

The role of parents in supporting sports achievement in football school students in 15 SSB

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Abstract

The role of parents in supporting the sports achievements of football school students in Sleman Regency is relatively lacking, creating potential inhibition in improving the achievements of these young athletes. This study aims to determine how big the role of parents in supporting sports achievement in football school students in 15 football schools in Sleman Regency and find out the coach's views on the support provided by parents to children in improving achievement. The method used is mix methods, the first sample is all parents/guardians of SSB members in Sleman Regency totaling 290 people. The second sample was all SSB trainers in Sleman Regency totaling 15 people. All data was retrieved using simple random sampling techniques. Data collection instruments using observation, interviews, and questionnaires. Data analysis uses descriptive analysis expressed in the form of percentages. The results showed that the large role of parents in supporting sports achievement in football school students in 15 football schools in Sleman Regency was in the category of "very less" by 3.45% (10 people), "less" by 33.10% (96 people), "enough" by 29.66% (86 people), "good" by 26.55% (77 people), "very good" 7.24% (21 people). Based on the average score, the role of parents in supporting sports achievement in football school students in 15 football schools in Sleman Regency is in the "less" category. It was concluded that the support provided by parents to children is very important in improving achievement because parents are the closest people from birth. Future research could explore strategies to improve parental support.

Keywords: Parental role, sports achievement, football

INTRODUCTION

Much has been written about parental involvement in youth sports and importantly the implications of this for children's sporting achievement and development (Knight et al., 2016). Exercise is one way to maintain body freshness to stay in a fit condition. Many men and women, in all circles, do sports exercises both in the field, walking, and indoors. All of this is done so that physical health and freshness are well maintained as an important basic foundation for a happy and useful life. Every aspect of a child's life, including their performance in sports, is greatly influenced by their parents (Haqi & Irsyada, 2019). The steps to achieve achievements are not as easy as turning the palm,

it takes enthusiasm, regular practice, and hard work to achieve the desired achievement (Utomo & Mandalawati, 2018).

One of the most popular sports in Yogyakarta is football. Football is a meeting point between people of different backgrounds and descents, connecting all levels of politics, economy, culture, and religion (Muhammad Ihsan Shabih et al., 2021). Football is the most popular team sport in the world because as much as 4% of the world's population is actively involved in this game. The sport of soccer requires players to control the ball, put the ball into the opponent's goal, and keep the goal so that the opponent's ball does not go in. To achieve mastery in soccer, players need basic game techniques as the main capital (Fajrin et al., 2021). The basic techniques in playing football are passing, holding the ball (control), passing the float (chipping), dribbling, and shooting the ball (shooting) (Widodo & Noviardila, 2021). Football games are types of games with various types of techniques, such as dribbling, passing, shooting, controlling, and so on (Kumbara, 2018).

Football is a sport that is quite popular and favored by all levels of world society ranging from children to the elderly (Pratama et al., 2018). The purpose of entertaining football games, finally now widespread and favored by early childhood, the number of soccer schools and academies in Yogyakarta is proof that football is very popular among young people. The number of young people who like football sports has made a profit forum to accommodate children's interests called football schools (SSB). Training to master a skill such as basic soccer techniques requires a program with a long time and planned (Supriadi, 2015). In the sport of football basic technical skills are needed to achieve optimal performance, because to become a soccer athlete must have basic soccer technical skills (Hartanto, 2016). Maximum achievement can be achieved by an athlete who is truly ready to compete with all his abilities, the readiness in question is the physical and psychological athlete concerned (Dahlan et al., 2020).

Football school (SSB) is a place that has a role in educating, coaching, and directing the development and utilization of the talents possessed by students in playing football. Football school (SSB) is a sports organization, especially football that has the function of developing the potential of children. With a good and perfect mastery of basic techniques, players can carry out tactics and game strategies easily because these players have confidence in themselves (Syafi'i & Setiawan, 2019). There have been many Football Schools (SSB) established in Yogyakarta including Sleman, this proves that people in Yogyakarta still care about early childhood coaching, this is also one of the factors that can affect the improvement of sports achievement in the field of football.

The number of SSB that stand does not mean that achievements in Indonesia are good. Along with the interest of the Indonesian people in this sport, the sport of football is growing rapidly. The great public interest in this sport is not in line with the achievements achieved by both football athletes and by the Indonesian nation. The achievements of football in Indonesia are still considered not so good, even though the enthusiasm and interest of the Indonesian people towards this sport is very large. In addition to interest and enthusiasm, several other components must be met to achieve maximum achievement in football sports such as the state of sports infrastructure, the state of the match, the state of athlete psychology, the state of athlete skill ability, the state of athlete's physical ability, the state of body constitution and the state of tactical/strategic ability (Effendi, 2016). From these factors, child development also needs to be considered in achieving achievements.

Perkembangan anak tidak terlepas dari peranan orang tua dalam membantu kegiatan anak. One important factor is parents. As Singgih Gurnasa and Yulia Gurnasa said, "In family life, the presence of parents, namely father, and mother, is very significant for the development of a child's personality, in nurturing and educating children." Thus, the encouragement of child achievement is very necessary from parents and must be present and very important to achieve the success of increasing child achievement. "The drive for achievement is something that exists and characterizes a person's personality and under birth." On the other hand, this achievement drive can be grown and developed through interaction with the family environment.

Support, existence, and parental assistance are very important with the intention that the steps and efforts made by parents play an important role for children in developing and improving the abilities of their children, as a positive efforts for their children. This is useful for children both when supporting children during training and competing. But not infrequently children go alone during

training or competition, even though the existence of parents is needed by children to spur enthusiasm and motivate children.

Maximum achievement will not come just like that but is obtained with hard effort, and requires careful preparation both in aspects of physical condition, technique, tactics, and mental maturity in competing and does not escape parental support. The role of psychological aspects, especially in providing social support to children, is a fairly important factor that affects a match, even sometimes it can be decisive in children's efforts to achieve maximum achievement. The influence of psychological aspects, especially providing social support, will be seen when children practice or compete. Although the academic study of sports parenting is less extensive and historically established than on sports coaching, the literature reflecting parental influence and involvement in youth sports has grown substantially in recent years. Researchers aren't just exploring perceptions and consequences of older people's behavior toward exercise (Harwood & Knight, 2015).

Related research suggests that a lack of parental support can hurt children's sports achievement. Smith et al., (2018) In the context of sports youth found that children who get strong support from their parents have higher levels of motivation, better performance, and more active involvement in sports activities. However, in the case of many football schools in Indonesia, as observed in this study, the role of parents in supporting the sports achievements of football students tends to be less than optimal. Therefore, further research is needed to identify the factors that influence the lack of parental support in this context and to develop strategies that can enhance their role in supporting children's sporting achievement in football schools.

Parents are recognized for their important role in providing the necessary financial and logistical support to enable sports opportunities (Elliott & Drummond, 2017). Parents play a major role in the psychological aspect. The family environment is the main actor either directly or indirectly influential in the development and growth of children. Therefore, parents are required to accompany the child's life. Parents must monitor the daily environment so that they can encourage good potential children. Because children rarely contribute financially to their participation, parents usually bear responsibility for direct and indirect participation costs (Dunn et al., 2016).

Most parents only focus on achievements but forget the process of achieving children to achieve achievements. The lack of parental intervention in supporting children who train at soccer schools can be fatal to children's habits where their achievements can decrease, become lazy during training, and children feel ignored by their parents so children feel lazy to do what they like.

Motivation is one of the important and effective factors for improving athletes' sports performance (Mylsidayu & Mamesah, 2022). Good motivation is not only based on its encouragement of extrinsic factors such as the provision of gifts in material form, while to increase this intrinsic motivation the position of parents and coaches has an important position. Parents are in a position to praise, instruct, and criticize their children in youth sports, and when this happens during a competitive event, the communication is referred to as parental verbal side behavior (Dorsch et al., 2015). Parents have a big influence on achievement, with support for children, will greatly affect achievement. In recent years, psychosocial research has shown an increasing interest in the role of sport in the development of not only the physical abilities of young athletes but also their life skills and human values (Danioni et al., 2017).

The coaching element is also important in improving the achievements of their students, but most coaches only focus on what happens on the field, even though the lives of children outside are also very important for maximum creation. The coach also has the right to remind how important off-field factors such as attention, nutrition, environment, and infrastructure factors are. The coach forgets and doesn't even know about it. Based on the background explanation above, the author is interested in making a study entitled "The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency". The purpose of this study was to measure the level of parental role in supporting the achievement of football school students and to explore the coach's views regarding parental support in the context of increasing sports achievement.

METHOD

This research uses the mix methods method, which is a study by combines two forms of approaches in research, namely qualitative and quantitative (Creswell, 2010). Observation sites and

research interviews will be conducted at each SSB training station. Meanwhile, the questionnaire will be distributed online via Google Forms which will be distributed to the Whatsapp group of each SSB. This research was conducted from December 18, 2020, to January 12, 2021.

The first population used in this study was parents of SSB students in Sleman Regency. The second population used in this study was trainers who were members of SSB in Sleman Regency. The first sample, by the opinion previously described, that became the population in the study was all parents/guardians of students in 15 football schools totaling 290 people. The second sample was 15 SSB trainers in Sleman.

Data Collection Techniques, and Instruments (1) Observation, (2) Interview In the collection technique using interviews is almost the same as questionnaires. The interview itself was divided into 3 groups, namely structured interviews, semi-structured interviews, and in-depth interviews. But here the researcher chose to conduct a semi-structured interview. (3) Questionnaire (Questionnaire). Data Analysis Techniques Because researchers use mixed methods research, there will be 3 data analysis techniques, namely: (1) Data reduction from interviews and observations Summarizing data, and making summaries of the results of interviews and observations that have been made by researchers. Therefore, the reduced data will provide a clearer picture and make it easier for researchers to collect and search for further data when needed. (2) Data display In this study, the presentation data can be displayed in the form of brief descriptions, diagrams, relationships between categories, flow charts, etc. The most common presentation of data in qualitative research is narrative text. (3) Data Analysis In this study percentage descriptive data analysis techniques. Categorization using Mean and Standard Deviation.

RESULTS AND DISCUSSION

Result

The results of the study The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency in this study were obtained based on the results of interviews, observations, and also the results of questionnaires on parents/guardians of football school students in Sleman Regency. The results of the study The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency are described as follows.

(1) Interview Results, The interview results of 15 coaches stated that the role of parents is the beginning of creating children's pretation to be obtained. Without support from parents, of course, children also cannot practice optimally. (2) Observation Results Based on the table of observations from 15 SSBs, it is known that the SSB location indicator obtained an average of 3.07, which is good, the results on the SSB discipline indicator were obtained on average of 2.64, which is not good, the results on the SSB facilities and infrastructure indicators were obtained on average 2.85 Not good results on the physical condition indicator of students obtained an average of 2.85 is not good, results on the indicator of the physical condition of parents obtained an average of 2.78 ie not good, results on the indicator of the physical condition of the coach obtained an average of 2.92 ie not good. (3) Description of Research Data Research Results The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency was measured by a questionnaire consisting of 35 statements with scores 1-4. The statistical results of the research description of the Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency can be seen in Table 1 below:

Table 1. Statistics of Research Data on the Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency

Information	Value
Mean	125,69
Median	125
Mode	120
Std. Deviation	10,53
Minimum	103
Maximum	160

Description of the results of the study The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency in this study can be seen in Table 2 below:

Table 2. Description of Research Results The Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency

Interval	Category	Sum	Percent (%)
< 109,9	Very Lacking	10	3,45
109,9 < X ≤ 120,42	Less	96	33,10
120,42 < X ≤ 130,94	Enough	86	29,66
130,94 < X ≤ 141,46	Good	77	26,55
≥ 141,46	Excellent	21	7,24
Jumlah		290	100

Based on the table and figure above, it is known that the Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency is mostly very less by 3.45%, less by 33.10%, enough by 29.65%, good by 26.65%, and very good by 7.24%. These results can be interpreted as the Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency in the less category.

Discussion

The role of parents in supporting the sports achievement of football students, The results showed that most parents of football school students in Sleman Regency provided suboptimal support to their children's sports achievements. This reflects the challenges faced by football students in securing appropriate parental support to develop their talents. Factors such as parents' lack of knowledge about sports, high achievement pressure, and time constraints can be the cause. Therefore, efforts are needed to increase parents' understanding of the importance of their role in supporting the development of children's sports achievements (Bafirman, Wahyuri, et al., 2023; Putri et al., 2022).

Lack of parental support in the context of children's sporting achievements can have a negative impact on their motivation and performance (Bafirman, Munir, et al., 2023; Sania et al., 2022). Children who do not feel supported by their parents may lose motivation to actively participate in sports activities, which in turn can limit the development of their talents. Therefore, it is important for parents to understand their role in providing the emotional and practical support needed to help children achieve their sporting achievements.

The coach's views in this study also brought up important aspects in this discussion. Coaches play a very close role to football students, and their views on parental support can influence the training methods and approach taken in managing the team. If coaches feel that parents are not providing adequate support, they may need to communicate more actively with parents to build a better understanding of the role and expectations in developing students' talents (Yoslanda et al., 2022).

The results of this study provide valuable insights into how parents can contribute to the development of student sports achievement. With a better understanding of their role, parents can provide more effective and positive support. Initiatives include counseling parents about the benefits of appropriate support, a more open approach to communication between coaches, students, and parents, and developing programs that involve parents in the process of coaching student sports achievement (Hindiari & Wismanadi, 2022).

Long-term impact, This research highlights the importance of the role of parents in supporting the sports achievement of football students. Lack of support can be an obstacle to optimal talent development and achievement. Therefore, efforts to increase parents' understanding of the importance of sports support and support better communication between parents and coaches can help create a more conducive environment for students' sports achievement in the long run. With these steps, it is

hoped that football school students in Sleman Regency can better achieve their sporting potential (Osrita et al., 2020).

This study aims to find out how much parental support to support sports achievement in football school students in Sleman. Based on the results of the study, it is known that the Role of Parents in Supporting Sports Achievement in Football School Students in 15 Football Schools in Sleman Regency is in the very less category of 3.45%, less by 33.10%, sufficient by 29.65%, good by 26.65%, and very good by 7.24%. These results can be interpreted that the role of parents in supporting sports achievement in football school students in Sleman Regency is in the category of less.

In accordance with the results of interviews from several coaches who stated that some children are less motivated to participate in training, the evidence is that children rarely come to practice, it is because the encouragement and support from parents is still lacking and facilities and infrastructure are still far from expected. Because it is expected that parents always support, facilitate accompanying children to know the development of children, the goal of achieving achievements, both individuals and teams. Achievement in sports is influenced by one of his extrinsic motivations are impulses coming from outside the individual that cause a person to participate in sports, for example encouragement from coaches, friends, parents, teachers, groups, nations, prizes, bonuses, money, etc. (Effendi, 2016).

Parents are true educators by their nature. According to the expectations above, as parents direct their children in positive terms. Therefore, parents should provide meaningful support to their children in channeling their skills. Give children freedom to move and express themselves in their lives. Do not be too pressured so as not to create the impression that his parents are too pushy or undemocratic. Freedom here in the sense of being free to choose a place for the distribution of talents. Parents do not have to remain silent but also provide direction in terms of freedom. Show your child the best way, which is good and what is not. The role of parents with their families and the community who provide social support to their children as a whole and large is very meaningful to practice sports in the village area (Siswanto et al., 2019).

CONCLUSION

This study illustrates that most parents of football school students in Sleman Regency tend to provide suboptimal support for their children's sports achievements. A better level of support from parents is an important element in motivating students and helping them achieve better sports performance. Therefore, it is necessary to implement more effective educational and communication strategies between coaches, students, and parents to help parents understand and implement their crucial role in students' sports development. In the long run, a better understanding of the role of parents in supporting students' sports achievement can create a more positive environment and contribute to the improvement of their sporting achievement. In addition, coaches' views on parental support also play an important role in the overall student sports ecosystem. Open communication between coaches, students, and parents is key to overcoming suboptimal support issues. Coaches need to work closely with parents to form strong partnerships that will support the development of football students' talents. By involving parents in the coaching process and helping them understand their role in supporting sporting achievement, we can create a more inclusive and supportive environment for football students, which in turn will help them better reach their sporting potential.

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