April 2016

Effects of Immediate Family Presence on Sport Performance

Jessie Pauley
University of Northern Iowa

Copyright @ 2016 Jessie Pauley
Follow this and additional works at: http://scholarworks.uni.edu/agss

Part of the Sports Studies Commons

Let us know how access to this document benefits you

http://scholarworks.uni.edu/agss/2016/all/17

This Open Access Poster Presentation is brought to you for free and open access by the Graduate College at UNI ScholarWorks. It has been accepted for inclusion in Annual Graduate Student Symposium by an authorized administrator of UNI ScholarWorks. For more information, please contact scholarworks@uni.edu.
Family presence in athletes’ lives is important. This study looks at the presence of immediate family on athletes’ perception of performance when their family attends their sporting event.

**Research Questions**

1. Exploratory analysis of athletes’ perception
2. Examine differences in enjoyment of the game when family is present and when family is not present
   1. We predicted when an athlete’s family is present at a sporting event they would experience greater enjoyment of sport.
   2. We hypothesized the farther they lived from the university the more motivated the athletes would be to play.
3. Examine gender differences and differences based on distance their immediate family lived away from the university on athletes’ motivation to play
   1. We hypothesized females would be more motivated to play than males when their immediate family was in attendance of their sporting event.
   2. We hypothesized the farther they lived from the university the more motivated the athletes would be to play.
4. Examine gender differences in the importance of family attendance at games
   1. We hypothesized it would be more important to females to have their family in attendance at their games than it would for males.

**Method**

**Participants**

104 Total Student-Athletes: Female (n = 27) and male (n = 77). Ages ranged between 18 to 22 years old. Athletes were from 19 different states, and 64.4% were from Iowa. We surveyed athletes from football (n = 77), soccer (n = 16), and volleyball (n = 11).

**Instrumentation**

The Immediate Family Presence on Sport Performance survey was created and used to assess athletes’ perception of performance based on the presence of their immediate family.

**Procedures**

After receiving IRB approval and permission from the various coaching staff, the researchers administered the written surveys during a scheduled team meeting. Athlete’s completed the survey during the meeting, and the responses were provided anonymously. The survey was designed to analyze participants’ demographics, motivation, enjoyment, and immediate family’s sporting event attendance. Responses from the survey were entered into the computer, and data analysis was accomplished by using SPSS.

**Data Analysis**

- Used frequencies of important variables.
- Means and standard deviations of important variables were conducted.
- T-tests were utilized to test differences between groups.

**Results**

- **Research Question 1**
  - Athletes’ families who lived 1-3 hours away, regularly attended their sporting events (65.4%).
  - Athletes reported their immediate family members often attended their sporting events (M = 3.0 on scale of 1-4).
  - Immediate family often attended their home games (83.7%) and sometimes attended their away games (50%).
  - Both male and female athletes prefer their immediate family to be in attendance of their games (95.2%).
  - Many of the athletes (87.3%) answered they are more motivated to play when their immediate family is present.
  - Athletes reported that immediate family members accessed social media if they were unable to attend the game (97.1%).
  - Athletes claimed their immediate family members were unable to attend their games was because of distance they had to travel (45.2%) and because they had to work (40.4%).

**Discussion**

- **Research Question 2**
  - On a scale of 1 (being not fun) to 8 (being fun), results showed that athletes rated their enjoyment higher when their immediate family was present (m = 7.03; sd = 1.16) as to when they are not present (m = 5.95; sd = 1.57), paired samples t-test [t(104) = 7.89, p < .001].

- **Research Question 3**
  - On a scale of 1 (doesn’t motivate) to 8 (motivate), males reported greater motivation when their immediate family was present at an event (m = 5.82; sd = 2.04) than females (m = 4.56; sd = 2.19), [t(102) = 2.71, p < .05].
  - No differences were found in athletes’ motivation to play based on distance their family lived, [t(87) = -1.12, p = .265].

- **Research Question 4**
  - During the survey, the athletes were asked how important it is for their immediate family to attend their performances or events on a scale of 1 (not important) to 8 (very important), both men (m = 5.56, sd = 1.72) and women (m = 5.93, sd = 1.10) reported that it was important for their family to attend their events, [t(102) = -1.03, p = .303].