Parent involvement in young adults’ intercollegiate athletic careers: Developmental considerations and applied recommendations

Travis Dorsch, Katie Lowe, & Aryn Dotterer
The college transition is unique for student-athletes because they have to balance sport, academic, and social pursuits.

Parent involvement is an integral, but potentially problematic, aspect of this transition.

The need exists to evaluate the relationship between parent involvement and student-athlete development.
Specific Aims

1) Provide evidentiary support for key parent involvement factors that are associated with NCAA student-athlete development

2) Provide a mechanism for NCAA-member institutions to disseminate this knowledge to parents of college student-athletes
## Our Project

<table>
<thead>
<tr>
<th>Phase I</th>
<th>Phase II</th>
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<tbody>
<tr>
<td><strong>Participants:</strong></td>
<td><strong>Participants:</strong></td>
</tr>
<tr>
<td>4 Senior administrators</td>
<td>147 Freshmen</td>
</tr>
<tr>
<td>20 Head coaches</td>
<td>140 Sophomores</td>
</tr>
<tr>
<td>5 Assistant coaches</td>
<td>118 Juniors</td>
</tr>
<tr>
<td>1 Director of operations</td>
<td>108 Seniors+</td>
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<td><strong>Method:</strong></td>
<td><strong>Method:</strong></td>
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<tr>
<td>Face-to-face interviews</td>
<td>Online surveys</td>
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Phase I: Interview Data

- Policy
- Barriers
- External Factors
- Education
- Desired Student-Athlete Outcomes
Phase II: Survey Data

**Parent Involvement**
- Support from Parents
- Contact with Parents
- Academic Engagement
- Athletic Engagement

**Student-Athlete Development**
- Academic Self-Efficacy
- Athletic Satisfaction
- Depression
- Engagement in Risky Behaviors
- Emotional Independence
- Functional Independence
- Attainment of Adult Criteria
Phase I: Output

- Types of negative parent involvement
- Policy considerations for NCAA administrators
- Barriers to implementing parent education
- What parent education might look like at the NCAA Division I level
- Barriers to achieving positive parent involvement
- Desired outcomes for NCAA student-athletes
Phase II: Output

- Parent academic and athletic engagement positively predict SA academic self-efficacy and athletic satisfaction
- Higher levels of parent athletic engagement predict lower levels of SA depression
- Overall, higher levels of parent involvement predict lower levels of SA emotional independence
- More parent support is also linked to less attainment of adult criteria
Recommendations for NCAA Member-Institutions

Focus on policy creation:
- Empower the student-athletes
- Communicate with and educate parents
- Facilitate positive and developmentally appropriate parent-child communication

Strategize to overcome barriers:
- University and parent buy-in
- Feasibility and timing
- Appropriate message and voice
Remaining Gaps

1) Our data only represent the perspectives of key stakeholders at the NCAA Division I level

2) Our data do not address the impact of evidence-based parent education programming on parent behavior and student-athlete development

3) The voice of parents is not recognized in the Parent Guide and the Administrator Manual
Thank You!

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Aryn Dotterer
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Chantel Poston