Parental sport overinvolvement and anxiety among youth tennis athletes.

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Parenting & Youth sport

Parents play a key role in their children’s sporting career

Parental support

Progression Success (Côté, 1999; Durand et al., 2004; Gould et al., 2002, 2006, 2008; Lauer et al., 2010)

Motivation (Babkes et al., 1999; Ulrich-French et al., 2006; Keegan et al., 2010)

Enjoyment (Avond & Power, 1999; Power & Wadger, 1994; McCarthy et al., 2008)
Parenting & Youth sport

But .... can have a negative influence too

Pressure
(Controlling behaviors, Unrealistic expectations, Criticizing)

Progression
Dropout
(Delforge et al., 2006; Gould et al., 2006, 2008; Fraser et al., 2008; Lauer et al., 2010)

Fear of failure
Competitive Anxiety
(Rob et al., 2009; Colli ns & Barber, 2005; Sagar et al., 2010)

Sadness,
Burnout
(Gould et al., 1996; Hellstedt, 1990)

But …. can have a negative influence too

Parental overinvolvement

Extreme parental engagement
(Cummings, 2002; Delforge et al., 2006; Gould et al., 2006, 2008; Hellstedt, 1997; Wollfenden et al., 2005)

Victory at all costs
Excessive behaviors
Emotionally Over-involved

Excessive pressure
Abuse
Doping

(Wollfenden et al., 2005; Toffler et al., 2005; Michel et al., 2003)
Rationale

Gaps in knowledge

- No quantitative studies evaluate parental overinvolvement
- Parental factors associated with overinvolvement?
- Effects on Young athletes’ health underexplored?

Method

Objectives
To examine if parental overinvolvement is associated with anxiety among youth athletes
To investigate the parental factors associated with parental overinvolvement

Participants
201 tennis competitive players aged between 7 and 11 and their parents (237)

Children
- Personal, Sport characteristics
- Health: Anxiety (STAI-C)

Parents
- Personal characteristics
- Parental sportive overinvolvement
- Questionnaire (PSO-Q) (Salla & Michel, 2013)
- Personality: ESP, IPDE
### Results: Parental overinvolvement & Anxiety

**Statistical analysis: multivariate linear regression**

<table>
<thead>
<tr>
<th>Factor</th>
<th>Unadjusted coef</th>
<th>Adjusted coef</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parental Overinvolvement</td>
<td>.24 ***</td>
<td>.19 ***</td>
</tr>
<tr>
<td>Sex of the child</td>
<td>NS</td>
<td></td>
</tr>
<tr>
<td>Age of the child</td>
<td>NS</td>
<td></td>
</tr>
<tr>
<td>Practice start</td>
<td>NS</td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td>.05 ***</td>
<td>.07 ***</td>
</tr>
</tbody>
</table>

*P<0.01; **P<0.001; ***P<0.05.

### Results: Parental factors & overinvolvement

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<th>Factor</th>
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<tr>
<td>Age</td>
<td>NS</td>
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<tr>
<td>Sex</td>
<td>NS</td>
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<tr>
<td>Recreational sport</td>
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<td>Competitive sport</td>
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<tr>
<td>Coach</td>
<td>NS</td>
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<tr>
<td>Personality Histrionic</td>
<td>NS</td>
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<tr>
<td>Personality Antisocial</td>
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<tr>
<td>Personality Borderline</td>
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<tr>
<td>Personality Narcissistic</td>
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<tr>
<td>Perfectionism</td>
<td>.28 **</td>
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<tr>
<td>$R^2$</td>
<td>.22 **</td>
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</tbody>
</table>

*P<0.01; **P<0.001; ***P<0.05.
Conclusion

Parental overinvolvement: negative effect on the young tennis players mental health

Risk regarding overinvolvement:
Perfectionistic & narcissistic parents

Preventive actions could be carried out in an educational perspective

Parental guidance

« Come on Darling,… he is two weeks old !»