

Abstrak

KAJIAN PERAN ORANG TUA DALAM MENINGKATKAN PRESTASI *BEST TIME* ATLET RENANG DI *AQUATIC SWIMMING CLUB* PURBALINGGA

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Latar Belakang: Keterlibatan orang tua pada pertumbuhan dan proses tumbuh kembang anak tidak dapat diabaikan saat menyokong prestasi buah hati. Dukungan orang tua terhadap prestasi anak tidak hanya terbatas pada aspek psikologis, tetapi juga mencakup perhatian, pemberian gizi yang tepat, penyediaan fasilitas lengkap dan sesuai kebutuhan, serta penciptaan kondisi yang menunjang. Penelitian ini bertujuan untuk mengkaji peran orang tua dalam meningkatkan prestasi *best time* atlet renang di *Aquatic Swimming Club* Purbalingga, dengan harapan dapat memberikan wawasan mengenai pentingnya keterlibatan orang tua dalam mendukung perkembangan anak.

Metodologi: Penelitian ini dilakukan dengan desain penelitian deskriptif kuantitatif untuk mengetahui bagaimana peran orang tua dalam meningkatkan prestasi *best time* atlet renang di *Aquatic Swimming Club* Purbalingga. Sampel penelitian ini yaitu orang tua atlet prestasi sebanyak 30 orang yang diambil dengan teknik purposive sampling. Pengumpulan data dilakukan dengan menggunakan kuisioner melalui google form. Penilaian indikator dilakukan menggunakan skala likert dengan rentang skor 1 hingga 4.

Hasil Penelitian: Analisis deskriptif menunjukkan bahwa peran orang tua dalam meningkatkan prestasi *best time* atlet renang di *Aquatic Swimming Club* Purbalingga masuk ke dalam kategori sangat baik dengan rata-rata skor sebesar 115. Sebanyak 20 (66,67%) orang tua memberikan dukungan dengan kategori sangat baik, dan sisanya sebanyak 10 (33,33%) orang tua memberikan dukungan dengan kategori baik. Dukungan orang tua dalam berbagai faktor juga dikaji, di mana sebanyak 17 orang tua (56,67%) memberikan perhatian dengan kategori sangat baik, sedangkan 13 orang tua (43,33%) berada dalam kategori baik. Dalam faktor pemberian gizi, sebanyak 15 orang tua (50%) memberikan dukungan dengan kategori baik, 12 orang tua (40%) dalam kategori cukup baik, 2 orang tua (6,67%) dalam kategori kurang baik, dan 1 orang tua (3,33%) dalam kategori kurang baik. Pada faktor sarana dan prasarana, sebanyak 26 orang tua (86,67%) memberikan dukungan dengan kategori sangat baik dan 4 orang tua (13,33%) dengan kategori baik. Selain itu, faktor lingkungan menunjukkan bahwa sebanyak 25 orang tua (83,33%) memberikan dukungan dengan kategori sangat baik dan 5 orang tua (16,67%) dengan kategori baik.

Kesimpulan: Keterlibatan orang tua benar-benar berpengaruh pada peningkatan pencapaian *best time* terhadap atlet renang di *Aquatic Swimming Club* Purbalingga.

Kata Kunci: Peran Orang Tua, Atlet Renang, *Best Time*

Abstract

STUDY OF THE ROLE OF PARENTS IN IMPROVING THE BEST TIME PERFORMANCE OF SWIMMING ATHLETES AT THE PURBALINGGA AQUATIC SWIMMING CLUB

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Background: The role of parents in children's growth and development cannot be ignored in supporting children's achievements. Parental support for children's achievements is not only limited to psychological aspects, but also includes attention, providing proper nutrition, providing adequate facilities and infrastructure, and creating a supportive environment. This research aims to examine the role of parents in improving the *best time* performance of swimming athletes at the Purbalingga Aquatic Swimming Club, with the hope of providing insight into the importance of parental involvement in supporting children's development.

Methodology: This research was conducted with a quantitative descriptive research design to find out the role of parents in improving the *best time* performance of swimming athletes at the Purbalingga Aquatic Swimming Club. The sample for this research was the parents of 30 performance athletes taken using a purposive sampling technique. Data collection was carried out using a questionnaire via Google Form. Indicator assessment was carried out using a Likert scale with a score range of 1 to 4.

Results: Descriptive analysis shows that the role of parents in improving the best time performance of swimming athletes at Aquatic Swimming Club Purbalingga falls into the very good category, with an average score of 115. A total of 20 parents (66.67%) provided support in the very good category, while the remaining 10 parents (33.33%) provided support in the good category. Parental support in various factors was also analyzed, where 17 parents (56.67%) provided attention in the very good category, while 13 parents (43.33%) were in the good category. In the nutrition provision factor, 15 parents (50%) provided support in the good category, 12 parents (40%) in the fairly good category, 2 parents (6.67%) in the poor category, and 1 parent (3.33%) in the poor category. For the facilities and infrastructure factor, 26 parents (86.67%) provided support in the very good category, while 4 parents (13.33%) provided support in the good category. Additionally, the environmental factor shows that 25 parents (83.33%) provided support in the very good category, and 5 parents (16.67%) in the good category.

Conclusion: The role of parents is very influential in improving the *best time* performance of swimming athletes at the Purbalingga Aquatic Swimming Club.

Keywords: Role of Parents, Swimming Athletes, *Best Time*