

The Role of Parents in Supporting

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The Role of Parents in Supporting Children's Swimming Achievements at the Tirta Winaya Swimming Club, Serang City.

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Abstract

The objective of this research is to find out the role of parents 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 or questionnaire. The results of this study indicate that the role of parents is to support children's maximum swimming performance. The attention factors are divided into 5 indicators, which show maximum results, the nutritional factor which has 1 indicator that shows that the results are not yet optimal, the facilities and infrastructure factor which has 1 indicator that shows maximum results and the environmental factor which has 2 indicators shows maximum results. These results show that of the 4 factors, 3 factors get maximum results, and 1 factor is not optimal, so 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

Sport is one of the human needs to maintain physical fitness to stay fit (Sani & Anita, 2022). You can find many men and women, from small children, and teenagers to even the elderly, doing sports activities both on the field, on the streets, and indoors. All of this aims to fulfill physical needs to live a productive and happy life. When carrying out sports activities, everyone can do many activities that can support a person's physical fitness, including swimming.

There are many reasons people like swimming. One of them is because swimming is a healthy sport (Arhesa, 2020; Arisandi & Afrizal, 2019). Swimming is a popular sport, there are many fans of this sport, from small children, and teenagers to the elderly (Widiastuti & Hamamah, 2017). Swimming is not only done as a recreational activity, but

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swimming has many health benefits for the body (Nzindukiyimana & Connor, 2019; Osmond, 2019). Swimming has great benefits for the body, especially for children who are in their growth and development period. Swimming affects the respiratory system, brain, blood circulation, and even children's psychology. Said the health benefits of swimming are that it can build muscle, help tighten sagging muscles, slim the body, improve heart and lung capacity, increase height, train breathing, burn more calories, self-safety, refresh the mind and relieve stress, improve blood flow for pregnant women, additional psychological benefits (Pratiwi, 2015).

Apart from being a fun sport, swimming is also a sport that is popularly contested. Children who have an interest and talent in swimming can excel if they are enrolled in a swimming club, especially if they have full support from their parents. Because parents have a very vital role in children. Explaining ¹⁰ the role of parents is a method used by parents regarding their views regarding the tasks that must be carried out in raising children ('Aisyatinnaba' & Sutoyo, 2016).

The role of parents influences 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). Or even if the child does not have interest and talent in the field of swimming, parents can direct the child to practice swimming so that at least the child has positive physical activity, especially in this day and age with increasingly sophisticated electronic devices that make children sit still playing videos games, online games, social media, and so on. As a parent, you have a very important responsibility and role towards all family members, both in the development, maintenance, and education and attention of your children from the time they are born. Parents must pay attention to their children's growth and development, and of course, parents must pay great attention to the skills their children have. That the forms of parental role and support can be divided into two, namely, non-material forms of parental role and support and material parental role and support (Fajrin, 2019).

¹² A child has a social motive to get recognition and praise from parents. So parents play an important role in making children aware of the importance of physical activity and being supervisors of all their activities so that they don't make the wrong choice of social interactions, one of which is doing positive activities, namely swimming. Interest is a desire

that is driven by a desire after seeing, observing, comparing, and considering the needs that one desires (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 different styles that are commonly used in competitions. The basic techniques in swimming include breathing techniques, gliding techniques, floating techniques, and coordination techniques (Sarfin & Ilyas, 2019). Meanwhile, the various styles that are often competed in include: (a) freestyle (b) breaststroke (c) backstroke (d) butterfly style (Mizanurohman, 2013).

Swimming is becoming increasingly popular nowadays (Osmond, 2016), especially in the city of Serang, this is proven by the increasing number of swimming pools being rented out to the public and also the increasing number of people coming to swimming pools. Some swimming pools that are rented to the public in Serang City are Tembung Jaya Swimming Pool, Aqualand Swimming Pool, Tirta Wiguna Swimming Pool, and Tirta Winaya Swimming Pool. Even though most of them cannot swim, it can provide recreational, relaxing, and even therapeutic effects.

Tirta Winaya Swimming Club is one of the swimming clubs that has been established for a long time in the city of Serang. Tirta Winaya Swimming Club has produced many outstanding swimming athletes in the city of Serang. This is proven by the series of trophies that Tirta Winaya Swimming Club has won in various swimming competitions. According to the club management, the average parent enrolls their child in the Tirta Winaya swimming club so that they can swim well and correctly and become a swimming athlete who can excel at both local and national levels. Based on the phenomenon above, researchers are interested in knowing the role of parents in supporting children's swimming achievements at the Tirta Winaya Swimming Club, Serang City.

METHOD

The aim and objective of this research is to look at the role of parents in supporting children's swimming achievements at the Tirta Winaya Swimming Club, Serang City, so the research method used in this research uses a survey method with a qualitative descriptive approach. Survey research (Dowling, 2013; Koutiva, Gerakopoulou, & Makropoulos, 2016; Sugiyono, 2013) is research carried out using questionnaires as a

research tool carried out on large and small populations, but the data studied is data from samples taken from that population so that relative incidence, distribution, and relationships between variables are found. , sociological and psychological. Furthermore, the descriptive method is a method used to describe or analyze research results but is not used to make broader conclusions (Sugiyono, 2013).

The place for this research is the Tirta Winaya swimming pool, precisely on Jalan KH. Abdul Fatah Hasan, Serang City. The reason the researcher chose the Tirta Winaya swimming club was because Tirta Winaya is one of the swimming clubs where most of the athletes are quite accomplished in Serang City. 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 were all parents/guardians of 25 members of the Tirta Winaya swimming club. In this research, a total sampling technique will be used, which means that all 25 parents/guardians of the Tirta Winaya swimming club members will be sampled. 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 used in this research were questionnaires and interviews to determine 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 parents' role on children's swimming performance at the Tirta Winaya	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	
	Nutrition	Nutritional Fulfillment	19,20,22, 23,24,25	21

Swimming Club	Facilities and Infrastructures	Facilities and infrastructures to exercise and compete	26,27,28, 29
	Environment	1. Family environment	30,31,32
		2. Training environment	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 characteristics and characteristics with a research population of 25 people. Validity and Reliability Testing using SPSS (Statistical Package and Social Science) 25.0 for Windows software.

In the results of the questionnaire trial ³ on the role of parents in supporting children's swimming achievements, 5 items were dropped, namely items number 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 several questions were dropped so they were not used in data collection because they were already represented by other questions in one indicator.

To determine the validity of an instrument, the Product Moment Correlation formula is used, namely 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 not be tendentious in directing respondents to choose certain answers. Reliability refers to the level of reliability of something. Item reliability analysis is only carried out on questionnaire questions that are declared valid or valid, not all items whose validity has not been 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 so it was suitable for use for collecting research data.

To determine the reliability of the instrument, use the Alpha Coefficient formula, namely:

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

After all the data is collected, the next step is to analyze the data so that a conclusion can be drawn from the data. The data processing technique in this research is the reduction technique. Data reduction is the process of 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 Questionnaires

Table 2. The Result of Questionnaires

Factor	Indicator	Questions	Answers
Attention	Spontaneous attention	1. I don't reprimand my child when I don't 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
		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 don't give my child enough 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 parents answered strongly agree, 10 parents answered agree
		21. I watch children take part in competitions while bringing food or drinks	21. Of the 25 parents, 18 parents answered strongly agree, 7 parents answered agree
Facilities and Infrastructures	Facilities and infrastructures to exercise and compete	22. I give children swimming training equipment	22. Of the 25 parents, all of them answered strongly agree
		23. I have given my child sufficient swimming equipment	23. Of the 25 parents, 24 parents answered strongly agree, 1 parent answered agree
		24. I invite my children to practice independently outside of the Tirta Winaya swimming club training	24. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered

		schedule	agree
Environment	Family Environment	25. I pay attention to children's health	25. Of the 25 parents, all of them answered strongly agree
		26. I regulate my child's sleep and rest time	26. Of the 25 parents, all of them answered strongly agree
		27. I maintain family harmony to maintain the child's mental health	27. Of the 25 parents, 23 parents answered strongly agree, 2 parents answered agree
	Training Environment	28. I can also maintain good relationships between children and their siblings	28. Of the 25 parents, 21 parents answered strongly agree, 4 parents answered agree
		29. I monitor my child's friends at the practice site	29. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered agree
		30. I often consult with coaches regarding child development	30. Of the 25 parents, 20 parents answered strongly agree, 5 parents answered agree

2. The Result of Interview

Interview 1

Day/date : Thursday, November 7th 2023
 Time : 13.30 - 13.40
 Location : Tirta Winaya Swimming Club
 Source Person : The Parents of the Athletes

Table 3. The Result of the 1st Interview

Description	Side Notes	Conclusion
This afternoon the researchers were at the Tirta Winaya swimming pool to conduct research in the form of distributing questionnaires and interviews. Researchers saw a mother who was waiting for her child to practice swimming, sitting in the waiting area while eating fried food, and watching her child practice. Then the researcher approached and	✓ Sit down	Respondents prefer to buy their children food at a food stall rather than cooking it themselves for training supplies because they think that it is more practical and think that the food they buy is still healthy because it is
	✓ Eat fried foods	
	✓ Watch your child practice	
	✓ Deliver the goal	
	✓ More practical	
	✓ Warteg and	

explained the researcher's aims and objectives, namely distributing questionnaires and interviewing. First, I gave a questionnaire to be filled in according to the actual situation, then after all the questionnaires had been filled in, the researcher interviewed several respondents by repeating one questionnaire statement that was not answered optimally in a different language to get an explanation or the reason why the respondent chose that answer. The questions the researcher asked were as follows:

Q: Do you provide food for your child to take to swimming practice?

A: No, Sir.

Q: Why don't you give your child food for swimming practice?

A: It's complicated, Sir, I'm not in a hurry to cook. It's more practical to just buy it a

nasi Padang Indonesian people's daily food.
 ✓ Indonesian daily food

Interview 2

Day/date : Friday, November 8th 2023
 Time : 13.30 - 13.40
 Location : Tirta Winaya Swimming Club
 Source Person : The Parents of the Athletes

Table 4. The Result of the 2nd Interview

Description	Side Notes	Conclusion
This evening the researcher was at the Tirta Winaya swimming pool to conduct the second research session in the form of distributing questionnaires and interviews. Researchers	<ul style="list-style-type: none"> ✓ Sit down ✓ Drink coffee. ✓ Chat. ✓ Deliver the goal 	Respondents prefer to buy their children food at a food stall rather than cooking it themselves for training

saw a father who was waiting for his child to practice swimming, sitting in the waiting area while enjoying coffee and chatting with his friends. Then the researcher approached and explained the researcher's aims and objectives, namely distributing questionnaires and interviewing. First, I gave a questionnaire to be filled in according to the actual situation, then after the questionnaire had all been filled in, the researcher interviewed the respondent by repeating one questionnaire statement that was not answered optimally in a different language to get an explanation or the reason why the respondent chose that answer. The questions the researcher asked were as follows:

Q: Do you provide food supplies for your children to take to swimming practice?

A: No Uncle.

Q: Why don't you provide food for your children to practice swimming?

A: Incidentally, my child has a hard time being asked to eat, so I never bring food to practice, even though I have to buy food outside so that my child has an appetite.

Q: What menu do you usually buy for your children's training supplies?

A: My children usually really like nasi Padang, grilled chicken, and kiki.

Q: Aren't you afraid that eating careless food could affect your child's swimming performance?

✓ No appetite supplies because their children do not have a good appetite, therefore, to stimulate their appetite, parents sometimes buy food to increase their children's appetite according to their children's wishes.

✓ Grilled chicken and kiki

✓ The important thing is to practice first

✓ Arrange the child's diet can follow

A: As long as my child is willing to practice swimming seriously, that's enough for now, the issue of a really strict diet may come later.

DISCUSSION

The role of parents is discussed in this research to achieve achievement goals. 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. Based on research data, shows that the parental attention factor in supporting children's swimming achievements is very optimal. 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 sport is one of parents (Cavallerio et al., 2021; Friesen, Saul, Kearns, Bachynski, & Caplan, 2018; Smits, Jacobs, & Knoppers, 2016).

The nutritional factors provided by parents to support children's swimming achievements have not been optimally implemented. It can be seen from the 2 questionnaires that were filled out showing that parents were not optimal in fulfilling their children's nutrition. Nutrition is an important component in supporting achievement. For an athlete, nutritional intake is a very 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 have a positive impact on sports performance (Zoorob, Parrish, O'Hara, & Kalliny, 2013).

The facilities and infrastructure factors provided by parents 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 cannot be separated from the existence of supporting facilities and infrastructure to develop athletes' abilities. Parents need to play an active role in supporting the needs of facilities and infrastructure. This is proven in this research. Parents provide maximum support for their children in terms of training facilities and infrastructure. The components of facilities and infrastructure are also important,

where facilities and infrastructure are an integral part of increasing athlete motivation and achievement (Aulia & Asfar, 2021). Without supporting facilities and infrastructure, it is impossible for athletes' training to develop their potential to run well (Couture, Millington, Wilson, & Couture, 2023; Hurk & Verhoest, 2016).

Environmental factors which are divided into 2 indicators are very optimal, as can be seen from the questionnaire answers which show parents' maximum control in controlling their children's environment, both in the family environment and the environment where they practice. In this research, the sports environment is influenced by two indicators, namely the family environment and the training environment. The sports environment greatly influences achievement (Henry, 2022; Mccullough, 2023). To be able to achieve sporting achievements, environmental problems need to be resolved so that sporting achievements can be better (Wilson & Millington, 2020).

CONCLUSION

This research concludes that the role of parents is very important in supporting children's achievements in swimming. 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 achieved according to what is expected. Parents and children need to communicate well so that what the child needs can be met and what can cause problems can be avoided. Clubs and coaches also need to pay attention to the role of parents in developing children's talents in swimming so that their achievements develop for the better. Sports achievements are not only supported by repeated training programs, but the role of parents is also important in achieving sports achievements.

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