



Leadership – from the wrestler's point of view

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LETTERS

Leadership – from the wrestler’s point of view

Today there is about 600 000 sports coaches in Sweden, many of them with no or little education. Despite this it's not unusual that the athletes give the coaches a lot of the credit for their great victories. The Swedish Olympic gold medallist in wrestling Mikael Ljungberg (Jörnvik & Ljungberg, 2001) once wrote that, an athlete is – or will be – nothing without good and dedicated leaders. Today most leadership educations are designed by pedagogues, whom not always are located in the centre of action. Maybe it could be better to design the educations from the athlete's point of view? There are only sporadic studies in the field of what behaviour an efficient wrestling coach should adapt. So really what skills should he or she have to satisfy Swedish elite wrestler's needs?

Chelladurai and Saleh (1980) have designed five factors to explain a leader's efficacy. The objectives whit this study is in the first place to describe these factors, according to Chelladurai and Saleh's model, that today will be the most important to become a efficient leader in Swedish wrestling and what behaviour that is most neglected. These factors will be described from the perspective of Swedish male and female elite wrestler. The result from the study will later be used to design recommendations for leaders and coaches education.

I have used different known theories to answer the problem and the objectives. My empiric research was based on a questionnaire, LSS, which is a well-known and tested instrument. The questionnaire was distributed at the Swedish wrestling championship to a total of 62 elite wrestlers.

Leadership efficacy for wrestling coaches is difficult to explain from this study. There was no evidence that an efficient leader improve the wrestlers result, because the more qualified wrestlers thought that the behaviour of their leaders was more neglected than from the less qualified. There was some evidence that an efficient leader satisfies the needs of the group, because the perceived behaviour was in most cases close to the preferred behaviour. The results in the study were close to what Chelladurai (1993) found in a number of studies, but was more or less different from other studies. The study gave also a hint of what was most neglected in the behaviour of Swedish coaches, even if there only were differences in a few cases. The wrestlers thought that positive feedback and also training and instruction was most preferred. They also thought that training and instruction and also social support were most neglected among Swedish coaches. The wrestlers also wanted more individually support from the coaches. The leaders furthermore needed to improve their skills concerning conflict and problem solving. Obvious was that the wrestlers wanted to participate more in the decisions, but not take the responsibility for them. The correlation in the different groups of participants were in most cases low, which could mean that it's an advantage for the leader if he or she have the possibility to adapt his or her behaviour to the situation, so-called situational leadership. There was no major evidence in the study that the Swedish model of coaching should be more efficient.

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A Fresh Look to Analysis

To what extent do the technical cadres of countries' national teams, especially their wrestling officials, concentrate on the important phenomenon (issue) of analysis, which nowadays enjoys a very high position in world's modern sports (wrestling)?

To what extent can the topic of analysis, envisioned in new regulations, be influential in materialization of the FILA goals, which are guaranteeing beauty of wrestling and exercise of effective techniques in the specified wrestling periods?

To what extent can promotion of coaches' awareness of analysis be helpful in providing them and wrestlers with necessary information on the features of the opponent, thus guaranteeing effective practice of the score-earning