



# Parent-Child Relationships in competitive sports

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# Why this?

- Sports has played a huge part in my life
  - helped me come out of my shell
  - Where I made my best friends
- Never understood that parent
- Didn't want to sit around reading other people's work



# What has been said



- Expectation for parent involvement vary
  - Child's expectation
    - Expect parent to support and care about the sport. Depends on each child
  - Parent's expectation
    - Depends on the parent. Some see it as a fun activity, college opportunity, exercise
  - Societal expectation
    - Being a good parent means you put your kids into sports and have the time to take interest into your child's success
- The expectations can cause friction
  - If the parent's and child's expectation do not match each other than friction is created

# What has been said

- Parents transfer unfulfilled dreams on to kids
  - Regretted
  - Unable to complete
- Symbolic completion
  - Parents see their children as extensions of self
    - The closer the parent sees the child to themselves the more invested the parent is to the success of the child.
  - Surrogate for success



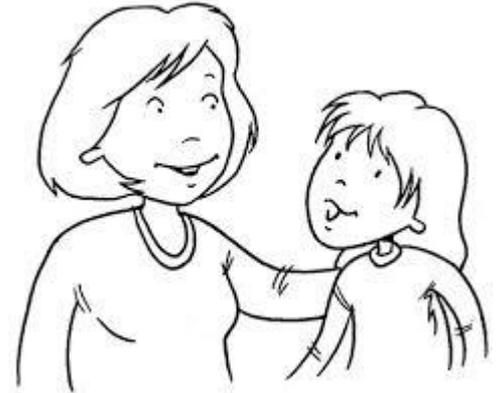
# What has been said

- Background anger (BA)
- Sideline anger is a form of BA
- Studies report athletes notice sideline anger more often
- Directed at parents own child
  - Parents see it as part of the game
- The more exposure leads to higher burnout



# What has been said

- Post-game talk
  - Parental feedback
- Daughter
  - Balanced and honest
  - Challenges when misunderstood
- Sons
  - Coach approach or not at all
- Sandwich comments
- Post-game talk strengthens bonds



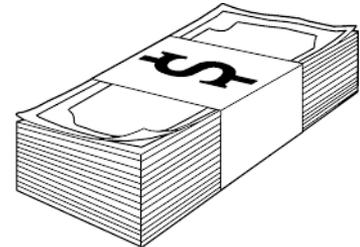
# What has been said

- The end goal affects how the parent interacts with the sport.
  - Having fun
  - Exercise
  - Career



# What has been said

- Sports is a way for fathers to participate in parenting
  - Masculine
  - Way of bridging interests
  - Almost expected to participate
- Social norms and parenting style play a role
- Also, socioeconomic status plays a part



# What I've found

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- Sideline coaching
  - Father's are more likely to participate in sideline coaching. They feel like it is a way to show their children that they care.
  - The goal of sideline coaching for many parents is to help their children during the game
  - Parents that participate in sideline coaching tend to isolate themselves at the end of the field
  - However, when a mother participates she tends to do it in a pack of other spectators
  - On average children only notice a parent's sideline coaching from their own parent.
  - Friction is caused when a child feels that their parents coaching is unhelpful and disruptive to the game

# What I've found

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- Self-isolation
  - Some parents choose to self-isolate because they dislike negativity coming from the crowd
  - They isolate because they do not want to be placed in a situation that can cause an angry outburst
  - Isolation also can occur because the parent wants to focus on the game

# What I've found

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- Self-isolation
  - Outspoken parents are forced to move away from the group because they are not well like
  - Isolation provides distance from the people that will stop them from sideline coaching
  - The way that parents interact with one other at games affects the relationship they have with their own children
  - No one wants to have the overemotional parent. Therefore, overemotional parents put stress on their child, which causes friction in the relationship.

# What I've found

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- Post-game talk

- Parents usually wait after the game to congratulate their loved one.
- To many parents this action is a way to show their kids that they care about the outcome of the game and therefore care about the child's interest
- Parents feel more connected to their children when they talk about the events in a game. It becomes a shared interest.
- Post-game talk strengthens the parent-child relationship when done right.
- The type of post-game talk depends on the child and game situation. Most athletes did not want to talk after a hard loss.

# What I've found

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- Post-game talk

- When dads engage in post-game talk it is more tactical and analytical
- Whereas moms who engage in post-game talk are more sympathetic
- Post-game talk occurred in all the people that were interviewed both athlete and parent found it useful in forming bonds.
- When a parent did not participate the child felt the parent did not care about the outcome of the game and therefore did not care about them



# Questions?

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