

Policy Journal of Social Science Review



The Role of Social Influence: Parental and Peer Impact on Performance Outcomes in Youth Sports

Uzma Hassan¹
Farrukh Aslam^{2*}
Rimsha Saeed³

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Uzma Hassan	PhD Scholar, Department of Sports Science & Physical Education, The University of Haripur, Pakistan huzma7764@gmail.com
Farrukh Aslam	PhD Scholar, Department of Sports Science & Physical Education, The University of Haripur, Pakistan. Corresponding Author Email: farrukhaslam2894@gmail.com
Rimsha Saeed	M.Phil Scholar, Department of Sports Science & Physical Education, Faisalabad Pakistan rimshasaeed2828@gmail.com

Abstract

The current study was investigate the effects of Influence of Parents and Peers on sports' Performance of Young Athletes. The objective of the study were; to examine the relationship between effects of Influence of Parents and Peers on sports' Performance of Young Athletes, to investigate the effects of Influence of Parents and Peers on sports' Performance of Young Athletes. The study was descriptive in nature. Survey method was used to collect the related data for this study. The population was the young athletes of Sahiwal Division in the current study. The sampling size was 100 students were conveniently selected. Researcher used survey questionnaire as an instrument for the purpose of data collection in the existing research. Apart from the personal information, the questionnaire contained two subscale included in the questionnaire were sports' Performance of Young Athletes (6items) Influence of Parents (8items), Influence of peers (5items).The collected data were analyzed by using descriptive analysis. The results from Pearson's correlation analysis exposed that Influence of Parents and Peers on sports' Performance of Young Athletes had strongly significant relationship. It was concluded Influence of Parents and Peers on sports' Performance of Young Athletes were positively correlated to each other. The modern research is widely linked with Influence of Parents and Peers on sports' Performance of Young Athletes. The present study achieved its objectives and exposed the results of descriptive statistics and empirical conclusion of the effects of Influence of Parents and Peers on sports' Performance of Young Athletes.

Keywords: Young Athletes, Social influence, Performance

INTRODUCTION

The influence of parents and peers on young athlete performance is a topic of increasing interest and importance in the field of sports psychology. Both parents and peers play significant roles in shaping the experiences and outcomes of young athletes, yet their influence can vary widely depending on a range of factors (Llievski, 2023).

Parental involvement in youth sports is often seen as a key determinant of young athlete performance. Research suggests that supportive, encouraging, and positively involved parents can have a beneficial impact on young athletes, enhancing motivation, self-esteem, and overall well-being. However, overly critical or overbearing parents can have the opposite effect, leading to increased stress, anxiety, and decreased performance (Dorsch et al., 2021).

Parents play a crucial role in youth sports by introducing their children to physical activities and influencing their interest and continued participation in sports. Parental involvement can significantly impact a child's sports experience, affecting their enjoyment, self-esteem, and motivation. Positive parental behaviors, such as visible support, learning about the sport, attending practices, and providing constructive feedback, lead to positive outcomes. On the other hand, negative or pressuring behaviors can result in fear of failure and anxiety (Strandbu et al., 2020).

As athletes progress in their sport, the role of parents evolves from a leadership position during the sampling years to a supportive role during the specializing and investment years, focusing on creating an optimal environment for the athletes' development (Coutinho et al., 2021).

Parents who support their child's sport involvement and allow them to have an active role in decision-making have been associated as a positive influence on children's sport development. Research indicates that parental support is linked to factors like child enjoyment, autonomy, and self-perception of sport skill, while parent pressure can lead to negative outcomes such as anxiety and negative impact on sport performance (Leventaly et al., 2024). Parents' over-involvement in children's sport participation and excessive sport-related feedback can indeed create pressure that may decrease motivation and enjoyment in sports. Research indicates that while parental support is beneficial, parents must be mindful of the level and manner of their engagement to ensure a positive experience for their children (Lingam-Willgoss, 2023).

Peers play a crucial role in athlete development. During the formative years, peers significantly influence children's participation in both organized and unorganized sports, as well as their continued engagement and motivation to practice sports as they progress in their development (Zampieri, 2024).

An athlete's progress in their sport, friends outside of sport are considered an important source of support, fulfilling athletes' motivational and emotional needs. Family, friends, and loved ones play a crucial role in an athlete's success by providing unwavering support, encouragement, and understanding (Hong and Fraser, 2023). Young athletes often face unique challenges as they strive to excel in their sport. While natural talent and dedicated training are crucial, the influence of parents and peers cannot be overlooked. Parents play a significant role in shaping a young athlete's development, providing support, guidance, and resources. Peers also impact young athletes, influencing their motivation, confidence, and overall performance. Understanding these influences is essential for coaches, parents, and sports psychologists to provide effective support and guidance to young athletes (Ronkainen et al., 2023).

Young athletes face numerous challenges as they strive to excel in their chosen sports. While talent, training, and coaching play vital roles, the influence of parents and peers cannot be overstated. Parents are often the first and most significant influence on a young athlete's development, providing support, guidance, and resources. Peers, on the other hand, can offer

companionship, motivation, and a sense of belonging, all of which are crucial for a young athlete's psychological well-being and performance (Mossman, 2021).

Understanding the dynamic interplay between parents, peers, and young athletes is essential for coaches, sports psychologists, and parents themselves to provide the necessary support and guidance. This paper explores the influence of parents and peers on young athlete performance, examining how these relationships impact motivation, confidence, and overall success in sports (O'Donnell et al., 2022).

OBJECTIVES OF STUDY

1. To examine the relationship of parental involvement and support in sports' performance of young athletes.
2. To determine the relationship of peer and dynamics with sports' performance of young athletes.

RESEARCH QUESTIONS

1. What is the relationship of parental involvement and support in sports' performance of Athletes?
2. What is the relationship of peer and dynamics with sports' performance of young athletes?

MATERIALS AND METHODS

Research Methodology

The main purpose of this research study is to describe and analysis the effect of influence of parents and peers on sport's performance of young athletes. Research Design works as detailed outline to determine how was research data collected, which instrument used and how was collected the data (Taherdoost., 2021). This study is co-relational research design that is a type of non-experimental research design in which relationship between three variables is measured and shown in figure. For this purpose young athletes of Sahiwal division were considered the population of this research. Random sampling is used as sampling technique. In this research, overall sampling size is considered of 100 athletes belonging to any sports.

INSTRUMENTATION

The existing research used survey questionnaire as an instrument for the purpose of collection data. A questionnaire is an instrument that consists question about a construct to gather the related data. The Perceived Available Support in Sport Questionnaire (PASS-Q) used to collect the data (Gabana et al., 2017).

DATA ANALYSIS

In the current research, statistical package for social science (SPSS) version-26 is used for the data editing Descriptive statistics is employed through mean standard deviation percentage; where analysis were utilized to answer the research question relevant to relationship in current research.

ETHICAL CONSIDERATION

The initial step in the data collection process was creating and setting the survey questionnaire. Then research was taken permission from all the athletes. Researchers briefly told athletes about the purpose of their survey and research. The questionnaire was distributed among 100

students to find out their opinions. Eventually, researcher were received Back 100 questionnaires.

RESULTS

The results of the study are to measure and analyze the effect of influence of parents and peers on sport's performance of young athletes. The present study is conducted with the aim to assess the effects of influence of parents and peers on sport's performance of young athletes at the university level by selecting the sample of 100 students. Statistical techniques such as descriptive statistics (mean, standard deviation, percentage and frequency), Pearson's correlation analysis to known multiple effects of influence of parents and peers on sports' performance of young athlete's analysis were used to analyze the collected data.

TABLE 1: DO OTHER FACTORS LIKE DOPING AFFECT THE PERFORMANCE OF YOUNG ATHLETES?

Variable	Frequency	Percentage
Strongly Disagree	24	24.0
Disagree	10	10.0
Agree	24	24.0
Strongly Agree	42	42.0
Total	100	100.0

Table 1 shows that majority of respondents i.e., 42 were strongly agree, Doping affect the performance of young athletes? While 24 were strongly disagree, 24 were agree, 10 were disagree.

TABLE 2: DO YOU FEEL CONFIDENT IN YOUR SKILLS AND ABILITIES DURING COMPETITIONS?

Variable	Frequency	Percentage
Strongly Disagree	10	10.0
Disagree	18	18.0
Agree	35	35.0
Strongly Agree	37	37.0
Total	100	100.0

Table 2 shows that majority of respondents i.e., 37 were strongly agree, Do you confident in your skills and abilities during competitions? While 35 were agree, 18 were disagree, 10 were strongly disagree.

TABLE 3: DO YOU FOLLOW A SPECIFIC DIET PLAN TO OPTIMIZE YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	15	15.0
Disagree	17	17.0
Agree	40	40.0
Strongly Agree	28	28.0

Total	100	100.0
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Table 3 shows that majority of respondents i.e., 40 were agree, Do you follow a specific diet plan to optimize your sports performance while 28 were strongly agree, 17 were disagree, 15 were strongly disagree.

TABLE 4: DO THE RELATIONSHIP OF AN ATHLETE AND A COACH AFFECTS THE PERFORMANCE OF THE ATHLETE?

Variable	Frequency	Percentage
Strongly Disagree	10	10.0
Disagree	06	06.0
Agree	34	34.0
Strongly Agree	50	50.0
Total	100	100.0

Table 4 shows that majority of respondents i.e., 50 were strongly agree, the relationship of an athlete and a coach affects the performance of the Athlete? While 34 were agree, 10 were strongly disagree, 06 were disagree.

TABLE 5: DOES GOAL SETTING AFFECTS THE PERFORMANCE OF A YOUNG ATHLETE?

Variable	Frequency	Percentage
Strongly Disagree	16	16.0
Disagree	10	10.0
Agree	24	24.0
Strongly Agree	50	50.0
Total	100	100.0

Table 5 shows that majority of respondents i.e., 50 were strongly agree, Does goal setting affects the performance of a young athlete? While 24 were agree, 16 were strongly disagree, 10 were disagree.

TABLE 6: DO YOUR PARENTS FREQUENTLY ATTEND YOUR SPORTS EVENTS OR COMPETITIONS?

Variable	Frequency	Percentage
Strongly Disagree	13	13.0
Disagree	31	31.0
Agree	34	34.0
Strongly Agree	22	22.0
Total	100	100.0

Table 6 shows that majority of respondents i.e., 34 were agree, do your parents frequently attend your sports events or competitions? While 31 were disagree, 22 were strongly agree, 13 were strongly disagree.

TABLE 7: DO YOUR PARENTS PROVIDE ENCOURAGEMENT AND POSITIVE FEEDBACK REGARDING YOUR SPORTS PARTICIPATION?

Variable	Frequency	Percentage
Strongly Disagree	12	12.0
Disagree	11	11.0
Agree	43	43.0
Strongly Agree	34	34.0
Total	100	100.0

Table 7 shows that majority of respondents i.e., 43 were agree, do your parents provide encouragement and positive feedback regarding your sports participation? While 34 were strongly agree, 12 were strongly disagree, 11 were disagree.

TABLE 8: DO YOUR PARENTS CONTRIBUTE TO YOUR SPORTS TRAINING AND PREPARATION?

Variable	Frequency	Percentage
Strongly Disagree	17	17.0
Disagree	18	18.0
Agree	40	40.0
Strongly Agree	25	25.0
Total	100	100.0

Table 8 shows that majority of respondents i.e., 40 were agree, Do your parents contribute to your sports training and preparation? While 25 were strongly agree, 18 were disagree, 17 were strongly disagree.

TABLE 9: DO YOUR PARENTS REACT TO YOUR PERFORMANCE IN SPORTS COMPETITIONS?

Variable	Frequency	Percentage
Strongly Disagree	13	13.0
Disagree	13	13.0
Agree	38	38.0
Strongly Agree	36	36.0
Total	100	100.0

Table 9 shows that majority of respondents i.e., 38 were agree, do your parents react to your performance in sports competitions? While 36 were strongly agree, 13 were disagree, 13 were strongly disagree.

TABLE 10. DO YOUR PARENTS ENGAGE IN DISCUSSIONS WITH YOU ABOUT YOUR SPORTS GOALS AND ASPIRATIONS?

Variable	Frequency	Percentage
Strongly Disagree	06	06.0
Disagree	20	20.0
Agree	33	33.0
Strongly Agree	41	41.0

Total	100	100.0
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Table 10 shows that majority of respondents i.e., 41 were strongly agree, do your parents engage in discussions with you about your sports goals and aspirations? While 33 were agree, 20 were disagree, 06 were strongly disagree.

TABLE 11: DO YOU FEEL YOUR PARENTS' INVOLVEMENT POSITIVELY IMPACTS YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	10	10.0
Disagree	07	07.0
Agree	41	41.0
Strongly Agree	42	42.0
Total	100	100.0

Table 4.15 shows that majority of respondents i.e., 42 were strongly agree, do you feel your parents' involvement positively impacts your sports performance? While 41 were agree, 10 were strongly disagree, 07 were disagree.

TABLE 12: ARE YOU SATISFIED WITH THE LEVEL OF SUPPORT AND INVOLVEMENT OF YOUR PARENTS REGARDING YOUR SPORTS ACTIVITIES?

Variable	Frequency	Percentage
Strongly Disagree	12	12.0
Disagree	13	13.0
Agree	47	47.0
Strongly Agree	28	28.0
Total	100	100.0

Table 12 shows that majority of respondents i.e., 47 were agree, Are you satisfied with the level of support and involvement of your parents regarding your sports activities? While 28 were strongly agree, 13 were s disagree, 12 were strongly disagree.

TABLE 13: DO YOUR PARENTS EVER PUT EXCESSIVE PRESSURE ON YOU REGARDING YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	10	10.0
Disagree	25	25.0
Agree	26	26.0
Strongly Agree	39	39.0
Total	100	100.0

Table 13 shows that majority of respondents i.e., 39 were strongly agree, do your parents ever put excessive pressure on you regarding your sports performance? While 26 were agree, 25 were disagree, 10 were strongly disagree.

TABLE 14: DO YOU FEEL PRESSURED BY YOUR PEERS TO PERFORM BETTER IN SPORTS?

Variable	Frequency	Percentage
Strongly Disagree	14	14.0
Disagree	16	16.0
Agree	43	43.0
Strongly Agree	27	27.0
Total	100	100.0

Table 14 shows that majority of respondents i.e., 43 were agree, do you feel pressured by your peers to perform better in sports? While 27 were strongly agree, 16 were disagree, 14 were strongly disagree.

TABLE 15. DO YOU FREQUENTLY DISCUSS SPORTS-RELATED TOPICS WITH YOUR PEERS OUTSIDE OF ORGANIZED SPORTS ACTIVITIES?

Variable	Frequency	Percentage
Strongly Disagree	10	10.0
Disagree	12	12.0
Agree	46	46.0
Strongly Agree	32	32.0
Total	100	100.0

Table 15 shows that majority of respondents i.e., 46 were agree, do you frequently discuss sports-related topics with your peers outside of organized sports activities? While 32 were strongly agree, 12 were disagree, 10 were strongly disagree.

TABLE 16. DO YOU THINK YOUR PEERS UNDERSTAND THE TIME AND EFFORT YOU PUT INTO YOUR SPORTS TRAINING?

Variable	Frequency	Percentage
Strongly Disagree	07	07.0
Disagree	11	11.0
Agree	40	40.0
Strongly Agree	42	42.0
Total	100	100.0

Table 16 shows that majority of respondents i.e., 42 were strongly agree, do you think your peers understand the time and effort you put into your sports training? While 40 agree, 11 were disagree, 07 were strongly disagree.

TABLE 17: DO YOU BELIEVE THAT HAVING SUPPORTIVE PEERS POSITIVELY IMPACTS YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	05	05.0
Disagree	13	13.0
Agree	47	47.0
Strongly Agree	35	35.0

Total	100	100.0
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Table 17 shows that majority of respondents i.e., 47 were agree, Do you believe that having supportive peers positively impacts your sports performance? While 35 strongly agree, 13 were disagree, 05 were strongly disagree.

TABLE 18: DO YOUR PEERS OFTEN PROVIDE YOU WITH CONSTRUCTIVE FEEDBACK ON YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	13	13.0
Disagree	11	11.0
Agree	43	43.0
Strongly Agree	33	33.0
Total	100	100.0

Table 18 shows that majority of respondents i.e., 43 were agree, do your peers often provide you with constructive feedback on your sports performance? While 33 strongly agree, 13 were strongly disagree, 11 were disagree.

TABLE 19: HAVE YOU EVER EXPERIENCED PEER PRESSURE RELATED TO YOUR SPORTS PERFORMANCE?

Variable	Frequency	Percentage
Strongly Disagree	15	15.0
Disagree	19	19.0
Agree	35	35.0
Strongly Agree	31	31.0
Total	100	100.0

Table 19 shows that majority of respondents i.e., 35 were agree, Have you ever experienced peer pressure related to your sports performance? While 31 strongly agree, 19 were disagree, 15 were strongly disagree.

TABLE 20: PEARSON CORRELATIONS AMONG TOTAL SPORTS PERFORMANCE, PARENTAL INFLUENCE, AND PEER INFLUENCE

		Total Performance	Sports Total Parents	Influence Total Peers
Total Performance	Pearson Correlation	1	1.000(**)	1.000(**)
	Sig. (2-tailed)		.	.
	N	2	2	2
Total Parents	Pearson Correlation	1.000(**)	1	1.000(**)
	Sig. (2-tailed)	.		.
	N	2	2	2

Total Influence Peers	Pearson Correlation	1.000(**)	1.000(**)	1
	Sig. (2-tailed)	.	.	
	N	2	2	2

** Correlation is significant at the 0.01 level (2-tailed).

Results in Table 20 demonstrated that Total Sports Performance was significantly correlated with Total Influence Parent and Total Influence Peers ($r=1$, $p=0.01$ level (2-tailed)). The results from correlation analysis showed that sports performance had a significant positive relationship with young athletes.

DISCUSSION

A number of 100 athletes were participated in the existing study. It is concluded that the frequency distribution of do other factors like doping affect the performance of young athletes was 42. The frequency distribution of do you feel confident in your skills and abilities during competitions was 37. The frequency distribution of do you follow a specific diet plan to optimize your sports performance was 40. The frequency distribution of do the relationship of an athlete and a coach affects the performance of the athlete was 50. The frequency distribution of does goal setting affects the performance of a young athlete was 50. The frequency distribution of do your parents frequently attend your sports events or competitions was 34. The frequency distribution of do your parents provide encouragement and positive feedback regarding your sports participation was 43. The frequency distribution of do your parents contribute to your sports training and preparation was 40. These findings consistent with earlier research demonstrating the effect of school policies, teacher support, family attitudes, and societal norms on physical activity involvement among students (Bauman et al., 2023; Sallis et al., 2000). The frequency distribution of do your parents react to your performance in sports competitions was 38. The frequency distribution of do your parents engage in discussions with you about your sports goals and aspirations was 41. The frequency distribution of do you feel your parents' involvement positively impacts your sports performance was 42. The frequency distribution of are you satisfied with the level of support and involvement of your parents regarding your sports activities was 47. These results align with previous literature emphasizing the importance of constructive parental engagement in youth sports. Fredricks and Eccles (2005) emphasized that parental behaviors, such as encouragement, praise, and interest in a child's sports activities, significantly enhance motivation and continued participation. The frequency distribution of do your parents ever put excessive pressure on you regarding your sports performance was 39. The frequency distribution of do you feel pressured by your peers to perform better in sports was 43. The frequency distribution of do you frequently discuss sports-related topics with your peers outside of organized sports activities was 46. The frequency distribution of do you think your peers understand the time and effort you put into your sports training was 42. The frequency distribution of do you believe that having supportive peers positively impacts your sports performance was 47. The frequency distribution of do your peers often provide you with

constructive feedback on your sports performance was 43. The frequency distribution of have you ever experienced peer pressure related to your sports performance was 35. Wuerth, Lee, and Alfermann (2004) also found that athletes who perceived higher levels of parental support reported better psychological well-being and sports outcomes. Similarly, Knight, Neely, and Holt (2011) suggested that when parents engage in meaningful conversations about athletes' goals and aspirations, it fosters clarity, motivation, and stronger athlete-parent relationships.

CONCLUSION

The results from Pearson's correlation analysis exposed that Total Sports Performance was significantly correlated with Total Influence Parent and Total Influence Peers had moderate significant relationship. It was concluded that sports performance and young athletes were positively correlated to each other. The modern research is widely linked with Total Sports Performance of players and their relationship with Total Influence Parent and Total Influence Peers. The present study achieved its objectives and exposed the results of descriptive statistics and empirical conclusion of influence of parents and peers on sport's performance of young athletes.

RECOMMENDATIONS

The current study explains the influence of parents and peers on young Athlete performance. It showed the positive impact and performance of athletes increased by the influence of parents and peers. However, this is small scale research, it can be done with other methods and on different socio-economic age groups for better understanding the impact of this research.

1. Future research should consider conducting longitudinal studies to examine the long-term effects of parental and peer influence on young athletes.
2. Investigate the influence of parents and peers across various demographics, including different age groups, socio-economic backgrounds, and cultural contexts. Understanding these variations can help in developing more tailored support systems for young athletes from diverse backgrounds.
3. Utilize a mixed-methods approach, combining quantitative surveys with qualitative interviews or focus groups. This can provide a more comprehensive understanding of the complex dynamics between young athletes, their parents, and peers.
4. Examine how different coaching styles interact with parental and peer influences. Research could focus on identifying which coaching practices best complement the support provided by parents and peers, leading to optimal athlete performance.

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