

Study at Umeå University: Digital education program cut negative parental behaviors dramatically

World's largest study is the first to show a measurable effect of parent education in youth sport over time

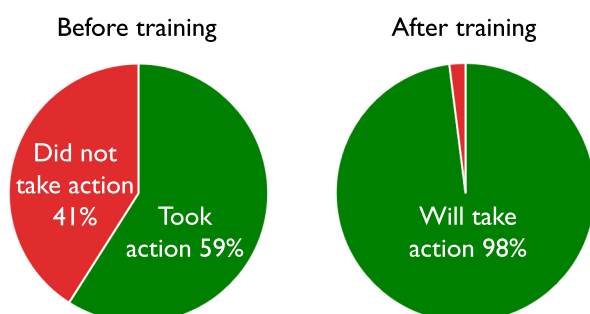
11 459
parents
in the study

250
sport clubs
25 sports

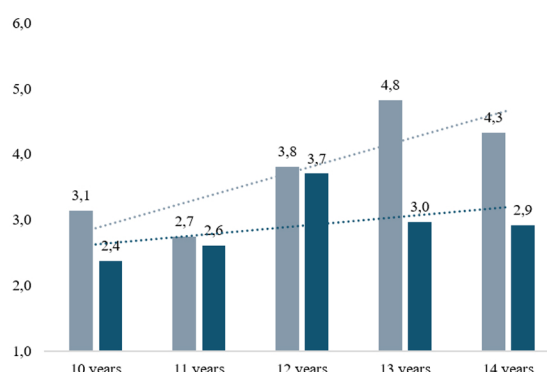
~700
parents in
2-year follow up

20
minutes of
digital training

Parents who take action when they notice negative behavior increased from 59% to 98% after the program.



Negative behavior prevalence — before vs. after two years of training



“This study shows we now have a concrete way to address negative parental behavior in youth sport - not just talk about it, but an education program proven to change it.”

Niklas Lovefall, author of the study

“We've noticed a big difference in how our parents behave after completing the education program.”

Mikael Ström, Head of Development, Frölunda Hockey (one of Sweden's most prominent ice hockey clubs)

About Youth Sport Research

Youth Sport Research is an independent knowledge platform that collects and shares research on how adults' behavior shapes children's and young people's experiences in sport — combining original, national, and international research to help create safer, more positive, and more sustainable sporting environments for young people.
<https://www.youthsportresearch.org/>

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