

PARENT-CHILD RELATIONSHIPS IN YOUTH SPORT: THE POSITIVE IMPACT OF PARENTAL PERCEIVED RESPONSIVENESS

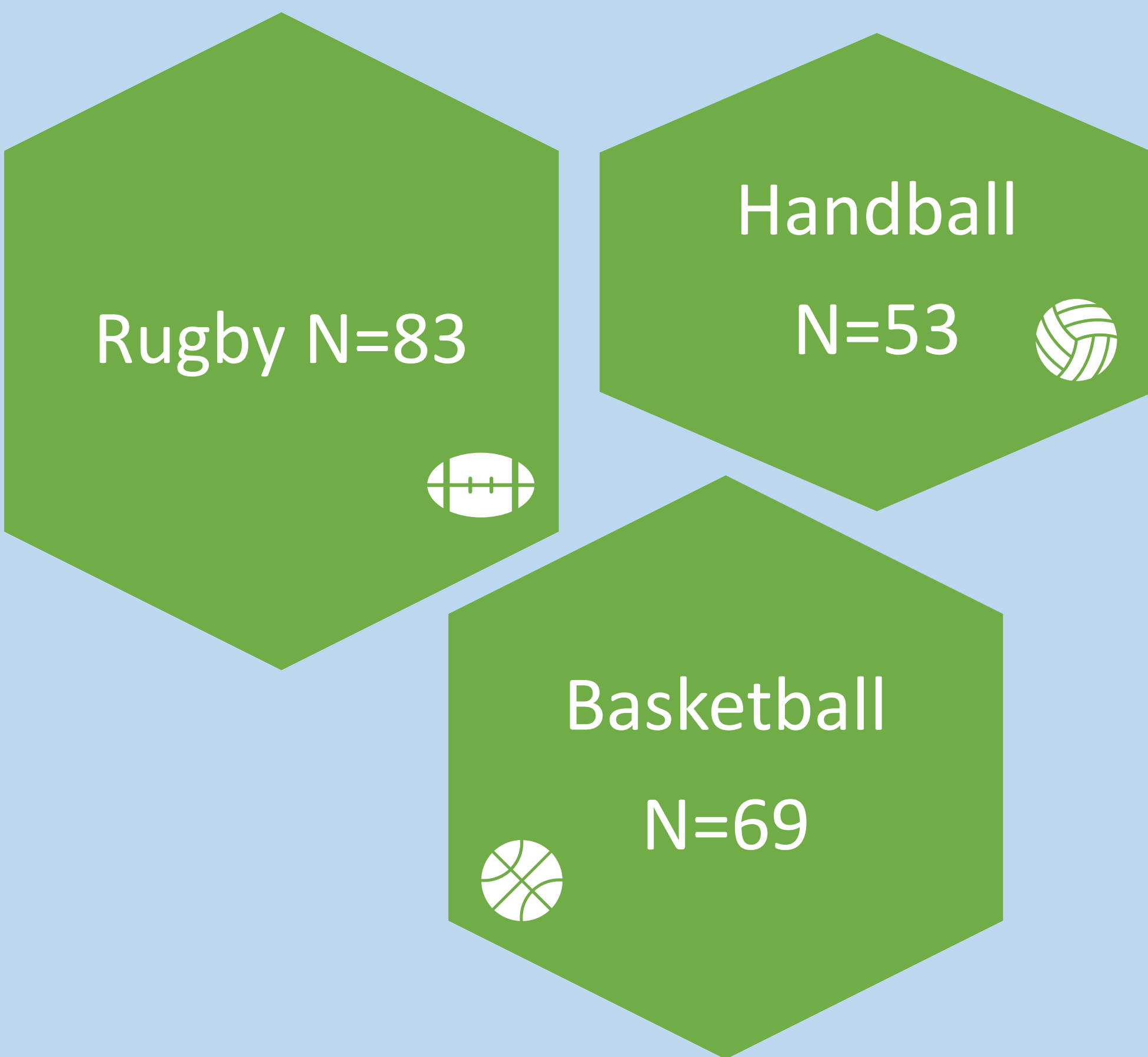
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Introduction

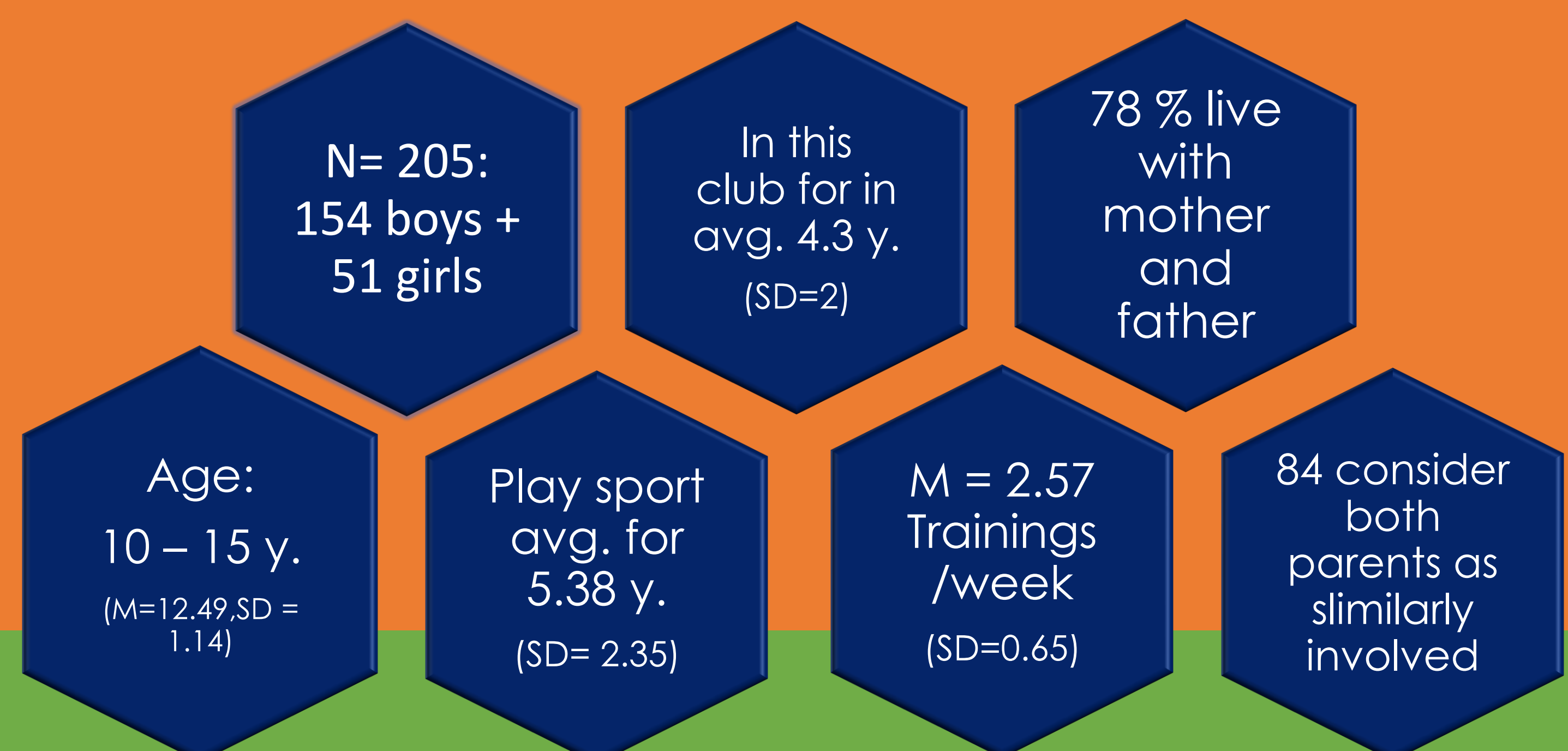
- Parents are the most important social influence in young athletes' lives until 13-14 years (Wylleman & Lavallee, 2004).
- Parents can positively or negatively influence their children's sporting experiences (Sheridan, Coffee, & Lavallee, 2014).
- Sport parenting is not simply "good" or "bad" but a complicated and intricate social experience (Knight, Berrow, & Harwood, 2017).
- Children's perception of parental support could be influenced by the quality of their relationship (Dorsch, Smith, & Dotterer, 2016).
- Perceived responsiveness (being validated, understood, and cared for) is central for satisfying and healthy relationships (Reis, 2015).
- Perceived responsiveness showed a positive link with perceived capability of goal striving in romantic couples (Tomlinson et al., 2016).



Hypothesis

1. Young athletes' perceived parental responsiveness (PPR) is related to their goal assessment (importance, difficulty, perceived capability).
2. Gender, age, and sport differences are expected.

Participants



Methods

1. Athletes were asked to set 3 sports goals that they wanted to accomplish for the next 3 months.
2. athletes were asked to assess their goals with the Goal Assessment Scale (GAS).
3. Athletes reported the way they perceived their parents as responsive to their needs with PPR.
4. Athletes responded to self-reported questionnaires related to their emotions, well-being, sport enjoyment, health.

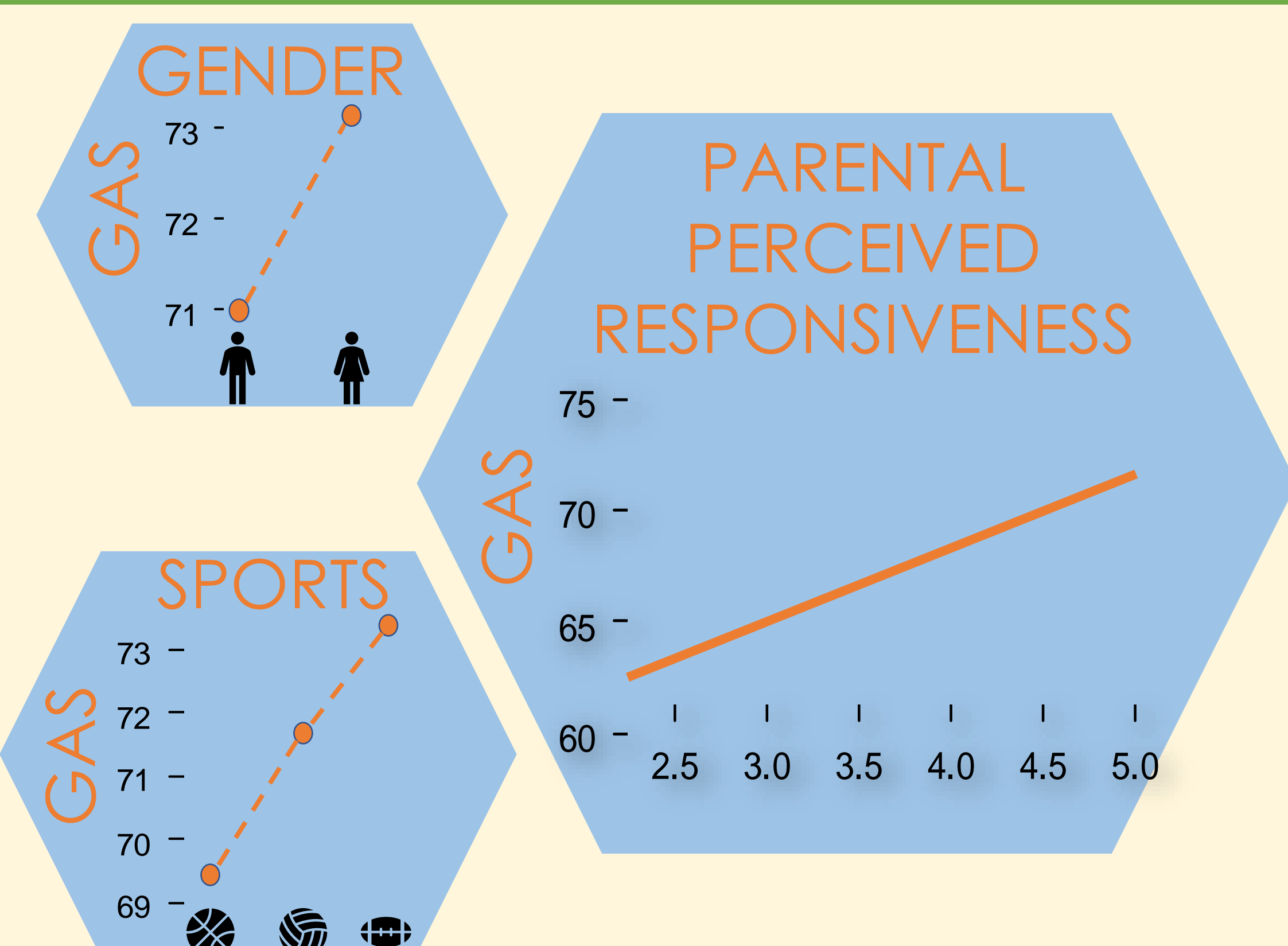
Results

GAS ~ Age + Gender + Sport + PPR
F (5, 178) = 13.96, p<0.001, Adj r² = 0.261

Coefficients	Estimate	Std. Error	T-value	Pr(> t)
(Intercept)	58.73***	5.68	10.33	<0.001
Age	-0.32	0.41	-0.79	0.42
Gender [Girls]	2.16**	0.86	2.49	0.01
Sport [Handball]	2.24*	1.21	2.84	0.06
Sport [Rugby]	3.91***	0.86	4.53	<0.001
Perceived Responsiveness	3.34***	0.51	6.54	<0.001

Discussion

1. Athletes with higher perceived parental responsiveness (PPR) demonstrated higher level of perceived importance, difficulty and capability to reach their goals (GAS), even when controlling for age, gender, and sport.
2. These results provide unique evidence of the positive influence of parental perceived responsiveness (PPR) such as being validated, understood, and cared for (Reis, 2015) on athletes' goal assessment.



Athletes goal assessment (GAS) based on gender, sport, and parental perceived responsiveness