

## 04 ORIGINAL RESEARCH

# Athletes Perception on Parental Involvement

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## ABSTRACT

**Introduction:** Every year, athletes in almost all schools are becoming highly competitive because of their preparation in extramural sports. Educational institutions joined group of schools to have game with. Hiring highly competitive coaches and trainers to make the athletes prepared for competitions. Because of the championship goal, athletes treated like robots, like a non-tiring individual every practice, doing impossible skills to be possible. Not considering other factors that very important to athletes' world of sport, like the influence of their loved ones, the family – the parents – the father and mother that have big impact in athletes' life. In addition, most importantly, the athlete's self, their feelings, their enjoyment in sport!

**Purpose:** The purpose of this study was to explore the athletes' perception of parental involvement and enjoyment in their sport in a public university in Manila in School Year 2018-2019.

**Methods:** The respondents included 120 athletes in different sports who completed the Parental Involvement Scale Questionnaire (PISQ) and Physical Activity Enjoyment Scale (PACES). The four scale of PISQ: Directive Behavior, Praise and Understanding, Active Involvement and Parental Pressure were used to assess perception of the involvement of their parents in sport according to the different variables (age, gender, only child, with siblings, order of birth and parent involved). The PACES includes a set of 18 items seven point bipolar scale (e.g. "I enjoy it" ... "I hate it" ...). Descriptive statistics, ANOVA, paired t-test, and Pearson Correlation were used to analyze the results.

**Results:** The results of this study indicated that in general, fathers were perceived as more directive and active in their child's sport while mother show care, praise and understanding. Athletes in general enjoy sport. Parents were perceived to become more directive and active involved to their sons. However, parents were more sympathetic and understanding to their daughters. Male athletes also enjoy their sports more. Parents of only children were perceived as more directive, understanding and pressuring while children with siblings perceived their parents as more actively involves. Only children also enjoy their sport more than those who have siblings. First and last children perceived their parents as more involved in their sport than middle children. Only fathers are more involved in their children's

sport than with only mothers, but athletes whose parents are both involved enjoyed more in their sports than those who's neither of the parents were involved. Using Pearson Correlation, a mother's parental pressure and a father's directive behavior and active involvement has an effect on athletes' enjoyment in sport.

**Conclusions:** The research gave information on coaches the effect of parental involvement of parents in their athletes' performance and to the parents, the right parenting style to apply in their child for the improvement of the sporting community

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