

Review of the Role of Parents in the LFA Padang Women's Futsal Club

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ABSTRACT

This study stems from the issue that some parents are still hesitant to encourage their daughters to pursue futsal because futsal is a dynamic sport with high movement intensity that is perceived to carry a risk of injury. In fact, futsal can be a vehicle for developing interests, character, fitness, and potential achievements for adolescent girls if supported by a positive family environment. The purpose of this study is to describe the role of parents in supporting the participation of female futsal athletes at the LabSchool Futsal Academy (LFA) Padang while providing an empirical basis that futsal should not be seen as a sport that is "unsuitable" for girls. The study used a descriptive quantitative design with a survey approach. The study population was the LFA Padang club, with a sample of 20 parents of female futsal athletes selected using a saturated sampling technique. Data were collected using a parental role questionnaire and analyzed through descriptive percentage analysis. The results show the distribution of parental role categories as follows: very good 10% (n=2), good 30% (n=6), sufficient 25% (n=5), less than 25% (n=5), and very less than 10% (n=2). These findings indicate that parental support falls on a spectrum, with 40% of respondents in the good-to-very good category, and 35% in the poor-to-very poor category. In conclusion, the role of parents is a crucial factor in the continued interest and talent development of female futsal athletes. Practical implications of this study emphasize the need to strengthen parent-coach communication and education related to coaching and injury prevention to increase family support and ensure sustainable female futsal participation.

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INTRODUCTION

Futsal is a high-intensity, intermittent invasion sport characterized by repeated short sprints, rapid accelerations-decelerations, frequent changes of direction, and continuous transitions between attacking and defending phases. These demands make futsal performance highly dependent on integrated physical capacities (e.g., intermittent endurance, speed, agility, neuromuscular control) as well as psychological readiness (e.g., confidence, anxiety regulation, and motivation). Contemporary evidence consistently shows that match-play in futsal imposes substantial external and internal

loads, with intense sequences that can fluctuate across game intervals and congested schedules, potentially affecting fatigue, recovery, and performance stability (Barreira et al., 2020; Chiu et al., 2024; The Influence of Game Intervals..., 2024/2025). In women's futsal, the rapid growth of participation and competition has not been matched by equally mature support ecosystems, particularly at youth and school-based club levels. This mismatch is critical because female futsal players are exposed to non-trivial injury risk and burden across a season, and injury history is linked to movement-quality and knee-risk indicators in female players (Fernández-Galván et al., 2024; Ferrández-Laliena et al., 2023; Epidemiology of Injuries in Elite Female Futsal Players, 2020).

In Indonesia, women's futsal has gained national visibility through international participation and medal achievements, strengthening public attention toward women's futsal development pathways (VOI, 2025). Yet, at the grassroots and school-club interface, a key barrier often emerges not only from facilities or coaching access, but from social approval and sustained support within the athlete's closest ecology—especially parents. Parents may simultaneously recognize futsal's developmental benefits (health, teamwork, self-regulation) while expressing concerns about physical contact, injury risk, time discipline, and perceived identity/behavioral changes in adolescent girls. Such concerns can shape athlete motivation, enjoyment, anxiety, and commitment—variables that are known predictors of persistence and performance in youth sport contexts (Harwood, 2019; Gao, 2024; Health-related outcomes of youth sport participation, 2025). Therefore, in developing contexts such as Padang, West Sumatra, where women's school-based futsal clubs (e.g., LabSchool Futsal Academy/LFA) are emerging, understanding how parental roles operate becomes a strategically important research problem for sustaining participation and optimizing athlete development.

The futsal science literature over the last decade has clarified that competitive futsal is not merely “small-field soccer,” but a distinct performance environment requiring repeated high-intensity actions and rapid neuromuscular demands. Systematic evidence synthesizing futsal match demands highlights consistent exposure to high-intensity running, accelerations, decelerations, and repeated changes of direction, alongside meaningful physiological and biochemical stress responses (Barreira et al., 2020; Barreira et al., 2025). Studies focusing on match dynamics further indicate that physical output and performance markers can vary across game intervals and during congested match periods, with practical implications for fatigue management and recovery (Chiu et al., 2024; The Influence of Game Intervals..., 2024/2025). In parallel, sport performance science has strengthened the argument that accelerations/decelerations represent a major “hidden load” in team sports and may relate to both performance decrements and injury exposure (High-intensity acceleration/deceleration systematic review, 2019).

In women's futsal specifically, recent scoping and systematic reviews confirm expanding research attention but also emphasize uneven coverage across topics, competition levels, and regions (Barreira, 2024; Fernández-Galván et al., 2024). Injury-focused evidence in elite women's futsal reports considerable incidence and seasonal

burden, supporting the realism of parent concerns yet it also underscores the necessity of structured prevention and supportive environments rather than avoidance of participation (Fernández-Galván et al., 2024; Epidemiology of Injuries in Elite Female Futsal Players, 2020). Complementing the physiological literature, contemporary sport psychology and youth sport research consistently demonstrate that parents are a central socializing agent who can facilitate competence development and well-being through autonomy support, realistic expectations, and constructive involvement or conversely amplify pressure, anxiety, burnout risk, and motivational fragility through controlling behaviors and excessive performance demands (Gao, 2024; Nicaise et al., 2025; O'Neil et al., 2021). Evidence also indicates that parental involvement patterns shift depending on injury experiences and participation stages, implying that injury risk perception may be an active determinant of parent behavior (Kovács et al., 2024).

More recent meta-analytic work on motivational climate reinforces that interpersonal climates (including parent-initiated climates) show meaningful associations with youth sport psychological outcomes (e.g., motivation, affect, engagement), which are proximal determinants of adherence and development (Gu et al., 2025; Coutinho et al., 2025). Qualitative research further refines practical strategies parents use to support psychosocial development (e.g., balancing emotional support, learning orientation, and communication with coaches) (Kramers et al., 2023). Collectively, the state of the art suggests a convergent conclusion: in high-demand sports with tangible injury risk such as futsal parental involvement is not a peripheral factor, but a modifiable mechanism that can either stabilize or destabilize adolescent athletes' psychological readiness and developmental continuity.

Despite strong evidence on futsal match demands and the general influence of parenting in youth sport, three gaps remain salient and directly relevant to the LFA Padang context.

First, women's futsal research remains geographically and contextually uneven: most injury epidemiology and load studies are conducted in established futsal nations or elite systems, whereas school-based clubs in emerging regions have different constraints (resources, medical support, competition structure) and potentially different psychosocial dynamics (Barreira, 2024; Fernández-Galván et al., 2024). Consequently, findings from elite environments may not translate directly to adolescent female clubs operating within educational institutions.

Second, in Indonesia and particularly in West Sumatra there is limited empirical work that positions parents as a core unit of analysis in women's futsal development. While national achievements and federation-level competition structures may grow, sustained participation in adolescent girls often depends on "micro-level" family approval, day-to-day logistics, and psychological reassurance especially when parents perceive futsal as injury-prone or socially nonconforming for girls (Kovács et al., 2024; Harwood, 2019). This gap is not trivial: parental pressure and directive behaviors are empirically linked to adverse outcomes such as burnout, negative emotions, and less optimal motivation profiles in adolescent athletes (Nicaise et al., 2025).

Third, the existing literature often treats injury risk (a “physical” issue) and parental involvement (a “social/psychological” issue) in parallel rather than integratively. Yet evidence suggests these domains interact: injury experiences and perceived injury risk can shift parental involvement patterns and athlete mental states, which then influence training quality and readiness (Kovács et al., 2024; Ferrández Laliena et al., 2023). For women’s futsal clubs like LFA Padang where parents report concerns about injury and behavioral impacts there is a clear need for an integrated model that examines parental involvement dimensions (support, autonomy support, pressure/control, communication with coaches) alongside athlete psychological indicators (motivation, confidence, anxiety) within a single analytic frame (Gao, 2024; O’Neil et al., 2021; Gu et al., 2025).

Based on these gaps, the primary objective of this study is to analyze the role of parents in supporting adolescent female futsal athletes in the LabSchool Futsal Academy (LFA) Padang context, with specific aims to: (1) map parental involvement profiles (e.g., autonomy-supportive involvement vs. controlling/pressure-oriented involvement); (2) examine relationships between parental involvement and athletes’ motivation, self-confidence, and competitive anxiety; and (3) interpret how injury risk perceptions (parental concern regarding futsal’s intensity and injury exposure) relate to parental behaviors and athlete psychological readiness within the club environment (Gao, 2024; Nicaise et al., 2025; Kovács et al., 2024; Fernández-Galván et al., 2024).

The novelty of the study lies in its context-specific and integrative contribution. Empirically, it provides one of the first focused analyses of parental roles in Indonesian adolescent women’s futsal at the school-club interface, a setting that is strategically important for widening the participation pipeline and sustaining development beyond introductory stages (Barreira, 2024; VOI, 2025). Conceptually, it integrates contemporary parenting frameworks in youth sport (autonomy support vs. pressure/control; parent-initiated motivational climate) with the real constraints of futsal as a high-intensity, injury-relevant sport thereby bridging sport science (match demands and injury burden) and sport psychology (motivation-anxiety-confidence mechanisms) into a single explanatory logic (Barreira et al., 2020; Barreira et al., 2025; Gu et al., 2025; O’Neil et al., 2021). Practically, findings are expected to inform evidence-based parent-coach partnership guidelines for women’s futsal clubs, shifting parental concern from a barrier into a structured support system that protects athlete well-being while strengthening performance development pathways (Health related outcomes of youth sport participation, 2025; Kramers et al., 2023).

METHODS

Research Design and Approach

This study employed a descriptive quantitative design with a cross-sectional survey approach. The descriptive design was chosen because the primary objective of the study was to map and describe the role of parents (e.g., support, involvement, guidance, communication with coaches, and response to injury risk) in female futsal athletes in a school club context, without any treatment manipulation. The survey approach was relevant

for obtaining a systematic overview of parental perceptions and practices within the target population, measurable through a structured questionnaire (Saunders et al., 2019).

Conceptually, this design is based on recent literature that parents are key social agents who can shape youth sport experiences through autonomy support, instrumental support, and control/pressure which in turn influence the motivation, commitment, and psychological well-being of young athletes (Gao, 2024; O'Neil et al., 2021). In high-intensity sports like futsal, the context of injury risk and physical demands also determines parents' perceptions and involvement patterns (Spyrou et al., 2020; Fernández-Galván et al., 2024).

Research Location and Context

The research was conducted at LabSchool Futsal Academy (LFA) Padang, a school-based girls' futsal club that serves as a platform for developing young athletes. This context was chosen because research on girls' futsal still shows inequities in coverage (dominated at the elite level/in certain countries), making studies in a development context (school-based clubs) crucial to complement the evidence base (Barreira, 2024). Furthermore, futsal is characterized by intensive and dynamic movement demands, which have implications for parental concerns regarding safety and injury (Pereira et al., 2025; Oliveira et al., 2024).

Population, Sample, and Sampling Technique

The study population consisted of all parents/guardians of female futsal athletes actively registered with the LFA Padang club. Given the small population size, this study employed total sampling (saturated sampling) to sample the entire population. The total number of respondents in this study was 20 parents of female futsal athletes. A total sampling strategy is considered appropriate for a limited population to minimize selection bias and increase internal representativeness within a specific unit of analysis (Taherdoost, 2016; Ahmed, 2024).

Inclusion criteria: (1) parent/legal guardian of an LFA female futsal athlete, (2) athlete actively training for at least the past 3 months, (3) willing to provide informed consent. Exclusion criteria: respondents did not complete the questionnaire.

Research Instrument and Operational Definitions

Data were collected using a questionnaire on parental roles in sport, developed based on theoretical constructs and current empirical evidence. The core instrument adapted domains commonly used in parental involvement studies, such as: Active involvement (attendance, involvement in training/competition), Directive behavior (technical-tactical direction/control), Praise & understanding (emotional support, appreciation, empathy), and Communication/coordination (parent-coach/club coordination), which are widely used to measure parental involvement in youth sport contexts (PISQ: Lee & MacLean; practical use and construct structure reported in recent research) (Kovács et al., 2022; Pagani et al., 2025).

To strengthen the motivational orientation and supportive climate established by parents, items were also aligned with the concept of parent-initiated motivational climate (task/mastery vs. ego/performance climate), which has been shown to be associated with more self-determined motivation and sustained sport participation (Harwood et al., 2019; Kolayış et al., 2017; Williams et al., 2022). Furthermore, the

construct of parental support was considered through the dimensions of instrumental assistance (transportation, expenses), informational support, and emotional support, in line with the development of more theory-informed measures of parental support in recent research (Burke et al., 2024).

Given that girls' futsal carries a real risk of injury and is often a source of concern for parents, the questionnaire also covered aspects of injury risk perception and safety support strategies (e.g., approval of protective gear, prevention support, and communication after injury), which are relevant to epidemiological findings on injuries in girls' futsal and recommendations for futsal injury prevention (Fernández-Galván et al., 2024; Oliveira et al., 2024).

Scoring was performed using a Likert scale ranging from 1–5 (strongly disagree–strongly agree). Total scores and scores per dimension were calculated to descriptively describe the parent role profile.

Instrument Suitability Test (Content Validity and Reliability)

To ensure the suitability of the instrument, the following steps were conducted: (1) content validity through expert review (at least two experts: coaching/sports psychology) to ensure the indicators align with the "parental role" construct and the context of women's futsal; and (2) internal reliability testing (e.g., Cronbach's alpha) on respondent data to ensure consistency between items per dimension. This approach is common in psychosocial sports survey studies that use adaptations of the parental involvement/motivational climate construct (Harwood et al., 2019; Pagani et al., 2025).

Data Collection Procedure

Data collection was carried out through the following steps: (1) coordination with club managers/coaches to collect data from parents/guardians; (2) dissemination of research information and consent for participation; (3) distribution of questionnaires to parents (printed or online) and return within the specified timeframe; and (4) checking the completeness of responses. A cross-sectional design was chosen to capture the state of parental roles across a single period within the club's development calendar.

Data Analysis Techniques

The analysis was conducted descriptively and quantitatively, including frequencies, percentages, means, and standard deviations for each dimension of parental roles. Results are presented in tables and interpreted as categories (low–medium–high) based on score distributions (e.g., percentile/interval cutoffs). While the primary focus is descriptive, the findings will be discussed by linking patterns of involvement (support vs. control/pressure) to empirical evidence that parental involvement can function as both a protective and a psychological risk factor in youth sports (Gao, 2024; O'Neil et al., 2021; Ntalachani et al., 2025).

RESULTS AND DISCUSSION

Result

Based on the results of previous tests, the results were obtained from parents. For further clarification, the data can be described as follows:

The Role of Parents (X)

Based on the data collected from parents of athletes at the LFA Padang club, the maximum score obtained was 232 and the minimum score was 217. In addition, the mean (average) score was 223.5 and the standard deviation was 4.89. For a clearer description of the data characteristics, please refer to the table below:

Table 1.
Data Results from Parents of Athletes

Interval	Absolute Frequency	Relative Percentage	Criteria
>131	2	10%	Very Good
226-130	6	30%	Good
221-225	5	25%	Fair
218-220	5	25%	Poor
<217	2	10%	Very Poor
Total	20	100%	

Based on the table above, out of 20 parents surveyed, 2 (10%) responded with the criterion Very Good, 6 (30%) responded with the criterion Good, 5 (25%) responded with the criterion Fair, 5 parents (25%) responded with the "Poor" criterion, and 2 parents (10%) responded with the "Very Poor" criterion. For a clearer picture of the results, see the histogram below:

If the authors want to display a figure, use the following format:

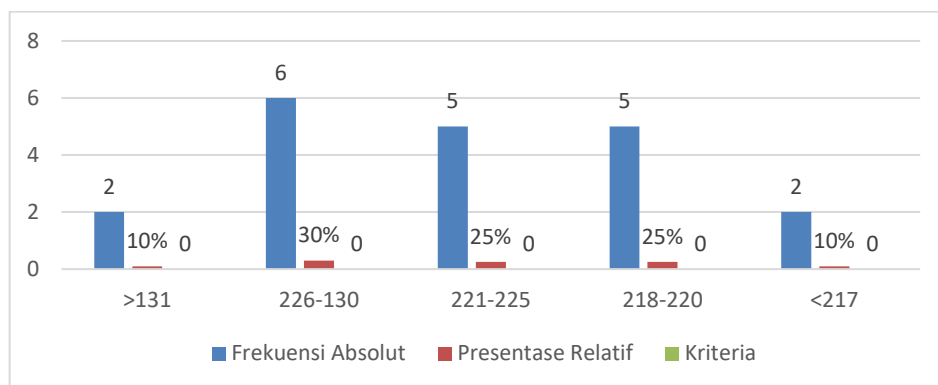


Figure 1.
Histogram of Data on Parents of Athletes

Discussion

The Role of Parents in Women's Futsal at LFA Padang

In youth sport, "role" is not merely a formal duty but a pattern of social interaction through which individuals enact expectations, responsibilities, and influence within a specific context. In the family setting, parents function as the first and most persistent socialization agents, shaping children's values, habits, and coping resources therefore, their role in sport participation becomes structurally important for both developmental continuity and performance-related outcomes (Martins et al., 2018; Folle et al., 2018). Contemporary youth-sport scholarship emphasizes that parental roles are best understood not only as "presence" (e.g., attending training/competitions), but also as quality of involvement ranging from autonomy supportive and mastery oriented

behaviors to directive/controlling and pressure oriented behaviors (Harwood et al., 2019; O'Neil et al., 2021; Gao, 2024).

Within women's futsal, the relevance of parental roles becomes even more salient because futsal is a high-intensity, high-frequency transition sport with notable neuromuscular load and an injury profile that commonly affects the lower extremities (e.g., ankle, knee, thigh). Systematic evidence shows that female futsal players experience substantial injury risk and burden across a season, which can reasonably trigger parental concerns about safety, time loss, and long-term health (Fernández-Galván et al., 2024; Ruiz-Pérez et al., 2020). Such concerns are not inherently negative; however, when risk perception translates into restrictive or pressuring involvement, it may undermine athlete enjoyment, confidence, and sustained motivation factors that are fundamental for adolescent participation and development (Gao, 2024; Nicaise et al., 2025).

From a psychosocial perspective, parental involvement operates as a form of social support that can strengthen athlete well-being through emotional support (acceptance, empathy), informational support (guidance and feedback), and instrumental support (transportation, equipment, fees). These support forms are consistently linked to more adaptive psychological outcomes in youth sport, including higher perceived competence, stronger commitment, and healthier self-regulation (Mascarín et al., 2019; Mendes et al., 2022; Gao, 2024). In addition, research on parent-initiated motivational climate indicates that when parents emphasize learning, effort, improvement, and resilience (mastery climate), athletes tend to show more self-determined motivation and better emotional experiences; in contrast, climates emphasizing comparison, criticism, and winning-at-all-costs increase vulnerability to stress, negative affect, and disengagement (Harwood et al., 2019; Lochbaum et al., 2024). This is particularly relevant in futsal, where competitive pressure and injury anxiety may co-occur. Evidence also suggests that directive and pressure behaviors from parents can be associated with burnout indicators and less favorable motivational patterns among adolescent athletes (Nicaise et al., 2025; Woods et al., 2025).

In this study, the results indicate that most parents support their daughters' participation in futsal at LFA Padang. This supportive profile is an important protective asset because it can buffer competitive stressors, increase adherence to training, and facilitate psychological readiness. The support reported by parents is reflected in at least three concrete domains:

1. Support for training and competing.

Support for attendance and participation signals parental approval, which is a key determinant of sustained youth sport engagement. In the literature, supportive involvement especially when aligned with autonomy support tends to enhance enjoyment, confidence, and perseverance, helping athletes cope with training demands and setbacks (Gao, 2024; O'Neil et al., 2021).

2. Sacrifice of time and money (instrumental support).

Instrumental support (transport, fees, equipment, scheduling) is frequently an invisible but decisive factor in adolescents' consistent participation. This

dimension becomes especially important in organized sport settings where training frequency and competition travel require family resources. Evidence from parental involvement research indicates that such practical support is strongly intertwined with athletes' opportunity structures and continued development (Burke et al., 2024; Saunders et al., 2019).

3. Motivation and enthusiasm (emotional and motivational support).

Parental encouragement and positive reinforcement help athletes interpret pressure situations more adaptively and maintain confidence. Contemporary reviews highlight that parental autonomy support and constructive feedback relate to stronger self-beliefs and healthier motivation, whereas excessive pressure predicts anxiety and emotional strain (Gao, 2024; Nicaise et al., 2025).

Importantly, in women's futsal contexts where injury concern is real, the practical implication is not to reduce participation, but to channel parental concern into structured, evidence-based involvement. Parent education and communication programs in youth sport have been recommended as an effective strategy to strengthen supportive behaviors, align expectations, and reduce maladaptive pressure—especially in competitive pathways (Burke et al., 2024). For LFA Padang, this points to actionable steps: establishing routine parent-coach communication, clarifying training load and injury-prevention measures, and promoting a mastery-oriented climate (effort, improvement, discipline) rather than outcome-only emphasis. Such alignment is consistent with the broader evidence base that healthy involvement supports both athlete well-being and performance development over time (Harwood et al., 2019; Fernández-Galván et al., 2024).

CONCLUSION

Based on the research results, the distribution of parental role assessments among LFA Padang female futsal athletes showed quite wide variation. Two parents (10%) were considered excellent, six parents (30%) were considered good, five parents (25%) were considered adequate, five parents (25%) were considered poor, and two parents (10%) were considered very poor. These findings indicate that parental support is not evenly distributed: some families have provided adequate support, while others have demonstrated low or inconsistent involvement in supporting their children's training and competition.

Substantively, these results confirm that parental role is a key factor in youth sports development, particularly in female futsal, which demands commitment to training, time management, mental preparedness, and attention to injury prevention. Positive parental involvement through emotional support, motivation, mentoring, and instrumental support such as time and funding has the potential to strengthen athletes' self-confidence, persistence, and continued participation. Conversely, insufficient involvement can hinder consistent training, the quality of the sporting experience, and the development of performance.

Thus, strengthening parent-coach-club collaboration through regular communication, education on the needs of female futsal athletes, and alignment of coaching expectations is necessary. These efforts are expected to increase the proportion of parents in the good-to-excellent category and encourage the sustainable optimization of athletes' talents and interests.

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