ORIGINAL ARTICLE

Comparıson of Athletes' Excellence Levels Accordıng to Socıo Demographıc Characterıstıcs

AHMET USLU[1], MERVE FERAH TAZEGÜL[2]
[1]Istanbul Esenyurt University Sports Science Faculty, Turkey
[2]Iğdır University, Tuzluca Vocational School, Department of Management and Organization, Sports Management Program, Iğdır, Turkey.
Correspondence to: Ahmet Uslu, Email. ahmetuslu2023@windowslive.com

ABSTRACT

Background: Studies show that there is a relationship between sports and perfectionism.
Aim: The aim of this study is to compare the perfectionism levels of national athletes according to various variables.
Methods: As a data collection tool; ''Sports-Specific Multi-Dimensional Perfectionism Scale" were used. In the analysis of data in this research, SPSS 20 Package Programme were used. Kolmogorov-Smirnov test were also used in order to determine the distributions of data, and Anova,Homogeneity of Variance'' test were used to determine homogenity of tests and it was determined that data showed a normal and homogeneous distribution. Descriptive statistics, Independent Sample t test and One Way variance analysis were applied in data analysis.
Results: As a result of statistics, in extreme focus on failures sub-dimension, perceived family pressure subdimension and personal standarts sub-dimension male athletes were seen to have higher scores than female athletes. However at the end of comparison of scores related to athletes, there were no statistically significant differences were determined ($p>0 ,05$). As a result of comparison related to perfectionism dimensions according to marital status, in extreme focus on failures and family pressure sub-dimensions there were statistically significant differences ($p<0,05$).
Conclusion: It has been determined that the level of perfectionism in athletes varies depending on gender. It is also known that sports affect the level of perfectionism positively.
Keywords: Sports age, gender, number of nationals, perfectionism.

INTRODUCTION

According to Freud, who was among the first to define perfectionism, perfectionism is a feature of the superego and can be defined as "excessive desire to achieve success".[1] According to Holender,[2] perfectionism is the setting of excessively high standards for oneself or others. Hollender, who says that the idea of "I am not good enough, I must do better" lies under the desire of perfectionist individuals to reach perfection, deals with perfectionism as a result of a negative and pathological condition.

According to Hewitt and Flett,[3] who take perfectionism with a multidimensional approach, they say that there are self-directed perfectionism, others-oriented perfectionism and socially determined perfectionism.

There have been a lot of studies carried out related to perfectionism concept. Even though there have been a lot of studies in these researches related to perfectionism, there have not been a common definition of perfectionism which everyone was commonly agreed on or compromised.[4]

Hollender,[2] stated that perfectionism is a negative personality trait acquired through learning in childhood. According to him, perfectionism involves the individual having abnormally high expectations for himself and others. Perfectionism is defined as "the tendency to reach or maintain unreasonably high standards"[5] or "the effort to reach standards without making mistakes".[6] Although it is seen that the tendency to be perfect is a source of efforts to be more successful in educational terms during the youth years, this effect does not always reflect positively on the individual.[7] Although perfectionism is seen as a necessary personality trait in achieving satisfaction and adaptability,[8] it has also been found that perfectionism is associated with

physical, psychopathological, and psychological problems.[9] While the individual, who acts with the effort of being perfect, tries to look perfect in order to meet the need to be valued and accepted, on the other hand, he is afraid that his need to be accepted and loved will not be met. In this process, the mistakes that the neurotic individual will make both prevent being perfect and facilitate rejection. As a result, making mistakes is perceived as a terrible situation and the individual focuses excessively on mistakes.[10] The high standards set by the perfectionist individual play a motivating role in reaching the goals for the next period of the individual's life.[11] When individuals apply their high standards excessively, they constantly evaluate themselves negatively as a result of inconsistency between their actions and their high standards, and this leads to maladaptive perfectionism.[9] The individual who is a perfectionist says, "If I am perfect, I will be seen as valuable and accepted by others." He tries to be perfect because he acts with the thought of his mind.[12]

Perfectionism had become one of the interesting subjects since 1970's and had often been studied in clinical and social psychology field. Traditionally perfectionism were defined as ''setting inadvisable standards and struggling to reach that standarts'' . Perfectionism is accepted as a multifaceted structure having both positive and negative aspects and in the basis of perfectionism; there lies determining high standards for personal performance and pursuing ordinary.[13]

The aim of this study is to compare the perfectionism levels of national athletes according to various variables.

MATERIAL AND METHOD

Causal-comparative model from quantitative research methods were used in study. In this model, it is aimed to compare different groups with regard to a specific variable.
Study Group: Sample of this study consisted of 350 athletes who accepted to participate voluntarily in our study.
Data Collection Tools
Sports Specific Multi-Dimensional Perfectionism Scale: For determining perfectionism levels of athletes, Sports-Specific multi-dimensional perfectionism scale developed by Dunn, Causgrove and Syrotuik, and adapted to Turkish by Çepikkurt[14] were used. Scale consisted of 3 sub-dimensions and 19 items as extreme focus on failures, perceived family pressure and personal standards.
Analysis of Data: In the analysis of data in this research, SPSS 20 Package Programme were used. Kolmogorov-Smirnov test were also used in order to determine the distributions of data, and Anova,Homogeneity of Variance'' test were used to determine homogenity of tests and it was determined that data showed a normal and homogeneous distribution. Descriptive statistics, Independent Sample t test and One Way variance analysis were applied in data analysis.

RESULTS

In extreme focus on failures sub-dimension, perceived family pressure sub-dimension and personal standarts sub-dimension male athletes were seen to have higher scores than female athletes. However at the end of comparison of scores related to

athletes, there were no statistically significant differences were determined (p>0 ,05).

Table 1: Perfectionism Dimension Comparison According to Gender Variable

	Gender	N	X	±	p
Extreme Focus on Failures	Female	150	16,859	6,493	,687
	Male	200	16,257	5,955	
Perceived Family Pressure	Female	150	15,785	5,461	,071
	Male	200	17,125	6,510	
Personal Standards	Female	150	22,875	4,978	,257
	Male	200	22,687	4,174	

Table 2: Perfectionist Dimension Comparison According to Sports Age (Anova)

		Sum of Squares	Mean Square	p
Extreme Focus on Failures	Between Groups	327,503	81,876	,070
	Within Groups	16007,939	37,489	
Perceived Family Pressure	Between Groups	511,043	127,761	,009 3-6,7 and >
	Within Groups	16011,586	37,498	
Personal Standards	Between Groups	102,471	25,618	,342
	Within Groups	9678,048	22,665	

As a result of one way variance analysis, there were statistically significant difference in Perceived Family Pressure sub-dimension (p<0.05). As a result of inter-group comparison according to Sports Age variable, there were statistically significant differences in 3-6 years 7 or above sports age of athletes (p<0.05).

Table 3: Comparison of Perfectionism Dimensions According to the Variable of Nationality (Anova)

		Sum of Squares	Mean Square	p
Extreme Focus on Failures	Between Groups	158,256	52,752	,249
	Within Groups	14731,595	38,264	
Perceived Family Pressure	Between Groups	487,628	162,543	,006 3-6, 7 and >
	Within Groups	14729,657	38,259	
Personal Standards	Between Groups	43,821	14,607	,596
	Within Groups	8926,837	23,187	

As a result of one way variance analysis, there were statistically significant difference in Perceived Family Pressure sub-dimension (p<0.05). As a result of inter-group comparison according to becoming a National Athletes variable, athletes who became 3-6 and 7 or above times national had statistically significant differences (p<0,05).

DISCUSSION

As a result of descriptive statistical analysis, it was determined that male athletes had higher scores than female athletes in personal standards sub-dimension. Starting from these data, it can be stated that male athletes tend to set higher standards for themselves. Because personal standards sub-dimension;reflects setting higher standards tendency which a person set for him/herself and why these standards had an important place in self-assessment. But as a result of comparison of scores, there was no statistically significant difference were determined (p>0,05). At the end of the one-way analysis of variance, a statistically significant difference was determined in the Perceived Family Pressure sub-dimension (p <0.05). At the end of the comparison between the groups according to the sports age variable, a statistically significant difference was determined in the Perceived Family Pressure sub-dimension between the sports age 3-6 and 7 and above athletes (p <0.05).

At the end of the comparison between the groups according to the variable of wearing the national jersey, a statistically

significant difference was determined between the sports age 1-2 and 6 and its exponent in the Perceived Family Pressure sub-dimension (p <0.05).

At the end of the literature review, it was seen that there are studies in parallel with the results of this study. Some of these studies are given below.

Hill et al.,[15] in their study, determined a positive correlation between perfectionism and exercise addiction. In their study conducted by Miller and Mesagno,[16] they found the narcissism score of individuals who exercise regularly to be 16.65. They also determined a positive correlation between exercise addiction and perfectionism.[16] Yang and Stoeber found that there is a relationship between physical perfectionism and general perfectionism in their study on Chinese and English students in.[17] They also determined a relationship between physically perfect appearance and eating disorder and body dissatisfaction.In study of Anshel et al.[18] it was determined that there were no any differences with regard to gender in personal standards sub-dimension of perfectionism. In this study, It was revealed that perfectionism perception in athletes arise from body perception. Females indicating symptoms (restrited diet, struggle for being fit, too much worry about weight and body) related to eating but at the same time don't meet any eating disorder diagnosis criteria, obtained high perfectionism scores[19]. Different results have emerged in studies examining the effects of perfectionism and achievement goals on pre-competition state anxiety in the sports environment. For example, in the first study examining perfectionism in the sports environment, Frost and Henderson[20] revealed that there is a positive relationship between the "dealing with mistakes" subscale of perfectionism and "competitive trait anxiety" and a negative relationship between "sporting confidence". Hall et al.[21] found that general perfectionism was a consistent and significant predictor of pre-competition cognitive anxiety.

CONCLUSION

Regular exercise affects individuals physically and psychologically. According to the results of the study, it was determined that the level of perfectionism varies according to gender. In addition, it is known that individuals who do sports positively affect the level of perfectionism depending on the effect of sports.

Disclaimer: None.
Conflict of interest: None.
Source of funding: None

REFERENCES

1. Gençtan E. Psychodynamic Psychiatry and Abnormal Behaviors. Istanbul: Metris Publications. 2013.
2. Hollender MH. (1968). Perfectionism. Comprehensive Psychiatry, 6, 94-103.
3. Hewitt PL, Flett GL. (1991). Perfectionism in the self and social contexts: conceptualization, assessment, and association with psychopathology. Journal of personality and social psychology, 60(3), 456.
4. Tazegül Ü. Exercise and Sports Psychology, Efe Academy, Istanbul 2021.
5. Hill RW, Zrull MC, Turlington S. (1997). Perfectionism and interpersonal problems. Journal of Personality Assessment, 69(1), 81-103.
6. Slade PD, Owens RGA. (1998). Dual process model of perfectionism based on reinforcement theory. Behavior modification, 22(3), 372-390.
7. Craddock A E, Church W, Sansd A. (2009). Family of origin characteristics as predictors of perfectionism. Australian Journal of Psychology, 6(3), 136-144.
8. Frost RO, Marten P, Lahart C, Rosenblate R. (1990). The dimensions of perfectionism. Cognitive Therapy and Research, 4, 449- 468.
9. Burns DD. (1980). The perfectionists script for self-defeat. Psychology Today,14(6), 34- 52.
10. Horney K. The neurotic personality of our time. (S. Budak, Trans.). Ankara: Ekin Publishing House.1990.

11. Stober, J. The Frost multidimensional perfectionism scale revised: More perfect with four (instead of six) dimensions. Personality and Individual Differences, 1998; 24, 481-491.
12. Greenspot TS. (2008). Making sense of error: a view of the origins and treatment of perfectionism. American Journal of Psychotherapy, 62(3), 263-282.
13. Kaya F, Birol ZN. (2018). The Mediating Role of Emotional Intelligence in the Relationship Between Loneliness and Perfectionism Levels of University Students. Kastamonu Journal of Education, 26(6), 1793-1802.
14. Çepikkurt F. Investigation of the relationship between the perfectionism and anxiety levels of university handball players, their success goals and their attribution to the results of the competition. Doctoral Thesis, Çukurova University Health Sciences Institute, Adana. 2011.
15. Hill AP, Robson SJ, Stamp GM. (2015). The predictive ability of perfectionistic traits and self-presentational styles in relation to exercise dependence. Personality and Individual Difference, 86, 176-183.
16. Miller KJ, Mesagno C. (2014). Personality traits and exercise dependence: Exploring the role of narcissism and perfectionism. International Journal of Sport and Exercise Psychology, 12(4), 368-381.
17. Yang H, Stoeber J. (2012). The Physical Appearance Perfectionism Scale: Development and preliminary validation. Journal of Psychopathology and Behavioral Assessment, 34,69–83.
18. Anshel MH, Kim JK, Henry R. (2009). Reconceptualizing indicants of sport perfectionism as a function of gender. Journal of Sport Behavior, 32, 394-418.
19. Bastiani, A. M., Rao, R., Weltzin, T. and Kaye, W. H. Perfectionism and anorexia nervosa. Intenational Journal of Eating Disorders, 1995; 17, 147-152.
20. Frost, RO., Henderson, KJ. Perfectionism and reactions to athletic competition. Journal of Sport and Exercise Psychology, 1991;13: 323- 335.
21. Hall HK, Kerr AW, Matthews J. (1998). Precompetitive anxiety in sport: The contribution of achievement goals and perfectionism. Journal of Sport and Exercise Psychology, 20: 194-217.