



## BENEFITS AND CHALLENGES OF OVERPARENTING WITHIN AN EMERGING YOUTH SPORT:

Parental Spending, Volunteering, and Competitive  
Longevity in Competition Climbing

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SUCCESS LIFE



FAILED LIFE



## WHAT IS OVERPARENTING?

Appropriate parental behaviors taken to an excessive degree



A young girl with blonde hair is in the foreground, covering her face with her right hand. She has a distressed or sad expression. In the background, a woman with dark hair is visible, looking towards the camera. The scene is dimly lit, and the overall mood is somber. A white rectangular box with a thin border is superimposed over the center of the image, containing the title text.

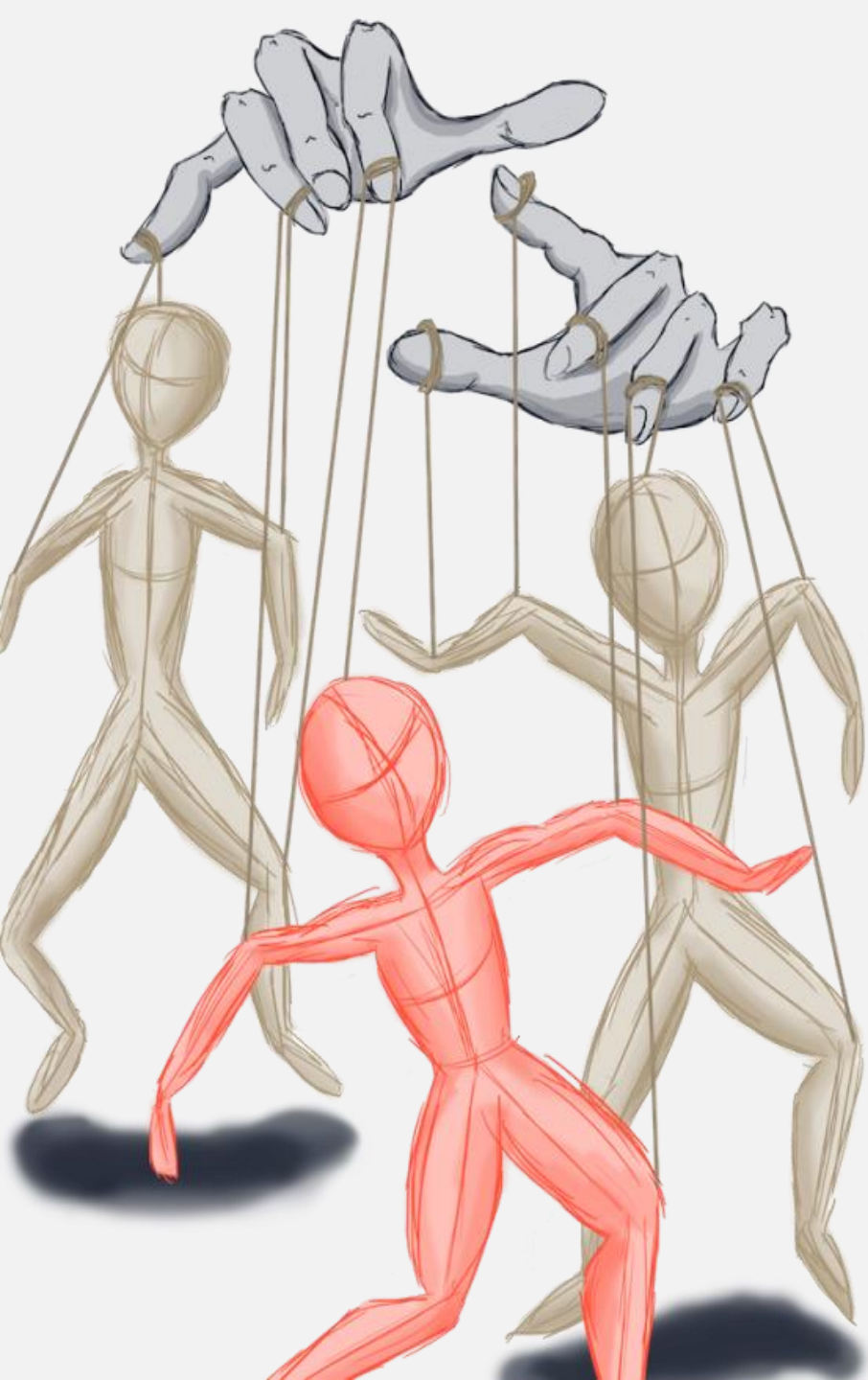
# NEGATIVE CONSEQUENCES OF OVERPARENTING

The background of the slide features a colorful illustration of a family. At the top, a father with glasses and a blue shirt is lying on his stomach, looking through a telescope. Next to him, a mother with blonde hair and a green shirt is also lying on her stomach, holding a large black camera. In the bottom left, a young boy with blonde hair is walking away, carrying a large orange backpack. In the bottom right, a young girl with brown hair is jumping joyfully, holding two red balloons. The entire scene is set against a light background with stylized blue dragonflies.

## PURPOSE OF THE STUDY

Examining the potential upsides of overparenting within an emerging Olympic youth sport, indoor competition climbing.



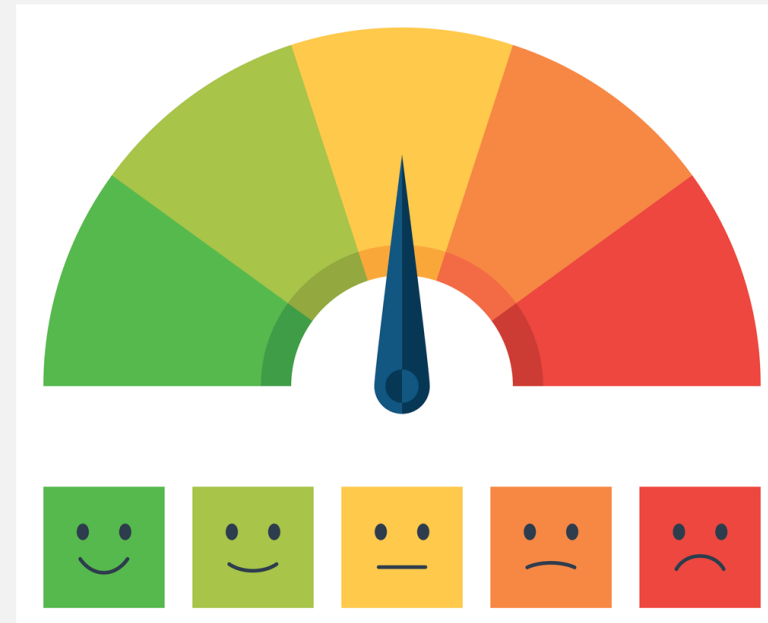


## SPECIFIC GUIDING QUESTIONS

1. Do overparents spend more money?
2. Do overparents volunteer more?
3. Do youth athletes participate longer in sport?
4. How does overparenting influence socioemotional development among youth athletes?

# BACKGROUND

1. Overparenting
2. Normative Parental Behaviors
3. Absence of Parental Behaviors
4. Overparenting Behaviors





# YOUTH SPORT

Stifle development as emerging adults

Create stress for staff and coaches

Detrimental to child's performance

A cartoon illustration of a family with a helicopter. A woman in a green dress is in the pilot's seat, a man in a blue shirt is in the co-pilot seat, and a child in a red shirt is in the back seat. The helicopter is flying over a landscape with a large tree and a body of water.

## POSITIVE ASPECTS OF OVERPARENTING

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Financial Investment

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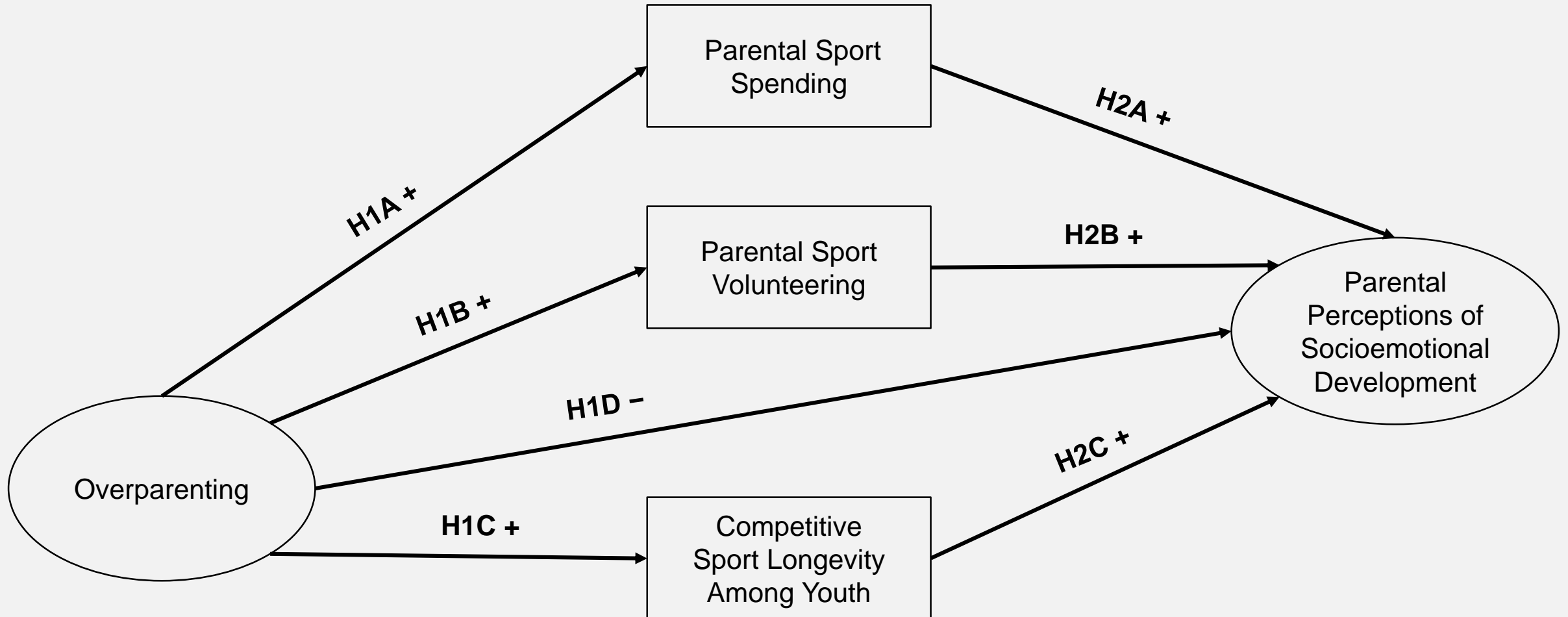
Volunteering

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Child Positive Development Outcomes



# HYPOTHESES





**USA**  
**CLIMBING**

## DATA COLLECTION

- Collected over a 45-day period in Winter 2016
- Win one of the three climbing packages valued \$170 each
- Qualtrics link via USA Climbing Facebook page and email
- After screening for outliers ( $n = 297$ )

## PARTICIPANTS

Variable	<i>n</i>	%
<b>Gender</b>		
Female	207	63.1
Male	121	36.9
<b>Ethnicity</b>		
White	278	84.8
Hispanic	15	4.6
Asian Origin	15	4.6
Multiple Race	14	4.3
Pacific Islander	3	.9
East Asian	2	.6
Native American	1	.3
<b>Financial</b>		
Household Income	\$151,029.96	
Parental Spending	\$1,181.95	



## MEASURES

1. Competitive Sport Longevity Among Youth
2. Parental Volunteering
3. Parental Spending  
(e.g., competition fees, equipment, coaching, gym memberships, travel, and lodging)
4. Overparenting (Gagnon & Garst, 2019a)
5. Parental perceptions of youth socioemotional development  
PPDO (Gagnon & Garst, 2019b)





## DATA PREPARATION & ANALYSES



Multivariate  
outliers



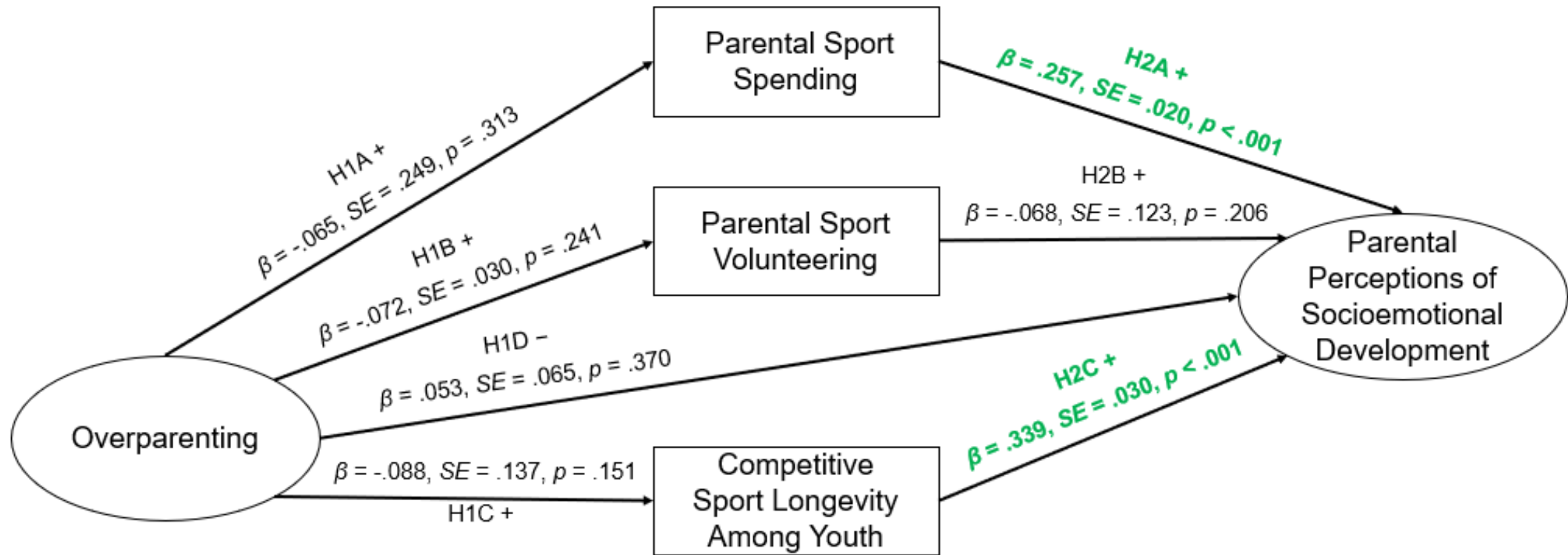
Multivariate  
normality and  
homoscedasticity



Systematic causes  
of missingness

# CONFIRMATORY FACTOR ANALYSES

- I. Poor factor loading ( $\lambda = .403$ ) from one-item of overparenting factor
- II. Model fit:  $S/B\chi^2(100) = 251.904$ ,  $p < .001$ ,  $TLI = .940$ ,  $CFI = .950$ ,  $RMSEA = .066$  (90%, CI .056 to .076)
- III. Cronbach's alpha levels ( $\alpha = .82$  to  $.97$ )
- IV. Average variance extracted levels ( $AVE = .50$  to  $.91$ )
- V. Factor loadings ( $\lambda = .56$  to  $.99$ )



## RESULTS

Model fit:  $S/B\chi^2(145) = 354.756$ ,  $p < .001$ ,  $TLI = .921$ ,  $CFI = .933$ ,  $RMSEA = .066$  (90%, CI .058 to .075)



## DISCUSSION

- I. Overparenting & Parental Spending (X)
  - a. Floor effect
  - b. Less emotionally reactive
- II. Overparenting & Competitive Sport Longevity Among Youth (X)
  - a. De-escalation over time
- III. Overparenting & Parental Volunteering (X)
  - a. Volunteer measure (e.g., yes or no)
  - b. Future investigative path







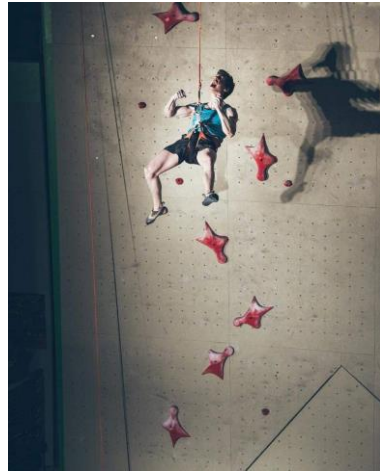
## DISCUSSION

- IV. Overparenting & Parental Perceptions of Socioemotional Development (X)
  - a. Self-report from parents
  - b. Both reports recommended
- V. Parental Volunteering & Parental Perceptions of Socioemotional Development (X)
  - a. More in-depth measure in future investigations
- VI. Parental Spending & Parental Perceptions of Socioemotional Development (O)
  - a. Financial investment is more valuable
- VII. Competitive Sport Longevity Among Youth & Parental Perceptions of Socioemotional Development (O)



## APPLICATION TO PRACTICE

1. Mitigate youth program administrators' concerns
2. Strengthen overparenting-like behavior restriction policy
3. Value of repeated high-quality out-of-school time experiences



The background image shows the interior of a climbing gym. Several workers are on ladders, installing or maintaining climbing holds on a large wall. The wall features a large red and blue geometric design. A sign on the right side of the wall reads "WOULD MYD".

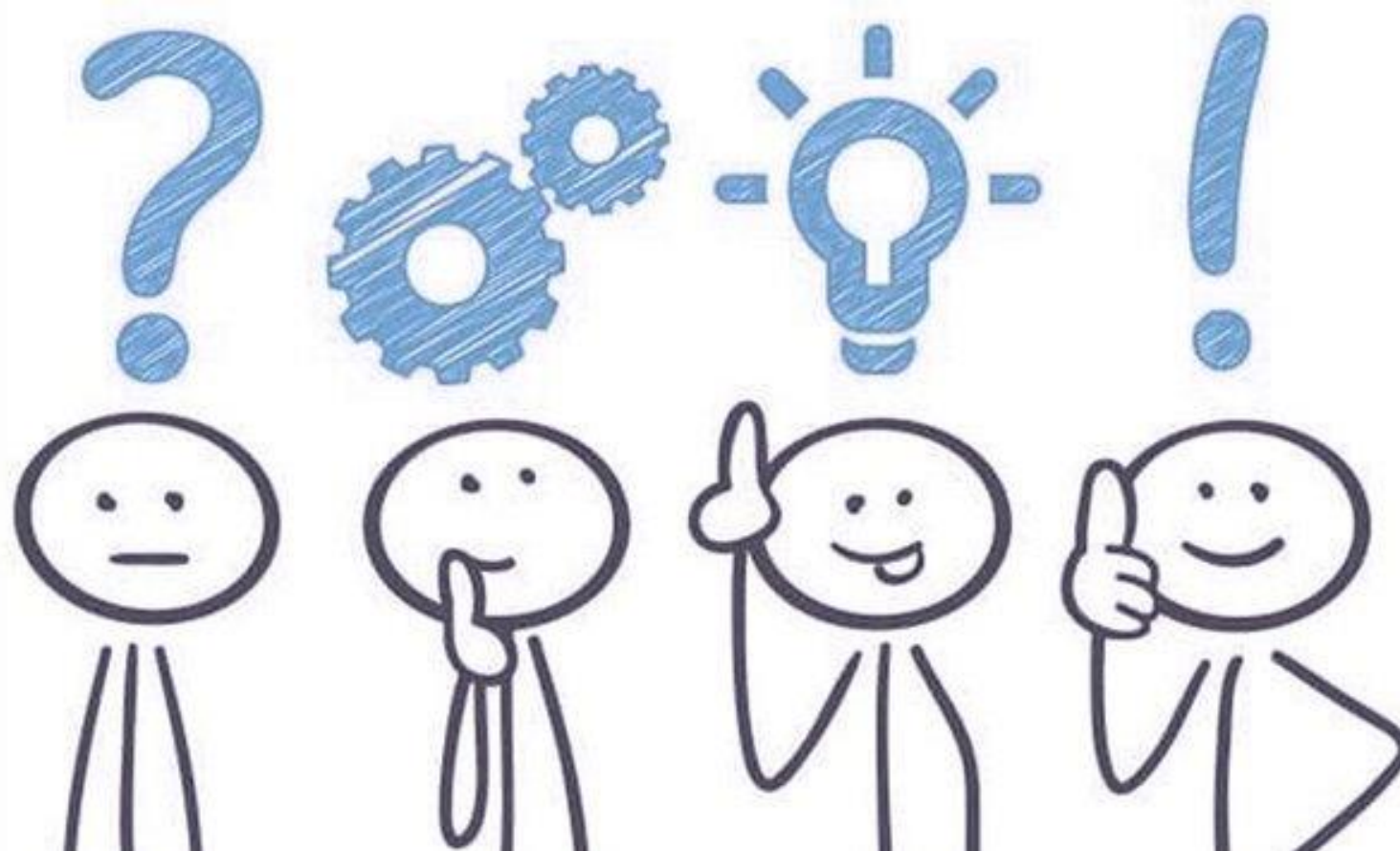
## LIMITATIONS & FUTURE DIRECTIONS

Utilized a cross-sectional design

Lacked reports from child's perspective

Ambiguous overparenting measurement





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