

Role of the parents and the social environment in the achievement of pencak silat athletes of perguruan bina mental of special region of Yogyakarta

Agung Sentosa¹, Syamsuryadin^{1*}, Adinda Putri Agustina¹, Jihan Salmah Oktiga¹, Agris Nadia Putri¹, Aniy Vaynah Fikratul Iliyyi¹, Ahya Mulya Bhakti¹, Intan Dwi Rahmawati¹, Nia Popdanawati¹, Hanif Rahmawan¹, Idul Wibowo¹

¹Coaching Education, Faculty of Sports Science, Yogyakarta State University, Jl. Colombo No. 1, Karangmalang, Depok, Sleman, Special Region of Yogyakarta, Indonesia.

*Corresponding Author. syamsuryadin@uny.ac.id

Abstract

This research aims to: (1) determine the correlation between the role of parents in the achievement of pencak silat athletes of Perguruan Bina Mental Yogyakarta (Bina Mental Yogyakarta Dojo); (2) figure out the correlation between the role of the social environment in the achievement of pencak silat athletes of Perguruan Bina Mental Yogyakarta; and (3) find out the correlation between the role of parents and the social environment in the achievement of pencak silat athletes of Perguruan Bina Mental of Special Region of Yogyakarta.

This research was a descriptive study with survey method. The research population was Pencak Silat athletes from Perguruan Bina Mental Yogyakarta, totaling 30 athletes. The sampling technique used total sampling. The research instrument used a questionnaire. The data analysis used simple linear regression analysis and multiple linear regression.

The results of the research show that: (1) there is a correlation between the role of parents in the achievement of pencak silat athletes of Perguruan Bina Mental Yogyakarta; (2) there is a correlation between the role of the social environment in the achievement of pencak silat athletes of Perguruan Bina Mental Yogyakarta; and (3) there is a correlation between the role of parents and the social environment in the achievement of pencak silat athletes of Perguruan Bina Mental Yogyakarta.

Keywords: Role of Parents, Social Environment, Achievement of Athletes

INTRODUCTION

Sport is a form of planned and structured physical activity that involves repetitive body movements and is aimed at improving physical fitness. Sports health is a health effort that utilises sport to improve health. Sport is a basic necessity in daily life because it can improve the fitness required to perform tasks. Sports can be started from a young age to old age and can be done every day (Khairuddin, 2017). There are many types of sports, and one of the most popular sports in DIY is pencak silat.

Pencak Silat has grown rapidly in society because it is quite popular, meaning that Pencak Silat is accepted by the community because it can be played by men and women, children, adults, and the elderly. Therefore, Pencak Silat has become a highly popular sport among the majority of the community. The development of Pencak Silat is expected to help increase public interest in sports.

Philosophically, Pencak Silat is distinguished based on two components of the word. First, pencak is a method of self-defence training, consisting of various controlled and directed body movements for that purpose; while silat is the application of actual combat training methods (Ediyono & Widodo, 2019). Pencak silat can be aimed at mental spirituality, self-defence, sport, and art (Candra, 2021).

There are many pencak silat styles in society, especially in Java. The majority of pencak silat styles teach self-defence, mutual assistance among fellow human beings, and maintaining the stability of each individual's personality. One of the pencak silat schools originating from Bantul is the

Bina Mental School. Perguruan Bina Mental is an authentic school from Bantul that teaches IPSI techniques and its own martial arts moves.

In sports, achievement is more oriented towards competition that ends in 'winning or losing' for the parties involved (Purwantoga et al., 2022). To improve performance, athletes need to train continuously, work hard, and prepare thoroughly in terms of physical condition, technique, tactics, and mental maturity in competition. According to Effendi (2016), there are several components that determine the achievement of high performance in competitive sports, namely parents and the social environment.

Parents are family members consisting of a father and mother, and are the result of a legal marriage that can form a family (Ruli, 2020). Parents are the father and mother who lead the family, so they have a very important role in shaping the character of their children (Fikriyah et al., 2022). Parents are the first and foremost educational institution or school for children. In relation to education, parents are one of the informal schools (Hero & Sni, 2018). Parents have a responsibility to educate, nurture and guide their children to reach certain stages that prepare them for life in society. It is clear that parents have an important role in their duties and responsibilities towards all family members, which are more in the nature of character and moral formation, skill training and household rules, and the like. Parents should be role models or examples that their children always imitate and follow.

According to Boedi Siswanto (2019), parental involvement is a very strong influence that can last for years and can increase children's participation and performance in various fields. Parents play a crucial role in the development of sporting talent. If parents never pay attention to their children's talents, it will be very difficult for children to develop their talents (Samantha & Almalik, 2019). Parental support, presence, and assistance are very important in supporting their children's sporting achievements, especially in pencak silat at the Bina Mental Bantul DIY Academy. According to Megarany & Soenyoto (2021), 'Social support from parents is also important because it helps improve athletes' performance,' such as the presence of other people who can provide assistance, encouragement, acceptance, and attention, thereby improving individual well-being. According to Laka et al. (2018), a role is a pattern of behaviour that is a characteristic of a person as a job or position in society. Based on this definition, it can be concluded that a role is a pattern of behaviour of a person as a right and obligation that has a certain position.

The social environment consists of all the people and circumstances that can influence us either directly or indirectly. Therefore, it can be concluded that the social environment is a place where individuals can interact and influence one another. There are four types of environments that can influence a child's growth and development. According to Kusumawati et al. (2017), the family environment is the place where children grow, develop and receive their first education. The family environment is the oldest educational institution, informal in nature, the first and foremost experienced by children, and a natural educational institution where parents are responsible for nurturing, caring for, protecting and educating their children so that they grow and develop well (Hasbullah, 2012). The school environment consists of the social environment (teachers & educational staff, school friends & school culture) and the non-social environment (curriculum, programmes and infrastructure) in formal educational institutions that provide support for the formation of an entrepreneurial spirit and the development of students' entrepreneurial potential (Marini & Hamidah, 2014).

Sports achievements are closely related to success in learning programmes at school, both at primary and secondary level, because the content and objectives of physical education are to shape character and mentality and develop general physical components in preparation for sporting achievement. An athlete's performance is the result of a combination of training and motivation, so motivation is considered important in achieving the goal of maximum athletic performance (Effendi, 2016).

Internal factors are the main contributors to an athlete's performance, as these factors provide a more stable and stronger drive that comes from within the athlete themselves (Aulia & Asfar, 2021). Athletes are born and developed with optimal physical talent, intelligence, and appropriate personal qualities. Intelligence is an important factor, alongside talent (physical) and personal qualities (personality, discipline, etc.), for an athlete to become a world champion. Parents, coaches, and facilities play a significant role in the development of a child's athletic talent. "If a talented child has the right coach and supportive parents, as well as good and appropriate training facilities, their athletic achievements will develop.

Based on interviews with the parents of athletes at the Bina Mental academy, (1) parents are very supportive of their children pursuing pencak silat, because in addition to achieving success, children can also hone their skills. (2) Athletes reside at the boarding school, meaning parents cannot always supervise their children during training or competitions. (3) If the social environment around the athlete does not accept them well, the athlete tends to become disinterested in participating in pencak silat.

METHOD

This study is a descriptive study using a survey method. The study population consisted of 30 pencak silat athletes from the Bina Mental DIY Academy. The sampling technique used total sampling. The instrument used in this study was a questionnaire. Data analysis was performed using simple linear regression and multiple linear regression.

RESULTS AND DISCUSSION

The results of this study are intended to describe data on the relationship between the role of parents and the social environment in the achievement of pencak silat athletes at the Bina Mental DIY Academy, which was revealed through a valid questionnaire consisting of 39 items, and divided into nine factors, namely responsibility, attention, nutrition, facilities and infrastructure, family environment, school environment, community environment, internal factors, and external factors.

A normality test was used to determine whether the data was normally distributed or not. The significance test rule states that if the Asymp.Sig (2-tailed) value and the Kolmogorov-Smirnov value are greater than 0.05 ($p > 0.05$), then the data is normally distributed. The normality test was assisted by using the SPSS application.

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Unstandardized Residual	.132	30	.190	.970	30	.526
a. Lilliefors Significance Correction						

The table above shows that the data for both samples X1 and X2, namely the role of parents and the social environment, have a significance level above 0.05, namely $p = 0.190 > 0.05$, so it can be concluded that both sample data are normally distributed.

The linearity test aims to determine whether the variables have a significant linear relationship or not. Good data should have a linear relationship between the independent variable (X) and the dependent variable (Y). The analysis results were obtained with the help of SPSS.

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
prestasi atlet * peran orang tua	Between Groups	(Combined)	87.433	18	4.857	3.047	.032
		Linearity	17.349	1	17.349	10.884	.007
		Deviation from Linearity	70.084	17	4.123	2.586	.056
	Within Groups		17.533	11	1.594		
Total			104.967	29			

The linearity test results above show that the deviation from linearity obtained a p value of 0.056. If $p > 0.05$, then it can be said that the relationship between each independent variable (X) and the dependent variable (Y) is linear. Based on this data, it can be concluded that there is a linear relationship between the role of parents (X) and athletic performance (Y).

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
prestasi atlet * lingkungan sosial	Between Groups	(Combined)	52.867	9	5.874	2.255	.062
		Linearity	27.363	1	27.363	10.504	.004
		Deviation from Linearity	25.504	8	3.188	1.224	.335
	Within Groups		52.100	20	2.605		
	Total		104.967	29			

The linearity test results above show that the deviation from linearity obtained a p value of 0.335. If $p > 0.05$, then it can be said that the relationship between each independent variable (X) and the dependent variable (Y) is linear. Based on this data, it can be concluded that there is a linear relationship between social environment data (X) and athletic performance (Y).

Coefficients ^a								
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	6.724	3.118		2.157	.040		
	peran orang tua	.011	.052	.054	.216	.830	.438	2.285
	lingkungan sosial	.297	.158	.470	1.881	.071	.438	2.285

a. Dependent Variable: prestasi atlet

Based on the multicollinearity test above, a tolerance value of $0.438 > 0.10$ was obtained, meaning that there was no multicollinearity. In addition, a VIF value of $2.285 < 10.00$ was obtained, meaning that there was no multicollinearity. This means that multiple regression analysis can be continued.

The relationship between the role of parents (X1) in the achievement of athletes (Y)

The hypothesis to be tested in this section is: parental roles are related to the achievements of pencak silat athletes at the Bina Mental DIY Academy. This hypothesis is an alternative hypothesis, which for the purposes of hypothesis testing is changed to a null hypothesis, so that it reads: 'parental roles are not related to the achievements of pencak silat athletes at the Bina Mental DIY Academy'.

Meanwhile, to ascertain whether the Simple Linear Regression is significant or not (in the sense that variable X is related to variable Y), this can be proven by conducting a hypothesis test by comparing the 2-tailed significance value (Sig. 2-tailed) with a probability of 0.05.

The output above shows a calculated F value of 5.544, while the 2-tailed significance value (Sig. 2-tailed) is 0.026, which is smaller than the probability of 0.05 ($p = 0.026 < 0.05$). Therefore, it can be concluded that the regression model can be used to predict the athlete performance variable or, in other words, there is a relationship between the Parent Role variable (X1) and the achievement of the Athlete Performance variable (Y). In general, the formula for a simple linear regression equation or regression line equation is $Y = a + bX$. Meanwhile, to determine the regression coefficient value, we can refer to the coefficient table output a = the constant number of the unstandardised beta coefficient. In this case, the value is 9.021. This number is a constant number which means that the consistent value of the parental role variable is 9.021. Meanwhile, b = regression coefficient number. The value is 0.085. This number means that for every 1% increase in the value of parental role (X1), the athlete's performance (Y) increases by 8.5%.

A positive value on the regression coefficient indicates a positive relationship. This shows that the higher the parental role perceived by the individual, the lower the athletic performance experienced,

and vice versa, the lower the parental role perceived by the individual, the higher the athletic performance experienced. Since the coefficient value is positive (+), it can be said that parental involvement (X1) has a positive relationship with athletic performance (Y). Thus, the regression equation becomes $Y = 9.021 + 0.085X$.

The relationship between social environment (X2) and athletic achievement (Y)

The hypothesis to be tested in this section is: social environment is related to the performance of pencak silat athletes at the Bina Mental DIY Academy. This hypothesis is an alternative hypothesis, which for the purposes of hypothesis testing is changed to a null hypothesis, so that it reads: ‘social environment is not related to the performance of pencak silat athletes at the Bina Mental DIY Academy’. Meanwhile, to ascertain whether the Simple Linear Regression is significant or not (in the sense that variable X is related to variable Y), this can be proven by conducting a hypothesis test by comparing the 2-tailed significance value (Sig. 2-tailed) with a probability of 0.05.

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	27.363	1	27.363	9.873	.004 ^b
	Residual	77.604	28	2.772		
	Total	104.967	29			
a. Dependent Variable: prestasi atlet						
b. Predictors: (Constant), lingkungan sosial						

Based on the above output results, the 2-tailed significance value (Sig. 2-tailed) is 0.004, which is smaller than the probability of 0.05 ($p = 0.004 < 0.05$). Therefore, it can be concluded that the regression model can be used to predict the athlete performance variable or, in other words, there is a relationship between the social environment variable (X2) and the achievement of the athlete performance variable (Y).

In general, the simple linear regression equation or regression line equation is $Y = a + bX$. Meanwhile, to determine the regression coefficient value, we can refer to the coefficient table output a = the constant number of the unstandardised beta coefficient. In this case, the value is 6.934. This number is a constant number which means that the consistent value of the social environment variable is 6.934. Meanwhile, b = regression coefficient number. The value is 0.323. This number means that for every 1% increase in the social environment value (X2), the athlete's performance value (Y) increases by 32.3%.

A positive value on the regression coefficient indicates a positive relationship. This shows that the higher the role of the social environment perceived by individuals, the lower the athletic performance experienced, and vice versa, the lower the role of parents perceived by individuals, the higher the athletic performance experienced. Since the coefficient value is positive (+), it can be said that the role of the social environment (X2) has a positive relationship with athletic performance (Y). Thus, the regression equation becomes $Y = 6.934 + 0.323X$.

The relationship between the role of parents (X1) and social environment (X2) in the achievement of athletic performance (Y)

The hypothesis to be tested in this section is: the role of parents and social environment are related to the achievement of pencak silat athletic performance at the Bina Mental DIY Academy. This hypothesis is an alternative hypothesis. For the purposes of hypothesis testing, it is changed to a null hypothesis, which reads: ‘The role of parents and the social environment are not related to the achievement of pencak silat athletes at the Bina Mental DIY Academy’.

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	27.498	2	13.749	4.792	.017 ^b
	Residual	77.469	27	2.869		
	Total	104.967	29			
a. Dependent Variable: prestasi atlet						
b. Predictors: (Constant), peran orang tua, lingkungan sosial						

Based on the above output results, the calculated F value is 4.792, while the 2-tailed significance value (Sig. 2-tailed) is 0.017, which is smaller than the probability of 0.05 ($p = 0.017 < 0.05$). Therefore, it can be concluded that the regression model can be used to predict the athlete performance variable or, in other words, there is a relationship between the parent role variable (X1) and the social environment variable (X2) in achieving the athlete performance variable (Y).

In general, the multiple linear regression equation formula is $Y = a + b_1X_1 + b_2X_2$. Meanwhile, to determine the regression coefficient value, we can refer to the coefficient output table a = the constant number of the unstandardised beta coefficient. In this case, the value is 6.724. This number is a constant number which means that the consistent value of the parental role and social environment variables is 6.724. Meanwhile, the coefficient b1 has a value of 0.011, and b2 has a value of 0.297. These figures mean that for every 1% increase in the value of parental role (X1), there is a 1.1% increase in athletic achievement (Y), and for every 1% increase in social environment (X2), there is a 29.7% increase in athletic achievement (Y).

A positive value in the regression coefficient indicates a positive relationship. This shows that the higher the role of parents and social environment perceived by individuals, the lower the athletic performance experienced, and vice versa, the lower the role of parents and social environment perceived by individuals, the higher the athletic performance experienced. Because the coefficient values are positive (+), it can be said that the role of parents (X1) and the social environment (X2) are positively related to athletic performance (Y). Thus, the regression equation becomes $Y = 6.724 + 0.011X_1 + 0.297X_2$.

The Relationship between Parental Role (X1) and Athletic Performance (Y)

Based on the results of the research and Hypothesis Testing (Correlation of X1 to Y), the role of parents (X1) on athletic performance (Y) obtained results that the two variables have a significant relationship. The role of parents is very important in preparing children's social development, which indirectly applies elements of education, namely a process whereby parents use all their abilities for their own benefit and the programmes run by their children. Parents, children and school programmes are all part of this process.

Based on the results of data analysis using a simple linear regression test, the 2-tailed significance value (Sig. 2-tailed) was 0.026, which is smaller than the probability of 0.05 ($p = 0.026 < 0.05$). Therefore, it can be concluded that the hypothesis test results show that the role of parents has a significant relationship with athletic performance. The results of the study show that the role of parents has a positive relationship with the athletes' performance. This can be seen from the constant value of 9.021 and the regression coefficient value of 0.085. These figures mean that for every 1% increase in the value of the role of parents, the athletes' performance increases by 0.085.

Thus, the alternative hypothesis (Ha), which states that 'there is a significant relationship between the role of parents and the performance of pencak silat athletes at the Bina Mental DIY Academy,' is accepted. Furthermore, the null hypothesis (Ho), which states that 'there is no significant relationship between the role of parents and the performance of athletes at the Bina Mental DIY Academy,' is rejected. To determine the extent of the relationship between parental role and athlete performance, we can look at the coefficient of the simple linear regression equation. The results of the study show that the relationship between the role of parents and the achievements of athletes is 0.165. This figure indicates that the relationship between the role of parents and the achievements of athletes is 16.5%, while the remaining 83.5% is related to other variables or factors not examined in this study.

The Relationship between Social Environment (X2) and Athletic Achievement (Y)

Based on the results of the hypothesis test, the study found that there is a significant relationship between the two variables, namely social environment (X2) and athletic achievement (Y). Based on the results of data analysis using simple linear regression, the 2-tailed significance value (Sig. 2-tailed) was 0.004, which is smaller than the probability of 0.05 ($p = 0.004 < 0.05$). Therefore, it can be concluded that the hypothesis test results show that the social environment has a significant relationship with athletic performance.

The results of the study show that the social environment has a positive relationship with athletic performance. This can be seen from the constant value of 6.934 and the regression coefficient value of 0.323. These figures mean that for every 1% increase in the social environment value, athletic performance increases by 0.323. Thus, the alternative hypothesis (Ha), which states that 'there is a significant relationship between the social environment and the performance of pencak silat athletes at the Bina Mental DIY Academy,' is accepted. Furthermore, the null hypothesis (Ho), which states that 'there is no significant relationship between the social environment and the performance of athletes at the Bina Mental DIY Academy,' is rejected.

To determine the extent of the relationship between the social environment and athlete performance, we can look at the coefficient of the simple linear regression equation. The results show that the relationship between the social environment and athlete performance is 0.261. This figure indicates that the social environment accounts for 26.1% of athlete performance, while the remaining 73.9% is related to other variables or factors not examined in this study.

The Relationship between Parental Role (X1) and Social Environment (X2) in Athletic Achievement (Y)

Based on the results of the hypothesis test, the study found that there is a significant relationship between parental role (X1) and social environment (X2) in athletic achievement (Y). Based on the results of data analysis using multiple linear regression, the 2-tailed significance value (Sig. 2-tailed) of 0.026, which is smaller than the probability of 0.05 ($p = 0.026 < 0.05$). Therefore, it can be concluded that the hypothesis test results show that parental role and social environment have a significant relationship with athletic achievement.

The results of the study show that the role of parents and the social environment has a positive relationship with athletic achievement. This can be seen from the constant value of 6.724 and the regression coefficient values of b1 at 0.011 and b2 at 0.297. These figures mean that for every 1% increase in the value of the role of parents, there is a 1.1% increase and a 29.7% increase in the social environment on the athletes' performance. Thus, the alternative hypothesis (Ha), which states that 'there is a significant relationship between the role of parents and the social environment on the performance of pencak silat athletes at the Bina Mental DIY Academy,' is accepted. Furthermore, the null hypothesis (Ho), which states that 'there is no significant relationship between parental role and social environment on the performance of pencak silat athletes at the Bina Mental DIY Academy,' is rejected.

To determine the extent of the relationship between the role of parents and the social environment on athletic performance, we can look at the magnitude of the multiple linear regression coefficient. The results of the study show that the relationship between the role of parents and the social environment on athletic performance is 0.262. This figure indicates that the relationship between the role of parents and the social environment on athletic performance is 26.2%, while the remaining 73.8% is related to other variables or factors not examined in this study.

CONCLUSION

There is a significant relationship between the role of parents (X1) in the achievement of athletes (Y) in pencak silat athletes at the Bina Mental DIY academy. This is evidenced by the results of calculations from the analysis using simple linear regression tests. Thus, the hypothesis stating that there is a significant relationship between the role of parents and the achievement of athletes in this study is accepted.

There is a significant relationship between social environment (X2) and athletic achievement (Y) among pencak silat athletes at the Bina Mental DIY academy. This is evidenced by the results of calculations from an analysis using a simple linear regression test. Thus, the hypothesis stating that there is a significant relationship between social environment and athletes in this study is accepted.

There is a significant relationship between the role of parents (X1) and the social environment (X2) in the achievement of athletes (Y) in pencak silat athletes at the Bina Mental DIY academy. This is evidenced by the results of calculations from the analysis using multiple linear regression tests. Thus, the hypothesis stating that there is a significant relationship between the role of parents and the social environment together on the achievement of athletes in this study is accepted.

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