

## Athletes' Perception of Parental Support and Achievement Motivation: A Correlational Study with Early Age Individual Sport Athletes in Swimming

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### ABSTRACT

Parents are very important in helping their athletes develop, especially young athletes, as this can influence the development of their skills to achieve a high level of performance. Parental involvement in supporting their athlete's performance influences many aspects, such as motivation, which is generally thought to include the initiation, direction, intensity, and persistence of a person's behavior. Parental involvement also affects the athlete's confidence and independence in training. The aim of the research is to investigate how parental support influences the desire of young athletes to excel in the sport of swimming Bandung Regency. A quantitative descriptive method is used in this research, which is designed as correlational research. In this study, 20 swimmers from the SR Swimming Club in Bandung Regency were selected as the research sample. The research instrument uses two questionnaires, each consisting of 36 items about parental support and 30 items about motivation for achievement. Athletes fill out this questionnaire through a Google Form, using a Likert scale as the answer choice option. The Spearman rank correlation test is used in version 25 of SPSS to process and analyze data. The study's findings show that parental support has a significant correlation with the desire of young athletes to excel in swimming In Bandung Regency. So, it can be concluded that young athletes will be more motivated to excel in the sport of swimming Bandung Regency with good parental support.

**Keywords:** swimming athlete; parental support; motivation to achieve; young athlete

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## INTRODUCTION

Parental support can take the form of material, emotional, organizational, and financial assistance (Holt & Knight, 2014). There is research conducted earlier this year that shows that Parents support young athletes in a variety of intricate and cooperative ways. The relationship between parents and athletes is also important for the well-being and positive sports experience of the athletes (Rouquette et al., 2020). Children experience significant physical, cognitive and emotional development during early childhood. The period during which 80% of their brains are actively developing is called the "golden age" (Wandani et al., 2023). Effective parenting strategies include the goals and positive values of parents, a parenting style that supports autonomy, moderate parental involvement, and a task atmosphere that parents create are all examples of effective parenting techniques (Gao et al., 2023).



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One of the common issues that arises when training swimming athletes is how parental support correlates with the desire to achieve. The SR Swimming Club in Bandung Regency is responsible for producing high-achieving swimming athletes. However, it is still unclear to what extent the swimmers of this club are influenced by their parents' encouragement to excel. To understand this relationship, in-depth research is required.

In addition, a critical literature review suggests that successful parents in sport must consider a number of things, such as the kind of their parental support, their approach to parenting, the person's emotional requirements, interpersonal interactions, their involvement in organizational management, and attending to the evolving demands of beginning players during their athletic careers (Harwood & Knight, 2015). Therefore, it is clear that parents have many influences on the sport of early childhood individuals. Positive parent-child relationships do affect this kind of behavior by raising parental awareness or supervision levels (Burfeind & Bartusch, 2016). Studies have shown that interactions between parents and athletes are critical to the development of early athletes' emotions, thoughts and actions (Chang et al., 2017).

Motivation is the drive to act. Driven athletes will show the drive and desire to do something to achieve goals (Komarudin, 2018). In addition, achievement motivation can also be defined as a person's desire to perform a task or activity in the best possible way to achieve valued results (Saeid & Eslaminejad, 2016). Sport has traditionally included motivation as a crucial component (Rodrigues et al., 2020). So psychological treatment is needed to overcome the fear and psychological difficulties caused by competition. The identification of mental qualities needed to improve motivation and ability in the future is also included in psychological treatment (Saputra et al., 2022; Vealey, 2012). Therefore, the aim of this psychological treatment is to achieve optimal results and improve performance (Mahoney & Gabriel, 1988; Rismayadi et al., 2023), and this continues to attract the attention of contemporary sport and exercise psychology researchers (Castillo-Jiménez et al., 2022). In conclusion, early childhood athletes' attitudes, behaviors, and tenacity are determined by their drive (Mallia et al., 2019). However, as seen in the SR swimming club of Bandung Regency, not much research has studied the relationship of these two components with the achievements of local swimming athletes.

However, as seen at the SR Swimming Club in Bandung Regency, there is not much research studying the relationship between these two components and the achievements of local swimming athletes. We have seen in previous research that studies on early childhood sports primarily focus on goal achievement theory (Harwood et al., 2015), as well as autonomy (Chu & Zhang, 2019), particularly emphasizing the supportive environment created by coaches, while paying less attention to the environment created by parents. There is no denying the significance of coaches in the sports world.

However, in some cases, the influence of parents on the motivation of young athletes seems to be greater than that of coaches (O'Rourke et al., 2014). This research is very important because it can provide a deeper understanding of the factors that influence swimming athletes' skills at the local level and assist swimming club managers in developing better training programs. This research is unique because it will combine two important elements—parental support and achievement motivation—in the context of developing swimming skills at the local level. The relationship between

coaches and parents in the context of youth sports is also considered important and needs to be thoroughly taken into account (Harwood et al., 2019). This result shows how important it is for parents to take part in early childhood sports. The impact caused by parents as social agents is still under-researched and overlooked. As a result, we believe that a comprehensive literature review on the subject of parental influence is very important (Gao et al., 2023).

## **LITERATURE REVIEW**

### ***Parental support***

Parental support in a child's achievements, especially for young children, is considered very important. This support can be seen in terms of material, emotional, organizational, and financial aspects (Holt & Knight, 2014). Furthermore consistent with the assertion (Chang et al., 2017), Teenagers' emotional, cognitive, and behavioral development is greatly influenced by their parent-child interaction, which is increasingly emerging as a hot research area. Peers, instructors, parents, and other external factors can all have an impact on hope. Among them, parents are the first essential agents who can inculcate optimism in their children or, conversely, from the moment they are born. In terms of goal-setting, communication, and how they approach and resolve difficulties, parents serve as positive role models (Gallagher & Lopez, 2018). It was discovered that the association between motivation and the coach-initiated motivational milieu was moderated by parents' achievement (Schwebel et al., 2016). This demonstrates how the most significant social agents for athletes can work together to foster a motivating atmosphere that affects the caliber of their experiences and their overall health in sports (Henriksen et al., 2020). A strong parent-child relationship develops a sense of competence and autonomy in athletes, hence improving intrinsic motivation and enjoyment in sports (Rouquette et al., 2020). According to research (Momesso et al., 2016), parents who supervise their kids' sports conduct can aid by pointing out potential errors and celebrating accomplishments to promote and improve performance.

### ***Achievement Motivation***

Achievement motivation can be defined as a person's desire to perform or carry out an activity or task to the best of their ability in order to achieve commendable results. (Saeid & Eslaminejad, 2016). In the realm of athletics, motivation has long been a crucial component (Rodrigues et al., 2020), and it continues to attract widespread attention from contemporary sports researchers and sports psychology (Castillo-Jiménez et al., 2022; Rodrigues et al., 2020). This covers the psychological, social, and environmental elements that influence how an athlete starts, continues, and increases their level of participation. According to the Competence Motivation Theory (CMT), a person's drive to excel in any performance domain is significantly influenced by how they view their own talents in that domain (Harter, 1978). In conclusion, When it comes to forming young athletes' attitudes, actions, and perseverance in sports, motivation is a critical factor (Teixeira et al., 2012; Mallia et al., 2019).

## RESEARCH METHODOLOGY

This study uses a quantitative approach with a descriptive design. The collected data is used to illustrate the actual conditions and answer research questions (Isnawati et al., 2020). The research location is at each athlete's site, and the timing is flexible depending on the athlete's readiness. In this study, the population consists of 20 athletes from the SR Swimming Club in Bandung Regency. The research sample uses total sampling technique, and inclusion criteria are not applied because total sampling involves all SR Swimming athletes in Bandung Regency who have actively participated in swimming sports activities.

This study uses a closed questionnaire, which gives participants the opportunity to choose one of two existing answer options. The data collection method uses Google Forms as a questionnaire. Then, the indicators measured consist of 36 items about parental support, based on the theory of (Hasbullah, 2017), and 30 items about achievement motivation, based on the theory of (McClelland, 1987). This questionnaire was then sent to the athletes via Google Form. Researchers or data collectors must have a clear understanding of the information to be collected when designing the questionnaire statement. The questionnaire statement is composed based on the principles of structured interview writing, which have been adapted into the principles of questionnaire writing in data collection techniques. This allows respondents to answer and provide honest information to choose one of the answer options. As a result, they have prepared research tools, namely questions that have alternative answers. Due to this designed structure, the same question is given to each respondent (Sugiyono, 2016).

Analysis of the questionnaire using a Likert scale (Subandrio & Kartiko, 2021). Next, the data is processed and evaluated using the Shapiro-Wilk normality test and the Spearman rank correlation test. Furthermore, the relationship between the two variables was studied using the Statistical Program for Social Science (SPSS) version 25, with a significance level (p value) below 0.05.

## RESULTS AND DISCUSSION

T Table 1 shows that the parental support test obtained a total score of 1785, while the achievement motivation test obtained a score of 1802, the standard deviation of the parental support test was 2.751, while the achievement motivation test was 3.110, the lowest value of the parental support test is 84, while the achievement motivation test is 83, the highest value of the parental support test is 94, while the achievement motivation test is 95, and the average value of the parental support test is 89.25 while the achievement motivation test is 90.10, and the N value of the parental support test is 20, then the N value of the achievement motivation test is 20. Furthermore, the authors conducted a normality test in table 2.

**Table 1.** Descriptive Statistics

	N	Minimum	Maximum	Sum	Mean	Std. Deviation
Support Parents	20	84	94	1785	89.25	2.751
Motivation To Achieve	20	83	95	1802	90.10	3.110
Valid N (listwise)	20					

**Table 2.** Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
Support Parents	.941	20	.254
Motivation To Achieve	.911	20	.065

The decision taken from these criteria is that there is a positive influence of parental support and achievement motivation of young children in swimming sports. Using the Shapiro-Wilk Test to show the results of the data normality test. Table 2 shows that the parental support test obtained a statistical value of 0.941, df 20, and Sig. of 0.254. While the achievement motivation test obtained a statistical value of 0.911, df 20, and Sig. of 0.065. Based on the test results, both data obtained a Sig value.  $> 0.05$ , so both data are declared "Normally Distributed". Therefore, the author uses a parametric approach in conducting hypotheses. The hypothesis test results are presented in Table 3.

**Table 3.** Tests of Hypotesis

		Support Parents	Motivation To Achieve
Support Parents	Pearson Correlation	1	.551*
	Sig. (2-tailed)		.012
	N	20	20
Motivation To Achieve	Pearson Correlation	.551*	1
	Sig. (2-tailed)	.012	
	N	20	20

Shows the results of hypothesis testing using Paired Sample t-Test. Table 3 shows the t value of the test for parental support with achievement motivation is 0.551, with a Sig value. (2-tailed) of 0.012, Based on the test results, the value of Sig. (2-tailed)  $< 0.05$  so that  $H_0$  is rejected, it can be concluded that there is a significant relationship between parental support and achievement motivation.

## DISCUSSION

Researchers discovered a link between the drive to succeed and parental support. Furthermore, these results align with the research undertaken Moraes, (2022), which discusses motivation and parental support perceptions. The results show that athletes perceive the greatest parental involvement in directive behavior dimensions. Furthermore, the motivation profile orientation in both sports modalities indicates a positive relationship between directive behavior and the dimensions of praise and understanding, as well as active engagement in both modalities. Therefore, it is believed that athletes are more likely to exhibit such behaviors when parents engage in directive behaviors, especially in supporting their child who is an athlete, as well as showing empathy, characterized by aspects of praise and understanding, along with active involvement in sports activities. motivation for tasks and the improvement of athletic development (Danioni et al., 2017).

According to (Gaudreau et al., 2016), parental autonomy support influences coach autonomy support. Although much research and discussion has been done to determine what constitutes an effective coach, there are still many definitions and conceptual understandings of the coaching process. However, we recognize that



coaches serve as models for athletes that significantly change their lives, both in and out of sporting activities (Osiobe et al., 2023). In addition, it was found that parental autonomy support more strongly indicates a desire for self-determination than coach support. Overall, the motivation variable is positively supported by parenting styles that promote autonomy (Hein & Jõesaar, 2015). However, it is important to consider the interactive effects of parents and other significant social agents.

According to the Theory of Self-Determination, athletes' perceptions of behaviors that require parental support are positively correlated with self-determined motivation to engage in sports (De Muynck et al., 2021). On the other hand, perceptions of parental behaviors that do not meet needs and parental pressure are negatively correlated with controlled motivation (Lienhart et al., 2019). It is important to note that there is an inverse correlation between moderate parental involvement and controlled motivation (Lienhart et al., 2020). Additionally, research has shown that positive behaviors exhibited by parents, such as involvement, praise, and understanding, are strongly correlated with intrinsic motivation (Teques et al., 2019). s et al., 2019). On the other hand, negative behaviors displayed by parents, such as self-reported pressure and actions perceived as failing to meet needs, are also strongly correlated with motivation (Amado et al., 2015). The pressure felt by mothers can positively predict identified regulation and intrinsic motivation, especially based on results that contradict intuition (Lienhart et al., 2019).

In short, praise, parental support, understanding, and participation in competitions encourage young athletes. The ideal level of parental involvement is moderate, but negative involvement, characterized by controlling behavior, high performance expectations, and pressure, is associated with a desire to achieve unfavorable outcomes (Gao et al., 2023). Overall, the beliefs and positive values of parents correlate with the tendency of young athletes to connect with coaches. The goals and values of parents are also correlated with the tendency of young athletes to relate to coaches (Gao et al., 2023). Lastly, the values of a child's parents significantly influence their socialization process (Barni et al., 2017).

So, this research is expected to help swimming club managers create more effective training and support programs to enhance athlete performance. The benefit of this research is to determine whether the combination of parental support and achievement motivation has a more significant impact on swimming athletes' skills, and this information can be used to develop a holistic approach strategy from the parents' perspective. The sample coverage should be expanded to include various cultural and social perspectives from the population for future research.

## CONCLUSION

Therefore, it can be concluded that with good parental support, young athletes are increasingly motivated to excel in the sport of swimming. This highlights the role that parents play in providing support and building achievement motivation, which is crucial for athletes' performance during training and competition in swimming. Thus, efforts to enhance parental support with achievement motivation will be very important.

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## CONFLICT OF INTEREST

The authors of this manuscript affirm that they have no competing interests with any entity.

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