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# Impact of Parental Pressure and Involvement on Youth Sports Participation: A Study.

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**ABSTRACT**

**Purpose:**

The study aims to investigate how parental engagement and pressure influence young adult sports participation, with a special focus on the effects of varying degrees of support and expectations on the motivation, performance and psychological health of young sports participants. In order to determine the key factors that influence youth sports pleasure, the research will examine both the positive and negative consequences of parental behaviour.

**Design/ Methodology:**

The survey was conducted using a structured questionnaire. Data were gathered using online and offline methods. A combination of convenience sampling and random sampling was used to choose the respondents. A total of **115** replies were included in the data analysis.

**Findings:**

The researcher in the present study finds that, there is a significant association between parental pressure and youth sports participation using chi-square technique. Meanwhile Anova test conducted, the results indicates a significant difference between the parental pressure experienced by youth participating in various types of sports, such as team sports and individual sports and The factor analysis conducted shows significance, with a P-value below the 1% and 5% levels, demonstrating significant relationship between parental involvement and youth sports participation.

**Limitations:**

The study's limitations include its dependence on self-reported data, which might be impacted by bias or incorrect recollection. The sample size may not accurately reflect all populations, especially those with diverse cultural and socioeconomic origins. Likewise, the study's cross-sectional design restricts its capacity to assess the long-term consequences of parental participation in and around Bangalore city. The study concentrates youth sports participants falls in the age group between 10 – 18 years, as they are more dependent on the parents support and decisions.

**Originality Value:**

This research provides new perspectives into the influence of parental pressure and engagement on young athletics, with a particular focus on the psychological consequences and alternatives.

**Paper Type**: Research Paper

**Key words**: Parental Pressure, Parental Involvement, Youth and Sports Participation.

## 1. Introduction

Parent's participation in their children's athletic activities is frequently regarded as an essential component in the process of encouraging the children's physical and mental development (Lisinskiene et al., 2018)(Jones., 2024)(Kovács, Takács, et al., 2024). It is possible for parental support to have a beneficial impact on a child's motivation, self-esteem and overall performance (Christofferson & Strand, 2016)(Liu et al., 2024). At present, it additionally possesses the potential to become a source of pressure that has a negative impact on the child's

experience and relationship with sports (Ferris et al., 2013). When it comes to determining whether a youngster will acquire a dislike for their participation or if they will love it, the small line that between encouragement and excessive pressure can have a significant impact (Christofferson & Strand, 2016). Researcher have found that parents play a dual role in the experiences that young athletes have while participating in sports. On the one side, they offer crucial assistance, which includes things like transportation, financial investment and emotional support. Children typically exhibit higher levels of commitment, skill development and intrinsic drive when given the opportunity to participate in activities that are balanced (Hoyle & Leff, 1997)(Muhammad Tahir Nazeer et al., 2021). On the other side, parents who put an excessive amount of pressure on their children, whether through high expectations, criticism or continual comparison, can cause their children to experience performance anxiety, feel burned out and dread that they will fail (Hoyle & Leff, 1997). These unfavourable results are especially prominent in situations in which youngsters have the perception that their value is completely determined by their accomplishments in sports. The growing level of competition in childhood sports has led to an increase in the expectations that parents have for their children, particularly in societies where the achievement of athletic success is tied to scholarships, possibilities in the professional world or social standing (Kovács, Oláh, et al., 2024). A growing number of people are becoming concerned about the adverse effects of parental pressure, which include early dropouts, a decline in self-esteem and a decrease in the fun of participating in sports (Reguindin, 2023) (Kovács, Takács, et al., 2024). In order to ensure that children not only gain athletic talents but also have a good relationship with sports, it is vital to have a solid understanding of the delicate balance that exists between parental involvement and participation. With the purpose of examining both the positive and negative effects, the purpose of this study is to investigate the complex impact that parental involvement and pressure have on the participation of young people in sports (Lisinskiene & Lochbaum, 2019). In addition, it will discuss methods for creating surroundings that are encouraging and conducive to children's growth, free from the unwarranted pressure that comes from the expectations of others.

## 2. Literature Review

### 2.1. Parental Pressure

The influence of parents in youth sports encompasses the expectations and demands they impose on their children to attain certain performance results, frequently emphasising victory, excellence or future prospects (Dey, 2024)(Kovács, Oláh, et al., 2024)(Liu et al., 2024). Although parents often aim to inspire their children, imposing too much pressure can lead to adverse psychological and emotional effects for young athletes (Christofferson & Strand, 2016)(Liu et al., 2024)(Sinha, 2024). The influence of parental pressure significantly contributes to the development of performance anxiety. Young individuals who perceive a need to fulfil elevated standards may encounter stress, anxiety about failing and unease, which can adversely impact their performance and overall enjoyment (Christofferson & Strand, 2016). Over time, this anxiety can culminate in burnout, causing young athletes to disengage from the sport entirely as a result of the relentless pressure to fulfil external expectations. Parental pressure has the potential to adversely affect self-esteem (Witt, 2018). When young individuals perceive their value as linked to their sports achievements, they might become excessively fixated on outcomes instead of prioritising personal development or enjoyment (Liu et al., 2024). This may reduce their internal drive to engage in sports, increasing the likelihood of early dropout or perceiving the activity as a source of stress instead of enjoyment (Witt, 2018). Although a certain level of pressure can boost motivation temporarily, it is crucial for parents to strike a balance between encouragement and realistic expectations(Marsh et al., 2015). Highlighting effort, learning and enjoyment is key to nurturing a healthy and positive relationship with sports.

### 2.2. Parental Involvement

The engagement of parents in youth sports significantly influences the athletic journey and growth of young athletes (Bean et al., 2014)(Witt, 2018)(Lisinskiene & Lochbaum, 2019). This includes various supportive measures such as participating in games and practices, supplying financial support, delivering emotional encouragement and providing constructive feedback (Purnomo et al., 2024)(Bean et al., 2014). When handled effectively, parental involvement can significantly enhance outcomes (Burns & Fu, 2022), promoting not just athletic development but also essential life skills like teamwork, discipline and resilience (Liu et al., 2024). The emotional support offered through parental involvement stands out as one of its primary advantages (Burns & Fu, 2022). Children who perceive parental support often exhibit greater motivation and self-assurance in their capabilities (Liu et al., 2024). When parents attend games and practices, along with providing encouragement and

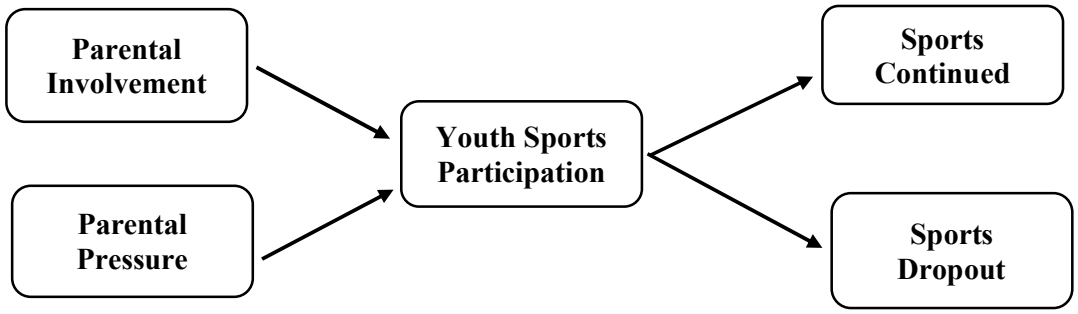
positive reinforcement (Marsh et al., 2015), it fosters a sense of value and appreciation in young athletes, which in turn boosts their enjoyment and dedication to the sport (Muhammad Tahir Nazeer et al., 2021). Additionally, parents frequently serve as logistical and financial backers, making certain that their children have the necessary training, equipment and chances to compete (Mirehie et al., 2019). This engagement is crucial for maintaining involvement in sports, particularly when resources are necessary for travel, coaching or specialised training. Nonetheless, the quality and nature of parental involvement hold significant importance. Excessive focus on outcomes can create unnecessary pressure, which may diminish the child's enjoyment and intrinsic motivation. Conversely, constructive feedback, transparent communication and an emphasis on individual effort and growth cultivate a well-rounded, positive experience.

**2.3. Youth Sports Participation**

Engagement in sports during childhood and adolescence plays a vital role in development (Post et al., 2022)(Dey, 2024), offering a wide range of physical, psychological and social advantages (Scheerder et al., 2006)(Lisinskiene & Lochbaum, 2019)(Bjørndal & Rudd, 2024)(Kovács, Takács, et al., 2024)(Sinha, 2024). Participating in structured athletic activities aids youth in enhancing physical fitness, refining coordination and cultivating a healthy way of living (Jones, 2024). It cultivates essential life skills, including collaboration, discipline, resilience and effective time management (Vandermeerschen et al., 2016)(Mirehie et al., 2019). One of the main reasons young people engage in sports is for the enjoyment it brings (Liu et al., 2024). For many young athletes, the chance to enjoy themselves, connect with friends and participate in healthy competition is a significant motivator for their participation (Bonavolontà et al., 2021)(Bjørndal & Rudd, 2024). Sports provide an avenue for individuals to express themselves and achieve personal milestones, enabling young people to attain success through the cultivation of skills and dedicated effort (Strandbu et al., 2019)(Scheerder et al., 2006)(Reguindin, 2023). However, the dynamics of youth participation may be shaped by external influences including parental expectations, coaching approaches and the degree of competitiveness present in the sport (Purnomo et al., 2024). When involvement becomes excessively centred on victory, scholarships or prospective career paths, the resulting pressure can trigger adverse effects such as anxiety, burnout or premature withdrawal. Maintaining a balance between intrinsic motivation, such as the enjoyment derived from the game and external motivation, including awards and recognition, is essential for fostering long-term engagement (Muhammad Tahir Nazeer et al., 2021).

Engagement of young individuals in sports serves as a significant mechanism for fostering social development (Witt, 2018). This fosters the development of cooperation, communication and conflict management skills among young individuals in a team setting. Such experiences can lead to improved social interactions within educational settings and various other facets of life (Christofferson & Strand, 2016)(Liu et al., 2024). The primary emphasis must be on fostering a supportive and welcoming atmosphere that enables young individuals to flourish, take pleasure in the sport and maintain their involvement for their own development and health.

**3. Conceptual Framework**




**4. Research Methodology**

**4.1. Research Context**

The research explores the relationship between regulating and supporting behaviours and how it affects young athletes' engagement in sports. It looks at how they affect drive, pleasure and performance while taking into account things like parental expectations, different kinds of support and communication styles in the context of competitive and recreation sports.

**4.2. Objectives:**

1. To examine the impact of parental pressure on youth sports participation.

2. To analyse the relationship between parental involvement and youth sports participation.

**4.3. Hypothesis**

$H_{01}$ – There is no significant association between parental pressure and youth sports participation.

$H_{02}$ – There is no significant impact of parental pressure on youth sports participation.

$H_{03}$ – There is no significant relationship between parental pressure and youth sports participation.

$H_{04}$ – There is no significant difference of parental pressure between youth of different type of sports

$H_{05}$ – There is no significant relationship between parental Involvement and youth sports participation.

**4.4. Analysis and Interpretation**

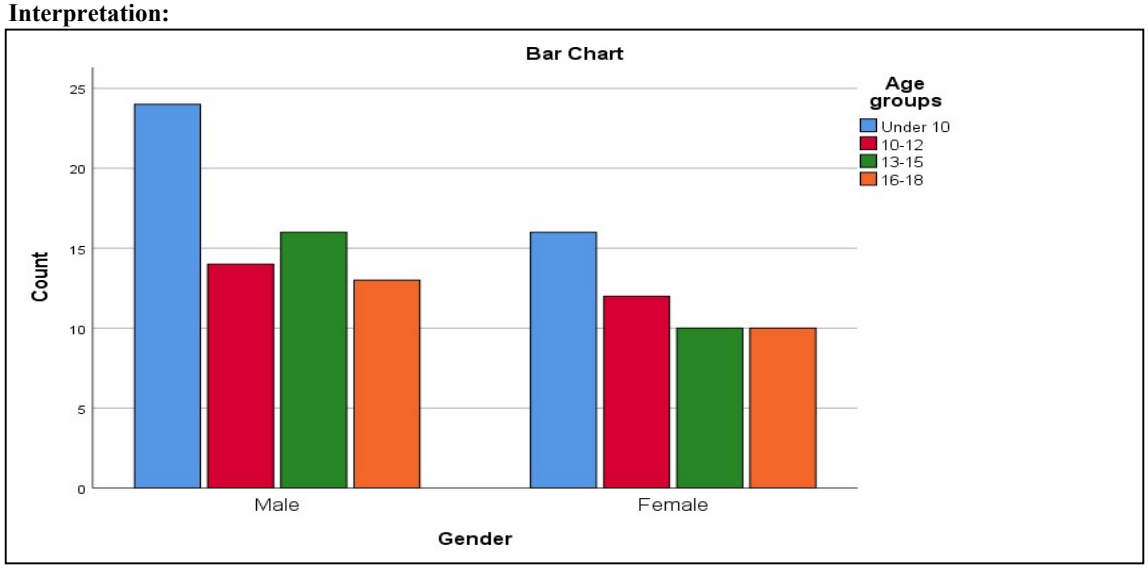
This section presents the findings from our thorough analysis of the Youth sport participation data collected by the researcher. The objective was to examine the impact of parental pressure on youth sports participation. And also to analyse the relationship between parental involvement and youth sports participation. The data was processed and analysed using statistical methodologies like crosstab analysis, descriptive statistics, chi-square test, Regression, correlation, one way Anova and factor analysis to identify precise variations and correlations between various parental pressure, parental involvement and Youth sport participation. A chi square and correlation is employed to know significant relationship and association between the parental pressure and youth sport participation, once the test indicates the relationship, then regression test is been conducted to the impact level of parental pressure on youth sports participation. Furthermore , Post confirmation of impact of parent pressure, to know difference of pressure among the youth of different type of sports a one way Anova is been conducted and to know the relationship between parental involvement and youth participation , a factor analysis is been used to find the underlying factor in it. The software tools used for analysis were SPSS 25 and Microsoft Excel. The tables and charts in this chapter's list are used to demonstrate the findings.

**Table no 1: Cross tabulation between Gender and Age groups**

| | | | Age groups | | | | Total |
|---|---|---|---|---|---|---|---|
| | | | Under 10 | 10-12 | 13-15 | 16-18 | |
| Gender | Male | Count | 24 | 14 | 16 | 13 | 67 |
| | | Expected Count | 23.3 | 15.1 | 15.1 | 13.4 | 67.0 |
| | | % within Gender | 35.8% | 20.9% | 23.9% | 19.4% | 100.0% |
| | Female | Count | 16 | 12 | 10 | 10 | 48 |
| | | Expected Count | 16.7 | 10.9 | 10.9 | 9.6 | 48.0 |
| | | % within Gender | 33.3% | 25.0% | 20.8% | 20.8% | 100.0% |
| Total | | Count | 40 | 26 | 26 | 23 | 115 |
| | | Expected Count | 40.0 | 26.0 | 26.0 | 23.0 | 115.0 |
| | | % within Gender | 34.8% | 22.6% | 22.6% | 20.0% | 100.0% |

**Chart no 1: Chart showing Cross tabulation between Gender and Age groups**

**Interpretation:**




The above cross tabulation and chart illustrate the distribution of gender and age group of youth participants of both individual and group sports. Researcher collects the data of 115 respondents in which 67 are male and 48 are female. Out of both male and female, 34.8% of them falls under age group of below 10 years, 22.6% of them are of 10-12 years, 22.6% of them are under age group of 13-15 years and 20% of them are of 16-18 years old.

***Objectives 1: To examine the impact of parental pressure on youth sports participation.***

**Hypothesis**:

**a. Chi-Square test:**

$H_0$ – There is no significant association between parental pressure and youth sports participation.

$H_1$ – There is a significant association between parental pressure and youth sports participation.

**Table no 2: Cross tabulation between Parental pressure and Participation Status**

| | | | Participation Status | | Total |
|---|---|---|---|---|---|
| | | | Continued | Dropped out | |
| Parental pressure | Very High | Count | 5 | 26 | 31 |
| | | Expected Count | 17.0 | 14.0 | 31.0 |
| | | % within Parental pressure | 16.1% | 83.9% | 100.0% |
| | High | Count | 9 | 18 | 27 |
| | | Expected Count | 14.8 | 12.2 | 27.0 |
| | | % within Parental pressure | 33.3% | 66.7% | 100.0% |
| | Moderate | Count | 21 | 3 | 24 |
| | | Expected Count | 13.1 | 10.9 | 24.0 |
| | | % within Parental pressure | 87.5% | 12.5% | 100.0% |
| | Low | Count | 23 | 3 | 26 |
| | | Expected Count | 14.2 | 11.8 | 26.0 |
| | | % within Parental pressure | 88.5% | 11.5% | 100.0% |
| | Very Low | Count | 5 | 2 | 7 |
| | | Expected Count | 3.8 | 3.2 | 7.0 |
| | | % within Parental pressure | 71.4% | 28.6% | 100.0% |
| Total | | Count | 63 | 52 | 115 |
| | | Expected Count | 63.0 | 52.0 | 115.0 |
| | | % within Parental pressure | 54.8% | 45.2% | 100.0% |

**Interpretation:**

The above cross tabulation depicts the distribution of parent pressure with the scale from Very high to very low and

Participation status (Continued or dropped out). In which 63 out of 115 continued the sports irrespective of parental pressure but 52 of them dropped out even with very low pressure also. Out of 31 youth having very high parent pressure, only 16.1% have continued rest 83.9% dropped out from sports. Out of 27 youth having high parent pressure, only 33.3% have continued rest 66.7% dropped out from sports. Out of 24 youth having moderate parent pressure, 87.5% have continued but only 12.5% dropped out from sports. Out of 26 youth having low parent pressure, 88.5% have continued but only 11.5% dropped out from sports. Out of 7 youth having very low parent pressure, 71.4% have continued but only 28.6% dropped out from sports. This also illustrate that parental pressure will be irrespective of age or gender and type of sports too and also it shows that youths are delicate and more reactive towards the parental pressure even it is very low.

**Table no 3: Calculation of Chi-Square Tests**

| | Value | df | Asymptotic Significance (2-sided) |
|---|---|---|---|
| Pearson Chi-Square | 46.772[a] | 4 | .000 |
| Likelihood Ratio | 51.549 | 4 | .000 |
| Linear-by-Linear Association | 36.258 | 1 | .000 |
| N of Valid Cases | 115 | | |
| a. 2 cells (20.0%) have expected count less than 5. The minimum expected count is 3.17. | | | |

**Table no 4: Calculation of Symmetric Measures**

| | | Value | Approximate Significance |
|---|---|---|---|
| Nominal by Nominal | Phi | .638 | .000 |
| | Cramer's V | .638 | .000 |
| N of Valid Cases | | 115 | |

**Interpretation:**

The test results revealed that the chi-square statistic value is 46.772, and the p value is less than 0.01 and 0.05, respectively. The alternative hypothesis has been accepted as there is a significant association between parental pressure and youth sports participation. However, the Phi and Cramer's v score (phi = 0.638 and Cramer's v = 0.638) demonstrates the moderate strength of the association, indicating that the parental pressure moderately varies among the youth participants.

**b. Correlation test:**

$H_0$ – There is no significant relationship between parental pressure and youth sports participation.

$H_2$ – There is a significant relationship between parental pressure and youth sports participation

**Table no 5: Table showing the correlations**

| | | Participation Status | Parental pressure |
|---|---|---|---|
| Participation Status | Pearson Correlation | 1 | -.564** |
| | Sig. (2-tailed) | | .000 |
| | N | 115 | 115 |
| Parental pressure | Pearson Correlation | -.564** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 115 | 115 |
| **. Correlation is significant at the 0.01 level (2-tailed). | | | |

**Interpretation:**

The above tables illustrate the Pearson correlation between parental pressure and youth sports participation. The Pearson correlation between parental pressure and youth sports participation (r = -0.564 and p = 0.000 was found to be moderately negative and statistically significant, where the p value is less than the significance level, i.e., 0.01 and 0.05. This indicates that with an increase in one variable, the other decrease, which means higher the pressure lower the participation. Overall, it reveals the statistical significance accepting alternative hypothesis as there is a significant relationship between parental pressure and youth sports participation

**c. Regression test:**

$H_0$ – There is no significant impact of parental pressure on youth sports participation.

$H_3$ – There is a significant impact of parental pressure on youth sports participation.

**Table no 6: Model Summary Bivariate regression**

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
|---|---|---|---|---|
| 1 | .564[a] | .318 | .312 | .415 |
| a. Predictors: (Constant), Parental pressure | | | | |

**Table no 7: Result of ANOVA and F value**

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 9.060 | 1 | 9.060 | 52.701 | .000[b] |
| | Residual | 19.427 | 113 | .172 | | |
| | Total | 28.487 | 114 | | | |
| a. Dependent Variable: Participation Status | | | | | | |
| b. Predictors: (Constant), Parental pressure | | | | | | |

**Table no 8: Results showing the Coefficients of independent variable and its significance level**

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 2.023 | .088 | | 23.085 | .000 |
| | Parental pressure | -.222 | .031 | -.564 | -7.260 | .000 |
| a. Dependent Variable: Participation Status | | | | | | |

**Interpretation:**

The above tables show the result of the bivariate regression conducted between impacts of parental pressure and youth sports participation, in which the hypothesis tests if parental pressure have a significant impact on youth sports participation, and this model depicts the overall significant impact of parental pressure on youth sports participation, with a p value that is less than the significance value, *F (1,113) = 52.701, p=0.000.* Moreover, the $R^2$ = 0.318 indicates that the model explains 31.8% of the variance in youth sports participation, and the parental pressure can predict the youth sport participation (b = -0.222, *p* =0.000), which indicates that parental pressure can play a significant role in youth sport participation. Hence, the null hypothesis is rejected and $H_3$ is accepted; therefore, there is a significant impact of parental pressure on youth sports participation.

**d. One way Anova:**

$H_0$ – There is no significant difference of parental pressure between youth of different type of sports

$H_4$ – There is a significant difference of parental pressure between youth of different type of sports

**Table no 9: Table showing summary of one way Anova Results**

| **Descriptive** | | | **Test of Homogeneity of Variances** | | | | **ANOVA** | |
|---|---|---|---|---|---|---|---|---|
| | **Mean** | **Std. Deviation** | **Levene Statistic** | **df1** | **df2** | **Sig** | **F** | **Sig.** |
| Team Sports | 3.02 | 1.166 | .004 | 1 | 113 | .951 | 21.244 | .000 |
| Individual Sports | 2.00 | 1.178 | | | | | | |
| Total | 2.57 | 1.271 | | | | | | |

**Interpretation:**

The hypothesis examines the difference of parental pressure between youth of different type of sports. The table contains a summary of one-way Anova results, descriptive statistics, and a test of homogeneity of variance using

the Levene statistic which is not significant in this study. The test shows the mean score of respondents of different type of sport: Team Sports (M = 3.02, SD = 1.166) and Individual Sports (M = 2, SD = 1.178), The Anova result suggests that parental pressure faced by youth of different type of sport like team and individual sport differ significantly ($F_{1, 113}$ = 21.244, p =.000). Given that the p value falls below the significance thresholds of 0.05 and 0.01, researcher accept the alternative hypothesis. Therefore, there is a significant difference of parental pressure between youth of different type of sports.

***Objectives 2. To analyse the relationship between parental involvement and youth sports participation.***

In order to test the hypothesis mentioned below, which aims to demonstrate the second objective of this study, the factor analysis tool will be employed. This tool will assess the significance level between parental Involvement and youth sports participation. The principle component method will be used to extract the factor from the statements that have been grouped according to the parental involvement. Additionally, the loading of each component will be evaluated. The data from youth sport participation collected for the response towards the parental involvement with the five point scaling technique which has scale from Strongly disagree (SD) = 1; Disagree (D) = 2; Neutral (N) = 3; Agree (A) = 4; Strongly Agree (SA) = 5

**Factor Analysis:**

$H_0$ – There is no significant relationship between parental Involvement and youth sports participation.

$H_1$ – There is a significant relationship between parental Involvement and youth sports participation.

**Table no 10: KMO and Bartlett's Test**

| | | |
|---|---|---|
| Kaiser-Meyer-Olkin Measure of Sampling Adequacy. | | .637 |
| Bartlett's Test of Sphericity | Approx. Chi-Square | 910.024 |
| | df | 45 |
| | Sig. | .000 |

**Interpretation:**

The above results indicate that a factor analysis can be applied to the set of given data as the value of KMO statistics is greater than 0.5, i.e., 0.637, and the Bartlett's test of sphericity represents the significance level towards factors for study as the p-value (chi-square = 910.024, df = 45, p =.000) is less than the level of significance.

**Table no 11: Total Variance Explained**

| Component | Initial Eigenvalues | | | Extraction Sums of Squared Loadings | | | Rotation Sums of Squared Loadings | | |
|---|---|---|---|---|---|---|---|---|---|
| | Total | % of Variance | Cumulative % | Total | % of Variance | Cumulative % | Total | % of Variance | Cumulative % |
| 1 | 3.654 | 36.538 | 36.538 | 3.654 | 36.538 | 36.538 | 3.369 | 33.689 | 33.689 |
| 2 | 2.099 | 20.989 | 57.527 | 2.099 | 20.989 | 57.527 | 2.196 | 21.964 | 55.653 |
| 3 | 1.491 | 14.906 | 72.433 | 1.491 | 14.906 | 72.433 | 1.678 | 16.780 | 72.433 |
| 4 | .915 | 9.146 | 81.579 | | | | | | |
| 5 | .582 | 5.816 | 87.395 | | | | | | |
| 6 | .422 | 4.221 | 91.616 | | | | | | |
| 7 | .348 | 3.482 | 95.098 | | | | | | |
| 8 | .317 | 3.167 | 98.265 | | | | | | |
| 9 | .168 | 1.682 | 99.947 | | | | | | |
| 10 | .005 | .053 | 100.000 | | | | | | |
| Extraction Method: Principal Component Analysis. | | | | | | | | | |

**Interpretation:**

From the above table of total variance explained, there are three components extracted through principal component analysis, resulting in a total of 72.433 percent of the variations in the entire data set, which are considered based on Eigen values having more than 1 value, which are said to be significant. The percentage of variation explained by all three components is 33.689, 21.964 and 16.780 respectively.

**Table no 12: Component Matrix and Communalities**

| Component Matrix[a] | | | | Communalities | |
|---|---|---|---|---|---|
| | Component | | | | |
| | 1 | 2 | 3 | Initial | Extraction |
| PI1 | .849 | -.252 | -.261 | 1.000 | **.853** |
| PI2 | .218 | -.410 | .787 | 1.000 | **.836** |
| PI3 | .764 | .010 | .021 | 1.000 | .585 |
| PI4 | .712 | -.114 | -.103 | 1.000 | .530 |
| PI5 | .776 | -.068 | -.187 | 1.000 | .642 |
| PI6 | .852 | -.238 | -.244 | 1.000 | **.842** |
| PI7 | .311 | -.432 | .736 | 1.000 | **.825** |
| PI8 | .311 | .696 | .267 | 1.000 | .653 |
| PI9 | .333 | .771 | .219 | 1.000 | .753 |
| PI10 | .402 | .726 | .189 | 1.000 | .725 |
| Extraction Method: Principal Component Analysis.[a]<br>a. 3 components extracted. | | | | | |

**Interpretation:**

The above table indicates the component matrix with communalities, i.e., factor loading of each component extracted with the principal component method, and communalities say the sum of squares of each value of a particular variable; it is a measure of the percentage of variable variation that is explained by factors. The highest communalities are PI1, PI6, PI2 and PI7 which indicate accountability of each variable by the underlying factors taken together.

**Table no 13: Rotated Component Matrix[a]**

| | | Component | | |
|---|---|---|---|---|
| | | 1 | 2 | 3 |
| PI1 | / parents attend most of my practices and games. | **.922** | -.034 | .039 |
| PI2 | / parents provide me with feedback after my games or practices. | .049 | -.032 | **.912** |
| PI3 | / parents encourage me to perform well in my sport | .698 | .265 | .167 |
| PI4 | / parents help me prepare for my games or practices (e.g., driving, organizing equipment). | .715 | .097 | .097 |
| PI5 | / parents push me to improve and achieve better results | .790 | .130 | .017 |
| PI6 | / parents set specific goals for my performance in sports | **.916** | -.015 | .050 |
| PI7 | / parents provide financial support for my participation in sports | .156 | -.038 | **.894** |
| PI8 | / parents often talk about my future in sports | .050 | **.806** | .017 |
| PI9 | / parents track my performance regularly | .068 | **.864** | -.051 |
| PI10 | / parents motivate regularly | .151 | **.837** | -.046 |
| Extraction Method: Principal Component Analysis.<br>Rotation Method: Varimax with Kaiser Normalization.[a]<br>a. Rotation converged in 4 iterations. | | | | |

**Interpretation:**

From the above study, three components have been extracted using an extraction method called principal component analysis, followed by a rotation method called Varimax with Kaiser Normalization, performed to the factor loading of each component extracted. We will use the rotated component matrix using 0.8 as a cut-off point for factor loading when naming the factors. Component 1 comprises of **PI1** (My parents attend most of my practices and games.) and **PI6** (My parents set specific goals for my performance in sports). This can be named as **Parental Oversight Factor.** Component 2 comprises of **PI8** (My parents often talk about my future in sports.), **PI9 (**My parents track my performance regularly) and **PI10** (My parents motivate regularly). This can be named as **Parental Supervision Factor.** Component 3 comprises of **PI2** (My parents provide me with feedback after my games or practices) and **PI7** (My parents provide financial support for my participation in sports). This can be

named as **Parental Aid or Investment Factor.**

Therefore, From the Test of **KMO and Bartlett's test of sphericity** the factor analysis applied is said to be significant where P-value is less than the level of significance of 1% and 5% therefore **alternative Hypothesis** is satisfied as there is **significant** relationship between parental Involvement and youth sports participation.

**5. Conclusion:**

The influence of parental pressure and engagement on youth sports participation is complex. Equitable parental engagement may beneficially impact a child's athletic experience by offering emotional support, inspiration and practical aid. This motivates young athletes to enhance their abilities, remain involved and appreciate the sport. Excessive parental pressure, sometimes stemming from elevated expectations or an emphasis on achievement, may result in adverse effects like performance anxiety, fatigue and diminished self-esteem. Parents must find a balance between encouraging their children and allowing them to enjoy the activity without succumbing to external pressures. Establishing a nurturing atmosphere that prioritises effort, learning and pleasure above mere outcomes fosters a lasting passion for sports in youngsters. The researcher in the present study finds that, there is a significant association between parental pressure and youth sports participation using chi-square technique. Meanwhile Anova test conducted, the results indicates a significant difference between the parental pressure experienced by youth participating in various types of sports, such as team sports and individual sports and The factor analysis conducted shows significance, with a P-value below the 1% and 5% levels, demonstrating significant relationship between parental involvement and youth sports participation.

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