



ANALYSIS OF PARENTAL INVOLVEMENT IN SUPPORTING THE EFFECTIVENESS OF CHILDREN'S SWIMMING TRAINING

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Abstract

The aim of this study was to assess the significance of the involvement of parents, students and coaches in increasing the effectiveness of children's swimming training. The method used in this research is a qualitative descriptive method. The population used is the parents of the Gaussian Kamil School Swimming Club. Data collection in this study used interview and documentation techniques. The results of this study are in the form of a statement from a parent who definitely wants their child to be brave and improve their skills in swimming, and a child who enjoys practicing swimming with the role of their parents by providing encouragement while practicing. Based on the results of the interview study, it can be found that children will be confident and practice seriously when they are given encouragement such as motivational encouragement and moral support. Many parents are also proud when they see their child's skills improving from the beginning when their child was still learning to swim until now they can master all swimming styles in a few years. It can be concluded that the role of parents greatly supports the effectiveness of children's swimming, especially in supporting the development of children's skills and mentality, especially in the scope of children's swimming practice with new people.

INTRODUCTION

Parents are the first madrasah for their children. So it is not surprising that what the child does sometimes imitates the daily lives of his parents (Canavalia & Kumaat, 2022). Therefore, the role of parents is very important in supporting the achievements or activities carried out by the child. Parents are the ones responsible for introducing children to physical activity or sports and are the guarantors of their access to exercise, as well as emotional and economic support (Rohmah et al., 2024). Achievements that can be optimized are academic and non-academic. One of the non-academic achievements is sports. Discussing sports is certainly very interesting in non-academic achievements such as swimming. However, in this era there are still some parents who are still indifferent to their children. Such as lack of attention and affection such as spending more time with their children. Swimming is one of the interesting things to channel children's talents. Studies state that swimming is one of the most popular sports. Swimming is a branch of sport that has many fans and enthusiasts, because besides being a sport of achievement, this swimming sport can be used as recreat (Kurniawan et al., 2023). Introducing swimming to early childhood can explore the potential to become a recreational and achievement sport.

Swimming achievement sports at an early age are carried out with a fun concept, meaning that the swimming activities carried out are fun, discussing further the involvement of parents, and those closest to them is the most important thing. Parents will definitely optimize the potential of the child by enrolling the child in a swimming school. The role of parents is also

important in children's training activities such as providing advice, providing motivation, accompanying and waiting for the child to finish swimming practice. Because that will definitely make the child more enthusiastic about practicing swimming (Imelda & Tulak, 2021). The first point that must be underlined is that parental involvement is very important to optimize passion, fighting spirit, and pleasure in practicing. With the enthusiasm and motivation from several parties, it can increase the enthusiasm of athletes or children themselves to practice swimming, and can achieve certain targets so that children are more enthusiastic and consistent in participating in swimming sports.

Therefore, it is important to analyze how parental involvement in optimizing training. As a rationalization material, the author reveals the problem using a sharp qualitative analysis knife. The author conducted interviews with participants, namely parents.

Introducing swimming sports from an early age through school extracurricular activities can be done by exploring, developing, preserving, and utilizing recreational sports, one of which is water games, water safety, water movement skills, and swimming that exist in the community. One effort to improve children's mentality in the world of swimming sports in early childhood is by improving children's motor and physical abilities (Jariono et al., 2022). Apart from mental condition, physical condition also plays an important role in providing information and motivation to players to always improve their physical capacity in order to achieve training goals (Bayu Aji et al., 2024). Swimming pool is one of the fun sports facilities for children, especially early childhood, so in

this case the knowledge of parents and coaches is required to be able to provide a sense of self-confidence in children as early as possible. So that in the implementation of the training process, children are able to be more alert and trained to have a fairly high sense of self-confidence when in the swimming pool. When a small child is in the swimming pool, of course what is believed is a feeling of happiness because of the clarity of the pool water and the fresh sensation felt (Sriningsih et al., 2022).

In addition to parental support and children's interests, coaching factors are also very important in creating conducive conditions in preparing potential swimming athletes to achieve achievements, so that they can be proud of the achievements of swimming sports at the GKS Semarang swimming club. Coaching is the most important factor in the world of sports, especially swimming, which needs to be done as early as possible through talent scouting and guidance, breeding, education and training based on sports science and supported by effective and efficient training equipment (Dedy Yohanes et al., 2022). Swimming is an activity carried out in water. Thus, water is the main means for carrying out this activity. Carrying out activities in water is very different from activities on land. For this reason, in swimming training for children, the characteristics of water must first be introduced so that they can adapt to the properties of water. Some of the obstacles that are often faced in teaching children to swim are: maintaining a floating position correctly, gliding in the correct position (stream line), breathing in water, and overall how to master certain style techniques very well (Astuti & Ula, 2020). Swimming is a measurable sport and motivational reinforcement is very necessary

because swimming must fight fear, nervousness and beliefs and moods in athletes that must be fought in order to achieve maximum achievement (Abdul Gani et al., 2022). Parents play a crucial role in shaping their children's social development, which in turn indirectly incorporates educational aspects, namely a process where parents use all their existing abilities for their own benefit and the program carried out by the child, parents, children and training programs are all part of a process. Apart from the role of the family or parents, the child also needs the role of a coach in the training place, when the child knows and trusts the coach, then in training activities the athlete and coach will have a good relationship during the training. This factor can increase the motivation and enthusiasm of athletes in doing training (Crystallography, 2016). With this research, the author can find problems in the practice environment, namely the lack of enthusiasm and attention from parents, such as some of the children wanting their parents to be present and accompany them from the start of practice until the end, but there are still parents who only drop them off and pick them up during practice. Through the analysis of the needs, it is clear that parental involvement is important, but a more reflective study is needed to see interesting phenomena and events. The purpose of this study was to analyze parental involvement in supporting the effectiveness of swimming training.

METHOD

The research method used by the researcher is descriptive qualitative. The descriptive qualitative research method is a series of studies to obtain data that is as it is so

that the data obtained is in the form of a narrative that emphasizes meaning. The informants in this study were parents of swimming students, coaches and the students themselves. The data in the form of informants that will be taken by the researcher are 5 parents, 4 coaches, and 10 athletes or swimming students. Data collection techniques in this study were through observation analysis, interviews and documentation analysis at the Gaussian Kamil School swimming club in Gunung Pati sub-district, Semarang. Observation is used to determine the conditions in the process of training activities at the swimming club so that the author can describe the actual conditions. Documentation analysis is an activity that is taken through photos as a link to the results of the research and making recordings from the results of the interview. Interviews are the process of extracting information that is carried out on informants, parents, coaches and students. After taking the data, the author will analyze it by digging deeper into the data that has been taken from the informants and then the author will discuss it to find a solution to the problem.

RESULT AND DISCUSSION

The results of the discussion are presented with the results of observations, interview results, research results, and discussion of the research, namely the analysis of parental involvement in supporting the effectiveness of the Semarang city swimming club "Gaussian Kamil School. This research was conducted at one of the private schools in the city of Semarang by looking for informants or participants who met the criteria set in this study. This study focuses on the messages

conveyed by the informants or research participants, namely parents of students, coaches, and students themselves.

In collecting information from the research conducted, the researcher used a qualitative descriptive research method. At the analysis stage carried out by the researcher, namely creating indicators and a list of questions that will be used for interviews with informants for data collection which the researcher will then analyze in order to find out what information has been provided by the informants. Interviews conducted by the researcher on March 9, 2024, the results of the study were obtained by means of in-depth interviews with sources in searching for data and going directly into the field which the researcher will then analyze.

The results of the study present interviews from 5 parents, from the same results a synthesis will be carried out. In addition, interviews are presented as reinforcement that the interviews were conducted with coaches and athletes.

1. Providing moral support

The author asked again about what parents do when their children start to be lazy to practice. The parents answered "I will give advice and persuade the child to practice by waiting and not forcing the child's mood"

Parental attention can affect the child's moral development. If a child lacks attention from the family, especially his parents, then the child faces various difficulties in his moral development. Parents must also pay attention to examples of good behavior to children so that children imitate the good behavior of their parents according to moral development (Melati et al., 2018). Therefore, it can be seen here that moral support from parents is also very useful

and important for the growth and development of children in carrying out sports activities, especially in this swimming practice activity. The learning and training experiences for students, which involve planned physical activities, play, and practice, are designed to encourage physical growth and development, enhance motor skills, cognitive abilities, emotional and social skills, while also fostering greater moral support from parents. (Maulana et al., 2021).

Based on the results of interviews conducted by researchers, it can be said that moral support from parents is very useful for athletes in swimming training activities. Of course, it is very important when we discuss parental support for athletes themselves, as we see that the phenomenon at school parents accompany and provide supplies to their children. The term parental social support, according to (Gujarati & Porter, 2010) can be concluded that what is meant by parental support is the provision of assistance or encouragement given by parents (mothers, fathers) to their children in verbal or non-verbal forms that are beneficial for the child, so that the child feels happy, cared for, more focused, and loved by the surrounding environment. This is something that is very valuable for mental readiness and preparing the child before entering the field to become an athlete.

The researcher then asked the coach about the coach's opinion regarding if there were athletes who cried and did not want to practice anymore, the coach's answer was "I will ask first why the child cried and did not want to practice anymore, it turned out that there were also those who answered because they were

embarrassed to practice because their parents were not waiting for them".

The researcher also interviewed several athletes there regarding whether their parents always gave them encouragement before leaving for training, the athlete's answer was "giving encouragement from home and later will follow to the training place because they are having other business".

Besides providing moral encouragement for their children's education, parents also offer material support by fulfilling physical needs, such as covering educational expenses, providing learning resources, tools, and books (Rahayu et al., 2013). This is because loving and caring parents, who allow failure, will eventually have children who tend to choose success. Therefore, it is essential for parents to offer assistance and support in their children's endeavors, while also contributing to their growth and development through informal education (Christiani, 2016).

2. Parental Feelings

The author asked about the parents' feelings when their children could swim. The parents answered "I feel happy and proud because I see the development of my child who dares to practice swimming, besides that I really don't waste my time looking for a place to practice swimming".

Through interactions within the family, children not only get to know themselves and their parents but also get to know the life of society and the surrounding environment. Parents as educators are actually the ones who lay the foundation for the child's personality. The foundation of this personality will play a role throughout life (Rindawan et al., 2020). So here athletes will definitely be more enthusiastic

when practicing because they feel that their parents are happy and proud to see the development of athletes' training who initially did not dare to go to training are now more courageous and confident in practicing. After parents get a good image and service, parents will entrust their children to attend that school (Kurliyatin et al., 2017). From the results of the interview above related to parents' feelings towards their children, researchers can see that parents will always give appreciation and advice.

To their children so that the child can certainly do activities that were initially not possible because of the feeling of parents who are proud of their children. In this case, parents really crave the success of a child, because parents themselves have the perception that assets or jewelry are the success of an education (Annisa, 2023).

The researcher also conducted interviews with coaches regarding advice given by the coach to athletes, the coach's answer "gave advice because the child came 20 minutes late and I let the child warm up and pray alone and then immediately followed with other friends".

Then the researcher asked the athlete about what made the athlete lazy to come to practice, the athlete answered "because after school he felt tired and lazy to practice".

Guiding children is the main thing that every parent or family must do. Guiding children is indeed easy, where children are at a stage of human development and do not know anything, so they must be given guidance and direction so that they do not know the wrong things (Oktafiani et al., 2020). For this reason, the child's success rate will make parents feel very happy and feel that their education is

successful, because the family has an influence on the child's development process and the family is the first social institution in human life (Taluke et al., 2021).

3. Providing Motivation

The author asked again about what kind of motivation the parents gave to the child. The parents answered "by dropping off, waiting, and giving encouragement when practicing swimming so that the child becomes braver and more confident when their parents are there"

With high encouragement from parents, the child's achievements will improve, in addition to motivation from parents, the community environment is also an external factor for students to achieve achievements (Sholihah et al., 2021). Providing the right motivation to athletes will greatly support their enthusiasm for training and provide encouragement to athletes to achieve optimal performance (Sandy et al., 2017). Therefore, parents must be able to put the right position when they are with their children, such as providing motivation and support for enthusiasm to practice when the child is doing activities. According to the information gathered from interviews with parents conducted by the researchers, it is clear that giving encouragement to children does not have to be in the form of sweet words but by doing small things such as dropping off and picking up children at the training location to giving a gift to the child as a form of appreciation of the parents' pride in the child will certainly strengthen the good relationship between parents and children.

The researcher also asked about what motivation the coach gave to the athletes when practicing, the coach's answer was "when there are children who are tired and bored to practice,

I will intersperse the practice with playing for a while so that the child has the spirit to practice again so that the parents and athletes trust the coach more in terms of practice".

And the researcher also asked the athletes whether they like swimming and why they like swimming, the athlete's answer was "like, because since childhood my parents often took me to the beach and there are many coaches here who are kind and speak softly when explaining the material and don't like to get angry". Success itself can be measured by the time or value carved by athletes in competitions. An athlete's obligation is to train in order to maintain and improve performance when competing (Yudhistira et al., 2021). Achievements can be in the form of champions or meeting targets or minimum standards set by the coach (Blegur & Mae, 2018). Achievement motivation is described as the determination to attain success or prevail in competitive situations, where success is gauged by a standard of excellence, which could be reflected in either the achievements of others or one's own accomplishments. Achievement motives can be understood as the drive to enhance or perform personal abilities to the highest level possible in various activities, guided by a standard of excellence (Gemaini et al., 2023).

CONCLUSION

Parents not only play a role in the home but also play a role in children's activities both at home, school, and outside school. Some athletes also want their parents to be present when the athlete is training. As parents, there are many things that must be applied and given to their children such as motivation and support for children in improving their skills, not only in the

field of education but also in terms of achievement, especially in sports, so that children can improve their skills outside of school. With this research, the author can find problems that exist in the Gaussian Kamil School swimming club, such as some children want the presence and role of their parents when the child is practicing swimming and to be accompanied or accompanied from the beginning of the practice until the end. The role of parents is very influential on children because the family is the first example seen by children, therefore the child's enthusiasm in the field of swimming sports depends first on the motivation that has been given by the family, especially for children who are still beginners in this sport, they really need a lot of attention so that the child becomes confident outside the home when meeting new people with other children of the same age.

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