



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2023; 10(2): 545-547
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www.kheljournal.com
Received: 05-02-2023
Accepted: 11-03-2023

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Parental involvement and perception of their children's behaviour in sports participation

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Abstract

Background: The parental participation considerably influences the educational experience that young athletes get via sports. Parents are responsible for providing their children with physical or sports education, and research has shown that parental involvement is linked to early participation in sports. The aim of this study was to examine the impact of parental involvement and perception of their children's behaviour in sports participation

Methods: To achieve the study aims and verify the assumptions, 100 Chandigarh residents were recruited as subjects. It has 50 tennis-playing parents and children. Participants were 11-18. Gender equality was achieved with 25 male and 25 female participants.

Results: The results indicated similar associations between parental participation activities and athletes' evaluations of these behaviours. The strongest connection was shown for behaviours that were assessed in a consistent manner by both athletes and parents.

Conclusion: The main finding from the research is that to motivate and increase children's enjoyment of sports, parents' supportive behaviours and involvement in their children's school sports and lower parent pressure are needed to reduce competitiveness and the focus on victory.

Keywords: Parental involvement, perception, sports participation

Introduction

Family members have a significant impact in children's socialization into sports and physical exercise because of their influential function as role models. Research has consistently shown that parents may influence their children's sports practices by their own example and by encouraging them to get moving (Sallis *et al.*, 1999)^[8]. As a result, Boixados *et al.* (2004)^[11] and Müller and Sternad (2004)^[7] argue that young athletes may benefit from their time spent participating in sports in ways that go far beyond the physical. Children's desire to engage in sport is a key concern for researchers, coaches and parents. Basically, if we want to engage children in sports practice from an early age and grow to achieve their maximum potential, then it is absolutely vital to have a good environment during these formative years, and parents play a very significant part in this process. Therefore, motivation has emerged as a potential component that serves to promote an appropriate physical activity. Thus, it would be interesting to determine how family conduct influences motivational features and other crucial psychological characteristics for optimal sport practice (Gould *et al.*, 2006; 2008)^[3]. In this regard, most of the researches have not explicitly measured significant people (e.g., family, peers, coaches), but they have examined participants' view of their coaches, peers or parents.

Material and Methods

Participants

In order to accomplish the goals of the research and validate the hypotheses, a total of one hundred participants (N=100) were selected as subjects from the different areas of Chandigarh. It is comprised of fifty children and fifty parents that participate in the sport of Tennis. The ages of the participants ranged from 11 to 18 years. Further there were equal numbers of male and female participants (n=25 each).

Measures

Parents' involvement in sport practice: Parental involvement in their children's sport practice- Turkish version converted into English version of the Parents' Involvement Sport

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Questionnaire (PISQ) by Wurth *et al.*, 2004; Lee and Mclean, 1997)^[9, 6] was used Questionnaire (PISQ) by Wurth *et al.*, 2004; Lee and Mclean, 1997)^[9, 6] was used For the purpose of present study. The questionnaire consists of 20 statements that broken down even further into four sub categories: directive behaviour, support and understanding, active implication and pressure. To assess the actions of parents during youth athletic competition, a modified version of this parental involvement scale would be applied.

Procedure

The study was conducted using a Karl Pearson's bivariate correlational methodology. We created a protocol to gather comparable data from all the research participants. Coaches and parents were asked for their consent to engage in the study before they could join after being informed of its main goal. The athletes completed the questionnaires in the open space or room, which took about 15-20 minutes. The

researcher was present at all times and encouraged the athletes to ask questions as needed. They were also requested to answer the questions honestly and were told that their answers would kept strictly confidential. After completion of the record, sheets would be hand over to the researcher as soon as possible. The following were the inclusion criteria regarding the parents: it is important to emphasize that questionnaires were only completed by the person (father or mother) who was more involved in their children's sporting activities. To determine who was the most involved, we asked the athletes, who brings them to training sessions, who watches the games, shows more interest in the practice and who was a model to follow. After deciding who was the most involved, we provided each parent a questionnaire to complete at home and return to the next training session.

Analysis and Discussion

Table 1: Descriptive statistics;-mean, median, Std deviation, skewness, kurtosis, minimum and maximum of Parents' involvement in sport practice (PISQ) among Tennis players

Variables	Mean	Median	SD	Skewness	Kurtosis	Minimum	Maximum
Parents Directive Behaviour	19.48	19.50	4.51	-0.21	-0.35	10	28
Parents' Support	20.94	22.00	3.41	-0.55	-0.50	13	26
Parents' Active Involvement	18.96	19.00	3.81	0.08	-0.13	11	29
Parents' Pressure	11.20	12.00	2.79	-0.11	-0.66	5	17
Perception of parents' Directive Behavior	22.28	22.50	4.79	-0.50	0.13	9	30
Perception of parents' Support	19.56	20.00	3.69	0.41	0.79	13	30
Perception of parents' Active Involvement	18.90	19.00	4.40	-0.47	-0.48	8	25
Perception of parents' Pressure	11.26	12.00	3.49	-0.15	-0.35	4	19

Table 1 displays the descriptive statistics of the variables of present study. The scores acquired in the athletes' and parents' on the factors of parental involvement; parents' support and directive behavior received higher mean values (20.94 & 19.48) than active involvement and pressure (18.96 & 11.20). Likewise, in the variables of parental involvement of their children; perception of directive behavior and perception of parents' support acquired higher mean values (22.28 & 19.56) than the perception of parents' active involvement and perception of parents' pressure (18.90 & 11.26). It has been observed that skewness and Kurtosis on all these variables ranged between (-0.55 to 0.08) & (-0.66 to 0.79). A normal curve has Sk=0. So it can be said that the

data fell on the normal distribution. The minimum and maximum scores were found to be for the variables are- parents' directive behavior (10 & 28), parents' support (13 & 26), parents' active involvement (11 & 29), parents' pressure (5 & 17), perception of parents' directive behavior (09 & 30), perception of support (13 & 30), perception of parents' active involvement ((08 & 25) and perception of parents' pressure (04 & 19). All these values show that the data have a normally distributed, as the values of mean and S.D. was nearer to each other and there was less deviation.

Correlational Analysis

Table 2: Correlation between Parents involvement and athlete's perception of parental involvement among tennis players

Variables	Athletes' Perception of Directive Behavior	Athletes' Perception of Support & understanding	Athletes' Perception of Active Involvement	Athletes' Perception of Pressure	Athletes' Overall athlete involvement
Parents' Directive Behavior	.411**	0.23	0.05	0.21	.346*
Parents' Support & understanding	0.20	.311*	0.07	0.22	.293*
Parents' Active Involvement	0.10	0.18	.447**	0.26	.370**
Parents' Pressure	0.14	0.03	0.05	.524**	0.26
Overall Parents' involvement	.331*	.287*	0.23	.422**	.474**

*. Correlation is significant at the 0.05 level (2-tailed)

** . Correlation is significant at the 0.01 level (2-tailed)

Table 2 shows the Karl Pearson's bivariate correlation that measures the linear correlation between the parents and children. It is noteworthy regarding the relationships between parents' involvement and children's perception of those behaviors like; athletes' Perception of Directive Behavior, Perception of Support & understanding, Perception of Active Involvement & Perception of Pressure, stronger correlations were found between the same categories as perceived by athletes and their parents with values over 50.

Discussion

The primary objective of the present study was to investigate the relationship between parental involvement and perception of their children's behaviour in sports practice, despite the fact that the influence of parents is not called into question, this field of research is still relatively limited, and a number of the mechanisms through which this influence may take place still require further clarification. More specifically, recent reviews of the literature have pointed out the lack of

information about parents, the lack of works carried out directly with parents of young athletes, and the fact that parents' involvement were not clearly related to specific children's outcomes, despite the fact that the focus is on relatively young samples, leaving a gap in our knowledge about the influence that parents have on their children's outcomes (Horn & Horn, 2007) ^[5]. In line with this, Harter (1981) ^[4] demonstrated that parents have a vital influence in the growth of their children, particularly in the areas of academics (Bois *et al.*, 2005) ^[2] as well as sporting activity (Harter, 1981) ^[4]. The findings demonstrated comparable relations between the activities of parents' involvement and athletes' perceptions of these behaviors, showing that the largest link occurred among the behaviors that were evaluated in the same way by both athletes and parents.

Conclusion

This is the primary conclusion that we can draw from the research, it reveals that in order to motivate and increase children's enjoyment of sporting practice, it is necessary to promote parents' supportive behaviors and involvement in their children's school sports as well as to lower parent's pressure, thereby decreasing the children's competitiveness and the emphasis on victory. In addition, what was actually measured was the parents' perception of their behaviors, so it would be also interesting to directly analyze the behavior of parents (e.g., verbal communication, performance records during training and competition). Finally, this study provides guidelines for parents to optimize their children's socialization. It is hoped that researchers will keep an eye on how parental involvement in sports and that coaches and athletes will pay attention the advice of parents and implement their recommendations.

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[https://doi.org/10.1016/S1469-0292\(02\)00047-X](https://doi.org/10.1016/S1469-0292(02)00047-X).