

Parents' Role in Disabled Athletes' Confidence in the National Paralympic Committee Indonesia, Magelang Regency

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ABSTRACT

This study aims to examine the role of parents in developing the self-confidence of athletes with disabilities who are affiliated with the National Paralympic Committee Indonesia (NPCI) in Magelang Regency. Self-confidence is a crucial psychological component that influences athletes' performance, especially among individuals with disabilities who often face social, physical, and emotional challenges. A descriptive quantitative research design was employed, utilizing a closed-ended questionnaire as the main data collection instrument. The sample consisted of 20 parents of athletes with disabilities, selected using purposive sampling based on specific inclusion criteria. The questionnaire was tested for validity and reliability, resulting in 30 out of 35 items being declared valid, with a Cronbach's Alpha coefficient of 0.959, indicating a high level of reliability. The analysis revealed that the overall parental role was categorised as "Good" to "Very Good," particularly in areas related to emotional support, attention, provision of nutrition, motivation, and creating a positive home environment. The results suggest that consistent and meaningful parental involvement plays a significant role in enhancing the self-confidence of disabled athletes, which in turn supports their participation, perseverance, and achievements in sports training and competitions. These findings underscore the importance of family-based support systems in disability sports development.

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A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
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INTRODUCTION

Sports are activities that can be carried out by anyone regardless of age. These activities aim to improve health quality, prevent various diseases, and make the body feel fitter (Afriwardi, 2009). In general, sports can be performed by all groups of society, both male and female, from children and adults to the elderly (Setiyawan, 2017). Today, sports have also developed as a means of development for persons with disabilities. Disability is a term used to describe a person's condition of limitation, whether physical, mental, cognitive, sensory, emotional, developmental, or a combination of these conditions.

Through sports, individuals with disabilities have the opportunity to demonstrate their abilities, compete, and achieve accomplishments (Wijayanti, Santi, & Soegiyanto, 2016).

However, achieving such accomplishments requires various supporting aspects, particularly mental readiness, such as self-confidence. "Self-confidence is an essential aspect that must be possessed by every individual as it serves as a primary asset in navigating life" (Hasibuan et al., 2019:1). Self-confidence is crucial for individuals to develop their activities and creativity as an effort to achieve success. This attitude includes belief in oneself, which enables individuals to act without excessive anxiety, feel free to do what they desire, take responsibility for their actions, interact politely, have motivation to achieve, and recognize their strengths and weaknesses (Psimawa & Hakim, 2021). Psychological or mental aspects in physical activities and sports play a crucial role in an athlete's performance. The psychological conditions experienced by athletes are often highly complex. The challenges in responding to and handling physical stress are common during physical activities and sports (Dewi, 2021). Lack of self-confidence in persons with physical disabilities is not a new issue, as they often face limitations in performing certain activities (Sari & Yendi, 2018). Therefore, parental roles are needed to provide psychological support for individuals with disabilities, aiming to improve their self-development, prevent adverse outcomes, and enhance their mental and physical health (Kurnia & Apsari, 2020). Parental support does not imply pampering, but rather providing attention that fosters the independence of children with special needs.

Several previous studies have discussed the role of parents in shaping athletes' self-confidence or motivation; however, most of these studies focus on non-disabled athletes or general contexts. For example, Juriana et al. (2022) found that parental involvement accounted for only 44.5% in building self-confidence among young swimmers, while Susanto (2022) emphasized the influence of parental support on the achievement motivation of futsal athletes. Nevertheless, neither of these studies specifically addressed athletes with disabilities. Although Atmojo (2024) explored parental involvement with disabled athletes, the focus was limited to training and did not delve into the aspect of self-confidence. This study aims to fill that gap by examining how parental support contributes to the development of self-confidence among athletes with disabilities who are part of the National Paralympic Committee Indonesia (NPCI) in Magelang Regency. To date, no research has been found that specifically addresses this topic within the context of Magelang Regency; thus, this study is expected to provide a new perspective and serve as a foundation for future research, which remains limited in both scope and regional focus.

This study aims to examine the role of parents in fostering self-confidence among athletes with disabilities who are part of the National Paralympic Committee Indonesia (NPCI) in Magelang Regency. Specifically, it seeks to explore the forms of support provided by parents to enhance the self-confidence of their children who are athletes with disabilities. Furthermore, the study intends to understand the impact of such support on the development of the athletes' self-confidence within the context of training and competition at NPCI. Based on these objectives, the research questions addressed include: what is the

role of parents in building self-confidence among athletes with disabilities, what types of support do parents provide, and how does this support influence the development of self-confidence in athletes with disabilities at NPCI Magelang Regency.

METHODS

This study employed a quantitative approach with a descriptive research design. The research was conducted at the National Paralympic Committee Indonesia (NPCI) in Magelang Regency during May and June 2025. The subjects of the study consisted of 20 parents of athletes with disabilities who are registered and actively involved in NPCI activities. The sampling technique used was purposive sampling, where respondents were selected based on specific criteria relevant to the research focus, namely, parents who consistently support and accompany their children during training and organizational activities.

The research procedure began with obtaining a research permit from the Faculty of Sports Science at Universitas Negeri Semarang, followed by collecting the data of athlete parents through NPCI Magelang. After receiving official approval, the researcher distributed the questionnaires directly to the respondents at the NPCI office, collected the completed forms, and transcribed the responses for further analysis. The instrument used in this study was a closed-ended questionnaire in which respondents simply marked their selected responses. The study used a one-shot approach, meaning that data collection was conducted only once without a prior trial of the instrument.

The data consisted of primary data obtained from parent responses through questionnaires, and secondary data in the form of relevant documents, records, and archives from NPCI Magelang. Data collection was carried out by directly distributing the questionnaires to the parents of the athletes. The collected data were analyzed using SPSS version 22 with descriptive statistical techniques, including calculations of mean, standard deviation, minimum and maximum scores, and percentages to describe the role of parents and the level of self-confidence among athletes with disabilities involved in this study.

RESULTS AND DISCUSSION

Results of Validity and Reliability Analysis

The instrument validity was calculated by comparing the calculated r -value (r count) with the critical r -value (r table), where r table = 0.444 ($df = N - 2$, $20 - 2 = 18$ at $\alpha = 0.05$). The criteria used were as follows:

1. If r count $>$ r table, the item is considered valid.
2. If r count $<$ r table, the item is considered invalid and thus eliminated.

Based on the results shown in the table above, it can be concluded that five items were found to be invalid, namely P1, P2, P3, P4, and P12. Therefore, 30 items were considered valid out of the original total of 35 items, and these were used for data collection.

The reliability test was conducted only on the questionnaire items that were already validated. A reliability coefficient of 0.70 or higher is considered acceptable as an

indication of good reliability. The instrument's reliability was tested using the Cronbach's Alpha formula through SPSS version 22.

Based on the reliability test results presented in the table above, the instrument obtained a Cronbach's Alpha value of 0.959, which is greater than or equal to 0.70. Therefore, it can be concluded that the research instrument has a high level of reliability.

Description of Research Results

The results of the study regarding the role of parents in providing support to athletes with disabilities at the NPCI Magelang Regency were measured using a questionnaire consisting of 35 statement items. Based on the field data collected from 20 respondents, the following statistical results were obtained:

Table 1.
Data Statistics

Statistics	Value
Mean	3,22
Std. Deviation	0,41
Minimum	3
Maximum	4

Based on the results of the descriptive statistical analysis of the 35 questionnaire items, the mean score was 3.22. This indicates that, in general, respondents answered within the range of "Agree" to "Strongly Agree" to the statements related to the role of parents and the self-confidence of athletes with disabilities. The standard deviation was 0.41, indicating a relatively low dispersion of responses, which means that most respondents had similar views or assessments. The minimum score among all items was 3, and the maximum score was 4, suggesting that no respondent selected "Disagree" or "Strongly Disagree."

A detailed description of the results regarding the role of parents in providing support to athletes with disabilities at NPCI Magelang Regency in this study can be seen in the following table:

Table 2.

Research Results on the Role of Parents in Supporting Athletes with Disabilities

Percentage	Category	Frequency
81,25%-100%	Very Good	6
62,50%-81,24%	Good	14
43,75%-62,49%	Poor	0
25%-62,40%	Very Poor	0
Total		20

Based on the table and figure above, it is known that in this study, the role of parents in providing support to athletes with disabilities at NPCI Magelang Regency was categorized as "Very Good" for 6 respondents and "Good" for 14 respondents.

Attention Factor

The results related to the attention factor were measured using 22 questionnaire items. The statistical results for the attention factor based on responses from 20 participants are presented below:

Table 3.
Statistical Data of the Attention Factor

Statistics	Value
Mean	3,23
Std. Deviation	0,41
Minimum	3
Maximum	4

Based on the descriptive analysis results, parental attention toward athletes with disabilities had a mean score of 3.23 and a standard deviation of 0.41, with a minimum score of 3 and a maximum score of 4. This indicates that the level of parental attention falls into the high category and is relatively evenly distributed among the respondents. Such attention reflects consistent parental support and involvement, which plays a crucial role in building the self-confidence of athletes with disabilities.

A detailed description of the research results for the attention factor is presented in the following table:

Table 4.
Descriptive Results of the Attention Factor

Percentage	Category	Frequency
81,25%-100%	Very Good	6
62,50%-81,24%	Good	14
43,75%-62,49%	Poor	0
25%-62,40%	Very Poor	0
Total		20

Based on the data analysis for the attention factor, it was found that 6 respondents (30%) were in the "Very Good" category with a percentage range of 81.25%–100%, and 14 respondents (70%) were in the "Good" category with a percentage range of 62.50%–81.24%. There were no respondents in the "Poor" or "Very Poor" categories. This indicates that most athletes with disabilities at NPCI Magelang Regency perceive their parents' attention to be in the "Good" to "Very Good" categories, reflecting emotional support and active parental involvement in their children's activities.

Nutrition Factor

The results of the study on the nutrition factor were measured using 5 questionnaire items. The statistical results for the nutrition factor based on responses from 75 children are presented below:

Table 5.
Statistical Data of the Nutrition Factor

Statistics	Value
Mean	3,19
Std. Deviation	0,39
Minimum	3
Maximum	4

The analysis of the nutrition factor (items P6, P19, P20, P22, and P23) showed an average score of 3.19, indicating that respondents generally agreed with the statements regarding the role of parents in fulfilling nutritional needs. The average standard

deviation was 0.39, suggesting that the responses were relatively consistent. With a score range between 3 and 4, it can be concluded that parental attention to nutrition is perceived as fairly good by athletes with disabilities at NPCI Magelang Regency.

Table 6.
Descriptive Results of the Nutrition Factor

Percentage	Category	Frequency
81,25%-100%	Very Good	5
62,50%-81,24%	Good	15
43,75%-62,49%	Poor	0
25%-62,40%	Very Poor	0
Total		20

The findings on the nutrition factor revealed that 5 respondents (25%) were in the "Very Good" category with a percentage range of 81.25%–100%, while 15 respondents (75%) were in the "Good" category with a percentage range of 62.50%–81.24%. No respondents were categorized as "Poor" or "Very Poor." These findings indicate that the role of parents in fulfilling their children's nutritional needs, including the provision of food, beverages, and supporting supplements, is perceived as fairly optimal by athletes with disabilities at NPCI Magelang Regency.

Environmental Factor

The results of the study on the family environment factor were measured using 8 questionnaire items. The statistical results for the environmental factor based on responses from 20 children are presented below:

Table 7.
Statistical Data of the Environmental Factor

Statistics	Value
Mean	3,24
Std. Deviation	0,42
Minimum	3
Maximum	4

The analysis of the eight items under the environmental factor showed an average score of 3.24, indicating that respondents generally agreed with the statements regarding environmental support. The average standard deviation of 0.42 suggests that the responses were relatively consistent. With a score range between 3 (minimum) and 4 (maximum), it can be concluded that the family, coaches, and community environment are perceived as fairly supportive in enhancing the self-confidence of athletes with disabilities at NPCI Magelang Regency.

Table 8.
Descriptive Results of the Environmental Factor

Percentage	Category	Frequency
81,25%-100%	Very Good	6
62,50%-81,24%	Good	14
43,75%-62,49%	Poor	0
25%-62,40%	Very Poor	0
Total		20

The results for the environmental factor showed that 6 respondents (30%) were in the "Very Good" category (81.25%–100%), while 14 respondents (70%) were in the "Good" category (62.50%–81.24%). No respondents fell into the "Poor" or "Very Poor" categories. These findings indicate that the surrounding environment—including support from family, coaches, peers, and the community—has played a significant and positive role in shaping and enhancing the self-confidence of athletes with disabilities at NPCI Magelang Regency.

CONCLUSION

Based on the research findings, it can be concluded that parental involvement has a significant influence on the development of self-confidence among athletes with disabilities at the National Paralympic Committee Indonesia (NPCI) in Magelang Regency. The forms of support provided by parents include emotional attention, adequate nutritional fulfilment, and the provision of a conducive environment and facilities. The analysis results indicate that the majority of parents offer support categorized as "good" to "very good." This suggests that active parental engagement not only contributes to the athletes' comfort during training but also enhances their self-confidence in competitive settings. Therefore, the role of parents should not be seen as merely passive companions but as strategic partners in shaping the mental resilience and motivation of athletes with disabilities.

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