

Types of destructive attitude of parents to the child's and adolescent's sports activity

UDC 159.9

PhD, Associate Professor **E.E. Khvatskaya**¹PhD **N.E. Latysheva**¹PhD **VI.V. Andreev**¹PhD **Vit.VI. Andreev**¹PhD, Associate Professor **I.G. Stanislavskaya**¹¹Lesgaft National State University of Physical Education, Sport and Health, St. Petersburg

Corresponding author: e.hvackaya@lesgaft.spb.ru

Received by the editorial office on 25.01.2024

Abstract

Objective of the study was to determining the trend of changes in the severity of the types of destructive attitudes of parents towards the child and teenager's sports activities in order to clarify the constructive model of their behavior in the structure of psychological support for the sports reserve.

Methods and structure of the study. The main toolkit is «Methodology for studying parents attitudes towards their child's sports activities» by E.E. Khvatskaya, N.E. Latysheva. Parents of young athletes took part in the study (2018 – n=56, 2019 – n=176, 2022 – n=87). The participation format is anonymous. To assess the significance of differences, Fishers test was used.

Results and conclusions. The severity of the destructive attitude of parents towards the child and teenagers sports activities as a source of excessive/inappropriate difficulties for the latter revealed a tendency for the number of parents with an established «model» of behavior to increase (2018 – 46,4%; 2019 – 45,45%; 2022 – 46%), more often compensating. The situational «model» in 2022 is more typical for the negative type of attitude of parents towards their child and teenagers sports activities. At the trend level, the number of parents without a certain model of behavior (type of attitude) decreased by 8,7% (according to the φ^* criterion - Fishers angular transformation: $\varphi^*_{amp} = 1,321$ $p > 0,05$). A constructive «model» of parental behavior has been identified, aimed at creating and maintaining a healthy sports environment. The number of parents with a destructive attitude towards their childs and teenagers sports activities, especially with an established «model» of behavior (often compensatory type, then negative and indifferent), is quite stable (according to data from 2018, 2019 and 2022). There was a decrease at the trend level in the number of parents with an uncertain «model» of behavior, and its increase with the situational manifestation of a negative attitude (one of the significant adults). A constructive «model» of parental attitudes and behavior in the context of a healthy sports environment is presented.

Keywords: young athletes, types of destructive attitudes towards child and adolescent sports, psychological support, healthy sports environment.

Introduction. If in the early 2010s. establishing interaction with parents, or rather relationships in the triangle «coach – young athlete – athletes parents» and, if necessary, adjusting parents attitude towards classes was considered one of the tasks of psychological assistance to young athletes, today this is the principle of psychological support for the sports reserve, the implementation of which is associated with the formation of a healthy/resource sports environment.

Determining the severity of one of the three types of «problematic» attitude of parents to the child's sports activities, namely compensating, negative or indifferent (methodology - E.E. Khvatskaya, N.E. Latysheva) [1], as well as determining the types of behavior of

childrens parents who go in for sports (methodology - I.O. Smoldovskaya) [3], types of parental attitudes in psychological support of a child athlete (methodology - O.G. Lopukhova, L.G. Nurkhamitova) [2], appropriate for helping the coach, and a psychologist (psychologist-educator) in organizing interaction with absolutely significant adults for a young athlete.

The coach needs to understand that no matter how «problematic» the parents may be, it is more important for him that the parents do not become «problematic» for young athletes, creating for the latter additional or inadequate/excessive difficulties in solving the problems of age-related and sports development and their implementation of «double» careers. At the same time,



the younger the athletes, the more important it is to support the micro- and mesosystem in the context of creating and maintaining a healthy sports environment.

But the compensating attitude determines the dependence of parents emotional support on childrens sports results. The negative attitude of parents (usually one) is associated with a lack of emotional support on his part. The indifferent attitude of parents – in general, with a lack of emotional support and external motivation [1, 4, 5]. Therefore, the use of a diagnostic procedure with parents can be considered as a means of psychoprophylaxis and education. Comparison of one's own behavior and the nature of interaction with types of «problem» behavior creates the prerequisites for correcting one's methods of interaction with an athlete.

Objective of the study was to determining the trend of changes in the severity of the types of destructive attitudes of parents towards the child and teenagers sports activities in order to clarify the constructive model of their behavior in the structure of psychological support for the sports reserve.

Methods and structure of the study. The main toolkit is «Methodology for studying parents attitudes towards their child's sports activities» by E.E. Khvatskaya, N.E. Latysheva. Parents of young athletes took part in the study (2018 – n=56, 2019 – n=176, 2022 – n=87). The participation format is anonymous. To assess the significance of differences, Fishers test was used.

Results of the study and discussion. The «Parents attitude towards their child's sports activities» method was first presented in 2019 [4]. According to the study, 56 – almost half of the parents have a formed «model» of behavior (46,4%), with a predominance of a compensating type of attitude, then negative and indifferent (53,8; 30,7; and 15,4%, respectively); approximately every third participant does not have a specific «model» of behavior (35,7%), and approximately every fifth participant does not have a situational «model».

In 2019, with an increase in the sample (up to

n=176), the initial picture was confirmed (see table): almost half of the parents have a formed «model» of behavior (45,45%), of which more often compensatory, then negative and indifferent (respectively 68,75; 18,75; and 12,5%). Approximately every fourth participant does not have a specific «model» of behavior (28,4%) or a situational «model» (26,5%); compared to the primary data (n=56), the number of «compensating» parents increased and, accordingly, the percentage of parents with an established negative and indifferent «model» of behavior decreased; There are fewer parents with an uncertain «model» of behavior and more with a situational one.

This trend in relation to the «formed» behavior model continued in 2022 - 46% of parents (out of n=87) with a predominance of a compensating attitude (60,0%) (according to the φ^* criterion - Fishers angular transformation, the differences are not significant for all three types «problematic» attitude: compensating – $\varphi^*_{emp} = 0,435$, negative – $\varphi^*_{emp} = 0,136$, indifferent – $\varphi^*_{emp} = 0,912$ ($p > 0,05$) «negative» and «indifferent».

Comparison with 2018 data does not seem correct due to a technical error discovered [4] and corrected in the rating scale [1].

Parents of young athletes (potential and actual) with the absence of a behavior model can be considered as the most favorable contingent in terms of readiness to perceive psychological knowledge for the formation of a constructive model of behavior in a given social role.

Based on data from 2019 and 2022. (n=176 and n=87, respectively), one can note an unreliable decrease in the number of such parents by 8,7% from 26,1% (46 people) to 17,2 (15 people) (according to the φ^* criterion - Fishers angular transformation: $\varphi^*_{amp} = 1,321$ $p > 0,05$).

The basis of a constructive «model» of parental behavior is made up of three provisions that can be presented within the framework of recommendations on the «in order to» principle based on fair group norms: 1) motivational orientation «towards the task»: a successful athlete - who solves the task, and not the one

Comparative analysis of the severity of types of «problematic» attitude of parents towards their child's sports activities – «formed» (A) and «situational» (B) models, % (number of people)

Type of «problematic relationship»	n=56 2018		n=176 2019		n=87 2022	
	A n=26	B n=10	A n=80	B n=50	A n=40	B n=32
Compensatory	53,8 (14)	40,0 (4)	68,7(55)	42,0 (21)	60,0 (24)	37,5 (12)
Negative	30,7 (8)	30,0 (3)	18,75 (15)	32,0 (16)	20,0 (8)	34,4 (11)
Indifferent	15,4 (4)	30,0 (3)	12,5 (10)	26,0 (13)	20,0 (8)	28,1 (9)



who is better than the other; 2) the athlete needs your support, regardless of the result of his training or competition, you are on his side; 3) an athlete - he is an athlete both in sports and in studies (organized, controlling, solving assigned tasks, etc.).

These provisions are specified in detail in the «cross-cutting» tasks of psychological support for sports reserves [6] and «working» recommendations for parents of young athletes, including recommendations for building a «dual» career [1, 5].

Conclusions. Parents, as a social resource in the sports environment, influencing the success of athletes (especially young ones) in solving problems of age-related and sports development, have shown a stable tendency in the severity of types of destructive attitudes towards the child and adolescents sports activities. The number of parents with a formed «model» has increased, especially of the compensating type, and the percentage of its situational manifestation has also increased (comparing data from 2019 and 2022).

Parents of young athletes (potential and actual) with a lack of a behavioral model are the most favorable contingent in terms of readiness to perceive psychological knowledge for the formation of a constructive model of behavior. But the percentage of this category of significant adults has decreased unreliably, which confirms the expediency and necessity of the tasks of psychological support for the sports reserve («for parents»), a psychodiagnostic procedure with a correctional focus, recommendations from the coach at the beginning of interaction on the principle «in order to» in the context of fair group norms for the formation and maintenance of the socio-psychological component of the sports environment.

References

1. Lovyagina A.E., Ilna N.L., Mednikov S.V., Khvatskaya E.E. *Psikhologiya fizicheskoy kultury i sporta: uchebnyy i praktikum dlya vuzov*. A.E. Lovyagina [ed.]. 2nd ed., rev., sup. Moscow: Yurayt publ, 2023. 609 p. [Electronic resource]. Obrazovatel'naya platforma Yurayt [sayt]. Available at: <https://urait.ru/bcode/533661> (date of access: 19.12.2023).
2. Lopukhova O.G., Nurkhamitova L.R. *Tipy roditel'skikh ustanovok v psikhologicheskoy podderzhke rebenka-sportsmena: diagnosticheskiy. Sotsial'naya psikhologiya i obshchestvo*. 2023. Vol. 14. No. 3. pp. 173-186.
3. Smoldovskaya I.O. *Razrabotka i metrologicheskoye obosnovaniye oprosnika «Tipologiya povedeniya roditeley detey, zanimayushchikhsya sportom»*. *Vestnik sportivnoy nauki*. 2022. No. 4. Available at: <https://cyberleninka.ru/article/n/razrabotka-i-metrologicheskoe-obosnovanie-oprosnika-tipologiya-povedeniya-roditeley-detey-zanimayushchikhsya-sportom> (date of access: 19.12.2023).
4. Khvatskaya E.E., Latysheva N.E. *Metodika issledovaniya otnosheniya roditeley k zanyatiyam roditeley rebenka sportom. II Yevropeyskiye igry – 2019: psikhologo-pedagogicheskiye i medikobiologicheskiye aspekty podgotovki sportsmenov*. Proceedings International scientific-practical conference, Minsk, 4–5 apr. 2019 g. Minsk: BGUFK publ., 2019. Part 2. pp. 312-315.
5. Khvatskaya E.E., Latysheva N.E. *Psikhologicheskiye osnovy raboty s «problemnyimi» roditelyami yunikh sportsmenov*. *Psikhologiya sporta: nauka, iskusstvo, professiya*. Bocharova K.A., Dovzhik L.M. [ed.]. Moscow, 2019. pp. 248-255.
6. Khvatskaya E.E., Polkanova V.S., Serova L.K., Fedorov V.G. *Psikhologicheskoye soprovozhdeniye sportivnogo rezerva. Teoriya i praktika fizicheskoy kultury*. 2023. No. 6. pp. 48-50.