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Understanding the Influence of Parental Involvement on Youth Sports Experiences within a Youth Sports Systems Framework

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ABSTRACT

The youth sports system is a complex ecosystem involving various stakeholders, including coaches, teammates, sports organizations, and parents. Parental involvement should not be viewed in isolation but in relation to other elements within this system. For example, parent-coach interactions can influence the motivational climate, which shapes young athletes' perceptions and behaviors. Moreover, individual factors such as parents' beliefs and values toward sports impact how they engage in their children's athletic experiences. Excessive expectations may create pressure and reduce enjoyment, while supportive parenting is linked to greater intrinsic motivation and satisfaction in youth. Adolescents' developmental stages also play a critical role. As adolescents undergo physical, cognitive, and psychosocial changes, their needs and responses to parental involvement evolve. Older adolescents may seek greater autonomy, requiring parents to adjust their involvement accordingly. This literature review aims to synthesize research on parental involvement in youth sports, considering the dynamic interactions between parents, adolescents, coaches, and sports organizations. By integrating developmental and contextual perspectives, this review seeks to offer a comprehensive understanding of how parental involvement shapes youth sports experiences. The findings are expected to inform best practices that support positive youth development through appropriately tailored parental engagement in sports.

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1. INTRODUCTION

Parental involvement plays an important role in a teen's sports experience. Parents can provide emotional, financial, and practical support that affects adolescents' participation and enjoyment in sports (Gao et al., 2023; Vega-Díaz et al., 2023). However, parental involvement can also create pressure and stress for teens if not managed properly (Shen et al., 2014). Understanding the complex dynamics of parental involvement in the context of the adolescent sports system is essential for optimizing positive adolescent experiences (Lisinskiene & Lochbaum, 2019).

The youth sports system is a complex ecosystem, involving various parties such as coaches, teammates, sports organizations, and of course parents, who interact with each other and influence the development of youth athletes (Logan et al., 2019; Padaki et al., 2017). Parental involvement cannot be seen in isolation but must be understood about other elements of the system. For example, parental interaction with coaches can shape a motivational climate that influences adolescents' perceptions and behaviours in sports (Pope, 2011).

In addition, parental involvement is also influenced by individual factors such as parental beliefs and values towards sports. Parents' expectations that are too high can lead to excessive pressure on teenagers (Knight et al., 2011; Noursi & Daheri, 2021), while parenting styles that favour autonomy are associated with intrinsic motivation and higher satisfaction in adolescents (Júnior, 2017; Stavroulaki et al., 2021). As such, it is important to consider the characteristics of parents in understanding the impact of their involvement.

The adolescent development phase is also an important consideration in the dynamics of parental involvement. Adolescents experience significant physical, cognitive, and psychosocial changes during puberty (Sari, 2023), which can affect their needs and responses to parental involvement. For example, older teens may want more autonomy in sports-related decision-making than younger teens (Mafaza et al., 2022). Therefore, parental involvement needs to be adjusted to the stage of adolescent development.

This literature review aims to synthesize research on the influence of parental involvement on adolescent sports experiences within the framework of complex adolescent sports systems. Taking into account the interactions between parents, adolescents, coaches, and sports organizations, as well as individual and developmental factors, this review seeks to provide a more comprehensive understanding of this topic. The findings of this review are expected to inform optimal parental engagement practices to support adolescent positive development through sport.

2. METHODS

Research Design and Approach

In this study, the method used is a systematic literature review (SLR). SLR is a research method that involves identifying, evaluating, and interpreting all relevant research results related to certain research questions, specific topics, or phenomena of concern. The journal collection method is a data collection technique used by researchers to obtain sources relevant to the research topic (Safitri et al., 2020). Data validation uses triangulation of sources and techniques. Meanwhile, the data analysis technique is by collecting, reducing, presenting, and drawing data conclusions.

Data Collection

Based on this explanation, the researcher used a literature review by analyzing scientific articles by searching databases on Google Scholar using keywords such as "*parental involvement*", "*youth sport*", "*adolescent*", and "*sport system*". The inclusion criteria are Indonesian journal articles, published between 2020-2024, indexed by SINTA and focusing on parental involvement in youth sports. The stages used in the literature review paper are collection, reduction, display, discussion, and conclusion ([Marzali, 2017](#)).

3. RESULTS AND DISCUSSION

Result

From the results of the article search, the researcher found each of the five articles published in the SINTA-accredited National Journal (at least SINTA 5) with inclusion criteria discussing the involvement or role of parents in adolescent sports. Table 1 below describes the articles related to the name of the researcher, the year of publication of the article, the title of the research, the research method used, the variables measured and the research findings.

Table 1. Article Identification

No	Author(s)	Year	Title	Methods	Measured Variables	Research Findings
1.	Mas Agis Purwantoga, Moh. Nurkholis, Wasis Himawanto	2022	Peran Orangtua dalam Mendukung Prestasi Atlet Pencak Silat PSHT di Ranting Megaluh (SINTA 4)	Quantitative approach with direct data collection conducted in the field.	The role of parents in supporting the achievements of children participating in PSHT pencak silat training at Ranting Megaluh.	The role of parents in supporting the achievements of children participating in PSHT pencak silat training at Ranting Megaluh is categorized as sufficient, with the breakdown as follows: 7 parents (46.66%) are in the good category, 3 parents (20%) in the sufficient category, 3 parents (20%) in the inadequate category, and 1 parent (6.66%) in the very inadequate category.
2.	Dian Fitri	2022	Peran Orangtua terhadap Implementasi Karakter Atlet Sepakbola Usia Muda (SINTA 4)	Qualitative research (interviews).	The characteristics of discipline, peace-loving, friendliness/communicative, hard work, and a sense of nationalism (love for the homeland).	The implementation of character by the parents of Talao Mundam Football School athletes has been carried out well, although in reality, the traits of the Talao Mundam Football School athletes differ significantly from what was described by the parents during the interview process. Therefore, there is a need for intensive communication regarding the athletes' character between the parents and coaches of Talao Mundam Football School. Effective communication between coaches and parents aims to foster collaboration in encouraging athletes to consistently apply character values in their daily lives.
3.	Nadya Dwi Oktafiranda, Yuliasih	2023	Peran Orangtua dalam Mendukung Prestasi Olahraga Panahan Klub Focus Archery Center (SINTA 4)	Descriptive method with survey technique.	The role of parents, which includes indicators such as attention, nutrition, facilities and infrastructure, and environment, in supporting archery sports achievements.	The role of parents in enhancing the archery performance of Focus Archery Center club is in the moderate category, with a percentage of 44.4%.
4.	Anggi Setia Lengkana, Ayi Suherman, Rana Gustian Nugraha, Entan Saptani	2020	Dukungan Sosial Orang Tua dan <i>Self-Esteem</i> (Penelitian Terhadap Tim Kabupaten Sumedang di Ajang O2SN Jawa Barat)	Associative method with survey technique. The research design used is cross-sectional. The instruments used include the Parent Social Support	• Parent social support (consisting of emotional support, esteem support, instrumental support, and informational support)	The study shows that parental social support has a significant effect on children's self-esteem. The results of the significance test indicate that parental social support (X) has a significant impact on self-esteem (Y), with a t-calculated value of 4.568, which is greater than the t-table value of 1.697, and a significance value of

				Questionnaire and the Hare Self-esteem Scale (HSS).	<ul style="list-style-type: none"> Children's self-esteem 	0.047, which is smaller than 0.05. The regression equation shows that the percentage of the effect of social support on self-esteem is 40.5%.
5.	Rian Triprayogo, Sedy Mohamad Anugrah, Bimo Alexander	2021	Kesadaran dan Keterlibatan Orang Tua Dalam Mendukung Aktivitas Fisik Anak Usia Dini di Kota Cilegon Provinsi Banten	This study uses a case study and field research design. The instrument used is a closed-ended questionnaire with a Likert scale, and the data is analyzed using descriptive percentage analysis.	<ul style="list-style-type: none"> Parents' occupation Parents' awareness of their children's physical activity Parents' involvement in supporting their children's physical activity 	The study found that 93% of parents believe that physical activity is important for their children's health, 85% believe that physical activity enhances knowledge, 90% believe it supports children's growth, 78% believe it increases creativity, and 89% believe it improves children's communication skills.
6.	Mochamad Ridwan, Bayu Budi Prakoso	2020	Persepsi Orang Tua Terhadap Sekolah Sepakbola Mitra Surabaya	Descriptive qualitative research method	<ul style="list-style-type: none"> Parents' perceptions of the quality of Mitra Surabaya Football School (SSB). Indicators considered by parents in choosing a Football School (SSB) include interest, characteristics, and quality of the SSB. 	<ul style="list-style-type: none"> The three main indicators that parents consider in choosing an SSB are interest, characteristics, and quality of the SSB. Parents' interest is triggered by successful alumni who have become national players. The distance between the SSB and the home is an important consideration because it is related to costs and the time parents invest in their children. The characteristics of the SSB are shown by its popularity, facilities and infrastructure, coaches and management, and the number of students at the SSB. These characteristics are used as benchmarks for the quality of the SSB that is suitable for children to train in. These findings serve as a reference for the development of the quality and performance of the SSB to become the top choice for parents when selecting an SSB for their children.
7.	Sherif Juniar Aryanto, Muhammad Wahyono, Pratiwi Viyanti, Ramadhany Puriana, Achmad Nuryadi, Bayu Akbar Harmono	2023	Peran Orang Tua dalam Mendukung Prestasi Olahraga Sepak Bola Putri di Lamongan	Descriptive research with a survey method. Data were collected through observation, interviews,	The role of parents in supporting the achievements of female football, which includes: attention (moral encouragement); facilities (infrastructure and	The research results show that 53% of parents play a good role in supporting the achievements of female football, 30% play a sufficient role, and 17% play a very inadequate role, particularly in providing proper nutritional intake for their children. Overall, the role of parents in supporting female football achievements in

				and closed-ended questionnaires.	nutritional intake); social support from the surrounding environment	Lamongan is categorized as sufficient, with an average score of 91.
8.	Novita Nur Syntiawati, Mecca Puspitaningsari	2023	Peran Orang Tua Terhadap Kemajuan Prestasi Atlet Sepatu Roda Jombang Freestyle Club Pada Masa <i>New Normal</i>	Descriptive research using a survey method. The sampling technique used is total sampling, involving 21 parents of athletes at Jombang Freestyle Club. Data were collected using a closed-ended questionnaire distributed through Google Form.	The role of parents in supporting the progress of roller skate sports achievements at Jombang Freestyle Club.	The role of parents in supporting the progress of roller skate athletes at Jombang Freestyle Club during the new normal period is rated as follows: 0% very inadequate, 33% inadequate, 33% sufficient, 29% good, and 5% very good. The average score for the role of parents is categorized as sufficient.
9.	Agus Supriyanto	2023	Peran Perhatian Orang Tua dan Lingkungan Keluarga yang Mendukung Prestasi Anak Berlatih Sepak Bola	Descriptive quantitative research with a survey method using a closed-ended questionnaire instrument.	Parents' attention in supporting their children's achievements in football training	<ul style="list-style-type: none"> Parents' attention in supporting their children's achievements in football training at Asiop Apacinti Academy Jakarta is rated as follows: "very inadequate" 2.70%, "inadequate" 32.43%, "sufficient" 18.92%, "good" 45.95%, and "very good" 0%. The family environment supporting children's achievements in football training at Asiop Apacinti Academy Jakarta is rated as follows: "very inadequate" 2.70%, "inadequate" 35.13%, "sufficient" 16.22%, "good" 49.95%, and "very good" 0%. The conclusion of the research is that the role of parents' attention and the family environment in supporting children's achievements in football training at Asiop Apacinti Academy Jakarta falls into the sufficient category.

10.	Mohamad Da'i, Rohmad Apriyanto, Adi S, dan Hilmy Aliriad	2021	Pengaruh Peran Orang Tua Dan Pelatih Terhadap Pembentukan Karakter Atlet Usia 15 Tahun	Correlational design with a descriptive quantitative method. A purposive sampling strategy was used to select 16 male junior athletes and 16 female junior athletes from PASI Bojonegoro, East Java. A Likert scale 1-5 questionnaire was used as the data collection method. The instrument was developed based on the indicators of each variable and consulted with experts.	<ul style="list-style-type: none"> • Junior athlete character • Parents' role • Coaches' role 	<ul style="list-style-type: none"> • No junior athletes were in the high category, 30 tennis players were in the medium/sufficient category (93%), and 2 tennis players were in the low category (6%). • Parents' role had a mean = 31, standard deviation = 4. The analysis of the parents' role variable showed that none were in the high category, 29 athletes were in the medium/sufficient category (91%), and 3 athletes were in the low category (9%). • Coaches' role had a mean = 31, standard deviation = 4. The analysis of the coaches' role variable showed that none were in the high category, 28 athletes were in the medium/sufficient category (88%), and 4 athletes were in the low category (13%). • The t-test results showed that, partially, the variables of parents' role (X1) and coaches' role (X2) obtained a t-calculated value > t-table and a significance value $p < 0.05$, thus rejecting the null hypothesis (H_0) and accepting the alternative hypothesis (H_a). Therefore, the variables of parents' role and coaches' role significantly influence the character of 15-year-old athletes. • The hypothesis testing analysis using IBM SPSS Statistics showed that the variables of parents' role and coaches' role simultaneously influence the character of PASI Bojonegoro 15-year-old athletes. R square = 0.719, meaning that parents' and coaches' roles influence the character of 15-year-old athletes by 71.9%, while 28.1% is influenced by other variables outside of this study.
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Discussion

The study from [Agis Purwantoga et al. \(2022\)](#) found that the role of parents in supporting the achievements of PSHT pencak silat athletes in Ranting Megaluh was included in the sufficient category. The results of this study show that 7 people or 46.66% of the respondents have a good role in supporting the achievements of children who participate in PSHT pencak silat training in Ranting Megaluh. However, 3 people or 20% had a lesser role in supporting children's achievements, and 1 person or 6.66% had a very less role. Parental support includes moral encouragement, the provision of training facilities, and the fulfilment of nutritional needs that support the child's physical and mental development.

This study is in line with findings from previous research showing that parental support plays an important role in the success of young athletes. For example, research by [Santika et al. \(2020, 2021\)](#) Shows that systematic exercise and support from family can improve the physical condition and achievement of athletes. This support is not only limited to the physical aspect but also to the psychological and emotional aspects that are very important in building the confidence and motivation of athletes ([Santika et al., 2020, 2021](#)).

Another relevant research is a study by [Dewi & Santika \(2020\)](#) which emphasizes the importance of locking, walking, swinging, and dodging techniques in pencak silat. Although the study focuses more on the technical aspects, it still highlights the importance of a supportive environment, including support from parents, in developing the overall abilities of athletes.

The study from [Fitri \(2022\)](#) aims to evaluate the role of parents in the implementation of the character of young football athletes at SSB Talao Mundam. In this context, it is important to review the previous literature relating to the role of parents, character education through sport, and the development of young athletes. This study found that character degradation in young athletes at SSB Talao Mundam was strongly influenced by parental parenting at home. Parents have a crucial role in shaping discipline, sportsmanship, and other character values that are essential for the development of young athletes. These findings are in line with research from [Audina & Indrawadi \(2019\)](#) which shows that character development is an important effort in improving children's behaviour, values, and potential through family and environmental education.

Sports are often considered an effective medium for developing character. According to [Winarni \(2011\)](#), the discipline taught through sports helps young athletes to live an orderly life and appreciate time, which ultimately supports their success in training and matches. Character education through sports can also help develop sportsmanship and fair play attitudes, as expressed by [Zurqoni et al. \(2018\)](#) who mentioned that sportsmanship in sports helps athletes control emotions and accept defeat with open arms.

The implementation of the character of discipline, love of peace, friendship, hard work, and nationalism is the main focus of this study. Discipline and hard work are considered the keys to success in coaching athletes, and parents and coaches play an important role in instilling these values from an early age ([Pratama & Nawawi, 2020](#); [Yasmitika et al., 2020](#)). Peace-loving and nationalism are also developed through active participation in sports activities that support the development of positive character and social awareness ([Budi et al., 2018](#); [Wisnarni, 2017](#)).

Research conducted by [Oktafiranda & Yuliasih \(2023\)](#) found that the role of parents in supporting archery sports achievement was in the medium category, which was 44.4%. These results are in line with various previous studies that emphasized the importance of parental support in achieving children's sports achievements. Research by [Eliyawati & Meiyuntariningsih \(2018\)](#) shows that parents have the main responsibility in children's education, both formal, informal, and non-formal. Parental support is not only material but also attention and affection, which play an important role in shaping children's character and achievements.

This study identified several main indicators that affect the role of parents in supporting sports achievement, namely attention, nutrition, facilities and infrastructure, and the environment. The results showed that the attention indicators were mostly in the medium category (51.8%), which means that parents pay enough attention but can still be improved. This is in line with the research of [Rahtawu et al. \(2018\)](#) which emphasizes the importance of parental participation in supporting adolescent sports activities to achieve optimal achievement.

Research conducted by [Lengkana et al. \(2020\)](#) and colleagues in Sumedang shows that parental social support has a significant influence on the self-esteem of children who participate in the O2SN (National Student Sports Olympiad) event at the elementary school level in West Java. The results of this study revealed that there is a positive correlation between parental social support and increased self-esteem in children. This is in line with the findings of [Myers-Clack & Christopher \(2001\)](#) who stated that effective social support can improve children's psychological and physical well-being.

According to [Stainback & Stainback \(1988\)](#), the role of parents is crucial in facilitating and motivating their children. Parents who are actively involved in children's sports activities not only provide moral support but also become a real example for children to follow in their footsteps in participating in sports. This is also confirmed by [Mbong \(2017\)](#) who states that parental involvement in sports can motivate children to participate more actively.

Previous research has also shown that parental support plays an important role in children's achievements. For example, research by [Estes et al. \(2009\)](#) found that maternal participation in sports can predict girls' continued participation in school and community sports. This research is in line with findings in Sumedang which show that parental support not only increases self-esteem but also helps children in achieving better achievements in the field of sports.

A study by [Triprayogo et al. \(2021\)](#) found that parents have a high awareness of the importance of physical activity for their children, with a confidence level of more than 85% that physical activity is good for children's health. However, parental involvement in encouraging children to join sports clubs is still relatively low, at only 40%. This study is in line with the findings of [Lindsay Smith et al. \(2017\)](#) which show that parental support greatly affects children's physical activity levels. This study shows that children are more physically active when their parents are also involved in physical activity. For example, [Burns et al. \(2020\)](#) reported that children aged 4-7 years were six times more active if one of their parents was also active in physical activity. Parental support also contributes to the sustainability of physical activity habits as children become teenagers.

Research conducted by [Ridwan & Prakoso \(2020\)](#) at SSB Mitra Surabaya shows that parents choose SSB based on three main indicators: interest, characteristics, and quality of SSB. The interest of parents is usually triggered by the success of SSB alumni who become national players, while the characteristics of SSB are determined by popularity, facilities and infrastructure, as well as the quality of coaches and managers.

Other research shows that parental involvement can increase children's enjoyment of exercise. [Kanters et al. \(2008\)](#) found that parental involvement in children's sports plays an important role in maintaining children's interest in these activities. In addition, [Dorsch et al. \(2015\)](#) state that parents are not only emotionally involved but also in organizing their children's sports activities. This is also supported by research by [McKay et al. \(2019\)](#) which shows that participation in sports has a positive impact on children's social and mental development.

Despite the many benefits offered, parents often face dilemmas regarding the risk of injury in sports such as football. [Boneau et al. \(2020\)](#) noted that parents are concerned about possible injuries such as concussions that can occur during sports activities. Therefore, SSBS need to provide sufficient information and medical support to address these concerns.

Research by [Sherif Juniar Aryanto et al. \(2023\)](#) in Lamongan shows that the role of parents is very significant in supporting women's football achievements. This study identified three main factors that support children's sports achievement, namely attention, facilities (facilities and infrastructure as well as nutritional intake), and social support from the surrounding environment. The results of this study showed that 53% of parents were categorized as good in supporting their children's sports achievements, 30% adequate, and 17% very lacking. This shows that most parents provide adequate support, although there is still room for improvement, especially in terms of fulfilling children's nutrition.

A study by [Burhaein \(2017\)](#) highlights that physical activities such as sports provide many benefits for children's growth and development, including cognitive, social, and health aspects. In addition, [Mahmud \(2019\)](#) emphasized the importance of stimulating gross motor skills in early childhood through fun physical activity, which can help balance right and left brain abilities, as well as understand learning better. Research by [Siswanto et al. \(2019\)](#) shows that three main factors play a role in children's sports achievement, namely moral encouragement in the form of attention, facilities in the form of infrastructure and balanced nutritional intake, and social support from the surrounding environment, both internal and external environments of children. These results are in line with the findings of [Sherif Juniar Aryanto et al. \(2023\)](#) in Lamongan, which also emphasize the importance of the role of parents in providing attention, facilities, and social support to support children's sports achievements.

Research by [Syntiawati & Puspitaningsari \(2023\)](#) shows that the role of parents in supporting the achievements of Jombang Freestyle Club roller skating athletes during the new normal period is in a sufficient category with variations from very poor to very good. This study emphasizes the importance of parental support in the form of attention, nutrition, facilities, and infrastructure, as well as the environment for the advancement of athletes' achievements.

This study is in line with research by [Latifah et al. \(2023\)](#), which emphasizes the importance of the family environment in shaping children's intelligence and character. The family, especially the parents, is the main place for children to obtain the emotional and mental support needed in the face of challenges. Research by [Fitriyah Ningsih et al. \(2019\)](#)

also supports these findings by showing that adequate facilities increase students' motivation in exercising, which indirectly affects their achievement.

Research conducted by [Supriyanto \(2023\)](#) at Akademi Asiop Apacinti Jakarta, found that parental attention and support from the family environment are in the category of being quite good, although there are still some aspects that need to be improved. Parental support in the form of physical presence and moral support has been shown to provide a significant boost for children to achieve achievement. [Mudian \(2017\)](#) stated that parental support is positively correlated with children's motivation in attending football schools. The results of the study at Asiop Apacinti Academy corroborate these findings, with 45.95% of parents paying good attention to their children's exercise. This shows that the role of parents as motivators is very important in improving children's enthusiasm and performance.

In addition to direct support from parents, a supportive family environment also plays a significant role in the development of children's achievements. [Nasiruddin \(2018\)](#) stated that education and moral support from parents play an important role in shaping children's character and morals. Research at Asiop Apacinti Academy shows that although most families are well supportive (49.95%), there are still 35.13% who are in the less category. This indicates that a positive family environment can help build children's confidence and motivation to excel in sports.

The findings of this study emphasize the importance of evaluation of training programs and parental involvement in the process of training children in sports clubs. [Falaahudin & Sugiyanto \(2013\)](#) emphasize that parental involvement in the training process is essential to ensure that children get the maximum benefit from the training program. The results of this study show that despite sufficient support from parents and families, there is still room to increase involvement and attention to children in football practice.

Research by [Da'i et al. \(2023\)](#) shows that the role of parents is very important in shaping the character of young athletes. Parents who are actively involved in their children's sports activities can provide emotional and motivational support that helps children develop positive attitudes, discipline, and responsibility. The study found that 78.8% of the characteristics of 15-year-old athletes at PASI Bojonegoro were influenced by the role of parents and coaches. Parental support, whether in the form of moral encouragement, attendance at training or matches, and the inculcation of positive values, has a great influence on the formation of children's character. [Wahyuni & Putra \(2020\)](#) stated that parental support not only helps children develop sports skills, but also plays a role in developing healthy, creative, and responsible personalities. In addition, research by [Fikriyah et al. \(2022\)](#) emphasized the importance of parental involvement in preventing negative behaviors such as bullying, which can interfere with children's character development.

Research by [Purbaningrum & Wulandari \(2021\)](#) shows that parental involvement also has a positive correlation with children's academic and sports achievement. Parents who support their children in sports activities are likely to see improvements in their children's academic performance, as the values of discipline and hard work applied in sport are also applied in the academic context. Some of the factors that affect the level of parental involvement in their children's sports activities include educational background, understanding of the importance of sports, and time commitment. According to research by [Guntoro et al. \(2020\)](#), parents who

have a good understanding of the benefits of exercise for children's development are more likely to be actively involved in their children's sports activities.

4. CONCLUSION

Effective parental involvement in youth sports requires collaborative efforts between parents, coaches, and sports organizations. By fostering open communication, setting clear expectations, and providing education and support, stakeholders can create an environment that supports the positive development of young people through sport. From the various studies discussed in this review literature, it can be concluded that the role of parents is crucial in supporting their children's sports achievement. Parental support includes various aspects, ranging from moral support, the provision of training facilities, to the fulfillment of nutritional needs that support children's physical and mental development. Studies conducted in various places, such as SSB Talao Mundam, Jombang Freestyle Club, Sumedang, and Akademi Asiop Apacinti Jakarta, show that parental attention and involvement play an important role in the formation of children's character, self-esteem, and achievement in sports. In addition, a supportive family environment also has a significant influence on increasing children's motivation and confidence to excel. Parental support not only helps children develop sports skills, but also forms healthy, disciplined, and responsible personalities. Therefore, the active involvement of parents in children's sports activities is essential to ensure that the child gets the maximum benefit from the training program followed. Future research should continue to examine the complex dynamics of parental involvement in the adolescent sports system, taking into account the perspectives of young athletes, parents, coaches, and organizations. Practical interventions and guidelines should be developed to help parents direct their roles effectively and support their children's sporting activities in a positive way and developmentally appropriate.

5. AUTHOR'S NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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