

**A comparative study of parenting styles and shyness
between athletic and non-athletic students**

(Case study: Sarab city high school female students)

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The aim of this study was to compare the parenting styles of parents and the shyness of female athletes and non-athletes in Sarab junior high school. Parenting styles reflect how parents interact with their children, and shyness means feeling uncomfortable being in a group. The research method was causal-comparative. The statistical population of the study included all female high school students in Sarab in the first year of Sarab was 1134. After identifying 68 eligible student students, the same number of non-athlete students were selected by simple random sampling. Cronbach's alpha values for the shyness variable based on the standard Stanford (1977) questionnaire are equal to (0.72) and for the variable of easy styles (0.67) authoritarian (0.71) and decisive (0.72) based on the questionnaire A standardized Bamrind (1991) parenting style was obtained. Data were analyzed using multivariate analysis of variance (MANOVA). The results showed that there was a significant difference between the two groups in authoritarian and decisive parenting methods ($P = 0.01$), so that the average scores of athletes were lower than non-athletes in authoritarian methods (15.57) but in decisive methods (72/32) was more. There was no significant difference between the two groups in the facilitative method ($P = 0.26$). There was a significant difference between the two groups in the rate of shyness ($P =$

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0.03), so that the rate of shyness in athletes was less than non-athletes (77.79).

Keywords: parenting styles, shyness, athlete, non-athlete.

Introduction

In general, although the research evidence shows the difference between athletes and non-athletes in terms of many psychological and social variables, but the considerable importance of physical activity and exercise in parenting practices and shyness is not well highlighted and sometimes contradictory results are obtained. Is. Given that students are one of the most important groups in society and the builders of the future of any country, the sensitivity and necessity of the present study is doubled. Also, the results of this research can be used as a powerful decision-making tool for sports principals at different levels of policy-making and planning and sports counselors in schools. Therefore, by comparing parenting styles and shyness in female athletes and non-athletes, we seek to answer the question of whether athletic and non-athletic students are different in terms of parenting styles and shyness? In other words, the researcher intends to implicitly address the issue of whether the choice of appropriate parenting style by parents can lead to student sports participation? Can participating in sports activities reduce shyness? What suggestions and solutions can be made based on the results obtained?

In general, parents' parenting styles affect children's attachments and interests. Interest in sports is no exception. On the other hand, participation in group physical activity can be used as an appropriate method in the treatment of shy children. In fact, sports participation leads to friendly relationships and strengthens the child's social relationships. Because physical activity and sports



are intertwined with mental training, and any motor experience or physical change can lead to a change or gain of psychological experience, participation in such activities is an important method of development. It is considered physical and mental. In general, it seems that the adoption of appropriate parenting style by parents can pave the way for children's tendency to exercise and, by its nature, reduce shyness.

Research Methodology

The present study is applied in terms of purpose and methodologically as a causal-comparative or post-event research. The statistical population of the study consists of all female high school students in Sarab city in the academic year 2017-17, which according to the education of the city, are 1134 people, since the criterion for selecting student-athletes is membership in school sports centers or Sports delegations or teams and having at least two years of experience in sports and having three regular training sessions per week. Therefore, the list of all secondary school athletes in Sarab city (7 schools) was prepared with the cooperation of the principal and teachers of physical education schools (83 people). Finally, due to the small number of qualified athletes, 68 student-athletes and 68 non-athletes (students and their fathers) from different schools were randomly selected. To collect information from Bamrind (1991) parenting style questionnaires with 30 questions to assess three methods of easy, authoritarian and decisive; And Stanford Shyness (1977) consisted of 40 questions. Parenting questionnaire responses were rated on a Likert five-point continuum from 1 (strongly disagree) to 5 (strongly agree) and shyness from 1 (never) to 4 (always). In order



to examine the face validity, the views of experts and previous research were used. Cronbach's alpha was also used to evaluate internal consistency and reliability. Cronbach's alpha coefficients for the relevant scales and subscales ranged from 0.67 to 0.72. Given the level of significance of Bartlett test, there is a necessary correlation between the matrix of materials. Given the amount of KMO, the sample size is sufficient

Research Findings

According to the above table, there is no significant difference between the mean scores of the two groups in terms of ease ($P < 0.05$). There is a significant difference between the mean scores of the two groups in terms of authoritarian and shy methods ($P < 0.01$); So that the score of the non-athlete group in the authoritarian and shy way is significantly higher than the athlete group. According to the Eta squared, the group variable (athlete and non-athlete) explains 76% of the variance of the authoritarian style and 64% of the variance of shyness. There is a significant difference between the mean scores of the two groups in terms of decisive and reliable method ($P < 0.05$); So that the score of the athlete group is significantly higher than the non-athlete group. According to the value of the square of ETA, the variable of group 41% variance explains the decisive and reliable method.

Conclusion

Whereas shyness is essentially associated with low self-esteem; Therefore, the role of exercise in reducing shyness can be understood. The role of sports and physical activity in improving physical and mental health is important and one of its basic and important functions is to help promote physical and psychosocial



personality, strengthen relationships and facilitate social interaction and the growth of individual-social responsibility. (Shoaa Kazemi, 1390: 187). Alferman et al. (2002) believe that if a society can force people to exercise, it has actually helped to increase their self-esteem and improve their physical and mental health; Because athletes have a lot of self-esteem and motivation (Shoaa Kazemi, 1390: 178). Therefore, exercise can reduce shyness by increasing self-esteem, and is probably the most important reason for low shyness scores in athletic students compared to non-athletic students.