
Thinking Matters Symposium

2021 Thinking Matters Symposium

Apr 30th, 12:00 AM

The Impact of Female Sport Coaches: Role Models for the Next Generatio

Molly Wilkie

University of Southern Maine, molly.wilkie@maine.edu

Follow this and additional works at: <https://digitalcommons.usm.maine.edu/thinking-matters-symposium>



Part of the [Gender and Sexuality Commons](#), [Leadership Studies Commons](#), [Sports Sciences Commons](#), and the [Sports Studies Commons](#)

Wilkie, Molly, "The Impact of Female Sport Coaches: Role Models for the Next Generatio" (2021). *Thinking Matters Symposium*. 42.

<https://digitalcommons.usm.maine.edu/thinking-matters-symposium/2021/poster-sessions/42>

This Poster Session is brought to you for free and open access by the Student Scholarship at USM Digital Commons. It has been accepted for inclusion in Thinking Matters Symposium by an authorized administrator of USM Digital Commons. For more information, please contact jessica.c.hovey@maine.edu.

Overview

Since the passage of Title IX, the number of women coaches of women's teams has decreased, despite an increase in the number sport teams. In 1974 90% of women's teams were coached by women while in 2017 only 40% of women's teams were coached by women (Lavoie, 2017). Studying how the gender of leaders impacts their followers has important implications for future vocational opportunities for women. If women are seeking to advance in historically male dominated fields, it may be important for them to have female role models leading the way. This study researched whether the gender of women's soccer coaches influences their female athletes' coaching self-efficacy and desire to pursue coaching as a career.

Research Questions

1. Does a collegiate soccer head coach's gender influence a female student-athlete's level of coaching self-efficacy?
2. Does a collegiate head soccer coach's gender influence a female student-athletes desire to pursue coaching as a career?

Methods/Analyses

- A quantitative survey titled 'Coaching self-efficacy and desire to pursue coaching as a career.'
- Purposive Sample
- Sent to NCAA III Head Women's Soccer Coaches in the 7 NCAA regions (Fig 1). to forward to their female athletes
 - 92 responses total, 63 complete and used for analyses
- Survey consisted of 10 questions including 2 Likert scales: Desire to coach and Coaching Self-Efficacy
- Chi Square tests and correlation analysis were used to determine associations between variables

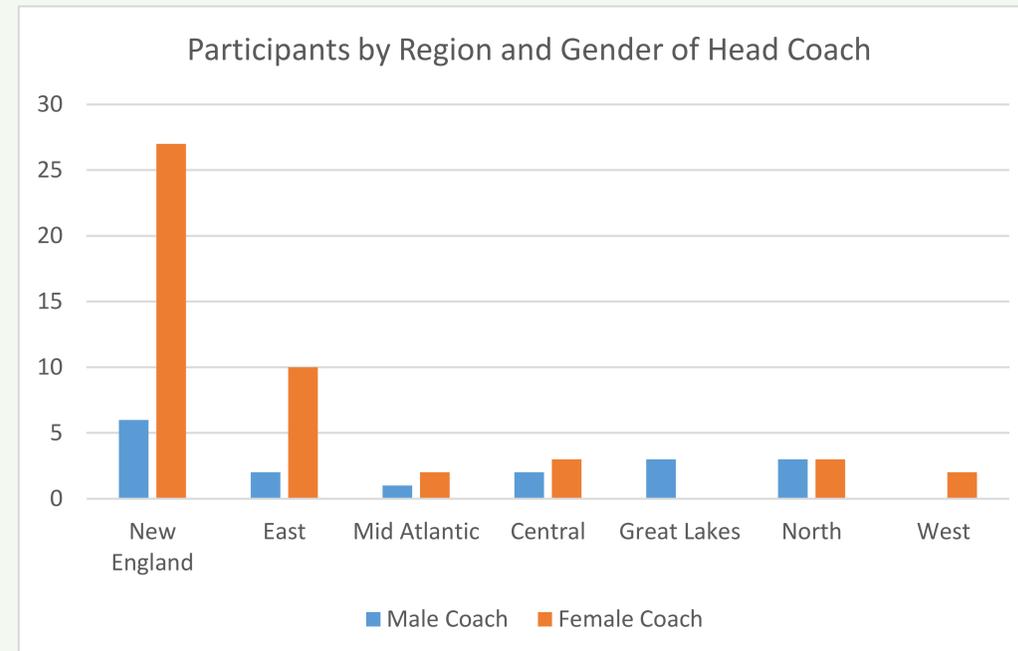


Figure 1

Acknowledgments

Thank you to Dr. Joyce T. Gibson, Dr. Josephine M. LaPlante, and Dr. Karol Maybury for your advising, editing, and guidance. Thank you to the LOS 689 II 2021 class cohort for your support and encouragement!

References

- Kamphoff, C.S. (2008). Commentary on the UK coaching system is failing women coaches. *International Journal of Sport Science and Coaching*, 3(4), 469-472.
- Lavoie, N. M. (2017, August 28). *Leadership on the sidelines should not be defined by gender*. Street & Smith's Sport Business Journal. <https://www.sportsbusinessdaily.com/Journal/Issues/2017/08/28/Opinion/FTF.aspx>
- Lavoie, N. M., & Silva-Breen, H. (2017). *Head coaches of women's collegiate teams: A comprehensive report on NCAA Division-III institutions, 2017-18* [Data set]. The Tucker Center for Research on Girls & Women in Sport. https://www.cehd.umn.edu/tuckercenter/library/docs/research/WCR_2017-18_Head-Coaches_DIII.pdf

Results

Research Question 1:

- Participants coached by men showed a moderate tendency to express more confidence in the following coaching tasks
 - Speaking in front of large groups
 - Written and Verbal communication

Research Question 2:

- Participants coached by women showed a moderate to strong tendency to express more interest in a coaching career
- Juniors and seniors were moderately more likely to have interest in pursuing a coaching career and first-years and sophomores were moderately more likely **not** to be interested in pursuing coaching.
 - Overall, participants coached by women returned the surveys at a higher rate than participants coached by men

Discussion

The stereotype that men make better leaders persists within our society (Kamphoff, 2008) and may be ingrained into females as well. It's possible that the female participants with female coaches rated themselves lower on coaching self-efficacy tasks because they believe, consciously or subconsciously, that women don't lead as well as men.

In the present study, female athletes coached by women were moderately more likely to express interest in a coaching career. In 2017 there were 440 Division III women's soccer teams, 184 of those teams were coached by women and 256 were coached by men (Lavoie & Silva-Breen, 2017); thus the more female coaches there are of women's teams, the better chance that more women will follow in their female coaches footsteps. The potential implications from this study are an understanding of how gender plays a role in females' leadership self-efficacy, and, the importance of female role models and mentors in the area that the female wants to pursue as a career. It will also inform men, who coach women and girls that providing a female coach as part of their coaching staff may positively influence their female players to believe they can become a coach one day.