

Sports Participation, Family Communication and Positive Youth Development

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Abstract Sport is one way that can develop a positive young generation. This has been widely believed by several research results. However, it is true that sport can improve communication within the family and will have a positive impact on adolescent development. This research aims to determine whether sports participation can improve family communication and its impact on the positive youth development. This research methodology combines correlational methodology with a quantitative approach. There were 105 respondents in this study, consisting of 78 (74.29%) males and 27 (25.71%) females. The samples for this study were athletes who had participated and trained intensively for 1-2 years. There are 3 research instruments used in this research: barriers to sports participation, standard instrument for family communication, and positive adolescent development. The power analysis used in this research is the partial correlation test. The results of this research show that the three variables have a positive relationship with each other. This means that the better sports participation, the better family communication and positive youth development will be. This has a big implication that sport is not just about achieving success, but also has a big influence on family relationships and even fosters a positive generation of young people. Researchers advise individuals and teenagers to take part in

sports activities because it will have an impact on communication skills within the family, and the final impact is positive youth development. Regardless of the type of sport or gender, sport can be an alternative instrument for life in the future.

Keywords Sports Participation, Family Communication, Positive Youth Development

1. Introduction

Since engaging in sports is one of the factors that contribute to the younger generation's beneficial development, organized sports programs are frequently utilized to increase sports involvement through extracurricular activities [1]–[3]. In order to address issues with poverty, crime, unemployment, and climate change, it is intended that workers who can instruct young people in sport participation be employed [4]. The positive youth development (PYD) approach, which emphasizes strength rather than risk, is the best momentum in developing the skills of teenagers who are in the transition between adolescence and adulthood [5], [6]. For this reason, it is

important to have an integrated understanding of the youth sports system which aims to develop communication skills, human development, kinesiology, psychology, sports management in both team and individual sports [7], [8]. Positive youth development is intended to develop a person's ability to have Sport Participation that is useful in the future. The positive goals of youth development include various aspects aimed at helping youth achieve their full potential and become productive members of society.

The use of free time is used as a way to provide superior human resources; thus, sports can be used as a recreational medium to develop social networks in the community. In a study, it was stated that family dynamics in the form of interactions between athletes and their parents and/or siblings is one of the important things in supporting the potential of teenagers to be successful in society [7]. Sport culture in the family raises the younger generation's sport involvement, demonstrating the impacts of prolonged socialization. This means that growing up in a sporting household improves the likelihood of participating in sports [9]. Parental support for sports activities provides real assistance in preparation for competition, especially with regard to supporting self-esteem [10]. The family is crucial to society for human survival as well as personal growth. According to family systems theory, a family is made up of many interconnected pieces that, when they work well, benefit each member in different ways [11], [12]. Good family dynamics are important for young people to succeed in realizing their full potential, particularly for those who participate in sports.

Communication between parents and children is crucial to the positive developmental impacts of sport [13]–[15]. The family is a crucial institution that gives adolescents the relationships and environment they need to engage in both healthy and unhealthy growth pathways. Family crises can affect family functioning and harm adolescent development. A study states that family counseling aims to support parenting skills, especially those related to child supervision, which can help combat the negative impact of family crises on PYD [16], [17]. Another study also stated that the younger generation showed more positive future emotions when they thought about continuing to include their parents in every decision they made [18]–[20]. The positive adolescent development (PYD) approach states that psychosocial competence is one of the PYD traits that can promote holistic adolescent development, which includes lowering risky behavior and raising well-being. Strengthening family function and PYD traits will shield teenagers from engaging in delinquent behavior, according to research on the relationship between these factors and teenage delinquent behavior [21].

Interpersonal communication in sport takes advantage of the extensive opportunities for young people to improve their personal skills [22]. Integrating relationship concepts into family life can help improve positive adolescent Sport

Participation [23], [24]. Parental communication processes are related to high parenting styles which are associated with perceived parental competence [25]. The theory of motivation in the family helps the relationship between parents and athletes regarding the athlete's self-perception, enjoyment and motivation in sports [26], [27]. The development of Sport Participation is assessed based on an adult-centered Sport Participation perspective where the results are the influence of the family environment [24]. Communication is a vital element in family life, and communication plays a role in uniting the family and as part of evaluation between family members. Communication between families provides opportunities for each family member (both children and parents) to know and develop their potential or talents.

PYD-focused coaching methods that empower young autonomy, create a prosocial team culture, employ a strengths-based approach, and cultivate positive relationships. PYD coaching techniques include talking about and teaching sport participation, giving athletes the chance to practice their sport participation, giving them direct feedback on how they use their sport participation, giving them opportunities to transfer their sport participation outside of sports, and more [28]. Parents are considered a source of pressure when they are too involved in the sports environment, so it is important for coaches to provide technical advice so as not to interfere with athlete performance [29], [30]. Parents tend not to play an important role and do not play a direct role in their child's sports career, but they can still provide real, emotional support [31], [32]. Adolescent participation in sports, their conduct during and after sporting events, and their perceptions of their own motor skills and abilities are all significantly influenced by their parents' ideas.

Parents who are concerned about the future of youth sports receive education about the necessity of forming healthy relationships early in life and the ways in which values and beliefs foster an environment that is conducive to sports involvement [30], [33], [34]. Positive youth development prioritizes social-emotional development because of the desire in fostering sport participation through sports, particularly in adolescence [35], [36]. In order to improve youth sports performance, a number of themes in the general coaching strategy dimension educate sport participation apart from general coaching techniques [37]. Positive youth development has seen a rise in attention due to concerns about the emergence of teenage behavior problems (such as drug use and delinquency) and increased financing for "after-school programs." It is anticipated that the after-school program many schools have started will turn into a genuine initiative to improve teen sport participation. More applied and theoretical research is suggested to begin with the applied sports programming model, which emphasizes the critical role that coaches, parents, sports organizations, and legislators play in promoting positive youth development [38].

2. Materials and Methods

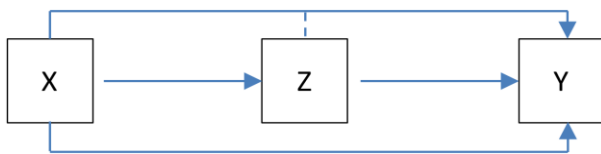
2.1. Design

This research employs a quantitative methodology. Quantitative research methods are a type of methodology that is applied in a methodical, organized, and well-structured manner from the outset until the study design is developed. In research, this quantitative analysis is used to test hypotheses.

The hypothesis in question is:

- H_0 : There is no relationship between sports participation and increasing family communication skills and also positive youth development.
- H_a : There is a relationship between sports participation and increasing family communication skills and also positive youth development.

For more details, the research design can be seen in Figure 1 below.



Information:

X: Constraints to Sport Participation

Z: Family Communication

Y: Positive Youth Development

Figure 1. Research design

2.2. Respondent

There were 105 respondents in this study, consisting of 78 (74.29%) males and 27 (25.71%) females. The average age of respondents was 21.1 years. If detailed, the age of male respondents was 21.4 years, while the average age of female respondents was 20.6 years. Respondents in this study were athletes who had trained for at least 3 years, consisting of athletics, badminton, bicycle racing, basketball, volleyball, futsal, hockey, karate, cricket, archery, rock climbing, martial arts, swimming, football, sepak takraw, taekwondo, tennis and table tennis. All respondents were asked to participate in this research.

2.3. Instrument

In this research, 3 instruments were used. Among others:

2.3.1. Instrument 1

To measure the level of sports participation, the Constraints to Sport Participation instrument is used [39]. This instrument consists of 7 dimensions, namely: Psychological (α : 0,772); Knowledge (α : 0,800); Interest (α : 0,761); Time (α : 0,739); Facilities (α : 0,692); Accessibility

(α : 0,709); Partners (α : 0,725).

2.3.2. Instrument 2

The second instrument used in this research is the family communication standards instrument. Cronbach's alphas were as follows: openness = 0.88 and 0.90; maintaining structural stability = 0.74 and 0.82; expression of affection = 0.95 and 0.94; emotional/instrumental support = 0.93 and 0.94; mind reading = 0.87 and 0.87; politeness = 0.79 and 0.83; discipline = 0.83 and 0.80; humour/sarcasm = 0.82 and 0.82; regular routine interaction = 0.78 and 0.72; and avoidance = 0.80 and 0.88 [40].

2.3.3. Instrument 3

This research uses the positive youth development (PYD) instrument. Pro-social values had an average item score of 5.61 (SD = 0.92). For competence/confidence, the mean item score was 5.88 (SD = 0.70). The internal consistency of the pro-social values (α = 0.91) and competence/self-confidence (α = 0.84) subscales is acceptable [41].

2.4. Data Analysis

Partial analysis will then be used to examine the acquired data. One statistical technique for determining the link between one independent variable and a dependent variable is partial analysis, while controlling for the impact of other control variables. In this study, we have three variables:

- Independent Variable (X): Constraints to Sport Participation: This is a variable that is believed to have an impact on the dependent variable (Y), namely Positive Youth Development.
- Control Variables (Z): Family Communication: This is a variable that could also have an impact on the dependent variable (Y), but this study wants to control for its impact when we evaluate the relationship between X and Y.
- Dependent Variable (Y): Positive Youth Development: This is a variable that is believed to be influenced by the independent variable (X), but can also be influenced by the control variable (Z).

So, in this partial analysis with variables, we will examine the relationship between constraints to sport participation (X) and positive youth development (Y), while controlling for the impact of family communication (Z). This will help us understand how strong the direct relationship between X and Y is, without the interference of Z. In this analysis, we will find out whether the presence of barriers to sport participation is directly related to Positive Youth Development, or whether the relationship is mediated by factors such as family communication.

3. Results

Before carrying out the partial correlation test, a

prerequisite test must be carried out, namely the normality test. This is part of the process before further testing is carried out. The results of the normality test can be seen in table 1 below.

Table 1. Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
CSP	.104	105	.007	.958	105	.007
FC	.113	105	.013	.952	105	.011
PYD	.113	105	.014	.970	105	.019

a. Lilliefors Significance Correction

Note:

CSP: Constraints to Sport Participation

PYD: Positive Youth Development

FC: Family Communication

Based on the results of normality calculations using Shapiro-Wilk, it was found that the values of the three research variables were > 0.05, which means the research data was normally distributed. Next, carry out a partial correlation test with the data that has been obtained. The calculation results from the partial test can be seen in table 2 below.

Table 2. Partial Correlations

Control Variables		CSP	PYD	FC
CSP	Correlation	1.000	.362	.196
	Significance (2-tailed)	.	<.001	.046
	df	0	103	103
-none-a PYD	Correlation	.362	1.000	.558
	Significance (2-tailed)	<.001	.	<.001
	df	103	0	103
FC	Correlation	.196	.558	1.000
	Significance (2-tailed)	.046	<.001	.
	df	103	103	0
CSP	Correlation	1.000	.311	
	Significance (2-tailed)	.	.001	
	df	0	102	
FC	Correlation	.311	1.000	
	Significance (2-tailed)	.001	.	
	df	102	0	

Cells contain zero-order (Pearson) correlations.

Note:

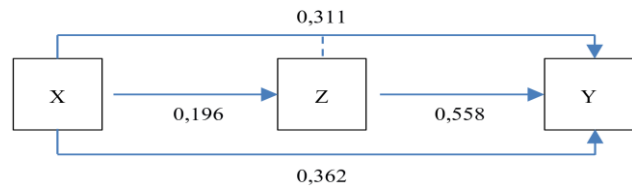
CSP: Constraints to Sport Participation

PYD: Positive Youth Development

FC: Family Communication

Prior to incorporating the control variable (Family Communication) in the study, the first result table, "none-a," displays the correlation value or relationship between the variables, Barriers to Sport Participation and Positive Youth Development. It is clear from the output above that, in the absence of any control variable (family communication), there is a positive and significant relationship between Constraints to Sport Participation and Positive Youth Development. The correlation coefficient (correlations) value is 0.362 (positive), and the significance value (2-tailed) is 0.001 < 0.05. In the meantime, the strong relationship group includes the correlation value of 0.362.

After including Family Communication as a control variable in the study, the second output table, Family Communication, displays the correlation value or relationship between the variables Constraints to Sport Participation and Positive Youth Development. With family communication serving as a control variable, the output table above shows that there was a decrease in the correlation coefficient value (correlations) to 0.311 (positive value and strong relationship category) with a significance value (2-tailed) of 0.001 < 0.05. This indicates that there is a real and significant relationship between the variable's constraints to sport participation and positive youth development. You can also view Figure 2 below, which illustrates the relationships that exist between variables regardless of whether intervening variables are used, to learn more and gain a deeper understanding of this material.



Information:

X: Constraints to Sport Participation

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Figure 2. Relationship between research variables

Based on Figure 2 above, you can see the relationship between each variable. Even though the relationship that occurs is classified as low to moderate, the relationship is positive and interconnected. This means that the better the sports participation, the more positive the treatment (PYD). Likewise, sports participation can also have a good impact on communication skills in the family, and it will also have an impact on positive attitudes (PYD).

4. Discussion

Parental behavior that is encouraging can help children become more motivated and proficient athletes [42]. A study involving traditional Yoruba families and using

analytical research methods that adopted family communication patterns theory (FCPT) stated that there need to be 4 dimensions of conformity and conversation orientation including consensual, pluralistic, protective, and Laissez-faire [43]. The scientific literature on parents' support of athletes' careers emphasizes the useful implications for the creation of educational programs that will enable parents to successfully support their children's academic and athletic endeavors and minimize any potential negative effects on their lives as teenagers [44]. Parent-athlete interaction outside the sports competition environment is important in the development of athlete well-being [10]. The results of the study state that family habits have a lasting impact on adolescence and adulthood [9]. The study's findings demonstrate the advantages of sports for teaching teens social skills, leadership, problem-solving and decision-making techniques, cooperation, goal-setting, and time management [45]–[48]. These results demonstrate that, when it comes to sports participation, the younger generation is learning more about some sports than others [49].

Building relationships with players and parents is a key component of a coach's role in teaching sport participation [38], [50]. This aim is to inform that the role of trainers has an important impact in increasing the potential of teenagers in preparing themselves to contribute to society [51]. It is often acknowledged that youth sports can contribute to the personal growth of socially vulnerable youth [52]. The findings of the study indicate that the goal of sports coaches is to provide younger athletes with meaningful sporting experiences. These kinds of experiences are thought to be necessary to keep the younger generation engaged in sports and to foster sport participation [53]. Coaches of sports put a lot of emphasis on helping kids succeed and making them feel like they belong to a group that will be valuable to society. In order to provide opportunities for youth to succeed, several coaching techniques are used to help youth better comprehend and handle particular sporting circumstances. Young people can "learn to cope" through significant sporting experiences, which is a talent that can be valuable throughout life, especially in diverse aspects of society.

Participating in sports has a mediation influence between subjective well-being and the three basic psychological requirements. According to the data' interpretation, in order to build PYD, essential psychological requirements must be met before sport participation and overall wellbeing may develop [35], [54]. PYD is a key initiative to increase youth participation in sports. Youth sports teach the next generation how to solve problems, solve them in teams, manage their time, be emotionally intelligent, communicate with others, lead, and make decisions [55]. Since it is thought to promote the development of both physical and psychosocial skills, including a positive youth development (PYD) framework into physical exercise programs has gained popularity [36], [56]. The interdependence of family members, the non-summativ

character of family interactions, and the inter-relational dynamics that comprise several elements of family systems theory are therefore illustrated by parental support for adolescents during the decision-making process [57], [58]. Family is an important unit in forming positive youth. Family communication is an important reference in building adolescent integrity in improving Sport Participation.

The perspective on how young athletes develop is based on the sports system, which includes player-athlete interactions, coaching methods and styles, the influence of parental expectations on young athletes, and the often-intrusive perception of young athletes as commodities that walk a fine line between objectivity and sensationalism [59]. Youth sports program managers are useful in developing the potential of teenagers in the future while supporting their interests and talents [60]. Parents are a place for teenagers to feel empathy because they share the emotions their children feel in sports. Parents should have knowledge and expertise in the field of sports, so that they feel able to provide positive support for their children's potential [34], [61]. When it comes to their kids' involvement in sports, parents have clear objectives and employ a number of tactics and procedures to meet those objectives [14]. A technique for teaching players about the skills they acquire in sports and encouraging sport participation as a means of promoting positive youth development is communication between coaches and families [2]. Programs for engaging in sports promote values and traits associated with athletics, such as tolerance, tenacity, self-assurance, and good habits [62]. This statement proves that Sport Participation is the best way to increase positive youth among the community. Communication within the family environment should be a way to help optimize positive youth development (PYD), in addition coaches need to demonstrate autonomy-supportive behavior that helps fulfill the three basic psychological needs in encouraging the development of Sport Participation in sport [12], [63], [64].

5. Conclusions

The results of this study show that there is a significant positive relationship between sports participation and family communication skills and positive youth development. Data collected from various samples of families and young individuals shows that the more frequently and intensely a person or family participates in sports activities, the better their ability to communicate and the more positive youth development.

Participation in sports not only offers physical benefits, but also facilitates healthy social interactions and effective communication. Families who regularly participate in sports activities are more likely to have quality time together, which encourages conversation, understanding, and strengthens emotional bonds between family members.

This kind of interaction strengthens trust and openness, two important elements in effective family communication.

Additionally, for youth, involvement in sports provides an opportunity to develop a variety of important skills, such as teamwork, discipline, leadership, and the ability to cope with stress. These skills are not only useful in a sporting context, but also in their daily life and future. Youth who are active in sports show improvements in self-confidence, social skills, and emotional management, all of which contribute to positive personal development.

Overall, this research confirms that active participation in sport has a broad positive impact, not only on physical health, but also on family dynamics and youth development. Therefore, encouraging involvement in sports activities can be an effective strategy to improve the quality of family communication and support the formation of better youth character, thereby creating a healthier, more competent and emotionally connected generation.

This research is limited to only looking at the influence of each variable. It is further recommended that future research further explore this issue in relation to separation based on demographic groups in order to increase the diversity of findings by including young people of various ages, genders, socio-economic statuses and ethnic backgrounds in research. Apart from that, you can also add qualitative research methods to gain a deeper understanding of participants' experiences by using qualitative methods such as interviews or observation

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