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## An Examination of the Occupational Impact on Family Life having a Child in Competitive Sports

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# Occupational Impact on Family Life with Children in Competitive Sports

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## BACKGROUND

- ❖ In 2019, 41.7% of children age 13-17 participated in competitive youth sports in America (Aspen Institute, 2020).
- ❖ Sports have both positive and negative aspects
  - Benefits: social interaction, enjoyment, challenge, motor competence, and personally relevant learning positively influence their social network (Beni et al., 2016; Riller et al., 2017)
  - Negative: Negative psychosocial impact on athletes, role conflict between families, mealtimes affected (Sabato et al., 2020; Williams, 2018)
- ❖ Literature Review conducted:
  - Well-Being, Routines and Role Conflict

## PURPOSE

The purpose of this capstone project was to conduct a research study to answer the question, how does having a child in competitive sports impact the family's performance patterns?

## METHODS

- ❖ Observation of various levels of youth sports
- ❖ Read books and listened to podcasts on topics related to sports culture, sports parenting, and performance
- Research Study Methods
- ❖ Mixed methods to answer research question
- ❖ How are a family's performance patterns impacted by having a child in competitive sports?
- ❖ Survey questions influenced by MOHO on Microsoft Forms (n=27)
- ❖ Semi-structured in-depth Interview (n=8)
- ❖ Recruitment through social media platforms
- ❖ Rigor: Triangulation, member checking, journaling, audit trail

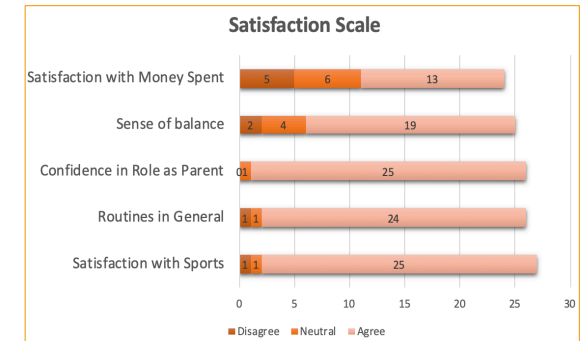
Special Acknowledgements to Carey Sokol OTD, OTR/L; and Aaron Bonsall Ph.D., OTR/L

## RESULTS

### Qualitative Data Results

Themes	Quotes
<b>Perception of Balance</b>  Sports are #1	<ul style="list-style-type: none"> <li>• "I think about how much time and energy we put into sports. We are 100% committed to our children. Which I do not think is a bad thing. To be committed to what they love. We are very much wrapped up in the sports world"</li> <li>• "Especially, if it is like a game that I really want to go to. I am going to be honest too, I have called off if I haven't found someone. I always say they come first. I could get in trouble but I said you know what I'll just take the hit. So I have called off just to go to their games."</li> </ul>
<b>Role Expansion</b>	<ul style="list-style-type: none"> <li>• "We go over film. My husband will point out like you know plays that she could have done better"</li> <li>• "I took over the entire merchandising for football this year. It was the first time we ever did it all in house and I mean you know, I made football like \$75,000 this year"</li> <li>• "Yeah I film him because I want him to see his...see what he did and if it was a close call I want him to see that later. Obviously when he is running, he can't see that so I love to film every track meet and race that he does."</li> <li>• "I cheered. I was a cheerer. I am always trying to be positive for anyone on the team."</li> </ul>
<b>Sense of Connection</b>	<ul style="list-style-type: none"> <li>• "Because we have that one common bond that we all enjoy. We love watching our girls play. They love it when we are there. It's just like a support system and there is always something to talk about and we always know what is going on in their lives because it's basketball. We have to be there to take them there. To support them so I think it just makes us closer as a family unit."</li> </ul>
Familial Connection	<ul style="list-style-type: none"> <li>• "They have a connection and things that they can do with their Dad."</li> </ul>
Sense of Community	<ul style="list-style-type: none"> <li>• "Um one of them owns a family business that happens to be a restaurant. And that got hit hard during COVID. I just appreciate the fact that within our little group before everyone got disbanded, the family were helping out. Like telling people like hey let's support them and continue and get to go or something. And I feel that. I honestly do that sense of community within them."</li> <li>• "That is why I want him to do football when we move to Idaho as well, because I feel like it is going to be the easiest way for him to make relationships and I have found in my life that that is one of the longest standing friendships I have, stems from sports."</li> </ul>

### Quantitative Data Results



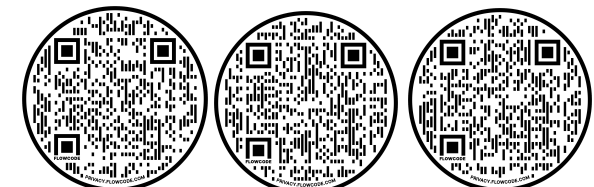
## DISCUSSION

- ❖ **Volition** to choose occupational balance
- ❖ **Role Expansion:** Coach, Volunteer, Driver, Fundraiser, Cheerleader, Manager
- ❖ **Gendered ADLs**
- ❖ **Connection** is the driving force for the role expansion and the **perception of balance**

## IMPLICATION & CONCLUSIONS

- ❖ Due to the **agency** of participants, they are satisfied with their life balance
- ❖ Add to **academic discourse** of occupational balance and role theory

## REFERENCES & RESOURCES



References

Workbook

Website

# Satisfaction Scale

