



## **The role of parenting styles in increasing the achievement of Shorinji Kempo athletes: a literature review**

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**Abstract:** Achievement is one of the universal aspiration among athletes in the world of sports. The aim of this research is to determine the role of parenting styles in enhancing the performance of Shorinji Kempo athletes. The study employs a literature review method with a qualitative approach, using data collection techniques that include editing, organizing, and synthesizing information. The data analysis conducted through content analysis, utilizing internet applications such as Scopus, Sinta, and Google Scholar. The results of this study show parental involvement plays a crucial role in boosting the performance of Shorinji Kempo athletes, particularly during adolescence. Parents are the jewel and main educators for an athlete at home and in the social environment, even though they train with a coach and then study at school. While coaches and teachers contribute to an athlete's development, they act as extensions of parental guidance, providing education and support that may not be available at home. Facilities that cannot be obtained at home but are obtained at school can be complement for children in their development process, while coaches are developers of children's talents and interests that are previously identified by parents. The study concludes that the achievements of young athletes are significantly influenced by the parenting styles they experience. The role of parents in this case is to provide warm, caring, and affectionate family care that has maximum positive impact. As a result, athletes are more likely to grow into well-rounded adults with strong personal qualities, capable of fully realizing their talents and achieving excellence in sports performance.

**Keywords:** parents, parenting style, kempo, athletes, achievement

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### **INTRODUCTION**

Sport fosters and develops athletes in a planned, tiered and sustainable manner through competition to achieve targeted goals with parental support, sports science and technology (Aho et al., 2022). The sports coaching process must be carried out continuously to achieve success (Bazargan-Hejazi et al., 2021). Achievement in sports is intended to improve athletes' abilities and potential to increase the nation's honour and dignity. To boost athletes' achievements, it is essential to follow proper training principles by ensuring that the training is programmed, planned, and conducted continuously (Zhang et al., 2023). It must be admitted that producing high-quality athletes is not easy because many factors determine an athlete's success. Among the factors that determine an athlete's success are the existence of training programs, methods and supporting infrastructures. If parents want their children to



achieve high achievements in sports, they need to apply the concept of parenting support and sports coaching as early as possible (Gozalo-Delgado et al., 2020).

The role of parents is really needed to ensure that children receive good parenting support. Considering the various outcomes, such as gaining achievement that children and parents may desire from youth sports, an essential aspect of parenting skills is parents' understanding of what children want to achieve through their interests and talents in sports (Miklikowska, 2017). The interaction between a parent's self-awareness and a child's sense of purpose should be considered to gain success. The role of parenting styles in shaping the development and success of athletes has become an increasingly important area of study, particularly within the context of martial arts such as Shorinji Kempo. Shorinji Kempo, a martial art that combines self-defense techniques with philosophical teachings, emphasizes not only physical prowess but also mental discipline and personal growth (Prasetyo, Maksum & Priambodo, 2021; Wali & Widiyanto, 2021; Lim & Ong, 2024). This unique blend makes it an ideal discipline for exploring how different parenting approaches can influence athletic achievement.

Some parental characteristics are authoritarian parents, value obedience as a virtue, as well as dedication to assigned tasks, traditions, and the preservation of order, then implement it with punitive or coercive measures and agree to look after children and limit the space for creativity (Kuppens & Ceulemans, 2019). On the other hand, parents who are permissive or often called parents prioritize the child's comfort, thereby giving the child significant autonomy as long as his or her physical survival is not threatened (Vijay et al., 2022). The permissive adult prototype behaves in a way that affirms, accepts, and welcomes the child's impulses and actions. The fundamental goal is to give freedom and avoid recourse to authority. Democratic parents try to direct the child's activities by imposing mature roles and behaviour, but they use reasoning and negotiation (Rohayani et al., 2023). This type of parents directs their children's activities rationally (Laksmi et al., 2020). This parenting model lets children know their rights and obligations (Sabaria R et al., 2019). parenting is characterized by two-way communication, a shared emphasis on social responsibility of action, and the development of autonomy and independence in children (Mulyana et al., 2021).

This literature review aims to investigate the specific role that various parenting styles play in enhancing the achievement of Shorinji Kempo athletes (Gao et al, 2024; Lim & Ong, 2024). The central research question guiding this review is: In what ways do different parenting styles affect the motivation and performance of athletes engaged in Shorinji Kempo? By synthesizing existing research on parental influence in sports, this review seeks to clarify the impact that each parenting style has on athletic success. The scope of this review includes studies that examine the relationship between parenting styles and athletic performance, with a particular focus on martial arts disciplines. The purpose is to provide insights into effective parenting strategies that can create a supportive environment conducive to high achievement in Shorinji Kempo.

## **METHOD**

PRISMA was utilised in this qualitative study's systematic literature review methodology. A thorough literature search on the contribution of parenting styles to the success of Shorinji Kempo athletes was carried out using the Scopus, Sinta, and Google Scholar databases. This PRISMA was divided into four phases. "parenting styles," "Shorinji Kempo," "athlete achievement," "sports psychology", "martial arts", and "parenting" are some of the keywords and phrases that will be utilised in the initial step of selecting articles. These articles must also meet certain parameters, such as being published between 2016 and 2024. A total of 254 papers that were retrieved from Scopus, Sinta, and Google Scholar were screened in the second stage before being assessed. 74 articles that included the same information or were duplicates were removed; the relevancy of the chosen articles was evaluated. The eligibility of the article was examined and assessed for the third step. Based solely on the title and abstract, two impartial reviewers evaluated the article's significance during the eligibility stage. Subsequently, the reviewer thoroughly examined all of the articles that satisfied the inclusion requirements. Articles that met the exclusion criteria would be removed. The inclusion of the screening findings within the criteria constituted the fourth stage.

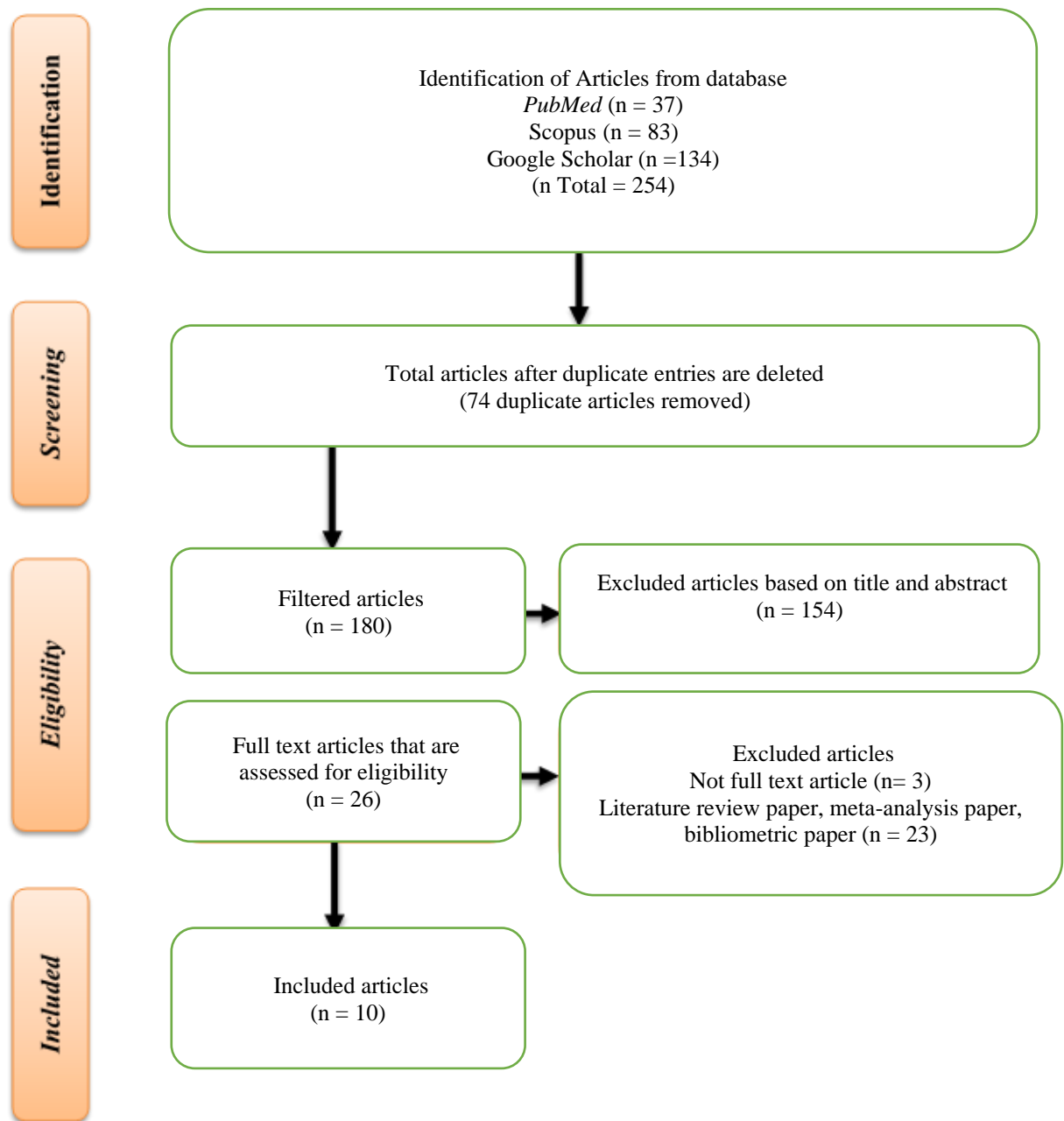


Figure 1. Systematic Review Process Flowchart (PRISMA)

**Identification**

Selected articles had to meet predetermined criteria. The databases used in the literature review were PubMed, Scopus, and Google Scholar. The articles used were those published from 2016 to 2024. The search process for database articles used keywords such as: "parenting styles," "Shorinji Kempo," "athlete achievement," "sports psychology," and "martial arts parenting. After searching for keywords, the next step was to determine the inclusion and exclusion criteria which can be seen in Table 1.

Table 1. Inclusion and Exclusion Criteria

Inclusion Criterion	Exclusion Criterion
Scientific articles	Books, Book Chapters, Proceedings
International Journals	Articles that are not in English
Articles published in 2017-2022	Articles published before 2017
Student respondents	
Parenting style in the achievement athletes	

The literature that was chosen based on the inclusion and exclusion criteria is displayed in Table 1. To address the study questions, the chosen papers needed to fulfill the inclusion requirements. A total of 254 publications were acquired at this identification stage, including details for 37 articles from PubMed, 83 from Scopus, and 134 from Google Scholar.

**Screening**

The identification findings of 254 articles sourced from PubMed, Scopus, and Google Scholar were subsequently assessed. A total of 74 articles identified as duplicates were removed; the remaining articles were assessed for relevancy.

**Eligibility**

The articles were assessed and reviewed for eligibility at this level. The relevance of the articles at the eligibility stage was assessed based on the title and abstract by two independent reviewers. Moreover, the reviewer conducted a comprehensive analysis of the papers that satisfied the inclusion criteria. Articles listed in the exclusion criteria, as shown in Table 1, will be removed.

**Inclusion**

According to the PRISMA phases, seven articles fulfilled the inclusion criteria. This study reviewed these ten papers. The summary of the PRISMA process is illustrated in Figure 1.

**RESULT AND DISCUSSION**

Based on the systematic review process, there were 254 articles in the early stages published in the last eight years, namely 2016 to 2024, from four databases, namely PubMed (n = 37), Scopus (n = 83), Google Scholar (n = 134). The screening stage continued by finding the same 74 articles from the four databases, so 180 articles were obtained at the screening stage. The next stage was eligibility, where 180 articles were evaluated for eligibility by two reviewers based on the title and abstract as well as the entire article until a total of ten articles were obtained that matched the article criteria to be reviewed in this study. The description of the ten articles can be seen in Table 2.

**Table 2.** Description of The Research Results

No	Name (Year)	Title	Results/Conclusions
1.	Chris G. Harwood, dkk (2014).	Parenting in youth sport: A position paper on parenting expertise.	Expertise in sports parenting requires parents to develop knowledge and utilize a variety of intrapersonal, interpersonal, and organizational skills to support their child, manage themselves, and operate effectively in the broader youth sports environment. Recommendations for applied researchers to further investigate these postulates and support components of sports parenting skills are offered.
2.	Tsz Lun (Alan) Chu dan Tao Zhang (2016)	The roles of coaches, peers, and parents in athletes' basic psychological needs: A mixed-studies review	The literature was searched in six databases, resulting in 20 final studies with 2851 participants. These studies were reviewed and synthesized based on theoretical framework, research design, participants and sport, associations between social environment and psychological needs, data analysis, results, and limitations. Results suggest that coaches, peers, and parents serve different roles in athletes' psychological needs. Coaches are the most important social agents in influencing autonomy, whereas peers are the most important social agents in influencing competence and relatedness. Parental influence is the least influential but also the least studied in the current

No	Name (Year)	Title	Results/Conclusions
			literature. Further research, particularly studies using mixed methods or longitudinal designs across developmental periods, is needed to examine the relative influence of these three social agents in the context of youth sport.
3.	Paul A. Sellars (2016).	Influences on Parental Involvement in Youth Sport	The research results show that parents are involved as supporters, coaches and managers, and provide opportunities. The type of involvement appears to be influenced by (a) the youth sport context; (b) parents and other coaches; (c) concerns about one's own behavior; (d) sports knowledge and experience; (e) previous experience as a sports parent; and (f) children's sports goals, hopes, and beliefs. The findings highlight the importance of considering individual and sociocontextual factors when creating parent initiatives to ensure messages are more appropriately tailored to parents. Such adjustments should result in the development of more effective initiatives.
4.	Liam O'Neil (2020)	Autonomy support and control within mother-father parenting structures: A person-centered approach in youth sport	Results provide evidence supporting a four-profile solution: Dominant Strong Autonomy Support: Both Parents (n = 26, 9.8%), Dominant Weak Control: Both Parents (n = 111, 42.0%), Autonomy Support and Control Moderate: Both Parents (n = 21, 8.0%), and Weak Autonomy Support Dominant: Both Parents (n = 106, 40.2%). Four maternal-paternal parenting profiles were found to be differentially predicted by, and predictive of, adolescent athletes' adaptive and maladaptive motivational responses (i.e., basic psychological need satisfaction, autonomous and controlled motivation). This study describes a general pattern of congruence in the provision of autonomy support and control by parents within a mother-father parenting structure and contributes empirical evidence demonstrating the reciprocal nature of interpersonal processes in the parent-athlete relationship.
5.	(Uluöz, 2022)	Determination Of Parents Views on The Role Of Basketball And The Personality Development Of Children	Family interest and knowledge level towards sports play an important role in the popularity of sports, developing the social dimension of sports, and of course the achievements are achieved well. Because the role of parenting patterns is important to shape personality referring to the characteristics, intellectual, emotional, social, and physical sustainability of an individual. The purpose of this study was to find out the views of parents, who encourage their children to play sports or who encourage their children who have an interest in sports to recognize the role of sports in the personal development of an individual. The results of the study prove that sports can have a major impact on shaping personality as well as self-concept and increasing self-confidence.
6.	(Neville et al., 2021)	Longitudinal Association Between Participation in Organized Sport and Psychosocial Development in Early Childhood	The results of this study indicate that, at 1 year of age, 15% of the group were classified as having developmental delay. These children demonstrated more behavioral difficulties (0.55, ±0.27; mean difference, ±95% confidence limits [CL]) (P <

No	Name (Year)	Title	Results/Conclusions
			.0001) and fewer prosocial behaviors (-0.54, ±0.11) (P < .0001) at age 3 years. For boys in this group, involvement in sports was associated with a significant decrease in behavioral difficulties between ages 3 and 5 years (-0.44, ±0.39) (P = .03). Compared with those classified as having less regular involvement (i.e., never involved, or involved <1 hour/week), the relative effect of sports on changes in behavioral difficulties for boys with developmental delay was statistically significant (0.70, ±0.59) (P = .02). Participation in sports was not associated with significant changes in behavioral difficulties for girls, or significant changes in prosocial behavior for boys or girls..
7.	(Lim & Ong, 2024)	The Relationship between Perceived Parenting Styles and Youth Athletes' Sporting Achievement in Singapore	The role of parents is key to the success of young athletes, but little is known about the influence of parenting styles on sporting performance in young athletes. The results of this study indicate that there is no significant relationship between perceived parenting style and various areas of sporting performance in young athletes. Key points from this study include the need to consider more complex and nuanced parenting style profiles; cultural differences that young athletes from Asian contexts may face; and the complexity of sporting performance, which may not be explained by parenting style alone.
8.	(Gao et al., 2023)	The role of parents in the motivation of young athletes: a systematic review.	Parents are one of the primary social agents shaping young athletes' experiences and participation in sport. The results of this study underscore that parents play a unique and synergistic multidimensional role in motivating young athletes. Positive parental goals and values, an autonomy-supportive parenting style, moderate parental involvement, a positive parent-child relationship, and a parent-initiated task climate were identified as optimal parenting strategies.
9.	(Burke et al., 2024)	Enhancing parental support through parent-education programs in youth sport: a systematic review	Parent education programs in youth sports appear to provide a viable avenue to facilitate healthy parent involvement, increase positive parental support, and help alleviate stress faced by parents, coaches, and young athletes. The results of this study indicate that there are no sport-specific measures used to evaluate changes in parental behavior and involvement. Therefore, future researchers should consider adopting behavior change theory when designing and implementing parent education programs, and strive to use validated sport-specific measures to examine changes in parental behavior in the sport context.
10.	(Kovács et al., 2024)	The role of parental involvement in academic and sports achievement	The positive impact of parental involvement on academic achievement was revealed. However, it is not clear how parental involvement in sports contributes to sports performance and academic achievement. The results of this study indicate that, children of parents involved in sports and education were more represented among students who received awards for their sports performance (59.6%), among members of sports talent

No	Name (Year)	Title	Results/Conclusions
			management programs (29.8%), and among those who achieved first place in national sports competitions (47.8%). They also appeared to be the most intent on remaining involved, in the future, in regular and competitive sports activities (57.4% and 55.3%). In contrast, the highest percentage of children of parents involved in education were those who were awarded for excellent academic performance (71.1%). It is concluded that there is a positive relationship between parental involvement in sports and education, and their children's academic and sports achievements.

Parents hold the primary responsibility in their children's education, upbringing, and overall development. Every parent aspires for their children to grow into individuals who excel in various areas. They hope their children will achieve outstanding results, whether in academics such as high report card grades, top scores on final exams, winning competitions in specific subjects or in non-academic areas like leadership, arts, sports, and more. To realize these desired achievements, parents must carefully consider the parenting strategies they implement. The right parenting pattern for children will produce positive impacts and achievements in the field of sports. In line with the research results Ndari et al (2019), said that parental guidance to children to join academic sports schools not only provides achievements in the field of sports but also has an impact on better mental and physical development. Thus, it can be concluded that the role of parents can determine children's achievements in various aspects of life. There are three parenting patterns, namely authoritarian, democratic and permissive parenting patterns. Authoritarian parenting is a parenting style that characterized by high demands on children to always obey and follow the rules (Yao, 2023). Democratic parenting focuses on the educational aspect rather than the punitive aspect, because parents provide broad rules and provide explanations about the causes and effects (Wildan & Qibtiyah, 2020). The last parenting pattern is permissive parenting pattern, which is without discipline in the sense that children are given complete freedom and are allowed to make their own decisions without considering their parents (Vasiou et al., 2023).

Parents are the first social environment of individuals and groups in their socialization. Parents are also the closest people to their children when they are at home. Parents have a very important role in the family. As the first and main educators for children, parents have a great responsibility in the growth and development of children so that the direction of their growth and development is in accordance with the desired expectations. Parents should, create an atmosphere in the family for the process of continuous education in order to produce intelligent and moral successors, both in the eyes of parents and society, and directing their children's hobbies and talents. Parents need to prepare their children as early as possible to undergo stages of development as provisions when entering the adult world and their social environment (Chusna & Utami, 2020). The role of parents in this case is to provide warm, caring and affectionate family care. Tacca Huamán et al (2021), said that the family atmosphere influences the development of children's personalities. Then reinforced by Schnettler et al (2023), which confirms that the basis for healthy, stable, confident and adaptable personal development in the social environment begins with the child's household conditions and the parenting patterns applied by parents. Because appropriate parenting and treatment have a good impact on children to participate in various activities both academically and non-academically.

Children's active participation in sports activities is greatly influenced by the family, especially the motivational support of parents, because the positive motivation given by parents has high impact on the child's future (Olmo et al., 2022). The next role of parents is to provide social support from their family environment, moral encouragement and provide training facilities. Family is the first agent who plays an important role in the socialization among family members towards community life (Khanum et al., 2023). The role of parents in providing moral support in the form of enthusiasm and motivation for their children, providing the facilities needed when taking part in training, and providing social support from the family environment and the surrounding community is very useful and has a big

influence on the development and enthusiasm for developing themselves better, living a healthy lifestyle (Jonsson & Lewis, 2014) and get physical and mental benefits as well as sociological benefits (He, 2023).

Successful achievement is a long process and is not instant, because a long process ensures that the action towards achievement becomes more real and involving various internal and external components (Susilo & Sustianingsih, 2021). Athlete achievement must go through various elements including 1). Finding athletes through talent scouts to select quality athletes. 2). Providing Multilateral Development, 3). Entering specialization stage and 4). Reaching peak performance or the athlete's "golden age." This process demands a deep understanding, knowledge, patience, and supportive parenting to ensure that the athlete's potential is fully realized, sustained over time, and protected from the negative consequences of premature specialization. The presence of parents at youth sports competitions is often driven by their roles as caregivers and supervisors, as well as their children's reliance on transportation. This combination frequently results in parents being present at nearly every event. Attending such competitions can be a very emotional experience and makes athletes feel motivated to achieve the best results. So, it can be concluded that, parenting is a description of the attitudes and behavior of parents in raising and shaping children's behavior. Children's morality also plays a role in improving the achievements in adolescent stage. The similarity in previous studies are parenting patterns and care giving. The difference between this study and the other relevant studies listed. Showed the majority of studies used as literature reviews set adolescent age as the subject of the study. Researchers choose pre-adolescent athletes as the subject of the study because it can be reviewed more deeply the role of parenting patterns in improving the achievements of pre-adolescent athletes. This study discussed more deeply about pre-adolescent athletes who are still very dependent to their parents who not only care for, but also educate, guide, discipline and protect children in achieving the process of adulthood to forming children's behavior accordance with good norms and values with community life.

## **CONCLUSION**

Based on the results and discussions in this study, the role of parenting patterns in improving the achievements of adolescent athletes is very important and mandatory responsibility. Parents as educators are the main personal for an athlete at home or in their social environment, even though they have been entrusted to training or at school. Teachers are only a connecting link for parents so that children get better education and guidance, where the possibility of facilities that are not obtained at home but are obtained at school. This will be a complement for children in the process of their development, while coaches are developers of children's talents and interests that have previously been known by parents. Enhancing the achievements of athletes, especially at adolescence, is influenced by the parenting patterns given by parents to children. The role of parents in this case provides warm, caring and affectionate family care to the maximum. Thus, children will later grow into adulthood with good self-quality and are able to develop their talents and interests in the world of sports as a lifelong process.

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