

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

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Background

- 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

Phase I ($n = 30$):

Participants:

4 Senior administrators

20 Head coaches

5 Assistant coaches

1 Director of operations

Method:

Face-to-face interviews

Phase II ($n = 514$):

Participants:

147 Freshmen

140 Sophomores

118 Juniors

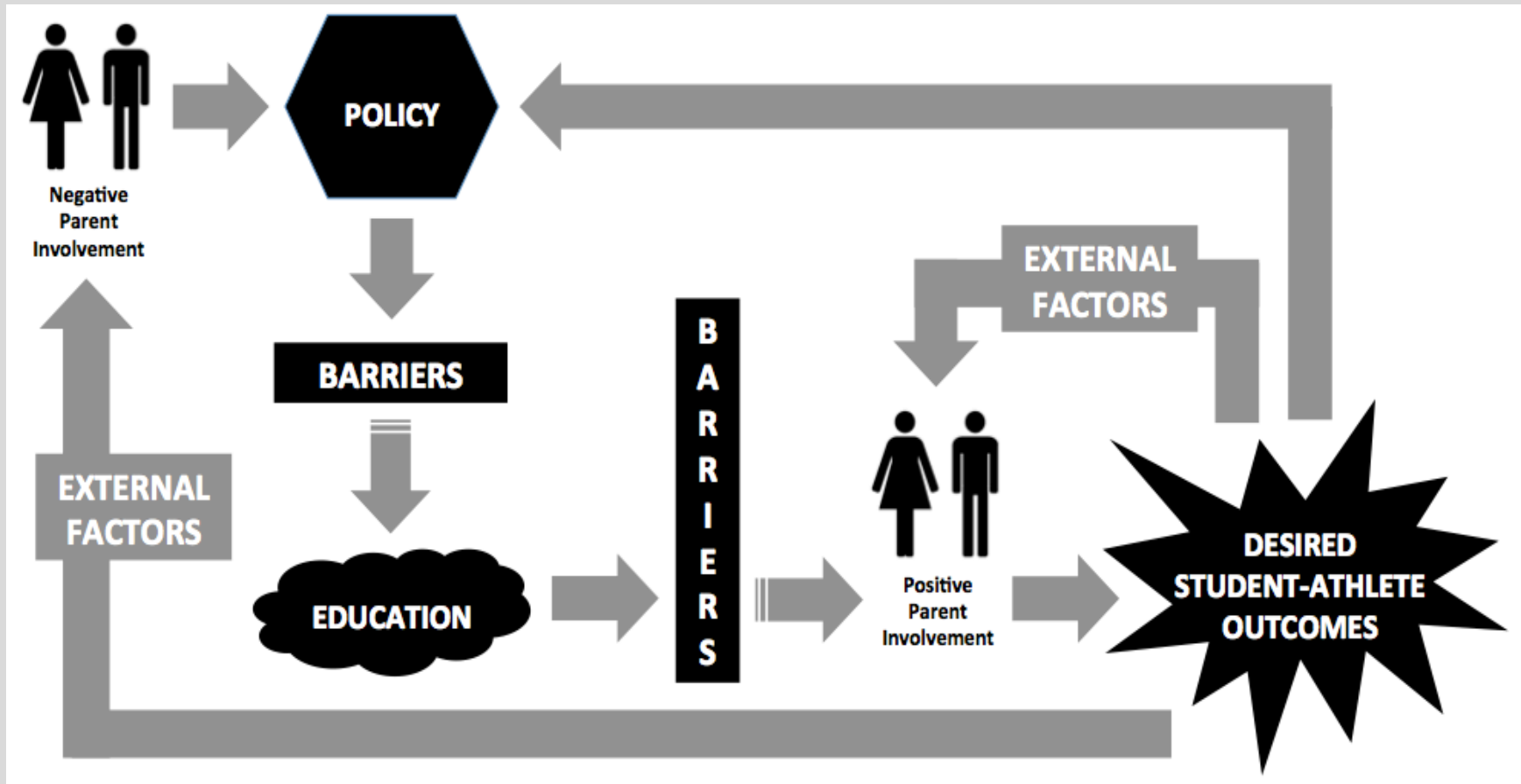
108 Seniors+

Method:

Online surveys



Phase I : Interview Data



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

ADMINISTRATOR MANUAL

Best Practices for Improving Parent Involvement in Intercollegiate Athletics



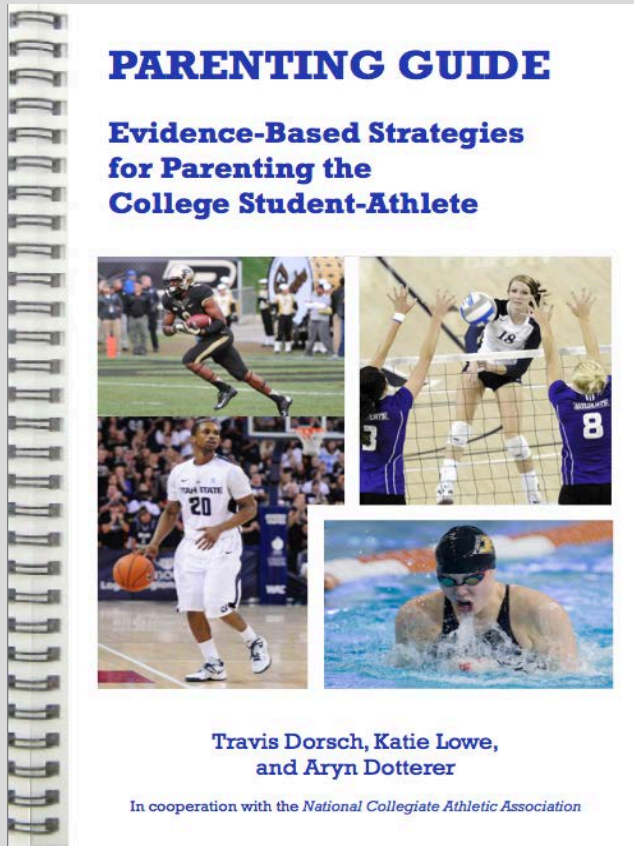
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In cooperation with the *National Collegiate Athletic Association*

- 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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Chantel Poston**