



# 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 (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:

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

Table 1. The Grid of Research Instrument

#### 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 -

Wildan Qohhar, Deni Pazriansyah & Egiesta Dwi Ariani | The Role of Parents in Supporting Children's Swimming Achievements

Total Correlation) using the formula below:

$$r xy = \frac{NX \sum XY - (\sum X)(\sum Y)}{\sqrt{\{N \sum X2 - (\sum X)2\}\{N \sum Y2 - (\sum Y)2\}}}$$

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.

Factor	Indicator	Questions	Answers
Attention	Spontaneous	1.1 do not reprimand my child	1. Of the 25 parents, all of them
	attention	when I do not go to swimming	answered strongly disagree
		practice	
		2.1 give praise when my child	2. Of the 25 parents, 24 parents
		wins a race	answered strongly agree, 1
			parent answered agree.
		3.1 provide support when my	3. Of the 25 parents, all
		child competes	answered strongly agree
		4.1 feel worried when my child	4. Of the 25 parents, all of them
	Reflective	gets injured during practice	answered strongly agree
	Attention	5.1 never take my children to	5. Of the 25 parents, all of them
		practice	answered strongly disagree
		6. I choose a quality training	6. Of the 25 parents, 20 parents
		place for children to practice	answered strongly agree, 5
		swimming	parents answered agree
		7.1 choose a quality coach for	7. Of the 25 parents, 23 parents
		my child to practice swimming	answered strongly agree, 2
			parents answered agree
			8. Of the 25 parents, 21 parents
	Intensive	8.1 bring food and drinks when	answered strongly agree, 4
	Attention	the child is practicing	parents answered agree
		swimming	9. Of the 25 parents, all of them
		9. I always remind my child to go	answered strongly agree
		to swimming practice	10. Of the 25 parents, 22
		10. Sports achievements	parents answered strongly
		influence children's	agree, 3 parents answered

Table 2.	The result of the Questionnaire	s
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		enthusiasm for learning at agree home and school
	Non-Intensive Attention	11. I never wait for any child to11. Ofthe25parents,20swim practiceparentsansweredstrongly
	Focused Attention	disagree, 5 parents 12. I remind children to prepare answered disagree. their training equipment 12. Of the 25 parents, all of then
	Radiated	<ul> <li>13. I pay attention to the child's answered strongly agree</li> <li>regular sleep</li> <li>13. Of the 25 parents, all of them</li> <li>14. I guide my children with a answered strongly agree</li> </ul>
	Attention	good role model14. Of the 25 parents, all of them15. I put my children in traininganswered strongly agree
		at the Tirta Winaya 15. Of the 25 parents, all of them swimming club answered strongly agree 16. For the sake of good
		performance, I always 16. Of the 25 parents, 19 control the final results of parents answered strongly swimming training agree, 6 parents answered agree.
Nutrition	Nutritional Fulfillment	17. I provide nutritional needs to17. Of the25 parents,18childrenparents answered stronglyagree,7 parents answered
		18. I need to give my child more drinks during swimmingagree18. Of the 25 parents, all of them practice.18. Of the 25 parents, all of them answered strongly disagree
		19. I provide food for children to take to swimming practice. agree, 4 parents answered
		20. I look after my child's diet. 20. Of the 25 parents, 15



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

Wildan Qohhar, Deni Pazriansyah & Egiesta Dwi Ariani | The Role of Parents in Supporting Children's Swimming Achievements

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:

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

**Table 3.** Supplemental nutrition recommendations for athletes.

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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