



The Role of Parents in Supporting Children's Swimming Achievements

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Abstract

This research analyzes parents' role in supporting children's swimming achievements at the Tirta Winaya Swimming Club, Serang City. This research uses a survey method with a qualitative descriptive approach. The sample in this research is 25 parents of Tirta Winaya swimming athletes in Serang City, and the sampling technique used is total sampling. The instrument used is a questionnaire. These results show that parents have a significant role in attention factors, Facilities and Infrastructure, and environment. However, there needs more attention to nutrition factors. It can be concluded that the role of parents in supporting children's swimming achievements at the Tirta Winaya Swimming Club, Serang City, is maximal.

Keywords: *The Role of Parents, Achievements, Swimming*

INTRODUCTION

Sports are necessary to maintain physical fitness and stay healthy for every age and social level (Sani & Anita, 2022). Swimming is a type of water sport that moves the body, such as using the legs and arms so that the body floats on the water (Mizanurohman, 2013). Swimming is an activity that builds self-confidence, stimulates the body, and is a sport that saves the soul (Arhesa, 2020; Arisandi & Afrizal, 2019). Swimming is a popular sport because it combines health and fun (Widiastuti & Hamamah, 2017). Swimming is not merely a recreational activity but also has many health benefits for the body (Nzindukiyimana & Connor, 2019; Osmond, 2019). Swimming is crucial to support children's growth and development. Swimming affects the respiratory system, brain, blood circulation, and even children's psychology. The health benefits of swimming are build muscle, help tighten sagging muscles, slim the body, improve heart and lung capacity,

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increase height, train breathing, burn more calories, self-safety, refresh the mind and relieve stress, improve blood flow for pregnant women, and additional psychological benefits (Pratiwi, 2015; Aisyatinnaba & Sutoyo, 2016). Besides a fun sport, swimming is a popular contested sport. Children who are interested in and talented in swimming can excel if enrolled in a swimming club, especially if they have full support from their parents because parents have a vital role in children.

The role of parents affects all their children's needs, including channeling their children's swimming talents by enrolling them in swimming clubs (Cranmer, Rey, & Tallapragada, 2021; Vincent & Christensen, 2015). Parents direct the child to practice swimming to involve children in positive physical activity. Parents have an important responsibility and role towards all family members, both in children's development, supervision, education, and attention. Parents must pay great attention to their children's growth, development, and skills. The forms of parental role and support can be divided into two, specifically, material and non-material parental role and support (Fajrin, 2019).

A child has a social motive to get recognition and praise from parents. Parents play an important role in gaining awareness of physical activity and supervising all their activities. Parents help children to make the right choice of social interaction and build interest in positive activities. Interest is a desire driven by seeing, observing, comparing, and considering the needs (Ahsan, 2012).

In swimming, several basic techniques must be mastered, such as breathing techniques, sliding techniques in water, floating techniques, and coordination techniques between breathing, leg movements, and hand movements in four styles commonly used in competitions. Basic swimming techniques include breathing, gliding, floating, and coordination (Sarifin & Ilyas, 2019). Meanwhile, the various styles that are often competed in include (a) freestyle, (b) breaststroke, (c) backstroke, and (d) butterfly style (Mizanurohman, 2013; Osmond, 2016).

Swimming has increased in popularity nowadays, especially in Serang. This point is proven by the increasing number of swimming pools being rented out to the public and the increasing number of swimming pool visitors. Even though most of them cannot swim, it can provide recreational, relaxing, and therapeutic effects. Tirta Winaya Swimming Club is the oldest swimming club in Serang City. Tirta Winaya Swimming Club has produced many outstanding swimming athletes in Serang. It is proven by the series of trophies that Tirta

Winaya Swimming Club has won in various swimming competitions. According to the club management, parent enrolls their child in the Tirta Winaya swimming club to improve their swimming skills and develop a swimming athlete locally and nationally. Considering the crucial role of parents in swimming, it is necessary to carry out scientific studies to understand the role of parents in supporting children's achievements. Existing literature regarding the role of parents in children's swimming achievements still needs to be explored, and the role of a coach should be focused. The results of this research act as complementary supporting data for the development of swimming, especially psychological support for athlete success.

METHOD

This research examines parents' role in supporting children's swimming achievements at the Tirta Winaya Swimming Club, Serang City. The research method used in this research is a survey with a qualitative descriptive approach. Survey research is research carried out using questionnaires as a research tool carried out on large and small populations. However, the data studied was taken from the population to find relative incidence, distribution, and correlation between variables, including sociological and psychological factors (Dowling, 2013; Koutiva, Gerakopoulou, & Makropoulos, 2016; Sugiyono, 2013). Furthermore, the descriptive method describes or analyzes research results rather than makes broader conclusions (Sugiyono, 2013).

The research takes place at the Tirta Winaya swimming club. This club was chosen because it is the oldest swimming club and produces the most outstanding swimming athletes. The characteristics of the research location: Air temperature reaches 26°-32°, tropical climate, located in a village surrounded by residential areas.

The population in the study consisted of parents/guardians of 25 members of the Tirta Winaya swimming club. This research uses a total sampling technique, which means that all 25 parents/guardians of the Tirta Winaya swimming club members will take part as respondents. Therefore, this research automatically uses the Probability Sampling technique because it gives each element or member of the population the same opportunity to become a sample.

The instruments utilized in this research were questionnaires and interviews to analyze the impact of parents' role in involving their children in swimming practice. The following is a grid of the questionnaire test items in this study:

Table 1. The Grid of Research Instrument

Variable	Factor	Indicator	Item	
			+	-
The impact of the parent's role on children's swimming performance at the Tirta Winaya Swimming Club	Attention	1. Spontaneous attention	2, 3, 4	1
		2. Reflective attention	5, 6, 8	7
		3. Intensive attention	9, 10, 11	
		4. Non-intensive attention		12
		5. Focused attention	13,14,15	
		6. Radiated attention	16,17,18	
Swimming Club	Nutrition	Nutritional Fulfillment	19,20,22, 23,24,25	21
			26,27,28, 29	
Swimming Club	Facilities and Infrastructures	Facilities and infrastructures to exercise and compete	30,31,32	
			34, 35	
Total Number			35	

1. Validity Test

The trial was carried out at the Paus Swimming Club and the Spartan Herodotus Swimming Club, which have identical characteristics with a research population of 25 people. The validity and Reliability Testing using SPSS (Statistical Package and Social Science) 25.0 for Windows software.

In the questionnaire trial results on parents' role in supporting children's swimming achievements, 5 items were dropped, namely items 5, 15, 20, 23, and 27. The items that were dropped were 2 items on the attention factor, 2 items on nutritional factors, and 1 question item on facilities and infrastructure factors. Based on the results of the validity test above, it is stated that 5 questions were dropped, so they were not used in data collection because they were already represented by other questions in one indicator.

The Product Moment Correlation formula is used to determine the validity of an instrument by correlating the number of item scores with the total score (Corrected Item -

Total Correlation) using the formula below:

$$r_{xy} = \frac{NX \sum XY - (\sum X)(\sum Y)}{\sqrt{\{N\sum X^2 - (\sum X)^2\}\{N\sum Y^2 - (\sum Y)^2\}}}$$

3. Reliability Test

A good instrument will be more flexible in directing respondents to choose certain answers. Reliability refers to the level of trustworthiness of the question item. Item reliability analysis is only carried out on valid questionnaires declared, only some items whose validity has yet to be tested. Based on the results of reliability calculations using Cronbach's Alpha technique through the SPSS series 25.0 program, the reliability obtained for the Alpha coefficient on the questionnaire was 0.828 and was interpreted as very high. It was concluded that the questionnaire in this research was reliable and suitable for collecting research data. To determine the reliability of the instrument, use the Alpha Coefficient formula:

$$a = \frac{R}{R - 1} \left(1 - \frac{\sum \sigma^2}{\sigma^2_x} \right)$$

After all the data is collected, the next step is to analyze the data to conclude. The data processing technique in this research is the reduction technique. Data reduction is selecting, focusing on simplifying, abstracting, and transforming rough data that emerges from written notes in the field. This process continues throughout the research, even before the data is collected, as seen from the conceptual framework of the research, the study problem, and the data collection approach chosen by the researcher.

RESULT

1. The result of the Questionnaires

The results of this research are intended to describe the role of parents in children's swimming achievements at the Tirta Winaya swimming club, expressed in a questionnaire consisting of 30 questions divided into five factors: attention, nutrition, facilities and infrastructure, and the environment. The data processing technique uses reduction.

The results of data reduction regarding the role of parents in supporting children's swimming performance, which consists of 4 factors, have been maximized. From the attention factors, which are divided into 6 indicators and 16 questions, maximum answers were obtained. The nutritional factors contained one indicator and 5 questions; parents needed more responses to fulfill their children's nutrition. Meanwhile, the facilities and

infrastructure factor, which consists of one indicator and 3 questions, received the maximum answer from parents. Finally, the environmental factors consisted of 2 indicators and 5 questions that parents have maximally implemented in supporting their children's swimming achievements.

Table 2. The result of the Questionnaires

Factor	Indicator	Questions	Answers		
Attention	Spontaneous attention	1. I do not reprimand my child when I do not go to swimming practice	1. Of the 25 parents, all of them answered strongly disagree		
		2. I give praise when my child wins a race	2. Of the 25 parents, 24 parents answered strongly agree, 1 parent answered agree.		
		3. I provide support when my child competes	3. Of the 25 parents, all answered strongly agree		
	Reflective Attention		4. I feel worried when my child gets injured during practice	4. Of the 25 parents, all of them answered strongly agree	
			5. I never take my children to practice	5. Of the 25 parents, all of them answered strongly disagree	
			6. I choose a quality training place for children to practice swimming	6. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered agree	
			7. I choose a quality coach for my child to practice swimming	7. Of the 25 parents, 23 parents answered strongly agree, 2 parents answered agree	
		Intensive Attention		8. I bring food and drinks when the child is practicing swimming	8. Of the 25 parents, 21 parents answered strongly agree, 4 parents answered agree
				9. I always remind my child to go to swimming practice	9. Of the 25 parents, all of them answered strongly agree
				10. Sports achievements influence children's	10. Of the 25 parents, 22 parents answered strongly agree, 3 parents answered

		enthusiasm for learning at home and school	agree
Non-Intensive Attention		11. I never wait for any child to swim practice	11. Of the 25 parents, 20 parents answered strongly disagree, 5 parents answered disagree.
Focused Attention		12. I remind children to prepare their training equipment	12. Of the 25 parents, all of them answered strongly agree
		13. I pay attention to the child's regular sleep	13. Of the 25 parents, all of them answered strongly agree
Radiated Attention		14. I guide my children with a good role model	14. Of the 25 parents, all of them answered strongly agree
		15. I put my children in training at the Tirta Winaya swimming club	15. Of the 25 parents, all of them answered strongly agree
		16. For the sake of good performance, I always control the final results of swimming training	16. Of the 25 parents, 19 parents answered strongly agree, 6 parents answered agree.
Nutrition	Nutritional Fulfillment	17. I provide nutritional needs to children	17. Of the 25 parents, 18 parents answered strongly agree, 7 parents answered agree
		18. I need to give my child more drinks during swimming practice.	18. Of the 25 parents, all of them answered strongly disagree
		19. I provide food for children to take to swimming practice.	19. Of the 25 parents, 19 parents answered strongly agree, 4 parents answered agree, 2 parents answered disagree
		20. I look after my child's diet.	20. Of the 25 parents, 15

		21. I watch children take part in competitions while bringing food or drinks	parents answered strongly agree, 10 parents answered agree. 21. Of the 25 parents, 18 parents answered strongly agree, 7 parents answered agree.
Facilities and Infrastructure	Facilities and infrastructures to exercise and compete	22. I give children swimming training equipment 23. I have given my child sufficient swimming equipment 24. I invite my children to practice independently outside of the Tirta Winaya swimming club training schedule	22. Of the 25 parents, all of them answered strongly agree 23. Of the 25 parents, 24 parents answered strongly agree, 1 parent answered agree 24. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered agree
Environment	Family Environment Training Environment	25. I pay attention to children's health. 26. I regulate my child's sleep and rest time 27. I maintain family harmony to maintain the child's mental health 28. I can also maintain good relationships between children and their siblings 29. I monitor my child's friends at the practice site 30. I often consult with coaches regarding child development	25. Of the 25 parents, all of them answered strongly agree 26. Of the 25 parents, all of them answered strongly agree 27. Of the 25 parents, 23 parents answered strongly agree, 2 parents answered agree 28. Of the 25 parents, 21 parents answered strongly agree, 4 parents answered agree 29. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered

agree

30. Of 25 parents, 20 parents answered strongly agree, 5 parents answered agree

DISCUSSION

The role of parents in this research is to support or actualize the process that motivates them to involve their children in swimming training at the Tirta Winaya Club, Serang City. Research data shows that parental attention is optimal in supporting children's swimming achievements. It can be seen from all the questionnaires that the 6 indicators show very maximum results. Parents need to be involved in directing actions that need to be taken by children so that children are directed according to expectations (Cruz, Magg, Nagai, & Wermter, 2018). While coaches are typically a key influence in the lives of young competitive athletes, the other adult figure with a strong influence on youth athletes' experience in sports is one of the parents (Cavallerio et al., 2021; Friesen, Saul, Kearns, Bachynski, & Caplan, 2018; Smits, Jacobs, & Knoppers, 2016).

The nutritional factors parents provide to support children's swimming achievements have yet to be optimally implemented. It can be seen from the 2 questionnaires that were filled out showing that parents needed to be more optimal in fulfilling their children's nutrition. Nutrition is an important component in supporting achievement. For an athlete, nutritional intake is an important balance in energy use to support training, recovery, and performance (Smith, Holmes, & Mcallister, 2015). Nutrition needs to be provided before and after training to positively impact sports performance (Zoorob, Parrish, O'Hara, & Kalliny, 2013). General guidelines for active adolescent nutrition are summarized in the table below:

Table 3. Supplemental nutrition recommendations for athletes.

Protein	1.2–1.8 g/kg/day derived from whole food sources. After exercise: 20 g of quality protein shortly after exercise
Carbohydrate	During exercise: 30–60 g/hr lasting more than 1 hour. After exercise: 1.0–1.5 g/kg of body mass within 30 minutes of exercise cessation.

Fluid	Before exercise: 5–7 mL/kg 4 hrs before exercise. During exercise: asses sweat rate and develop a hydration plan to maintain body mass during exercise. After exercise: 450–675 mL/0.5 kg and additional sodium consideration to account for loss through sweat
Micronutrients	During exercise: sodium to offset losses associated with sweat being lost in sweat

The facilities and infrastructure factors parents provide to support their children's swimming achievements are very optimal. It can be seen from the 3 questionnaires that the facilities and infrastructure factor shows maximum answers. Success in achieving sporting achievements must be connected to the existence of supporting facilities and infrastructure to develop athletes' abilities. Parents need to participate in an active role in supporting facilities and infrastructure needs. Parents provide maximum support for their children regarding training facilities and infrastructure. The components of facilities and infrastructure are also essential. Facilities and infrastructure are integral to increasing athlete motivation and achievement (Aulia & Asfar, 2021). The supporting facilities and infrastructure allow athletes' training to develop their potential to run sufficiently (Couture, Millington, Wilson, & Couture, 2023; Hurk & Verhoest, 2016).

Environmental factors divided into 2 indicators are optimal, as can be seen from the questionnaire answers, which show parents' maximum score in controlling their children's environment, both in the family and the training environment. In this research, the sports environment is influenced by two indicators: the family environment and the training environment. The sports environment significantly influences achievement (Henry, 2022; Mccullough, 2023). Environmental problems must be resolved to acquire better sporting achievements (Wilson & Millington, 2020).

CONCLUSION

This research concludes that the role of parents is crucial in supporting children's swimming achievements. Aspects of the role of parents such as attention, nutritional intake, facilities and infrastructure, and the environment need to be considered so that

children's achievements can be accomplished according to the expectations. Parents and children need to communicate adequately to meet children's needs, and problems can be avoided. Clubs and coaches also need to pay attention to the role of parents in developing children's swimming talents to achieve better development. Repeated training programs do not exclusively support sports achievements, but the role of parents is also essential in performing sports achievements.

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