

The Impact of Initiative and Creativity in Classes on Athletic Success Rate (Case Study: Male Athletes of Combat Sport in East Azarbaijan Province, Iran)

Hamed GOLMOHAMMADI ZANGABAD¹ , Ali MOSAYYEBI KORDABAD² 

¹Master of Sport Management, Islamic Azad University of Tabriz, Tabriz, Iran.

²Master of Motor Behaviour, Tabriz University, Tabriz, Iran.

Original Article

Received: April, 07, 2020

Accepted: May, 21, 2020

Online Publishing: June,30, 2020

Abstract

One of the factors behind human growth in today's societies and organizations is creativity and innovation. Innovation and creativity is a process where ideas become marketable opportunities in today's markets. Therefore, the purpose of the present study was to investigate the impact of innovation and creativity in the classes on the components of sports success in male athletes of Combat Sport in East Azarbaijan. This research is descriptive-correlational, and it is practical in terms of purpose. For this purpose, the active athletes of Combat men of East Azarbaijan province (n = 110) formed the statistical population of this study. Based on Morgan table results, 86 people were selected randomly and formed the statistical sample of this study. Data were collected using the Creativity, Innovation, and Initiative Questionnaire of Dorabji et al., (1998) and the Mousavi et al., (2015) Success Questionnaire. Also, the reliability of the measuring tools was estimated by Cronbach's alpha for innovation questionnaires 0.93 and sports success 0.88. For data analysis, descriptive and inferential tests and regression models were used to predict. The results showed that there is a positive and significant relationship between innovation and creativity with sport success ($p < 0.05$). Also, the results of regression analysis showed that innovation in classes predicts the success of province Combat athletes. There was also a positive and significant relationship between the athletic success and innovation ($p < 0.05$). The focus and attention of senior executives in Combat sport, on the key role of creative coaches in the sports arena, can be attributed to the achievement of more and more athletes in different sports fields.

Key Words: Sport Success, Innovation, Initiative, Martial Arts, Combat Sport.

¹**Corresponding Author:** Hamed GOLMOHAMMADI ZANGABAD, **E-mail:** hg.sport@yahoo.com

INTRODUCTION

Innovation and creativity in today's competitive environments are the most important factor for human growth in organizations and in all areas in general (Kerr & Gagliardi, 2003). Innovation is a process by which entrepreneurs transform opportunities into marketable ideas. This tool can accelerate changes (Ahmadpour Dariani & Azizi, 2013). In the definition of innovation and creativity, we can say that new designs, suggestions, ideas and designs are called creativity and their implementation called innovation (Saifollahi & Rostami, 2015). The innovation Climate includes emotions, attitudes, and behavioral tendencies, which include risk-taking, freedom, idea time, entertainment, challenge and participation, support for ideas, discussions, trust, and contradictions (Kahef & Lotfi, 2015). Researchers believe that all human beings have a creative talent in childhood, but the lack of a proper and careless environment prevents it from appearing; In other words, "creativity is a cultivable ability" (Fathi & Pakdel, 2014). The success of a sports team depends on a number of factors, including coaching leadership style, material and financial resources, new and innovative coaching tactics and solutions, creative and technical players, and more (Bagheri & Zarei Matin, 2005). They identified factors such as talent structures, scientific support for sport, coaching systems, and access to facilities and equipment as factors influencing international athletes' success (Bohlke & Robinson, 2009). Many studies have emphasized the importance of effective communication between coach and player, so that the quality of this relationship is an important determinant of performance improvement in the athlete (Anshel, 2001). Coach behavior plays an important role in group performance and success. In fact, coaching as a team leader provides the athletes with progress and is a big part of the athlete's success (Bagheri & Zaree, 2005).

Jowett (2005) introduced the relationship between the coach and the athlete as the basis of the coaching process. The nature of this relationship determines the motivation, satisfaction, confidence and performance of the athlete. Organizations inevitably need to step up their processes of innovation and creativity in the process of adapting to change, as unethical and non-innovative organizations over time become outdated or have to reform their system. Given the role and importance of innovation in the growth and development of countries, proper support for creating and nurturing innovation is vital today. Managers can design new work environments in such a way as to stimulate innovation and a continuous flow of new ideas (Turani, 2006). The rapid evolution of science and technology in the world on the one hand and the transformation of sport into an industry on the other hand, has brought the practitioners of the sport with a new challenge that requires innovative approaches (Javadian Sarraf & Shajee, 2009). Martial arts are among the most popular sports in the world. In particular, the characteristic that elevates martial arts to a higher level than other disciplines is its presence at the heart of life from the earliest stages of human life. Living in a cave and facing multiple dangers required a high level of physical ability, which gradually increased self-defence capabilities, with and without weapons (Johnston, 2012; Eskandarnezhad, 2015). Achieving the success and performance of athletes in sports competitions

is one of the topics that has attracted the most attention from sports organizations in different countries (Saboonchi et al., 2010). Studies show that many factors related to the sporting achievement of athletes involved in sports development, such as training, education, inner strength, age, psychological skills, commitment and enjoyment of sports (Sarabandi & Rezaei, 2016) and sports success as a major goal of championship sports has always been the focus of athletes, coaches, and researchers in the field of sport (Ahmadi, 2011). According to Atkinson's theory, successful athletes are at a higher level of competitiveness, have more perseverance to succeed, and exercise without worrying about possible failures (Lavan & Gil, 2000).

Kardani et al., (2020), in a study entitled *The Impact of Innovation in a Specific Field on the Exploratory Buying Behavior of Innovative Products*, concluded that innovation in a particular field influenced the anticipation of innovation acceptance and the consumer's willingness to seek further information and acceptance. The real impacts of innovations (Kardani Malejinezhad & Khorakian Rahimnia, 2020). Amini et al., (2020) in a study on innovation strategies, entrepreneurial success, and the mediating role of knowledge acquisition capacity identified that innovation strategy affects knowledge acquisition capacity and among the innovation strategies, the use of aggressive strategies has had the greatest impact on the entrepreneurial success of knowledge-based companies (Fatahi & Dolatshah, 2020). In a study 2016, exploring the impact of organizational stagnation on the performance of small and medium-sized enterprises, emphasizing the role of business model innovation and open innovation, Khashi et al., (2016) Found that open innovation has a mediating effect on The relationship between organizational stagnation and business model innovation also has a positive effect on firm performance. In a study conducted by Shiri et al., (2016) on the role of trust in innovation in the relationship between “fit of work and organization” with “innovative work behavior” in knowledge firms, they concluded that between innovative work behavior and performance there is a positive relationship with the work of the staff. One's views and perceptions of job fit with organization through the mediating role of trust have a positive and significant effect on employees' innovative behavior (Shiri et al., 2016). Tajuddin, Ibrahimi & Ismail (2015) in a study entitled *the relationship between Innovation and organizational performance in the construction industry in Malaysia*, concluded that innovation is fundamentally positive in influencing organizational performance. Also, Joanna (2006) in his research examined the relationship between organizational climate with creativity and innovation. His research results showed that organizational climate variables have a positive, direct and significant relationship with the variables of creativity and innovation. In addition, by improving the organizational climate and pushing the organization to adopt new ideas and employee creativity, the organization can be encouraged to compete with other competitors in the market by presenting innovations in current affairs.

Since the sport of Combat is one of the most popular sports, it seems necessary to evaluate the success of athletes in this sport, so that other athletes and Instructors in other sports can take advantage of the results, reasons and success rate.

In the meantime, the key is how to use innovation and creativity to help athletes succeed. Since it seems that many studies on this subject have not been performed on athletes, so the purpose and main question of this study is: how does the innovation, creativity and initiative in classes affect the athletic success in the field of Combat sport?

METHOD

The purpose of the present study is applied research and descriptive-correlative in nature and method. Data were collected through a written questionnaire to confirm the research hypotheses. The statistical population of the present study consisted of Combat men players in East Azarbaijan province (n = 110). After informing all athletes to participate in the research, using Morgan table, 86 people were selected randomly as the sample.

Questionnaires were used to measure the impact of innovation and creativity in the classes on athletes' athletic success, which consisted of three sections and 43 questions. The first part of the questionnaire related to demographic information (age, sport history), the second part deals with questions of innovation and creativity of Dorabji et al., (1998) with nine questions that measure the level of innovation, creativity and initiative in sports organizations from the perspective of athletes and responses were rated on a five-point Likert scale ranging from very low (1 point) to very high (5 points). And also the third part of the questionnaire related to sports success Mousavi et al., (2015) it consisted of twenty-seven questions that measured the components of performance, attention, technique, error sensitivity, commitment, and progress. Also, the reliability of the measuring tool (questionnaire) using Cronbach's alpha for innovation questionnaires was 0.93 and sport success was 0.88 which is numerically acceptable and indicates high reliability of the questionnaire. Kolmogorov-Smirnov test was used to check the normality of the samples. Mean and standard deviation were used to analyze the data distribution and regression analysis was used to analyze the results. For this purpose, SPSS statistical software version 16 is used.

FINDINGS

The question in this study is the impact of initiative and creativity in classes on athletic success of Combat. Therefore, the findings of this research are presented in two parts: descriptive findings and findings related to the research question. Descriptive findings related to the research are presented in Table 1.

Table 1. Values for standard deviations and mean variables of research in Combat athletes

Research variables	Mean ± SD
Innovation & creativity	4.31±0.039
Sports success	3.78±0.025

According to the table 1, the distribution of the research variables was evaluated based on the most important central (mean) and dispersion (standard deviation) indices.

Table 2. Single-sample Kolmogorov-Smirnov test to determine the normality of the variables

Variables	Z	Sig
Innovation & creativity	2.044	0.000
Sports success	2.024	0.001

According to the table 2, the results of Kolmogorov-Smirnov test showed normal distribution, respectively. The significance level of the research variables was more than 0.05. Therefore, the assumption of normal distribution of these variables was confirmed and the opposite assumption based on abnormal data distribution was rejected. Therefore, given the normality of the data distribution, parametric tests are used in subsequent analyses. Regression model is used to answer these hypotheses.

Table 3. Regression test between innovation and sport success

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.411	0.169	0.159	6.27

According to the table 3, innovation and creativity have the ability to predict sport success. Accordingly, innovation and creativity with a correlation coefficient of 0.411 and a standard error of 6.27 explain approximately 17% of the variance of sport success. We use the following table to determine whether they are significant or not:

Table 4. Evaluation of innovation and creativity in the classes on the success of combat athletes

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	670.574	1	670.574	17.034	0.000
Residual	3306.774	84	39.366		
Total	3977.349	85			

According to the results of table 4 and with emphasis on F, it can be concluded that innovation and creativity have a positive effect on athletic success ($p \leq 0.05$). According to the results of regression, innovation and creativity affect the athletic success rate by 17%.

Table 5. Results of regression coefficients, standard and non-standard for prediction

Model	B	Std. Error	Beta	t	Sig
Constant	760686	8.044		9.533	0.000
Innovation & Creativity	0.639	0.155	0.411	4.127	0.000

According on the results of table 5, innovation has the ability to explain success in sports. And based on the findings of this study, we can be concluded that creating the right conditions for creativity and innovation will lead to sports success.

DISCUSSION AND CONCLUSION

Sports coaches have always tried to improve the skills of their athletes in different ways to succeed in sports fields, and in this regard, they do different training and teaching methods for their athletes in sports complexes and clubs and teams. Accordingly, this article has been studied on Combat athletes with an average age of 26.4 and an average of 3.6 sports experience.

There is a significant relationship between innovation and creativity with the success in sport of Combat athletes in East Azerbaijan province. The purpose of this study was to investigate the impact of innovation and creativity in the classes on the success of Combat athletes in East Azerbaijan province. The results show that sport success has a positive impact on innovation and creativity. Research results with researches of Kardani et al. (2020), Amini et al. (2020), Khashie et al. (2016), Shiri et al. (2016), Tajuddin et al. (2015), Ahmadi (2011), Joanna (2006) is aligned and they emphasize the effectiveness of innovation. This shows that from the perspective of Combat athletes, the trainers who use innovation, creativity and initiative in their classes contribute to the progress and success of the athletes in the field. Coaches are people who are capable of understanding athletes and who know how to teach athletes to work within the specific limits and rules of a game. Coaching has many situational characteristics. As far as a coach needs to know what is special and how to tell the athlete (Bartels & Magun-Jackson, 2009). Given that one of the main concerns and challenges of sports coaches and practitioners is to make athletes more successful, it is necessary to conduct research on innovation in sports classes. Applying the results of this research can create a suitable context for reviving new and creative ideas in sports coaches. This study attempts to investigate the impact of innovation in sports classes on the success of Combat athletes. Using the results of this research can give proper solutions to the coaches and managers of the respective group. In sports teams, the coach as the mastermind has the undeniable role to play in achieving the highest possible return. Therefore, coaches should not use methods that lose interest and motivate potential coaches while coaching.

To develop a culture of creativity and innovation in an organization or a research center, managers need to take steps, including: 1- Eliminate fear in your organization, because if people are afraid of failure, they will not become creative people, 2- give their members enough freedom to act so they can come up with new ideas and opportunities., 3- Identify creative people in the organization and apply group creativity techniques (Fathi & Pakdel, 2014). Based on the results we recommend that in the field of Combat use coaches who are innovative and creative in their existence and roots to achieve more success. If an organization can achieve a position where most coaches have strategic thinking and look at the issues created by innovation and creativity, they will certainly be able to train athletes to succeed in the sport.

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

Ethical clearance (approval): That is especially important when conducting research with humans. The major principle for making sure that no harm is done to any participants in the research. Also as this was not an interventional study, ‘permission form’ and ‘voluntar confirmation letter’ were taken from all the participants.

REFERENCES

- Ahmadpour Dariani, M., & Azizi, M. (2013). *Entrepreneurship*. Tehran: Mehrab Ghalam Publications.
- Ahmadi, S. (2011). *Investigating and Determining Factors Influencing the Success of Iranian Championship Sports*. PhD Thesis. Azad University of Central Tehran.
- Anshel, Mark H., (2011). *The Psychology of Sport from Theory to Practice*, (Translated by Seyed Ali Asghar Maddad). Information Publication.
- Bagheri, Gh., Zarei-Matin, H. (2005). The relationship between football coaches' leadership style with player burnout and role modeling. *Organizational Culture Management*, 3(3), 35-65.
- Bartels, J. M., & Magun-Jackson, S. (2009). Approach–avoidance motivation and metacognitive self-regulation: The role of need for achievement and fear of failure. *Learning and Individual Differences*, 19(4), 459-463. doi:10.1016/j.lindif.2009.03.008.
- Böhlke, N., & Robinson, L. (2009). Benchmarking of elite sport systems. *Management decision*, 47(1), 67-84. doi.org/10.1108/00251740910929704.
- Eskandarnezhad, M. (2015). *Physical fitness field test set: Theoretical foundations and practical techniques*. Tabriz: Akhtar Publications. (p.184).
- Fatahi, H., & Dolatshah, P. (2020). Innovation strategies, entrepreneurial success and the role of absorption knowledge capacity. *Organizational Resources Management Researchs*, 9(4), 1-21.
- Fathi, H., Pakdel, M. (2014). *Creativity to entrepreneurship in the third millennium*. Tabriz: Forouzesh Publishing, First Edition.
- Javadian-Sarrafi, N., & Shajee, R. (2009). Investigating the attitude of physical education students to entrepreneurship barriers and problems of starting a business after graduation. *Research in Sport Science*, 8(22), 81-95.
- Kwaśniewska, J., & Nęcka, E. (2004). Perception of the climate for creativity in the workplace: the role of the level in the organization and gender. *Creativity and innovation management*, 13(3), 187-196. doi.org/10.1111/j.0963-1690.2004.00308.x
- Johnston, R. D. (2012). *Contemporary Martial Arts: Self expression or self oppression?*. Doctoral dissertation. University of Victoria.
- Jowett., S. (2005). On repairing and enhancing the coach-athlete relationship. In S. Jowett & M. Jones (Eds.), *The psychology of coaching, Sport and Exercise Psychology Division (p:14-16)*. Leicester: The British Psychological Society.

Golmohammadi Zangabad, H., & Mosayyebi Kordabad, A. (2020). The Impact of initiative and creativity in classes on athletic success rate (Case Study: Male Athletes of Combat Sport in East Azarbaijan Province, Iran). *Eurasian Journal of Sport Sciences and Education*, 2(1), 32-39.

Kashif, SM., & Lotfi, M. (2015). Predicting entrepreneurial capacity through the components of the innovation climate in the sports committees of West Azerbaijan Province. *Journal of Applied Science of Sport and Health*, 2(1), 69-78.

Kardani Malekinezhad, M., Khorakian, A., & Rahimnia, F. (2020). Impact of specific field innovation on heuristic purchasing behavior in innovative products. *Technology Growth*, 16(61), 45-52.

Kerr, B., & Gagliardi, C. (2003). Measuring creativity in research and practice. In S. J. Lopez, & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measures*. Washington, DC: American Psychological Association. doi:10.1037/10612-010

Khashie, V., Mohammadi-Nasab, A., & Mehdizadeh, E. (2016). Exploring the impact of organizational stagnation on the performance of small and medium enterprises, with emphasis on the role of business model innovation and open innovation. *Organizational Culture Management*, 14(4), 1136 - 1111.

Lavan, W., & Gill, D.L. (2000). *Psychological dynamic of sport and exercise*. Human Kinetics (2nd ed.). p.103-125.

Saboonchi, R., Sheikh al-Islami, M., Koghri, S., & Kupri Fard, F. (2013). Comparison of competitive anxiety strategies of martial athletes with different levels of competition success. *Applied Research in Sport Management*, 2(4), 87-92.

Sarabandi, M., Rezaei, V. (2016). The relationship between athletic perfectionism and progress motivation with sport success: A case study of athletes in the field of athletes. *Sport Psychology Studies*, 19, 57-68.

Saifollahi, A., & Rostami, F. (2015). *Entrepreneurship concepts and business plan guides*. Tehran: Termeh Press.

Shiri, A., Dehgani, S. M., Nesari, T., & Farsizadeh, H. (2016). The Role of trust to innovation in relation between "person-organization fit" and "innovative work behavior" in knowledge-based firms (Case study: Science and technology park of Tehran University). *Journal of technology development*, 4(1),43-76.

Tajuddin, M. Z. M., Iberahim, H., & Ismail, N. (2015). Relationship between innovation and organizational performance in construction industry in Malaysia. *Universal Journal of Industrial and Business Management*, 3(4), 87-99.

Turani, H. (2006). Investigating the implications of management theories and styles in innovation. *Curriculum research institute and educational innovations*. Tehran Iran.



Except where otherwise noted, this paper is licensed under a [Creative Commons Attribution 4.0 International license](https://creativecommons.org/licenses/by-nc/4.0/).