



## ANALYSIS OF PARENTAL INVOLVEMENT IN DECLINED SPORTS PARTICIPATION AMONG COLLEGE LEVEL STUDENTS

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### Abstract

Parents play a key role in the youth sports experience. They are responsible for the introduction of their children to physical or sporting education and their involvement has been associated with sport participation in early stages. The aims of this study were to find out the role of parental support in declined sports participation at college level. Total Five Hundred (N=500; Male-250 & Female-250) college level students from the city of Bhopal (M.P.) willingly responded to a self designed questionnaire. The results revealed that some parents encourage their children and they also believe that sports keep the children away from evil things but majority of students responded that the main concern of their parents is academic achievements and they also believe that sports will not bring any good change in personality, hence parents discourages the students participation in sports at college level and put pressure to stay focused on academics. Findings of the study suggest that parental involvement can cause pressure on children and can hinder the desire and interest of student participation in sports. A balance between a supporting involvement without putting too much pressure is needed by the parents. To prevent burnout and dropout and to facilitate future practice, parents should be counseled (possibly by a sport educator) on how to positively support

their children in sports without hampering the academics results.

**Keywords:** Family Involvement, Parental Pressure, Academics and Supportive Behaviour.

### Introduction

Sports have an immense impact on a person's daily life and health. Sports not just give an interesting routine but also a healthy body. It also brings positive energy, discipline, and other commendable qualities to your life. Playing sports strengthens body and also improves muscle memory and muscle coordination. Parents play an important role in this participation, as they usually contribute to children's initial sport involvement and provide concrete and emotional support throughout children's sport careers. The nature of parent involvement in organized youth sport has often been debated and criticized, with both positive and negative implications to children's experience. Thus, the role of parents' involvement in this educational process needs to be better investigated and clarified. Parent support has been linked to several factors related to sports participation such as child enjoyment and enthusiasm, Parent pressure, instead, has been linked to negative outcomes related to sport performance such as the discontent, anxiety and negative impact. All the aforementioned aspects together with



parents' physical activity contribute to define their attitudes and behaviors regarding the sport experience of their children. Parental involvement and the potential pressure on children's sport educational process are then crucial and necessary to examine, as these aspects might condition children's efforts in those activities.

### Methodology

Total Five Hundred (N=500) students were selected randomly as subjects. Out of 500 subjects, 250 students were male and 250 students were female. The age of all the subjects was ranging from 18-22 years. The selected subjects were associated to private and government colleges of Bhopal City, Madhya Pradesh. After many brain storming discussions and literature search, the investigator had selected Attitude as the variable for the present study. Self designed questionnaire was administered to collect the response and Percentage analysis was applied using Statistical Package for the Social Sciences (SPSS) Version 24.0. The level of significance for present study was set at 0.05.

### Results

TABLE NO. 1  
PARENTS ENCOURAGE PARTICIPATION IN SPORTS BY VARIOUS MEANS

Responses	Frequency	Percentage
Strongly Agree	156	31.2
Agree	194	38.5
Undecided	57	11.4
Disagree	27	5.4
Strongly Disagree	66	13.2

\*Significant at 0.05 level of Significance

Tableno.1 reveals that 31.2 percent of respondents strongly agree with opinion that Parents encourage participation in sports by various means whereas 38.5percentages of

people are agreed with same opinion. 11.4 percentages of respondents undecided whereas 5.4 percentages of people disagree with the opinion and 13.2 percentages of people opted strongly disagree.

TABLE NO. 2  
REGULAR SPORTS PRACTICE MINIMIZE THE CHANCES OF GETTING INVOLVED IN MANY EVIL THINGS

Responses	Frequency	Percentage
Strongly Agree	103	20.6
Agree	157	31.4
Undecided	54	10.8
Disagree	108	21.6
Strongly Disagree	78	15.6

\*Significant at 0.05 level of Significance

Tableno.2 reveals that 20.6 percent of respondents strongly agree with opinion that regular sports practice minimizes the chances of getting involved in many evil things i.e. Drugs, Smoking etc. whereas 31.4 percentages of people are agreed with same opinion. 10.8 percentages of respondents undecided whereas 21.6 percentages of people disagree with the opinion and 15.6 percentages of people opted strongly disagree.

TABLE NO. 3  
NO ONE HAS EVER PLAYED OR PARTICIPATED IN PROFESSIONAL SPORTS FROM OUR FAMILY

Responses	Frequency	Percentage
Strongly Agree	90	18
Agree	142	28.4
Undecided	88	17.6
Disagree	100	20
Strongly Disagree	80	16

\*Significant at 0.05 level of Significance

Tableno.3 reveals that 18 percent of respondents strongly agree with opinion that No one has ever played or participated in professional sports from our family whereas 28.4 percentages of people are agreed with same opinion. 17.6 percentages of



respondents undecided whereas 20 percentages of people disagree with the opinion and 16 percentages of people opted strongly disagree.

TABLE NO. 4  
FAMILY BELIEVES PARTICIPATION IN SPORTS MAKE NO CONTRIBUTION IN THE DEVELOPMENT OF PERSONALITY

Responses	Frequency	Percentage
Strongly Agree	79	15.8
Agree	107	21.4
Undecided	80	16
Disagree	124	24.8
Strongly Disagree	110	22

\*Significant at 0.05 level of Significance

Tableno.4 reveals that 15.8 percent of respondents strongly agree with opinion that Family believes participation in sports make no contribution in the development of personality whereas 21.4 percentages of people are agreed with same opinion. 16percentage of respondents undecided whereas 24.8 percentages of people disagree with the opinion and 22 percentages of people opted strongly disagree.

TABLE NO. 5  
PARENTS ARE MORE CONCERNED ABOUT ACADEMIC ACHIEVEMENTS

Responses	Frequency	Percentage
Strongly Agree	87	17.4
Agree	196	39.5
Undecided	73	14.6
Disagree	76	15.2
Strongly Disagree	68	13.6

\*Significant at 0.05 level of Significance

Tableno.5 reveals that 17.4 percent of respondents strongly agree with opinion that Parents are more concerned about academic achievements whereas 39.5 percentages of people are agreed with same opinion. 14.6 percentages of respondents undecided whereas 15.2 percentages of people disagree

with the opinion and 13.6 percentages of people opted strongly disagree.

TABLE NO. 6  
CHILDREN GET ALL THE ACTIVITY AT SOCIETY'S PLAYGROUND ITSELF

Responses	Frequency	Percentage
Strongly Agree	105	21
Agree	143	28.6
Undecided	48	9.6
Disagree	96	19.2
Strongly Disagree	108	21.6

\*Significant at 0.05 level of Significance

Tableno.6 reveals that 21percent of respondents strongly agree with opinion that Children get all the activity at society's playground itself whereas 28.6 percentages of people are agreed with same opinion. 9.6 percentages of respondents undecided whereas 19.2 percentages of people disagree with the opinion and 21.6 percentages of people opted strongly disagree.

### Discussion of Findings

After going through the analysis it was found that parents supports is the key factor behind the decreased students participation at college level as it was found that parents are more focused at academic results and believes that sports does not bring any good change to the personality and children can get all activities after college also.

### Conclusion

The present study contributes to the understanding of parent involvement in sport educational process, suggesting that excessive parental involvement may be perceived as a source of pressure among young athletes causing declined interest in sports participation at college level. Parents are needed to be educated about the benefits of participating in sports and doing regular



activities on physical and mental health. Sports and Health awareness programmes may be arranged for parents also. Workshops, seminars and special lectures may be conducted on sports programmes to enlighten the students about the career scopes and job opportunities in the field of sports.

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