



# PROCEEDING



## **ASEAN FORUM AND INTERNATIONAL CONFERENCE ON SPORT SCIENCE AND TECHNOLOGY (AFICSST)**

**Bali, Indonesia, 8-11 August 2014**

**“Bridging The Gap In The Advancement Of Sport Sciences  
And Technology Implementation Among South East Asia  
Countries”**

**The Deputy Asistant of Sport Science and Technology Division  
Deputy Minister of Elite Sports Enhancement  
Ministry of Youth and Sports**

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*Assalamu"alaikum warrahmatullahi wabarakatuh*

May we first made our highest praise and thank to Allah SWT, for His bless we able to gathered here on the prestigious occasion Asean Forum And International Conference On Sport Science And Technology (AFICSST) under the theme, —Bridging The Gap In The Advancement Of Sport Sciences And Technology Implementation Among South East Asia Countriesll. It is expected this event will create a venue for ASEAN sport scientists to learn, and understand each other's heterogeneous level of expertise and special feature in the area of sport sciences theories, their praxis, and in the seriousness level of their implementation.

This conference which hold by The Deputy Assistant of Sport Science and Technology Division Ministry of Youth and Sports, The Republic of Indonesia, it's also expected to become arena for exchange experiences and expertise and at least information regarding the best practices in the area of sport sciences and technology, to learn together from the experience of other advance countries who also gather in the event of conference in the respected sport disciplines, and to initiate a concrete cooperation and synergy between and among university academicians and students in the area of sport sciences and technology researches.

I would like to deliver our highest respect and appreciation to Minister of Youth and Sport of Republic of Indonesia and to all those who have helped bring this event, and it is my great pleasant to express my deep gratitude to our honourable guests, Dr. Bart Crum Retired Professor from the Free University, Amsterdam Netherlands; Mr. Randall L. Wilber, Ph.D., FACSM, Senior Sport Physiologist from USOC; Prof. Gareth Stratton, Ph.D. from Swansea University, United Kingdom; Prof. Martin Lames from Faculty for Sport and Health Science Technical University Munich, Germany; Mr. Kevin Ball, Ph.D. Biomechanist from ISEAL, Victoria University Australia; Prof. Hideaki Soya, Ph.D. from University of Tsukuba Japan; Assoc Prof, Ma Xindong, Ph.D. from Tsinghua University, Beijing, China; Prof. Hyo Jeong Kim, Ph.D. from KNSU, Seoul, Korea; Prof. Suebsai Boonveerabut, Ph.D. from Srinakharinwirot University, Thailand; Assoc Prof. Mohd Salleh Aman, Ph.D. from University of Malaya, Malaysia; and last but not least to Prof. Toho Cholik Mutohir, Ph.D. from State University of Surabaya Indonesia. I really expect that this meeting will be beneficial for all of us and have direct to the development of the sports.

Allow me to express my thank to the participants and audiences from Indonesia and other foreign countries who are enthusiastic to attending this precious conference. I do hope that all audiences will gain important values and coloborate it into our own fields and make crucials changes in the future. Beside that, I also convey thank to all of organizing committes who has gave their outstanding commitment for presenting this International conference.

*Wassalamu"alaikum warrahmatullahi wabarakatuh*

Sincerely yours,

**Prof. Dr. Djoko Pekik Irianto, M.Kes., AIFO.**



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## THE CONTRIBUTION OF PARENTING AND SOCIAL SUPPORT TOWARDS SWIMMING ATHLETES PERFORMANCE

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### ABSTRACT

*The objective of this study is to find out the contribution of parenting and social support to swimming Performance Athletes" in 50 m freestyle. The population in this study is 498 elementary school students who participated at Dolphin Cup IV Central Java and Yogyakarta Special Region Swimming Championship 2012. There are 103 sample subjects involved in this study, using purposive sampling technique, the data was collected by scales and documentations. The data analysis used double regression analysis. The result shows significant correlation between parenting and social support to swimming performance Athletes" in 50 m freestyle. The partial analysis reveal that: (1) parenting has 17,3 % effective contribution toward 50 m freestyle swimming performance Athletes, (2) social support has 10,9% effective contribution toward 50 m freestyle swimming performance. Based on this study, the parenting has significant contribution on swimming athletes" performance, compared with social support, self-confidence, and performance motivation. Besides, there are psychological factors and other factors that seems to support swimming athletes" performance.*

**Keywords:** 50 m Freestyle, Swimming Athletes, Parenting and Social Support.

### INTRODUCTION

Athletes' performance in national and international events is one of the assessments to recognize the development of their skill and performance after many months or even years of training. Training should be done in full awareness through a continuous advancing process, therefore it need commitment and a long-term persistence. An athlete needs many things to maintain his performance. Recently, one thing that needs more attention in sport training is the psychological factors that have contribution in athletes' performance. But Indonesian's sport performances, especially in DIY still far from expectations, even though there were several DIY athletes who had national and international performances. It can be seen from the decreasing DIY sport attainments.

In theory, swimming can be introduced to early ages children from 3 – 7 years old, and specialized at 10 – 12 years old (Bompa, 1994). Counsilman (1977) said that the *crawl* style or the freestyle stroke is the basic stroke that is a precondition to learn the other three styles (backstroke, butterflys troke and breaststroke). In swimming events, both national and international championships, freestyle stroke has the most categories. In freestyle, most swimmers use the *crawl* style, since according to Maglischo (2003), the *crawl* style is the fastest and the most efficient compared with the other styles. In other words, a swimmer who has good skill in the *crawl* style may get advantages from many categories in competitions.

In this study, the parents' parenting method is the combination between the democratic and authoritarian parenting, the factors are: emphasized on education, strict, open-minded and discussion, freedom with control and limitations, stern and uncompromised, which is based on Hurlock (1992); Kartono (1992); Gould, Differenbach and Moffett, (2002); and Nuryoto (2003)'s opinions.

The social supports in this study seem to be come from the coachs and other fellow athletes. The coach's role in giving social support to their athletes is very important, in swimming environment, it is a fact that coach becomes the central figure because: (1) almost every morning and afternoon, athletes spend most of their time inside the club or pelatnas' together with their coach; (2) athletes' experiences, mostly related to the efforts to get attainment, needs the coach's support, especially when preparing themselves before competition, during the competition, and after the competition; (3) the coach has the authority

on their athletes, mostly in choosing the category of the competition; (4) the coach knows their athletes' habits and behavior during competitive situations.

In this study, the sport environment is related to social support in the form of the coach and other swimming athletes' role that influence the athlete's attainment. The supports help individuals to see their internal positive aspects, compared with other people's situation which function as an encouragement to self-respect, self-confidence and skill, also self-esteem that would be useful in distress. The factors of the social support in this study are: attention, informative, emotional, and instrumental supports that come from the coach and other swimming athletes (Landy and Conte, 2007).

Based on the theory mentioned above, the relationship between the variables in this study can be described as follows:

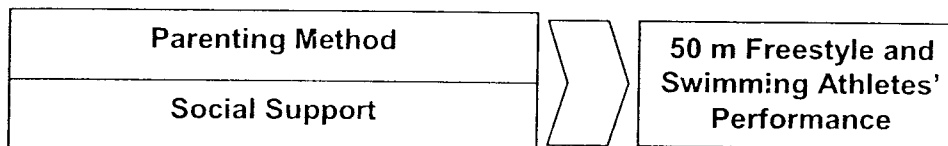


Figure 1. The relation between the study's variables

Based on the theoretical reviews, there are several hypothesis as follows: There is a positive correlation between parenting method and social support.

## METHODOLOGY

There are several variables in this study: the 50 m freestyle swimming athletes' performance as the dependent variable and the parenting method and social support as the independent variables.

The subjects of this study are 498 participants in Dolphin Cup IV Jateng -DIY 2012 swimming championship, who are elementary school students. Sample in this study is 103 subjects collected using the purposive sampling technique. The sample criteria are as follows: (1) a swimming athlete who joins a swimming club in DIY, (2) age 8 to 12 years old (age group III and IV in swimming), (3) has local or national performances, (4) participate in the 50 m freestyle Dolphin Cup IV Jateng-DIY 2012 championship.

The data are collected using forms about the athlete's performance list, verified with the result of the recent competition. Then, the data are processed in the data documentation by the researcher. The scale method is also used to collect data in this study. The scales in this study are: the parenting scale and social.

The data are analyzed using the regression analysis with the SPSS computer program. There are two things done in this quantitative data analysis method, which are: (1) Assumption test, which is a precondition test including normality test, linear relation test, multi-collinearity and homogeneity test, (2) The research hypothesis test used the double regressions method on the first hypothesis, the second hypothesis, the third hypothesis, the fourth hypothesis, and the fifth hypothesis, while the sixth hypothesis used the variant analysis method.

## RESULT

### The Study Data Description

The subject descriptions based on the category of each variable are as follows: (1) The parenting scale category. The aim of the parenting scale category is to learn the subject score position in the parenting scale score ranks. The empirical average = 48,883 and empirical SD 7,885; (2) Social support scale category. The aim of the social support scale category is to know the subject score position in the social support scale score ranks. The empirical average = 38,446 and empirical SD 7,090; (3) 50 m freestyle swimming athlete's performance category. 50 m freestyle swimming athlete's performance is categorized to

know the subject's position in the score ranks. The empirical average = 42,916 and empirical SD 9,623.

**Hypothetic Test**

The first hypothesis states that "There is a positive contribution to the achievement between parenting athletes swimming the 50 meters. The more appropriate parenting is applied, the higher the athlete's performance swimming the 50 meters". (1) The results of a partial analysis parenting variables with the athlete's performance swimming 50m freestyle numbers showed a significant correlation between the pattern of care with the performance of athletes swim in the 50m freestyle (R = 579) and the calculated F value of 8.084 with a significance value of F for 0.000 which is smaller than 0.05 (sig <0.05); and (2) The conclusion of the first hypothesis can be significant value F of 0.000 which is smaller than 0.05 (sig <0.05), means that Ho is rejected, it can be said to exist between parenting positive contribution to the performance of athletes swimming 50m freestyle. This result also shows that the hypothesis petrtama that reads "There is a positive contribution between parenting style with an outdoor athlete's performance" unacceptable. This means that parenting contributes to the achievement of an athlete swimming, where more appropriate parenting pattern shape on self swimmer as a research subject, the higher his swimming performance. Conversely the parenting does not fit the lower swimming performance.

The second hypothesis in this study states that "There is a positive contribution to the achievement between social support swimming the 50 meters freestyle. The stronger the social support that is given, the higher "

Based on the analysis there is a correlation between social support variables with achievement swimmer with the following results: (1) The results of a partial analysis of the social support variables with achievement of athletes swimming the 50 meters freestyle shows that there is a significant relationship between social support and achievement of athletes swimming the 50 meters freestyle (R = 404) and the calculated F value of 4.770 with a significance value of F of 0.001 which is smaller than 0.05 (sig <0.05); and (2) The conclusion of the second hypothesis can be significant value in F of 0.001 which is smaller than 0.05 (sig <0.05), means that Ho is rejected, it can be said to exist between social support and positive contribution to the performance of athletes swimming 50m freestyle. This result also shows that the second hypothesis which says "There is a positive contribution to the achievement between social support swimming. The stronger the social support that is given, the higher the outdoor athlete's performance "unacceptable. This means that the role of athletes as well as coaches and friends in the form of social support is contributing to the achievement of an athlete swimming, where the stronger role of the coach and athlete friends on self-athletes as a research subject, the higher his swimming performance. Conversely, the lower the participation of coaches and athletes, the lower achievement friends swimming.

**CONCLUSION**

Based on the results of research and discussion can be concluded that: (1) There is a positive contribution to the achievement between parenting athletes swim in the 50m freestyle. If visits by stepwise method showed that parenting is a very significant influence to contribute effectively to the achievement of 17.3% outdoor swimming 50m freestyle; and (2) There is a positive contribution to the achievement of social support among outdoor athletes. If visits by stepwise method showed that the role of social support in the form of friends and coaches and athletes provide a very significant influence to contribute effectively to the achievement of 10.9% of athletes swimming 50m freestyle.

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