

## The Role of Parents in Supporting Children's Achievements in Swimming Training at the Yogyakarta Swimming Club



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**ABSTRACT:** The role of psychological aspects, especially in providing social support to children, is an important factor that affects sports achievement. This study aims to determine the role of parents in supporting children's achievements in swimming training. This research is descriptive quantitative. The study population was the parents of swimming athletes totaling 52 people. The sampling technique used total sampling. The instrument used a questionnaire. Data analysis using descriptive percentage. The results showed that the role of parents in supporting children's achievements in swimming training was in the "very less" category of 1.92% (1 person), "less" by 34.62% (18 people), "enough" by 23.08% (12 people), "good" by 40.38% (21 people), and "very good" by 0.00% (0 people). The role of parents in supporting children's achievements in swimming training based on an average value of 82.02 is in the moderate category.

**KEYWORDS:** parental role, child achievement, swimming training

### INTRODUCTION

One of the most popular sports in Indonesia is swimming. Swimming is one way to avoid one of the dangers arising from nature, namely the dangers that come from water. (Meshel, 2020). Since ancient times it has been known that water is an inseparable part of a biological life for humans, animals and plants, it would not be able to live if water did not exist. Swimming is a physical activity that has a relationship with the limbs in performing regular movements. Swimming is an individualized and measurable sport (Kos & Umek, 2018); (Wilkins & Havenith, 2017).

Swimming is one of the sports that is done in water using only the body. Swimming is one of the sports that combines several factors such as muscle strength, coordination, rhythm, technical skills, speed rhythm, explosive power and correct technique. (Aktug et al., 2018); (Ilham et al., 2021). Swimming is a movement performed by a person to cover a certain distance on the surface of the water. (Veiga & Roig, 2017). Swimming is not only a recreational sport but also an achievement sport. Sports achievement is the result of the training process that athletes display according to their abilities. Achieving maximum achievement will not come just like that but is obtained with hard work. It takes careful preparation both in the aspects of physical condition, technique, tactics and mental maturity in competing and does not escape the support of parents.

The role of parents in the development of growing children is inseparable in supporting children's activities. Role is a dynamic aspect of position (status), a position that is appropriate if someone carries out their rights and obligations, then a role can be carried out by that person. (Kim, 2020). Children's activities if fully supported by parents are the most important factor, because the future of their children will have a big influence from their parents. Parents have a big share in the future of their children.

Parents play a very important role in supporting their children's achievements in sports, especially swimming. The family environment is the first and main medium that directly or indirectly affects behavior in child development. ((Tiwery, 2021). Parents play a very important role in guiding and accompanying children in their daily lives. It is the duty of parents to create a conducive environment, so as to bring out the child's potential, intelligence, and self-confidence, and not to forget to understand the stage of child development and the need to develop the potential intelligence of each child.

Child development is inseparable from the role of parents in supporting children's activities. Swimming also requires facilities and infrastructure. Sports facilities and infrastructure are very important in the process of activities to improve athlete performance. Facilities and infrastructure are the main pillars in supporting every activity related to sports activities. Swimming sports facilities and infrastructure that athletes must have include swimming goggles, swimsuits, frog legs, float boards, hand paddles, pull buoys. Where support, existence, as well as parental assistance related to sports facilities and infrastructure is very

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important in supporting children during training and competition. (Strandbu et al., 2019); (Stefansen et al., 2018). However, what is seen during training is that there are still many parents who do not want to accompany their children to practice, rarely also provide motivation and encouragement during training, especially when competing, there are still many children who come alone to the training ground. Some parents only focus on the results achieved by children rather than being involved in the process of achieving children's achievements.

The lack of parental involvement in supporting children who practice can have a negative impact on children's habits where their achievements can decrease, become lazy during training, and children feel that they are not cared for by their parents. Children who train often participate in inter-club championships, both at the regional, regional and national levels. To face these championships, training is carried out in the hope of obtaining maximum results. However, in recent years there has been a decline in achievement. This is because there are still many parents who have not given permission for children to compete outside the city, even though the child has great potential to become an outstanding athlete. Based on this, the researcher is interested in conducting a study entitled "The Role of Parents in Supporting Children's Achievements in Swimming Training".

### METHOD

This research is quantitative descriptive research. The population in this study were parents of swimming athletes. Samples were taken based on random sampling techniques totaling 52 people. The data analysis technique used is descriptive percentage. The parental role instrument uses a questionnaire. Instrument grids in table 1.

**Table 1. Instrument Grid**

Variable	Factor	Indicator	Item	
			Favourable	Unfavourable
The role of parents in supporting children's achievements in swimming training	Attention	Spontaneous attention	2, 3, 4,	1
		Reflective attention	5, 7, 8	6
		Intensive attention	9, 10, 11	
		Non-intensive attention		12
		Focused attention	13, 14	
		Radiated attention	16, 17	15
	Nutrition	Nutritional fulfillment	18, 19, 21, 22,	20, 23
	Facilities and Infrastructure	Facilities and infrastructure for training/matches	24, 25, 26	27
	Environment	Family environment	28, 29, 30, 31	
		Training environment	32, 33	
<b>Total</b>			<b>33</b>	

### RESULT

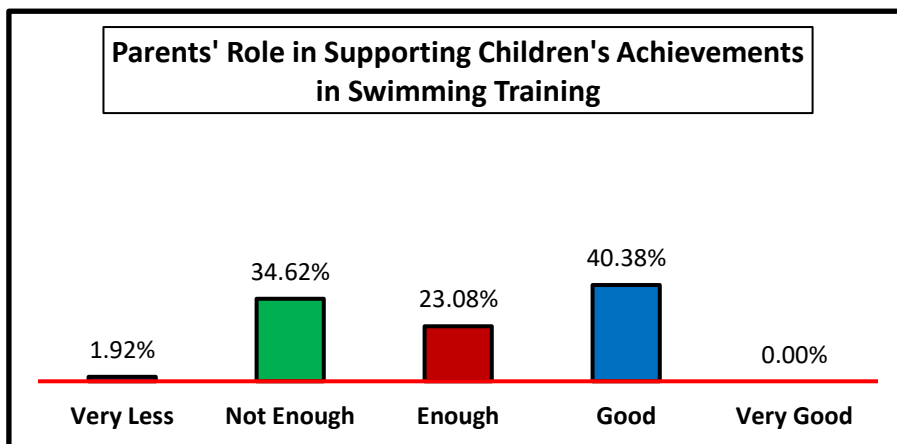
The results of this study are intended to describe the data, namely the role of parents in supporting children's achievements in swimming training. The results of the analysis of the role of parents in supporting children's achievements in swimming training are explained as follows:

**Table 2. Descriptive Statistics of Parents' Role in Supporting Children's Achievements in Swimming Training**

Statistics	
Mean	82.02
Median	80.00
Mode	98.00
Std. Deviation	15.11
Minimum	40.00
Maximum	106.00

Based on table 2 above, the role of parents in supporting children's achievements in swimming training can be seen in figure 1 as follows:

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**Figure 1. Bar Diagram of Parents' Role in Supporting Children's Achievements in Swimming Training**

Based on table 2 and figure 1 above, it shows that the role of parents in supporting children's achievements in swimming training is in the "very less" category of 1.92% (1 person), "less" by 34.62% (18 people), "enough" by 23.08% (12 people), "good" by 40.38% (21 people), and "very good" by 0.00% (0 people).

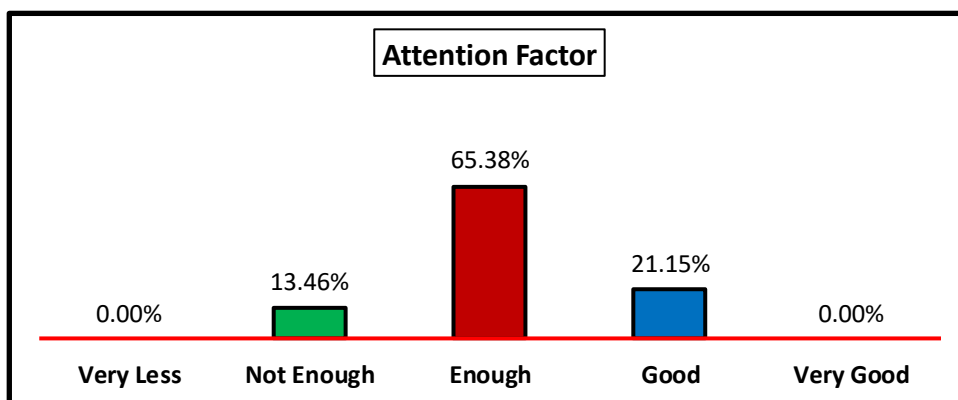
**Attention Factor**

Descriptive statistics of research data on the role of parents in supporting children's achievements in swimming training based on attention factors in table 3 as follows:

**Table 3. Descriptive Statistics of Attention Factor**

Statistic	
N	52
Mean	41.54
Median	40.50
Mode	51.00
Std. Deviation	7.88
Minimum	21.00
Maximum	51.00

Based on table 3, the role of parents in supporting children's achievements in swimming training based on attention factors can be seen in figure 14 as follows:



**Figure 2. Bar Diagram Attention Factor**

Based on table 3 and figure 2 above, it shows that the role of parents in supporting children's achievements in swimming training based on the attention factor is in the "very less" category of 0.00% (0 people), "less" of 36.00% (9 people), "enough" of 28.00% (7 people), "good" of 24.00% (6 people), and "very good" of 12.00% (3 people).

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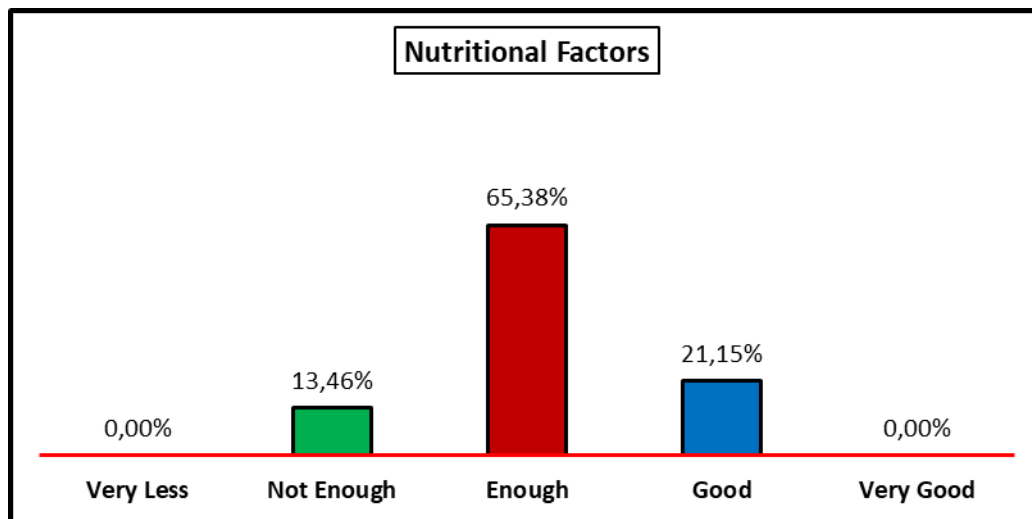
## Nutritional Factors

Descriptive statistics of research data on the role of parents in supporting children's achievements in swimming training based on nutritional factors in table 4 as follows:

**Table 4. Descriptive Statistics of Nutritional Factors**

Statistics	
N	52
Mean	15.85
Median	15.50
Mode	14.00
Std. Deviation	3.26
Minimum	7.00
Maximum	22.00

Based on table 4, the role of parents in supporting children's achievements in swimming training based on nutritional factors can be seen in figure 3 as follows:



**Figure 3: Bar Diagram of Nutritional Factors**

Based on table 4 and figure 3 above, it shows that the role of parents in supporting children's achievements in swimming training based on nutritional factors is in the "very less" category of 0.00% (0 people), "less" by 13.46% (7 people), "enough" by 65.38% (34 people), "good" by 21.15% (11 people), and "very good" by 0.00% (0 people).

## Facilities and Infrastructure Factors

Descriptive statistics of research data on the role of parents in supporting children's achievements in swimming training based on facilities and infrastructure factors can be seen in table 5 as follows:

**Table 5. Descriptive Statistics of Facilities and Infrastructure Factors**

Statistics	
N	52
Mean	10.13
Median	10.00
Mode	12.00
Std. Deviation	2.08
Minimum	4.00
Maximum	14.00

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Based on table 5, the role of parents in supporting children's achievements in swimming training based on facilities and infrastructure factors can be seen in figure 4 as follows:

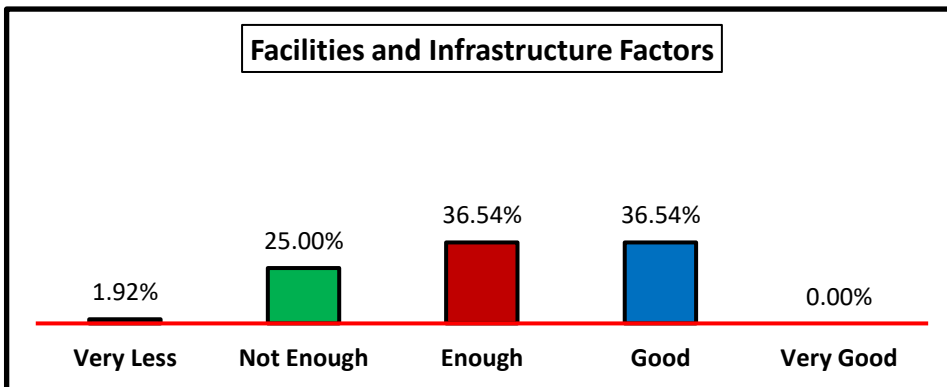


Figure 4: Bar Diagram of Facilities and Infrastructure Factors

Based on table 5 and figure 4 above, it shows that the role of parents in supporting children's achievements in swimming training based on the facilities and infrastructure factor is in the "very less" category of 1.92% (1 person), "less" by 25.00% (13 people), "enough" by 36.54% (19 people), "good" by 36.54% (19 people), and "very good" by 0.00% (0 people).

### Environmental Factors

Descriptive statistics of research data on the role of parents in supporting children's achievements in swimming training based on environmental factors can be seen in table 6 as follows:

Table 6. Descriptive Statistics of Environmental Factors

Statistics	
N	52
Mean	14.50
Median	14.00
Mode	14.00
Std. Deviation	2.82
Minimum	8.00
Maximum	24.00

Based on table 6, the role of parents in supporting children's achievements in swimming training based on environmental factors can be seen in figure 5 as follows:

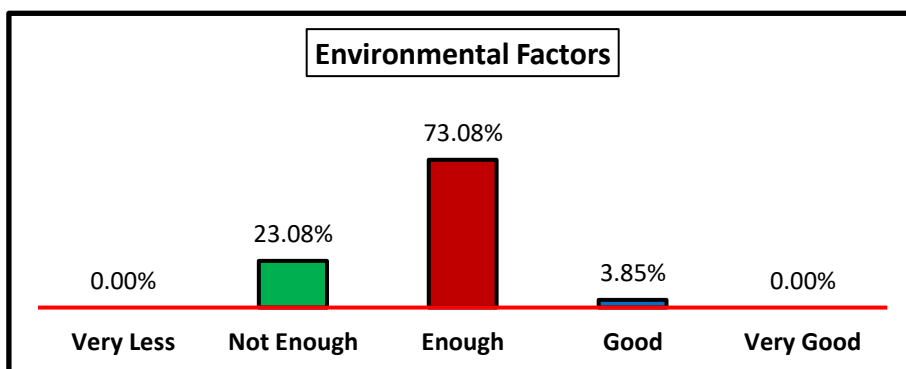


Figure 5. Bar Chart of Environmental Factors

Based on table 6 and figure 5 above, it shows that the role of parents in supporting children's achievements in swimming training based on environmental factors is in the "very less" category of 0.00% (0 people), "less" by 23.08% (12 people), "enough" by 73.08% (38 people), "good" by 3.85% (2 people), and "very good" by 0.00% (0 people).

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## DISCUSSION

This study aims to determine the role of parents in supporting children's achievements in swimming training. Based on the results of the study, it shows that the role of parents in supporting children's achievements in swimming training based on an average value of 82.02 is in the sufficient category. More details, namely the role of parents in supporting children's achievements in swimming training is good by 40.38%, less by 34.62%, and enough by 23.08%. Low parental involvement in supporting children who practice can have a bad impact on children's habits where their achievements can decrease, become lazy during training, and children feel that their parents are not cared for. Children who train often participate in inter-club championships, both at the regional, regional and national levels. To face these championships, training is carried out in the hope of obtaining maximum results. However, in recent years swimming has experienced a decline in achievement. This is because there are still many parents who have not given permission for children to compete outside the city, even though the child has great potential to become an outstanding athlete.

Achieving an achievement in sports has several components that support it, such as the state of the body and strategy, conditions during the match, athlete skills, and infrastructure. For many athletes, parental support for sports activities is very important. Parental guidance is the most important influence on a child's development, both directly and indirectly. Parental support and encouragement are essential for the development of a child's intelligence and self-confidence. The support provided by parents is not only in a competition. The main supporting factors in the progress of this athlete's own achievements are infrastructure, nutrition, motivation and parental support. (Aldapit & Suharjana, 2019).

The role of parents in developing the abilities of their children is very important, in the sense that the steps taken by parents play an important role in improving and developing the abilities of their children, as a positive effort for the development of their children. The role of parents is one of the motivations for their children in developing their ability to participate in sports training. (Witt & Dangi, 2018); (McGarty & Melville, 2018). The role and support of parents in encouraging their children to take part in sports training that they are interested in has a very big influence on the child, both in the form of moral encouragement, providing the facilities needed for their children to practice, and their social environment.

Role is a dynamic aspect of position (status), a position that is appropriate if someone carries out their rights and obligations, then a role can be carried out by that person. Children's activities if fully supported by parents are the most important factor, because the future of their children will have a big influence from their parents. At the time of training and competing where the presence, support and motivation of parents are most important in terms of supporting children. Many also when other children when doing training still look parents or siblings no one wants to accompany or support children training, little is also given motivation and a sense of enthusiasm when doing training, so it looks a lot of children at the training ground come alone.

Given the important role of parents in educating children, several studies have proven that parents have a very large share in the ability of children in the scope of sports. Like the results of research (Terok & Huwae, 2022) The results showed that the role of parents towards their children participating in sports training organized by rural sports activist youth is: 1) provide moral encouragement; 2) fulfill the needs of the facilities needed by their children; 3) provide social support from their environment. Furthermore, the results of the research (Haqi & Irsyada, 2022) shows that the attention factor is sufficient with a percentage of 67% (16 people), the nutritional factor is fairly good with a percentage of 37.6% (9 people), the facilities and infrastructure factor is very good with a percentage of 54.2% (13 people), environmental factors 67% (16 people) are fairly good. Based on these results, it can be concluded that the support of parents of PUBG Mobile esports athletes in the Bigetron Esports Team is in the good category of the four support factors.

### Attention Factor

Based on the results of the study, it shows that the role of parents in supporting children's achievements in swimming training based on attention factors is in the "less" category of 36.00%, "enough" of 28.00%, "good" of 24.00%, and "very good" of 12.00%. Parents are able to pay attention to children's progress both physically and psychologically, and do not forget that parents can also facilitate children who have talents and interests from a child. The success of children through attention from parents is indeed important and not underestimated, because it is very influential for later children. The description and types of attention both through the facilities provided to children should parents give up special forms of attention in different ways according to the character of the child in order to increase the enthusiasm of children's training in supporting sports achievements. Parents must take full responsibility for their children, starting from nurturing, raising and also being responsible for the physical and mental needs of a child. (Albrecht, 2019). This need can be in the form of attention from parents, either in the form of direct affection or in other forms of attention. In this case, what is meant by parents is not only limited to biological parents but also foster parents who care for, pay attention to, and are responsible for the child.

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## Nutritional Factors

Based on the results of the study, it shows that the role of parents in supporting children's achievements in swimming training based on nutritional factors is in the "less" category by 13.46%, "enough" by 65.38%, and "good" by 21.15%. Parents provide food according to the child's taste. This is because parents do not bother about their children's food. Parents know nutritious food but not the right provision for athletes when training and competing. Based on the results of interviews with coaches, there are parents of athletes who pay attention to nutritional intake to athletes when training, although only a small proportion of parents. This is because most parents do not know what good nutrition for athletes should be. Every child in determining their healthy lifestyle must be different, for example in food selection. The choice of food for each person is different. Determination of the right food during a pandemic when before doing exercise for the body needs to be considered the time and type of exercise intensity levels. Energy needs in the body before and after exercise must pay attention to the content of food consumed, especially foods with a high carbohydrate content. Hunger can be avoided by consuming food one hour before doing the exercise.

## Facilities and Infrastructure Factors

Based on the results of the study, it shows that the role of parents in supporting children's achievements in swimming training based on facilities and infrastructure factors is in the "less" category of 25.00%, "enough" of 36.54%, and "good" of 36.54%. The results of the study correspond to that what is seen during training is that there are still many parents who do not want to accompany their children to practice, rarely also provide motivation and enthusiasm during training, especially when competing, there are still many children who come alone to the training ground. Some parents only focus on the results achieved by children rather than being involved in the process of achieving children's achievements. Sports facilities and infrastructure are very important in the process of activities to improve athlete achievement. Facilities and infrastructure are the main pillars in supporting every activity related to sports activities. (Chalip et al., 2017). Swimming sports facilities and infrastructure that athletes must have include swimming goggles, swimsuits, frog legs, float boards, hand paddles, pull buoys. Where support, existence, as well as parental assistance related to sports facilities and infrastructure is very important in supporting children during training and competition. Facilities and infrastructure are issues that must be met for any sports organization, achievements will support if the facilities will be supported by progress or improvement, at least the provision of proper facilities will foster the spirit of training.

## Environmental Factors

Based on the results of the study, it shows that the role of parents in supporting children's achievements in swimming training based on environmental factors is in the "less" category by 23.08%, "enough" by 73.08%, and "good" by 3.85%. The physical and spiritual growth of children is very large through the influence of the environment both from the family and the environment. The responsibility of parents in educating their children at home will be based on love. The main perspective in terms of education in realizing lofty expectations is the suitability of responsibility as parents in the family. The family environment is the first and main medium that directly or indirectly affects behavior in child development. (Chalimah et al., 2019). Parents play a very important role in guiding and accompanying children in their daily lives. It is the duty of parents to create a conducive environment, so as to bring out the child's potential, intelligence, and self-confidence, and not to forget to understand the stage of child development and the need to develop the potential intelligence of each child.

## CONCLUSIONS

Based on the results of data analysis and discussion, it can be seen that the role of parents in supporting children's achievements in swimming training is in the "very less" category of 1.92% (1 person), "less" by 34.62% (18 people), "enough" by 23.08% (12 people), "good" by 40.38% (21 people), and "very good" by 0.00% (0 people). The role of parents in supporting children's achievements in swimming training based on an average value of 82.02 is in the sufficient category. The results of this study can be used to expand knowledge for readers and as a reference for other researchers who conduct further research on the role of parents in supporting children's achievements in swimming training. Parents are expected to always provide support for their children in doing positive activities, so that children can develop the talents that exist in their children, especially swimming.

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