



Analysis of Parental Involvement in Providing Support to Karate Athletes

**Tsania Nur Rohmah^{1*}, Adiska Rani Ditya Candra², Rivan Saghita Pratama³,
Indra Ramadhan⁴**

^{1,2,3,4}Department of Sports Coaching Education, Universitas Negeri Semarang. Indonesia

*Corresponding Author: Tsania Nur Rohmah, najwa262627@students.unnes.ac.id

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Abstract

Study purpose. This study aimed to identify the level of parental involvement in supporting karate athletes' performance, specifically through directive behaviour, praise and understanding, and active involvement.

Materials and methods. The research method was descriptive quantitative. Data analysis technique using percentage. The research instrument used the Parental Involvement In Sport (PISQ) questionnaire. Participants totalled 30 athletes who were given questionnaires.

Result. The results showed that the directive behaviour factor was 36.6%, praise and understanding 40%, and active involvement 30%. Overall the results of this study found that parental involvement in supporting the achievements of karate athletes was in the good, sufficient and lacking categories, namely 30%. Although there is involvement that falls into the good category, 36.6% of active parental involvement is classified as less. This indicates that some parents are too involved in their children's physical activities, which can put excessive pressure and interfere with the interaction between athletes and coaches.

Conclusions. The conclusion based on these results is that parental involvement has a positive influence on athlete achievement, this falls into the category of intrinsic motivation. Parents need to understand the limits of optimal involvement, focusing on emotional support and trust in the coach in coaching athletes. Coaches can collaborate with parents to provide an understanding of their respective roles in supporting athlete development. Further research is needed involving more samples and more complex analysis methods to explore the dynamics of parental involvement and its impact on overall athlete performance.

Keywords: Parental involvement, Achievement, Karate.

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Introduction

Martial arts is a sport that requires physical contact so that the mental strength of a child/cohort can be supported by the presence of optimal parental involvement (Hutabarat et al., 2021). Karate is a Japanese martial art that involves basic movements (kihon), a series of moves (kata), and fighting (kumite). As a sport that requires both physical and mental exercise,

karate not only improves physical strength, but also builds discipline, self-confidence, self-control, and the ability to focus in children. In addition, values such as perseverance, respect and co-operation are integral to karate training (Yusuf Zainuddin, 2021). Karate is a popular sport around the world, using both attack and defence techniques to earn points against your opponent (Yudhistira & Tomoliyus, 2020). The sport requires tremendous physical, mental, and physiological training. This is reinforced by some experts that the goal of coaches and athletes in performance sports is to improve their physical, mental, physiological, and technical abilities as much as possible (Yudhistira et al., 2023). According to Yudhistira, karate is a type of martial art that involves physical contact in two categories: movement, called kata, and fighting, called kumite (Hadi & Yudhistira, 2023).

Many parents have concerns about karate as a physical contact sport, such as the risk of injury, the effect on a child's aggressive behaviour, or the impact on academic performance. However, karate training is generally conducted under the supervision of experienced coaches and using adequate protective equipment. Instead, karate builds a child's courage, discipline and confidence in everyday life. Although many parents worry about their child's safety, the fact is that children train under the supervision of experienced trainers and are also equipped with protective gear on their hands, feet and the rest of their body. Children are more courageous, confident and disciplined at the training ground and in their social environment.

Parents are the ones responsible for introducing children to sport or physical activity. Parents also ensure that the child has access to sports and provide emotional and financial support (Eime et al., 2013). Getting their children to be physically active or have an interest in sports are all examples of this. Parents also unknowingly give negative and positive attitudes towards their children's sports interests. Therefore, it is very important to observe how parents are involved in their children's sports. In this way, children will give back to their parents as evidence of their commitment towards them (Mastorilli & Greco, 2020). Parents are the main supporters in facilitating children's involvement in sport. They provide emotional and financial support and shape children's attitudes towards sport, both positively and negatively (Eime et al., 2013). Parental involvement, such as providing praise and encouragement, increases children's enjoyment of exercise. Conversely, excessive criticism or pressure to always win can demotivate children (Mastorilli & Greco, 2020). Therefore, encouragement and support are important factors in athletes' participation in sport (Nugroho et al., 2024). In karate training, the interaction between athletes, coaches and parents is important. Parental involvement plays a significant role in supporting a child's motivation and achievement development. However, excessive or inappropriate involvement can pose challenges, such as excessive pressure, confusion in following directions, or decreased interest in training. Delving deeper into parental involvement is an area of study that needs to be addressed, even though parents are invisibly the primary role in a child's success. However, empirical evidence is needed to see how involved parents really are.

However, most previous studies tend to discuss parental involvement from the perspective of the parents themselves, without considering the child or athlete's point of view. For example, research (Fajrin, 2019) discuss the role of parents in supporting the achievements of female football athletes, and (Khusni, 2021) examines the role of parents in badminton athletes. Studies that focus on karate, especially from the perspective of children as athletes, are still very limited. This study is important because karate has unique characteristics as a sport that requires a balance between physical and mental strength, as well as social support from coaches and parents. This study will not only deepen the understanding of the role of parents in supporting karate athletes' achievements, but also provide a new perspective, namely the view from the side of the child or athlete. More critical and in-depth analyses are needed to ensure that parental involvement has a progressive impact on karate athletes' achievements.

Thus, the results of this study can serve as a guide for parents, coaches, and sports policy makers to create an optimal environment for the development of karate athletes' achievements.

Materials and Methods

Study participants

The population in this study were athletes from Dojo Superior Semarang Regency aged 15 years to 17 years who totalled 30 athletes, the sample is part of the number and characteristics possessed by the population. Sampling technique, namely using total sampling.

Study organization

Descriptive research is conducted by seeking information about existing symptoms, providing a clear explanation of the objectives to be achieved, an estimate of the approach to be used, and collecting various kinds of data to make a report (Aziza, 2023). In this study the authors wanted to know the description of parental involvement in supporting the achievements of karate athletes at the Superior dojo in Semarang Regency.

This research uses a quantitative approach because it starts by collecting data with numbers, interpreting them, and showing the results. In addition, this approach is associated with a research approach that focuses on research variables that focus on current problems and phenomena. This method is used in the form of significant numbers of research results.

This instrument measures parental involvement from the child's perspective, in the form of a questionnaire based on three factor scales, namely Directive Behaviour, Praise and Understanding, and Active Involvement. In the context of karate, this questionnaire was used without any changes to the structure or content of the questions, as the three scales already cover general aspects of parental involvement relevant to sports, including karate. The validity and reliability of the instruments have been tested by Research conducted, as cited, shows that (Rahizam et al., 2023) with Alpha Cronbach, with three subscales as follows: Directive behaviour (0.82), praise and understanding (0.60) and active involvement (0.66). Additional validity testing in the context of this study was conducted by ensuring that the questions in the questionnaire were well understood by respondents and relevant to the activities of karate athletes. Scores were recorded on a 1-point Likert scale based on 'often' and almost never was 1 or 5, ranging from never to always. Which starts from positive questions worth 5 to 1, and negative questions worth 1 to 5.

To support the analysis and interpretation of the data in this study, the following table is presented to show the alternative answers of the Parental Involvement In Sport Questionnaire (PISQ). Table 1 serves to explain how each statement in the questionnaire is measured on a Likert scale and how positive and negative responses are treated differently. This is relevant because the results from this questionnaire will be used to assess the level of parental involvement in supporting athletes' achievements.

Table 1. Alternative Answers to the Parental Involvement in Sport Questionnaire

Answer	Alternative Statement				
	Never	Almost Never	Sometimes	Quite often	Often
Positif	5	4	3	2	1
Negative	1	2	3	4	5

This study did not use an instrument trial, because in this study the technique used was the one shoot technique. According to Suharsimi Arikunto, 2013 in (Kelwarani et al., 2023), 'One shoot or measurement once only'. This means that when first distributing questionnaires to respondents, the results of one questionnaire distribution are used in the actual research subject.

Statistical analysis

Data analysis technique, after all the data has been collected, the next step is to analyse the data so that the data can be drawn a conclusion. The data analysis technique in this study uses descriptive percentage data analysis techniques (Supriadi, 2012) Categorisation using Mean is calculated by adding up all the scores collected from respondents and dividing them by the number of respondents and Standard Deviation. In research conducted by Kelwaran, as quoted from Azwar (2016) state to determine the score criteria using Norm-referenced Assessment (PAN) (Kelwarani et al., 2023) in the following table:

Table 2. Assessment Norms

Number	Interval	Category
1	$M + 1,5 S < X$	Very good
2	$M + 0,5 S < X \leq M + 1,5 S$	Good
3	$M - 0,5 S < X \leq M + 0,5 S$	Fair
4	$M - 1,5 S < X \leq M - 0,5 S$	Deficient
5	$X \leq M - 1,5 S$	Very less

(Sumber: Azwar, dalam penelitian (Kelwarani et al., 2023))

Description:

M : average value (mean)

X : score

S: standard deviation

Results

The following will provide quantitative data in the form of a table of distribution results from each factor in parental involvement, from the factors of directive behaviour, praise and understanding, and active involvement, as well as the results of the final calculation of parental involvement in supporting the achievements of the superior karate dojo in Semarang Regency.

Tabel 3. Directive Behaviour Factor Distribution Results

Interval	Kategori	F	%
>37	Sangat baik	2	6.7
$33.16 < X \leq 37$	Baik	7	23.3
$29.23 < X \leq 33.16$	Cukup	9	30
$25.30 < X \leq 29.23$	Kurang	11	36.6
<25.30	Sangat Kurang	1	3.3
Total		30	100

The categorised data using Microsoft Excel is presented in Table 3. From the distribution of categories above, it can be concluded that, based on the directive behaviour factor, parental involvement in supporting the achievements of Semarang Regency Superior Dojo karate athletes in 2024 based on the highest value of 36.6% (11 people) in the 'Less' category and the lowest value of 3.3% (1 person). These values indicate that athletes' parents are too involved with athletes' activities during training, which can be distracting, and athletes may struggle to obey their parents' or coaches' commands during training or matches.

Table 4. Distribution Results of the Praise and Understanding Factor

Interval	Category	F	%
>18.15	Very good	0	0
$14.85 < X \leq 18.15$	Good	12	40

$11.55 < X \leq 14.85$	Fair	8	26.6
$8.25 < X \leq 11.55$	Deficient	8	26.6
≤ 8.25	Very Poor	2	6.7
Total		30	100

The categorised data using Microsoft Excel is presented in Table 4. From the categorised distribution above, it can be concluded that, based on the praise and understanding factor, parental involvement in supporting the achievements of Superior Dojo athletes in Semarang Regency in 2024 is as follows: The highest score for the 'Good' category was 40% (12 people), and the lowest score was 0% (0 people).

Table 5. Results of the Active Engagement Factor Distribution

Interval	Category	f	%
>19.22	Very good	0	0
$14.94 < X \leq 19.22$	Good	13	43.3
$10.66 < X \leq 14.94$	Fair	7	23.3
$6.38 < X \leq 10.66$	Deficient	7	23.3
≤ 6.38	Very Poor	3	10
Total		30	100

Table 5 shows the results of data that has been categorised with the help of excel. From the results of the categorisation distribution above, it can be concluded that active involvement in supporting the achievements of Superior Dojo karate athletes, the highest value is 43.3% (13 people), and the lowest value is 0% (0 people). Parents' involvement in supporting the achievements of Dojo Superior karate athletes in Semarang Regency in 2024 is in the "Good" category.

Table 6. Descriptive Analysis Results of Parental Involvement Analysis

Number	Description	Indicators			
		Directive Behaviour	Praise and Understanding	Active Engagement	Parental Involvement
1.	Mean	31.2	13.2	12.83	57.2
2.	Maximum	38	18	19	71
3.	Minimum	20	6	5	41
4.	Standard Deviation	3.93	3.357	4.28	8.2

Table 7. Results of Distribution Analysis of Parental Involvement

Interval	Category	F	%
>69.5	Very good	1	3.3
$61.3 < X \leq 69.5$	Good	9	30
$53.1 < X \leq 61.3$	Fair	9	30
$44.9 < X \leq 53.1$	Deficient	9	30
≤ 44.9	Very less	2	6.7
Total		30	100

Based on Table 7 of the quantitative descriptive analysis with percentages, it was observed that directive behaviour had a mean value of 31.2, praise and understanding had a mean value of 13.2, active involvement had a mean value of 12.83, and parental involvement had a mean value of 57.2. In the class interval category, the results of 3.3% were in the excellent

category; 30% were in the good, fair, and deficient categories; and 6.7% were in the very deficient category.

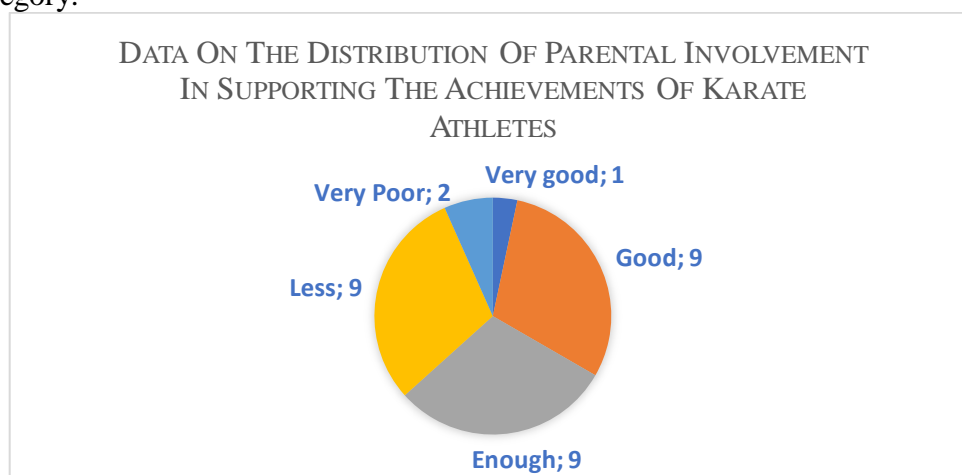


Figure 1. Diagram analysing parental involvement in supporting karate athletes' performance at Superior Dojo in Semarang Regency.

In the [Figure 1](#) diagram above, it is found that the results of the distribution of parental involvement in supporting the achievements of karate athletes can be seen, that the category is very lacking in the number of 2 people, the category is less in the number of 9 people, the category is sufficient in the number of 9 people, the category is good in the number of 9 people, and the category is very good in the number of 1 person.

Discussion

Parental involvement in the development of sporting achievements from an early age is very important for success, the active involvement of parents is the main support for their children in children's sports activities ([Nugroho et al., 2024](#)). Most parents unconsciously provide two behaviours to regulate and supervise their children, namely negative and positive behaviours, or can be referred to as directive behaviour. Directive behaviour is the extent to which parents regulate and control their children in sports ([Rahizam et al., 2023](#)). As in the question 'do your parents help you with good match strategies?' most of the athletes revealed that their parents helped provide specific directions/strategies in their child's matches.

Parents who tend to be over-involved can have high parental expectations that put a lot of pressure on their children, which can lead to anxiety and a lack of enjoyment in the training and competition process, According to Ridley, 2013 in ([Rahizam et al., 2023](#)). Over-involved parents are child-centred in that they frequently attend training sessions, provide additional training themselves, often tell their child to try harder, which can lead to conflict with the coach. Over-involved parents can pose a great risk to the long-term development of young athletes. Athletes who have over-involved parents are more likely to experience intense stress such as arguing with coaches.

Directive Behaviour in this context refers to the extent to which parents are involved in regulating and directing their child in training and matches. According to Ridley (2013) as cited by [Rahizam et al. \(2023\)](#), parents with high directive behaviour tend to give strict directions and pressure on their children, potentially causing anxiety in children and reducing their enjoyment of training. Quantitative analysis: Based on the data, 36.6% of the respondents were in the 'Less' category in the aspect of directive behaviour, indicating that the parents' involvement in directing their children was too great. This is consistent with the findings in the literature that over-directive parents can create excessive pressure for children. Therefore, interactions between athletes and coaches are disrupted, potentially affecting athletes' long-term

development. These results lead to the understanding that overly dominant directive behaviour by parents can inhibit healthy relationships between athletes and coaches, as described in the ideal parental involvement theory (Khusna, 2021). A more balanced involvement, where the child is given freedom in managing their training, will be more favourable for the athlete's development.

Praise and understanding are important parts of parents' emotional support for their children. According to (Verawati, 2017), Providing attention, empathy and support is crucial to creating a sense of comfort and boosting children's confidence. Praise from parents serves as a morale booster and motivation for children to practice harder. Quantitative analysis: Based on the results of the questionnaire, 40% of respondents fell into the 'Good' category for the aspects of praise and understanding, which means that many parents of athletes provide the emotional support needed by their children. Praise and understanding provided by parents can boost athletes' morale, encourage them to train harder and increase their confidence. These results support the theory that parental emotional support can improve young athletes' motivation and performance. Emotional involvement such as praise and understanding serves to minimise anxiety and increase athletes' mental resilience (Kusumaningrum et al., 2022). Therefore, parents who give praise can strengthen their relationship with their child and positively impact the athlete's development.

Active parental involvement relates to a parent's physical presence in their child's competitions and training (Abimanyu, 2020) explained that parents' presence in supporting their children is crucial in maintaining their motivation and competitive spirit. In addition, active involvement helps parents understand more about their child's experience. Quantitative analysis: The data showed that parents' involvement in "Active Involvement" generally fell into the "Good" category. This indicates that parents are moderately involved in attending practices and competitions, supporting their child directly. This is consistent with the finding that parents who are directly present in their child's activities are more likely to feel and understand their child's physical and psychological condition, which helps in the process of motivation and encouragement (Samantha & Almalik, 2019). This finding supports the theory that active parental involvement can boost young athletes' confidence and motivation. Parents' physical presence in their children's sporting activities can also reduce children's anxiety and provide mental encouragement in competition.

Quantitative data obtained through questionnaires provide a clear picture of the extent to which parents are involved in supporting karate athletes at the Superior dojo in Semarang Regency. Overly dominant parental involvement in directive behaviour tends to exert excessive pressure, potentially disrupting the coach-athlete relationship. However, the more balanced aspects of praise and understanding and active involvement have a positive impact on athlete development. Suggestions for parents and coaches: Based on these findings, it is suggested that parents should be more careful in managing their children so as not to put excessive pressure on them. Parents should provide space for children to manage their own training and support in a more positive and constructive way, so that athletes can develop well without feeling overwhelmed.

Conclusions

Based on the results of the quantitative analyses conducted, this study shows that parental involvement in supporting karate athletes' achievements at Superior dojo in Semarang Regency falls into various categories, including good, fair and poor. Overall, the majority of parents provided moderate support, but there were some findings indicating that parents' directive behaviour was still quite high (36.6%), which placed their involvement in this aspect in the deficient category. This suggests that some parents were overly involved in managing their child, giving excessive instructions and setting high expectations, which could potentially put

pressure on the child and affect the relationship between the athlete and coach. However, praise and understanding and active involvement tended to have a positive impact, with many parents providing the emotional support athletes needed. Overall, these findings reflect the importance of balance in parental involvement, where parents should allow space for athletes to develop independently while still providing constructive support. Real Implications; 1) For Parents: It is important for parents to understand that their involvement in their child's sport should be balanced. Over-regulating and over-instructing parents can cause pressure on children, which can affect their enthusiasm and happiness in training. Therefore, parents need to provide space for their children to manage their own sports activities, while still providing emotional support that can boost their confidence and enthusiasm, 2) For Coaches: Coaches need to be more thoughtful in managing relationships with athletes' parents. They need to explain the role of parents in supporting athletes' development without excessive interference in technical aspects. Coaches should also endeavour to maintain good communication with parents, to ensure that they understand the limits of their involvement and 3) For Athletes: Athletes need to be taught to be independent in the training and competition process, without relying entirely on instructions from parents. However, emotional support from parents is still important to boost motivation and confidence.

For future research, it is suggested that this study be expanded by involving a larger and more diverse number of respondents, covering different dojos or regions, in order to get a more representative picture of parental involvement in athlete achievement. In addition, a qualitative approach could also be used to explore the perspectives of parents, coaches and athletes on the dynamics of parental involvement in sport and how it affects their relationships. Longitudinal research could also provide greater insight into the impact of parental involvement on athlete development over time. Furthermore, future research could compare parental involvement in different sports, such as football or badminton, to understand if there are differences in the dynamics. Thus, findings from further research could provide more comprehensive guidance on the ideal role of parents in supporting young athletes, thereby helping to improve the quality of parental support that is more balanced and effective.

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Information about the authors:

Tsanía Nur Rohmah: najwa262627@students.unnes.ac.id, Department of Sports Coaching Education, Universitas Negeri Semarang, Indonesia

Adiska Rani Ditya Candra: adiska_rani@mail.unnes.ac.id, <https://orcid.org/0000-0002-0284-4659>, Department of Sports Coaching Education, Universitas Negeri Semarang. Indonesia

Rivan Saghita Pratama: rivan.saghita.pratama@mail.unnes.ac.id, <https://orcid.org/0000-0002-9794-4838>, Department of Sports Coaching Education, Universitas Negeri Semarang. Indonesia

Indra Ramadhan: indraramadhan@mail.unnes.ac.id, Department of Sports Coaching Education, Universitas Negeri Semarang. Indonesia

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