



## **Motivation Of Parents In Involving Their Children In Basketball Club**

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### **Abstract**

Sport has certainly become an activity that humans need in today's era, because regular exercise keeps the body healthy and fit, rather than not doing sports activities, every parent's motivation for their child must be different and varied, but all of them are positive things for a child's development, Of course, motivation for children is very necessary. This study aims to analyze the motivation of parents to their children in increasing the spirit of practicing and learning basketball. This research method uses quantitative descriptives that use the target population with total sampling technique, and uses the subject of parents of basketball club participants. Collecting data using a questionnaire, the instrument of preparation is done by compiling the details of the question, data analysis by processing the questionnaire that has been filled out by the respondent, with descriptive analysis and a Likert scale. The results of the study show that parents prioritize their children's needs by 62% and their children's desires by 46%, therefore the motivation of parents to include their children so that children become healthy and fit, to meet the needs of their children, and children are not lazy to exercise. and parents also want children to make new friends/relations, and also children become basketball athletes.

**Keywords:** motivation, parents, exercise, basketball.

### **INTRODUCTION**

Sport has certainly become an activity that is needed by humans in the current era, because regular exercise keeps the body healthy and fit, rather than not doing sports activities (Žumárová, 2015). by all humans, both on the Asian continent, the American continent, and the European continent, because fitness activities will make our bodies better than before, if carried out properly and regularly. The desire of the general public in this basketball sport is increasing, referring to the increasing number of basketball practice sites in Surabaya of good quality and national standards. Of course, in this case, what means is encouragement from outside and from within the child, children will achieve high achievement cannot be separated from the support, attention, and affection of parents, therefore parents become pieces of valuable parameters in fostering athlete achievement other than of the coach and the talent of the athlete himself (Atkins et al., 2015). Every parent wants their child to have skills or abilities, both academic and non-academic. There are also parents who only think of their children to focus on school or college and do not participate in any activities. Of course, every parent's motivation for their child must be different and varied, but all of them are positive things for a child's development (Bardid et al., 2016). Surabaya is a city that has its own government under the leadership of a mayor.

The people of Surabaya City consist of several groups and ethnic groups who like various sports activities. The perpetrators of this sport consist of various groups including ordinary people, government employees, private employees, and school children, and students, the most prominent sports in the city of Surabaya are football, volleyball, basketball, and many other sports. So many sports activities are carried out and all of them have shown proud achievements that motivate parents to make their children active and participate in sports activities (Muna, 2014:28). The development of this basketball sport has also carried out several competitions from the regional, city, and national levels, to be able to play efficiently players must have good performance, because the performance of players is very influential on a team, if all If a player does not have a good performance then the player may not necessarily be able to bring his team to win, and it can be seen from the statistical results during the match (Orang et al., 2019). With statistical data we can see individual efficiency in each game (game) even in each round

and can find out which player can bring his team to win or bring his team to lose in every match (Weiss & Phillips, 2015).

Based on the description above and the results of observations in the field by researchers, there are several conditions that have been observed. One of them is the condition of children's motivation when they are practicing, there are children who practice seriously and enthusiastically, and on the other hand there are also those who practice lazily and lack enthusiasm, of course those who are serious and enthusiastic about practicing must be able to memorize movements and sequences quickly, and obtain data. that the Bashara club has 25 people, aged 13 – 22 years and the number of children is more dominant, namely 17 people. This becomes interesting to study considering that increasing children's achievement and also the role of parents on child development. Based on this, the purpose of this study was to analyze the motivation of parents to include their children in the Bashara basketball club.

## METHODS

The research used in this research is descriptive quantitative research because the method used in this study is to collect data through a questionnaire as a form of deepening and analysis of basketball club participants. The target of this research is the parents of their children who join the Bashara basketball club. This research was conducted in a basketball club, precisely in the city of Surabaya. In this study using the target population, with a total sampling technique, where this study used the subject of parents of basketball club participants.

Collecting data in this study using a questionnaire, which contains questions or questionnaires. The instrument of this research used the instrument of preparing a questionnaire which was carried out by compiling the details of the question. The questionnaire used is a choice type question that asks the subject to determine an answer, one answer that has been determined. The answer options in this questionnaire are determined by the value given to each respondent, the choice using a Likert scale. The formation of the questionnaire in this study was guided by the Likert scale. The Likert scale has four categories of answers, namely not important, average, important and very important.

The data analysis technique used is to manage questionnaires that have been filled out by respondents using a Likert scale and descriptive analysis. Descriptive analysis method that intends to describe the t-analysis of parents' motivation in involving their children in the basketball club. The results of the questionnaire on each item will be classified according to predetermined criteria. To find out the classification of the results of the scores, the Ideal score is carried out.

## RESULTS AND DISCUSSION (70%)

### Results

The data of this study include the results of a motivational questionnaire addressed to the parents of the Bashara Surabaya Basketball Club participants. This study aims to analyze the motivation of parents to their children in increasing the spirit of practicing and learning basketball, the results of this study are in the form of data obtained from questionnaires that have been filled out by 25 parents or guardians of athletes who practice basketball, by distributing questionnaires to parents who involving their children who practice basketball at the Bashara club in Surabaya.

The overall results will be explained in descriptive paragraphs and treated as percentages, the indicators in this question are 1 very unimportant, 2 not important, 3 mediocre, 4 important, and 5 very important. The following are the priorities included in the questionnaire:

Table 1. *Questionnaire Priority Scale Statement*

Number	Statement	Category
13.	For children's motor development	Needs
14.	So that children make new friends	Desire
15.	For children's health and fitness	Needs
16.	So that children become the pride of their parents	Desire
17.	For children to become basketball athletes	Desire
18.	So that children are not lazy to exercise from an early age	Needs
19.	To maintain the child's weight	Desire



20. Filling children's free time Desire

*Table 2. Average Results Percentage of Each Category*

Number	Category	Percentage	Scale
1.	Needs	62%	Important
2.	Desire	46%	Normal
	Average	54%	Normal

It can be seen in the table above, it shows that parents prioritize the needs of their children with a percentage of 62% on the Important scale, while the desire category gets a percentage of 46% on the Average scale. The results of this study will provide a clearer classification of respondents in the form of participants' age, training intervals, participation in other sports, and the number of children participating.

**Research Classification**

a. Club Participants Age

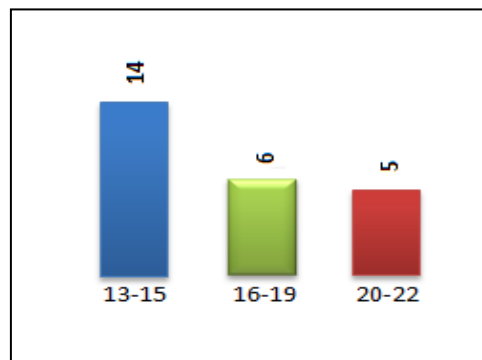


Figure 1. *Club Participants Age*

Based on the picture above, the average age of club participants is 13 years to 15 years, as many as 14 children. Ages 16 years to 19 years are as many as 6 children, and ages 20 to 22 years are as many as 5 children

b. Practice Intervals Every Week

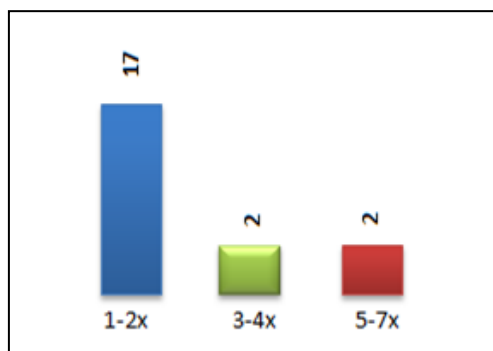


Figure 2. *Practice Intervals Every Week*

Based on the picture above, it shows that on average, basketball club participants carry out training sessions in one week as much as 1 to 2 times as many as 17 children. There are 2 children who take 3 to 4 training sessions, and 2 children who take 5 to 7 training sessions.

c. Participation in Other Sports

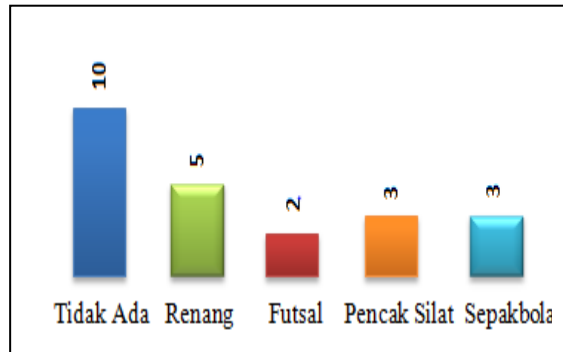
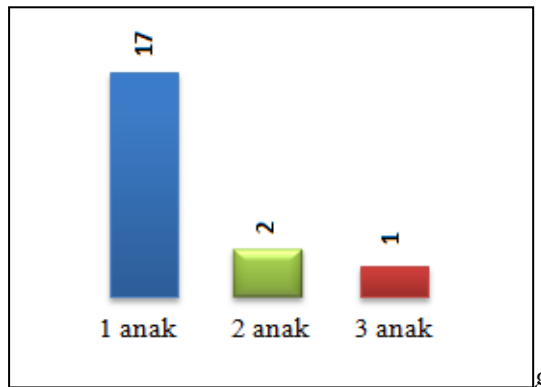


Figure 3. Participation in Other Sports

Based on Figure 4, it shows that some of the club participants also participate in other sports besides basketball. Among them are 5 children in swimming, 2 children in futsal, 3 children in pencak silat, 3 in football, and 10 children who do not participate in sports other than basketball.

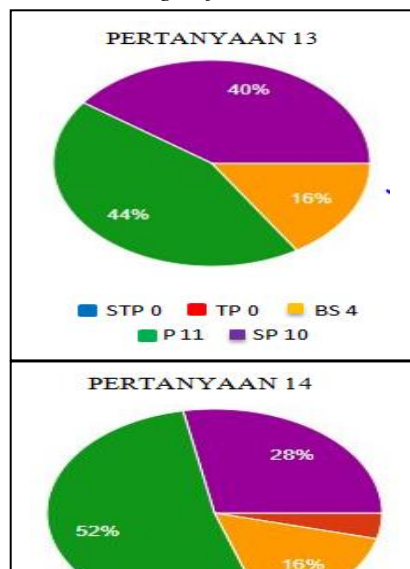
d. Number of Children Participating



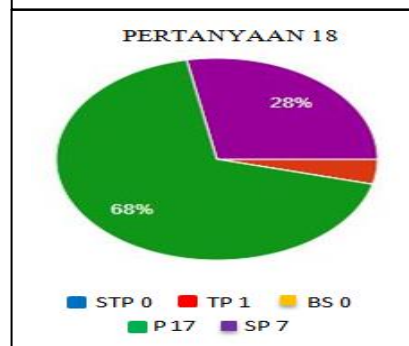
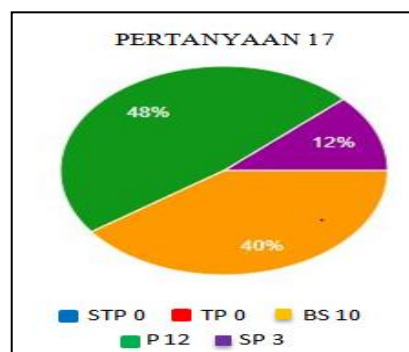
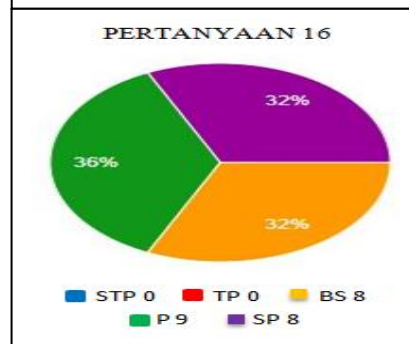
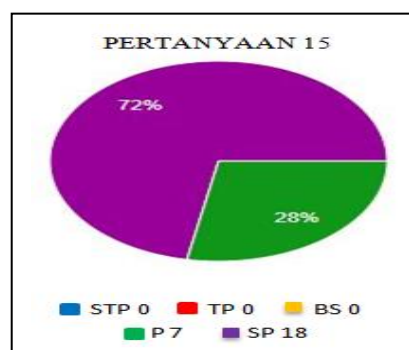
Based on Figure 5, it shows that parents include 1 to 3 children in the club, and 17 respondents, parents include one child, 2 respondents, include 2 children and 1 respondent includes three children.

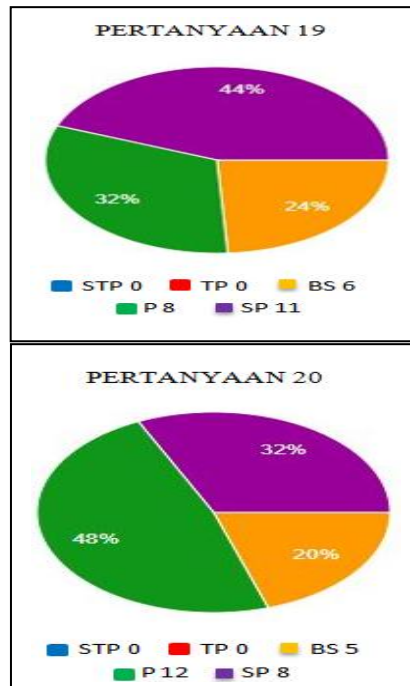
Based on the questionnaire that has been filled out and obtained from the respondents, the results can be obtained, the following is a table of results that have been obtained:

Figure 5. Percentage of Statements in the Questionnaire



In Involving Their Children In Basketball Club





Based on figure 6, for statements numbered 15 and 19 the category is very important, while for statements numbered 13, 14, 16, 17, 18, 20 it is very important. In the following description, the priority rankings for parents to include their children in basketball clubs based on categories are as follows:

a. Needs

For children's fitness and health	72%
So that children are not lazy to exercise from an early age	68%
For children's motor development	44%

b. Desire

For children to make new friends	52%
For children to become basketball athletes	48%
Filling children's free time	48%
To maintain a child's weight	44%
So that children become the pride of their parents	36%

**Discussion**

Discussing research results by comparing the theories related to previous research, understanding the learning and teaching process has become a major topic in the field of education. Mental coaching etymologically (origin of the word) has the meaning of a process, which is a method that is meant as an act of fostering, updating, perfecting, an action or activity that is carried out efficiently to get better results, therefore, coaching can be interpreted as a actions to build to obtain maximum results. In this case, the researcher associates the word "coaching with guidance" because it has the same meaning. Guidance in English "Guidance" comes from the verb "to guide", which means "to show, guide, and help". So in general, guidance can be interpreted as assistance or guidance, although it does not mean that all forms of assistance or guidance are guidance (Tuominen et al., 2020).

In addition, guidance can also be interpreted as the process of providing assistance to a person or group of people continuously and intensely by the supervising teacher, this goal is done so that this individual or group of people becomes an independent person. In this aspect, the psychological role can also be included because it is related to sustainable development, both emotional support or motivation from parents for their children, emotional support for children not only affects their mental and intelligence, but also affects the child's physical and motor development, emotions hold a very important role in the development of children, starting from preschool age to the next level of development



(Hasibuan et al., 2019). This is because it affects children's behavior because children also have emotional needs, such as wanting to be loved, appreciated, safe, feeling competent and optimizing their competence, children will produce achievements below their intellectual abilities if their emotions are unstable or disturbed.

In the world of education, the role of people in control is very important to determine the success of education for their children. The most important educators are parents who act as role models. The role of parents in education is defined as educators, motivators as well as guiding facilitators, the general influence of parents on child development and transition to adult life is well established, although it is not known how parents help their gifted offspring cope with some stressful situations during sports and academic careers (O'Neil & Amorose, 2021). In supporting their children's educational and sports developmental pathways, parents should consider several aspects of effective support including respect and empathy, time management and goal setting (Weltevreden et al., 2018). Connected to school and connected to sport. In a child's life, parents are considered as the central social agent, with their roles changing from time to time, starting from the first stage of sports involvement, namely the initiation stage, to the developmental stage, parents provide moral and financial support, generally happy to be a part of it. from a wider support team of their children's sporting activities and connecting with other parents during sporting tournaments and social events (Prasetya & Ramadhan, 2021).

During the mastery stage, parents continue to enjoy their children's involvement in sports, which are considered relevant for both their children's physical and psychological development, although during the initiation stage both parents are responsible for initially getting their children interested in sports by the main emphasis is on experiencing fun and excitement, at this stage of development parental involvement increases as interest in their children's sports grows, with mothers providing emotional support and nurturing and fathers offering technical advice, although both parents play a supportive role in their children's sports and academic efforts (Verawati, 2017). In particular, it also has an important role in reducing symptoms in the sports realm when combined with low-level psychological control, while maternal love plays a role in reducing symptoms in the academic realm if it is not combined with psychological control (Yulianti & Mukholid, 2020). This systematic review highlights the main concerns of parents with regard to the health and well-being of their children, as well as the role of their parents in assisting athletes' progress towards independence and personal balance (Gentile et al., 2020). To maintain and/or improve the health and well-being of their children and to prevent and/or reduce unnecessary stress that may lead to risky behavior.

Skills are also related to mental and behavioral skills, the expansion of individual skills to interpersonal skills research on skills is focused on individual motor and psychological skills. However, many sports activities are team oriented and include cooperation with teammates or competition with other players/teams, for example, throwing the ball as far as possible is different from throwing the ball at a teammate, the former is considered an individual skill, while the latter is an individual skill. interpersonal skills (Putri, 2014). Interpersonal skills require predicting the unpredictable movements and intentions of others, therefore flexibility and adaptability are more important than productivity. Interpersonal skills are not the same as communication skills but include communication skills. However, communication skills in this context include inferring the intentions of others through verbal and nonverbal communication. Quick decision making and motor responses are needed for psychological and motor skills, situations in sports activities are not the same as other situations, namely sports activities are characterized by a one-time nature. There is no best or right solution in relation to the situation right in front of one's eyes, we need to find more effective solutions. Social interaction is an important factor, and sports activities can be considered as symbols of human society, individual skills, such as manipulating objects, are important skills such as acquiring knowledge of the laws of physics and language (Bagus Arie Yusdianto, 2015).

However, we need interpersonal skills to survive not only in sports activities but also in daily life, although interpersonal skills are very important, there have been few systematic studies of interpersonal skills. Furthermore, mental training aimed at improving individual psychological skills, such as

relaxation and concentration, is very important, but training methods to improve team performance based on interpersonal skills are still unclear. Keeping children's sports motivation high and supporting them during sports practice can prevent them from being lazy to practice and learn. enriched with cognitive challenges can increase children's sports motivation or, at the very least, limit loss of motivation. Motivation has two types, the first is motivation that arises within a person or the term intrinsic motivation, and the second motivation that arises from outside a person or the term extrinsic motivation, encourages someone to do a goal so that it is carried out optimally and optimally is a function of motivation (Gomes et al., 2019). There are two general types of motivation that reflect different reasons or goals, intrinsic motivation reflects involvement in an activity because it is interesting or enjoyable.

Intrinsic motivation behaviors are believed to provide satisfaction of the innate psychological needs for competence, autonomy, and relatedness, and the satisfaction of innate needs facilitates and enhances intrinsic motivation. For high levels of intrinsic motivation, people should experience feelings of competence, a sense of autonomy, and a sense of connectedness. Extrinsic motivation on the other hand, refers to involvement in an activity to achieve separable results, in contrast to intrinsic motivation, which refers to involvement in an activity to enjoy it, extrinsic motivation reflects involvement in an activity because of its instrumental value. there are various forms of extrinsic motivation based on their relative degree of autonomy, some of which represent the active and agent state, there are two forms of extrinsic motivation that are autonomous, they are identified and integrated regulation (Firmansyah et al., 2021).

Identified regulation occurs when a person consciously values an activity and accepts it as self-interested, integrated regulation, which is the most autonomous form of extrinsic motivation, occurs when the identified regulation, or assesses and sees the importance of an activity, has been internalized and assimilated by oneself. More autonomous forms of extrinsic motivation are associated with adaptive outcomes, such as behavioral effectiveness and overall well-being, in addition to feelings of competence and autonomy, experiencing a sense of connectedness, or a sense of belonging and connectedness to a group of people connected to the activity, facilitating the internalization of an inherently unattractive and external. encourage behavior, thus leading to more autonomous forms of behavior regulation. Thus, the three types of motivation, which include intrinsic, integrated, and identified regulatory styles, are supported through the fulfillment of the needs for competence, autonomy, and relatedness. In this study, intrinsic motivation in athletics and academics is operationalized as intrinsic interest and enjoyment of participating in sports and learning in the classroom, regulation is integrated as athletic and academic identity, and regulation is identified as the perceived value of sport and the classroom for future careers. It was hypothesized that three types of autonomous motivation (intrinsic interest, identity, and value) in the sport activity domain would be positively predicted by perceived competence in sport, perceived choice about participating in sport, and relatedness to teammates.

Sport is famous for its exciting and competitive competitions, every athlete must have good physical and psychological, including mental which is an important component that must be maintained in good condition so as not to become a burden in competition or training, of course motivation has a significant influence (Holt et al., 2011). Achieving maximum results is certainly a very valuable thing for parents who include their children in a club. As is the case with parents who include their children in the Bashara Surabaya basketball club, there are 20 questions that are distinguished according to aspects consisting of two elements, namely intrinsic and extrinsic. After receiving answers from the respondents, the data was then analyzed to determine the motivation of parents in enrolling their children in the Bashara Surabaya basketball club. In another previous study conducted by Pedro Sanchez Miguel from the Faculty of Teaching Education, University of Extremadura, entitled *The Importance of Parents' Behavior in their Children's Enjoyment and Amotivation in Sports*". They suggest that there is a positive relationship between parental support for sport and player enjoyment and a negative relationship with player motivation. In addition, in players who felt more pressure from their parents, there was a positive relationship with motivation and a negative relationship with pleasure. From the results of the research that has been described, most basketball club participants get extrinsic motivation from their respective parents.

The motivation of most parents to include their children in basketball clubs is for the fitness and health of children, so that children are not lazy to exercise from an early age and children's motor development. Apart from being based on the needs of the children, the children participating in the



basketball club can also be seen from the intrinsic motivation, which is to be able to fill their spare time well, as well as to add new relationships or friends, besides that playing basketball can maintain weight and is expected to become a basketball athlete in the future. In the results of the research described above, parents prioritize the needs of their children in terms of their children's fitness and health with a percentage of 72%, followed by 68% in the aspect that children are not lazy to exercise from an early age, and 52% want their children to make new friends and relationships.

## CONCLUSSION

Each parent prioritizes the child's needs by 62% and the child's desire by 46%, therefore the motivation of parents to include their children in the basketball club so that children become healthy and fit, to meet the needs of their children, and children are not lazy to exercise. and parents also want their children to make new friends/relations, and also children to become basketball athletes.

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