a result of the research, it was observed that the communication skills of the trainers affected all the characteristics of the visually impaired athletes taken place in the training process. Communication is an extremely important and effective tool for visually impaired individuals, as they are visually impaired. Working with a trainer with good communication skills for visually impaired athletes will lead them to success. Communication is their nonexistent eye. They can easily reach the information they need by communicating. Through the communication, their lives get facilitated and they become socialized by entering the society. Since their communication is good, their persuasion power is high. Again, because of their good communication, their education level is high. They can seek their rights and are not dependent on anyone. Thanks to communication, they are free. They have represented our country in the paralympics in various sports branches and have been successful. Because of their good communication, they have made their existence accepted in the society. In the research its conducted, there is no-significant difference was observed between the variables because their expectations or emotional thoughts were the same.

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