

LINKS BETWEEN ADOLESCENT ATHLETE PROSOCIAL BEHAVIOUR AND RELATIONSHIP WITH PARENTS: A MIXED METHODS STUDY

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Abstract

The purpose of this mixed methods explanatory sequential study (Creswell & Plano Clark, 2011) was to examine adolescents athletes prosocial behaviour and their relationship with parents. By obtaining quantitative results from surveying 1348 adolescents athletes and non-athletes (aged 12–16) and following up with qualitative interpretative phenomenology phase – 12 adolescents athletes and 12 youth sport parents took part in semi-structured interviews and explored quantitative results in more depth.

In the quantitative phase the revised prosocial tendencies measure (PTM-R) (Carlo, Hausmann, Christiansen, & Randall, 2003) was used by assessing adolescents prosocial behaviour in terms of six forms of prosocial behaviour – public, anonymous, direct, compliant, altruism and emotional. In qualitative follow-up, interpretative phenomenology design (Smith, Flowers, Larkin, 2009) was used. Three themes emerged from adolescents athletes point of view: 1) Sport as escape; 2) parent-child relations in youth sport; 3) adolescent desired behaviour. Three themes emerged from parent point of view: 1) sport as a protection and as a school of life; 2) painful parent decision to release their child; 3) understanding adolescent behaviour. The study results revealed that the quality of interpersonal relationships between the parent and adolescent has an influence on adolescent athlete-parent interaction, athlete sport career and has been linked to prosocial youth behaviour.

Key words: Youth sport, parents, adolescents, prosocial behaviour, mixed methods.

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Dr. Ausra Lisinskiene is a researcher and lecturer at Lithuanian university of educational sciences Her research interests focus on coach-parent-child interaction in youth sport. As a theoretician and practitioner she carefully analyzes adjustment processes by integrating of educational programmes in youth sport and applies quantitative, qualitative and mixed methods research.