



Analyzing Athlete-Family: A Bibliometric Study (2014–2024)

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Abstract

This study analyzes trends, patterns, and contributions of research on the relationship between athletes and their families using bibliometric analysis based on Scopus data from 2014–2024. Through VOSviewer software, it maps keywords, author collaboration networks, and the geographical distribution of publications, identifying the United States as the most productive and influential country in this field. Key themes include family support, mental health, and athlete motivation. The analysis reveals growing interest in this area, with fluctuating but overall increasing publications, with a peak observed in 2023. A notable contribution is the article “2015 ESC Guidelines for the Management of Patients with Ventricular Arrhythmias” by Priori et al., with 654 citations. Despite limitations such as language bias and reliance solely on Scopus sources, this study provides a valuable foundation for further research on the impact of family on athlete performance and well-being, offering opportunities to develop family-support-based interventions to optimize athlete potential.

How to Cite

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INTRODUCTION

Professional and amateur athletes in sports activities must enhance their physical abilities and skills through specialized training programs to support their success (Zhang, 2023). According to research by (Dutta et al., 2024) the pressure of achieving success in competitions faced by athletes, particularly women, can affect their performance and mental well-being due to various stressors such as sports-related injustice, body image issues, and mental pressures that increase the risk of depression and anxiety. In the process of achieving success, athletes not only require intensive physical and mental training but also continuous support from various parties, including family, which 98% of athletes consider essential (Burns et al., 2022), (Nugroho et al., 2022). The role of the family is one of the critical factors in shaping an athlete's career journey, encompassing motivation, emotional support, and fulfilling daily needs (Mwanga et al., 2017).

Families play a primary role in supporting the development of their members, including in the aspects of education, health, and social well-being, by providing guidance (Hanifah & Farida, 2023). In the context of athletes, families often act as the initial foundation that significantly influences the athlete's interest and commitment to sports (Singh & Negi, 2023). Jowett and Timson-Katchis, as cited in the study Schiavon & Soares (2016) emphasized that emotional and material support provided by parents and coaches is crucial for athletes' dedication to training and competition.

A strained parent-child relationship can disrupt the attitudes developed during training, leading to cognitive dissonance and increased anxiety levels (Shirokov et al., 2020). In the highly competitive world of sports, athletes often face pressure to always perform at their best (Mack et al., 2023). A harmonious family environment supports the optimal development of an athlete's potential, while family conflicts or lack of parental attention can hinder performance and affect the athlete's potential (Amado et al., 2015).

Family support for athletes includes emotional, logistical, and financial aspects, such as accompanying them in competitions, managing training schedules, and providing necessary sports equipment (Schiavon & Soares, 2016). Additionally, family and peers often serve as sources of comfort and solace for athletes after experiencing significant pressures in sports (Glandorf et al., 2022). Research Amado et al (2015), which highlights the importance of parental support in

fostering children's motivation for sports, indicates that parental pressure negatively impacts the satisfaction of basic psychological needs, potentially hindering intrinsic motivation and enjoyment in sports. A supportive family environment enhances psychological resilience and reduces the risk of mental health issues among adolescents (Wójta-kempa, 2019).

Bibliometric analysis has become a primary method for assessing trends, patterns, and overall developments in scientific literature (Crab, 2023). The automated processing of bibliometric data using the latest algorithms has significantly improved the accuracy and relevance of identifying research trends and themes (Toaza & Esztergár-kiss, 2024). This study aims to conduct a bibliometric analysis of studies focusing on athletes and families within the timeframe of 2014 to 2024. Specifically, the research seeks to explore networks formed by the keywords selected by authors, analyze publication and citation growth patterns, and identify the most productive authors, influential articles, leading journals, and active countries in this field using the English language. This study offers a distinct approach by applying bibliometric analysis to research on athlete-family relationships—an area that has received limited attention in previous studies. By mapping research trends and key themes over the past decade, it provides a comprehensive perspective for future exploration.

METHODS

This study employs bibliometric analysis to gather various literature related to physical activity in the motor and cognitive development of children. This method serves to map the extensive body of scientific literature, ensuring the quality and accuracy of the information utilized as well as the findings obtained (İri & Ünal, 2024). By adopting a bibliometric analysis approach, researchers can gain deeper insights into the trends, patterns, and relationships among existing studies in this field (Ismail et al., 2024).

The research process begins with a careful selection of the theme through a comprehensive review of the Scopus.com scientific database, with publication limits set between 2014 and 2024. The research strategy involves examining the current status and research trends on "Athlete" AND "Family" using a data filtering process. The data for this study were sourced from articles published between 2019 and 2024. The search strategy includes subject terms, namely: TITLE-ABS-KEY (athlete AND family) AND PU-

BYEAR > 2013 AND PUBYEAR < 2025 AND (LIMIT-TO (EXACTKEYWORD , "Athlete") OR LIMIT-TO (EXACTKEYWORD , "Humans") OR LIMIT-TO (EXACTKEYWORD , "Sport") OR LIMIT-TO (EXACTKEYWORD , "Family")) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (OA , "all")) AND (LIMIT-TO (DOCTYPE , "ar")). After the data filtering process, VOSviewer was used to visualize the data (Blegur et al., 2023). The software generated network analyses of co-authorship and co-occurrence (Pereira & Jegatheesan, 2024).

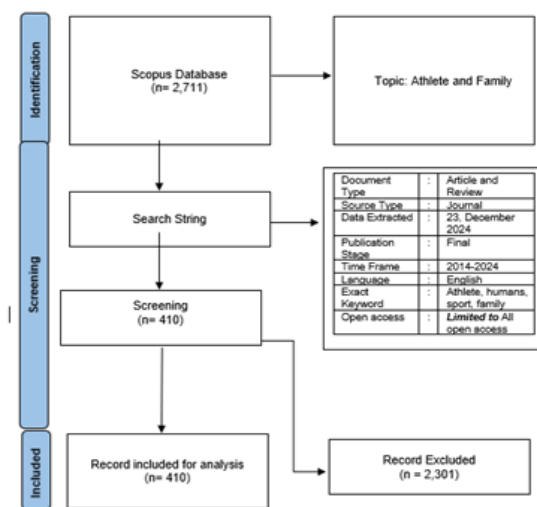


Figure 1. The Article Screening Process Documents in Scopus

RESULTS AND DISCUSSION

Documents Published

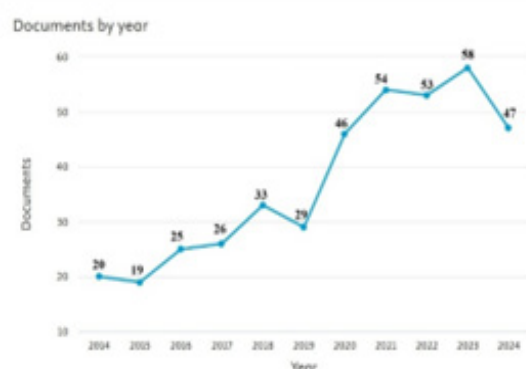


Figure 2. Documents Published in the Scopus Database

The overall publication trends in the field of "Athlete" AND "Family" from 2014 to 2024 are illustrated in **Figure 2**. The analysis, based on the Scopus.com database, indicates that in 2014,

there were 20 documents published, while in 2024, 47 documents were recorded. According to **Figure 2**, a decline of 1 document was observed from 2014 to 2015. From 2015 to 2018, the number of published documents increased steadily to 25, 26, and 33, respectively. However, in 2019, there was a decrease in publications, with 29 documents published. From 2019 to 2021, there was a significant surge in publications, rising from 29 to 54 documents. In 2022, a slight decline of 1 document was recorded, bringing the total to 53. The number of documents reached its peak in 2023, with 58 publications, making it the year with the highest number of documents published, as shown in **Figure 2**. In 2024, the number of documents decreased to 47. It is important to note that the data for 2024 is not yet final, and there is a possibility of an increase by the end of the year. Despite the fluctuations in the publication trend, there has been a significant overall increase over the years. This indicates a growing interest in research on the trends related to athletes and families.

Table 1. Top Cited Articles

Document Title	Authos and Year	Citations
2015 ESC Guidelines for the management of patients with ventricular arrhythmias and the prevention of sudden cardiac death: The Task Force for the Management of Patients with Ventricular Arrhythmias and the Prevention of Sudden Cardiac Death of the European Society of Cardiology (ESC)	(Priori et al., 2015)	654
Psychological resilience in sport performers: a review of stressors and protective factors	(Sarkar & Fletcher, 2014)	355
Predictors of postconcussion syndrome after sports-related concussion in young athletes: A matched case-control study	(Morgan et al., 2015)	230
Vigorous physical activity impairs myocardial function in patients with arrhythmogenic right ventricular cardiomyopathy and in mutation positive family members	(Saberniak et al., 2014)	192
International Olympic Committee (IOC) Sport Mental Health Assessment Tool 1 (SMHAT-1) and Sport Mental Health Recognition Tool 1 (SMHRT-1): Towards better support of athletes' mental health	(Goutteborge et al., 2021)	188

Early symptom burden predicts recovery after sport-related concussion	(Meehan et al., 2014)	177
Exercise has a disproportionate role in the pathogenesis of arrhythmogenic right ventricular dysplasia/cardiomyopathy in patients without desmosomal mutations	(Sawant et al., 2014)	160
Sport-related concussion in children and adolescents	(Morgan et al., 2015)	153
Sudden cardiac arrest during participation in competitive sports	(Landry et al., 2017)	149
Comprehensive multi-modality imaging approach in arrhythmogenic cardiomyopathy - an expert consensus document of the European Association of Cardiovascular Imaging	(Haugaa et al., 2017)	146

Table 1 summarizes the most influential articles by citation count in the field of athletes and families, offering insights into impactful research contributions from various authors. The table lists the top 10 authors with the most influential articles on athlete and family research, particularly in the context of athletic development. Highlighted in the table are documents with significant impact, led by the study conducted Priori et al (2015) which ranks first with 654 citations, demonstrating its high relevance to the topic. In second place is the research Sarkar & Fletcher (2014) with 355 citations. The third and fourth places are occupied Morgan et al (2015) and Saberniak et al (2014) with 230 and 192 citations, respectively.

The most-cited article, authored Priori et al (2015) with 654 citations, is based on the 2015 European Society of Cardiology (ESC) Guidelines for the management of ventricular arrhythmias and the prevention of sudden cardiac death (SCD). This article reviews the diagnosis, management, and prevention strategies for these conditions, including the use of pharmacological therapies, implantable defibrillators, and other interventional approaches. Key insights from these guidelines include evidence-based recommendations to assist medical professionals in determining the best course of action for managing patients at risk of or experiencing ventricular arrhythmias and SCD. The guidelines also emphasize the importance of genetic evaluation and family screening in cases of sudden death, as well as preventive measures for the general population and athletes. This article is particularly relevant to health in the sports context, especially concerning the risks of sudden cardiac death among athletes. The guide-

lines underscore the significance of electrocardiogram (ECG) screening in athletes to detect potential cardiac abnormalities that could trigger SCD during intense physical activity.

Authorship Analysis

Table 2. Authors, Documents, and Citations

Author Most Cited			
Rank	Author	Doc	Cite
1	Fletcher, David	2	471
2	Sarkar, Mustafa	2	471
3	Sharma, Sanjay	6	440
4	Papadakis, M.	5	376
5	Haugaa, K.	4	362
6	Edvardsen, T.	3	362
7	Sheikh, Nabeel	3	315
8	Zuckerman, S.	4	284
9	Solomon, G, S.	2	267
10	Meenhan, W, P.	2	249

Author Most Documents			
Rank	Author	Doc	Cite
1	Sharma, Sanjay	6	440
2	Eberman, Lindsey	6	50
3	Papadakis, M.	5	376
4	Baggish, Aaron, I.	5	84
5	Eason, C, M.	5	30
6	Haugaa, K.	4	362
7	Zuckerman, S.	4	284
8	Putukian, Margot.	4	242
9	Ackerman, M, J.	4	126
10	Zorzi, Alessandro.	4	49

Table 2 and **Figure 3** reveal the 10 most productive researchers in publications related to the relationship between athletes and families. Several of these researchers have demonstrated significant collaboration through their works. As shown in **Table 2**, Sharma, Sanjay is identified as the most productive author, having published 6 documents with a total of 440 citations. He is followed by Eberman, Lindsey E., and Papadakis, M., who have published 6 and 5 documents, respectively, with citation counts of 50 and 376.

The authors with the highest citations are Fletcher, David, and Sarkar, Mustafa, each with 471 citations from 2 documents. Sharma, Sanjay follows closely with 440 citations from his 6 publications. These researchers reflect a strong commitment to innovation and advancing knowledge in the field of athletes and families, contributing significantly to understanding the dynamics and interconnections within this area of study.

Country Analysis

Table 3. Countries, Documents, and Citations

Country Most Cited			
Rank	Country	Doc	Cite
1	United States	161	3860
2	United Kingdom	61	2707
3	Norway	12	1265
4	Switzerland	21	1203
5	Italy	28	1188
6	France	12	1054
7	Germany	22	1032
8	Denmark	8	971
9	Portugal	9	970
10	Sweden	10	965
Country Most Documents			
Rank	Country	Doc	Cite
1	United States	161	3860
2	United Kingdom	61	2707
3	Italy	28	1188
4	Australia	26	726
5	Germany	22	1032
6	Switzerland	21	1203
7	Spain	21	814
8	Canada	21	574
9	China	18	147
10	Japan	14	79

Table 3 and **Figure 4** list the top 10 countries based on document production in the field, with the United States leading with 120 documents and 3,860 citations. The United Kingdom follows with 61 documents and 2,707 citations. In third place, Norway (12 documents with 1,265 citations) and Italy (28 documents with 1,188 citations) stand out as countries with notable document production and citation counts. Switzerland and Australia take fourth place, followed by Italy and Germany in fifth place, based on citation and document numbers. **Figure 4** illustrates the distribution of collaborative networks, highlighting the United States as the most central country, followed by the United Kingdom. These nations demonstrate strong academic collaboration and significant influence in the field, reflecting their leadership roles and impact in research on the relationship between athletes and families.

Keyword Analysis

Figure 5 and **Table 4** present a knowledge map illustrating keyword analysis trends related to athletes in the context of family. In this study,

co-keyword analysis was applied to identify patterns in research topics and map their boundaries. This process was conducted by visualizing the keyword network using the analysis features of VOSviewer. As shown in **Figure 5**, the fractional counting method was used to determine the minimum threshold for the occurrence of specific keywords. This analysis uses keywords defined by the authors as the primary unit of analysis. The resulting thematic clusters were grouped and are presented in **Table 4**, providing insights into the key areas of focus and emerging trends in the intersection of athletes and family research.

Table 4. Clusters and Keywords Based on VOS-Viewer

Cluster	Item	Colour	Percent	Total
1	Coach, development, elit athlete, experience, family member, friend, influence, life, mental health, motivation, person, relationship, self, social support, support.	Red	43%	15
2	Athletic trainer, care, exercise family history, history, individual, majority, management, number, presence, respondent, risk factor, treatment, young athlete.	Green	40%	14
3	Behavior, female athlete, gender, parent, significant difference, woman	Blue	17%	6
Total	-		100%	35

Figure 5 provides a visualization of the keyword network analysis using VOSviewer software. This analysis focuses on keywords that frequently co-occur in research related to the relationship between athletes and families. Each

node in the network represents a keyword, with the size of the node indicating the frequency of its occurrence in the analyzed articles. Lines connecting nodes illustrate relationships between keywords based on their co-occurrence in the same articles. The network is divided into three main clusters: Red Cluster, includes keywords such as coach, family member, social support, and mental health, this cluster represents the significance of social and emotional support in athlete development. Green Cluster, contains keywords like athletic trainer, risk factor, and young athlete, this cluster focuses on physical health, risk management, and the role of trainers in athlete development. Blue Cluster, features keywords such as female athlete, gender, and parent, this cluster emphasizes the role of parents and gender differences in the motivation and development of athletes. These thematic clusters illustrate the multifaceted nature of research on the athlete-family relationship, highlighting diverse areas of focus such as social dynamics, health, and gender considerations.

The results of this analysis show that social support, family, and coaches play significant roles in the physical and mental development of athletes, particularly in the family context. The displayed network reveals that these topics are closely interconnected, reflecting the integration of social, emotional, and physical factors in the analyzed literature.

Keywords play a crucial role in conveying key information related to the content of an article (Corrin et al., 2022). In some cases, two or more keywords may appear together in an article and are classified as co-keywords. Analyzing co-keywords is used to explore relationships between concepts or themes in the literature, identify patterns of association, and help cluster related research topics (Alipour et al., 2022). This method has proven effective in understanding the interconnections of ideas and themes across different disciplines or specific fields of study, deepening insights into relevant themes and emerging trends in academic literature (Li et al., 2016).

This bibliometric analysis approach facilitates the identification of key themes and emerging trends in the literature, while offering a structured understanding of the interconnections between existing ideas and bridging future research. By mapping these keyword clusters, this study contributes to the development and expansion of scientific literature related to athletes and families, particularly in supporting the advancement of sports, especially among adult male athletes.

This topic is intriguing for further exploration, considering the significant impact of research trends related to athletes within families on child development. This is reflected in the frequently appearing keywords and their associated percentages of relevance in Cluster 1, which includes terms such as “Coach”, “development”, “elite athlete”, “experience”, “family member”, “friend”, “influence”, “life”, “mental health”, “motivation”, “person”, “relationship”, “self”, “social support”, and “support”. These keywords reflect a significant review of the influence of physical activity on various aspects of athlete development, including the support or motivation from family in relation to overall athlete development and mental health.

The results of this study not only provide an overview of ongoing research but also offer a foundation for future research. This study seeks to leverage research trends related to athletes and families to promote athlete development, particularly in terms of support, life, motivation, and the caregiving patterns provided by families to athletes. However, there are several limitations that should be noted.

First, this research relied solely on English-language publications indexed in Scopus, which may introduce language bias and overlook valuable research in other languages. Second, the use of Scopus as the database also poses the risk of publication bias, as it does not include all relevant literature, especially from non-indexed sources or more specialized research fields. Third, this analysis is limited to data up until 2024, so there may be recent developments not captured. Fourth, although the keyword selection process was conducted carefully, some relevant articles might have been overlooked, which could impact the breadth of the research. Lastly, while bibliometric approaches provide quantitative insights, they tend to be less effective in capturing qualitative details or the deeper context of each study. These limitations highlight the need for further studies to address these gaps and offer a more comprehensive understanding of the impact of family support on athlete development.

CONCLUSION

This study provides in-depth insights into the trends, patterns, and contributions of research focusing on the relationship between athletes and families from 2014 to 2024. The research reveals fluctuating publication patterns, with the highest peak in 2023, reflecting a growing interest in this topic. The bibliometric analysis shows the United

States as the country with the largest contribution in terms of publications and citations, followed by the United Kingdom and Italy. An important contribution is highlighted by the article "2015 ESC Guidelines for the management of patients with ventricular arrhythmias" by Priori et al., with 654 citations. Productive authors such as Sanjay Sharma and Lindsey E. Eberman have made significant contributions to advancing this research. Data visualization reveals key keyword clusters such as social support, mental health, and motivation, reflecting the critical role of family in athlete development. However, limitations such as language bias and the selectivity of sources suggest opportunities for further research with more inclusive and qualitative approaches. These findings offer a foundation for future studies that could expand the understanding of the role of family in supporting athletes' achievements and well-being.

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