

# Sport parenting during COVID-19

## Perceptions of parents & youth

Sam Elliott, Aurelie Pankowiak, Rochelle Eime, Murray Drummond



## Introduction

01.

Understanding the impact of the COVID-19 pandemic on **parental involvement in youth sport** is largely unknown.

**Objective:** To understand parental involvement in relation to their child's participation in organised sport during COVID-19.

## 02. Methods

- **Online qualitative interviews** and **online focus groups** with parents and youth (15–18 years) (**n = 29**) were conducted during June 2020.
- **Reflexive thematic analysis** was employed, leading to the development of **four** themes.

## Results

03.

Parents' experienced a profound **loss of routine, sense of self, and purpose** in relation to their child's sport involvement.

Parents' struggled to manage their child's motivation but discovered **resourceful ways** (e.g., role modelling, structured routine) to positively influence sport behaviour

Being **emotionally responsive** to children's loss of sport was difficult and met with indifferent approaches

**Policy restrictions** comprised only part of a complex situation perceived to challenge parents and children return to sport



*"I definitely did struggle ... it almost felt very lonely and as I said before, I really thrive around being with others and everything. And just being at home just, it just, it almost made you feel numb in a way, like you did not really have anything to look forward to."*

## 04. Conclusions

- Governing bodies can develop resources to **re-engage families** and not just children as the Pandemic risk recedes, to rebuild participation and volunteerism.
- The development of club-specific ideas to engage and support parents **during highly stressful events** is recommended

Full paper now available:

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