The relationship between perfectionism and welfare in male athlete’s karate

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Abstract

The aim of this study was to investigate the relationship between perfectionism and happiness in male athletes Karate. The research method was descriptive and correlation. The sample included 80 male athletes dual-K with an average age of 22.7 years, who were randomly among the athletes who participated in the qualifiers Ardabil province in 2014 were selected. The participants were 6-5 years of experience participating in a national competition. Data collection tools, including questionnaires multidimensional perfectionism in Sport and Oxford Descriptive statistics were used to describe data and to test the hypotheses; Pearson correlation coefficient and stepwise regression were used. For data analysis software spss version 18 is used. The results showed a correlation of 0.36 between perfectionism Sports and happiness that is positive.

Key words: Self perfectionism, other-oriented perfectionism, happiness, karate

Introduction

Sports science in recent years greatly expanded. Sports science in the past was a function of other sciences, is now an academic discipline and professional career has become an industry (Ghanbari Moafi, 2007). Sports science disciplines mother using scientific concepts such as biomechanics, biochemistry, physiology, psychology and sociology, as well as his place has opened, and the day on the evolution and sophistication of the science has been added and the importance of them is made more evident (Moharramzadeh, 1997).

Hajiloo et al (2011) showed that job burnout will be decreased by improving positive dimensions of perfectionism such as organization and personal standards. It is believed that people are able to maintain of the normal patterns of cognition, emotion and behavior when they are trying to achieve the perfection and they are away from negative thoughts and automatically react to the non-perfection. On the other hand, because perfectionism people have more high standards and image irrational believes for success these characteristics likely to lead to criticism, ruminative, self-focusing and personal incompetence when the result of performance do not comply with desired goals. This not only increases the level of stress but also increase the risk of burnout that this issue is due to not meeting the needs of successful and expectations of individual performance (Flett and Hewitt, 2006; Stoeber et al, 2008; Stoll et al, 2008). Perfectionism relicts a commitment to exceedingly high standards combined with a tendency to critically appraise performance accomplishments (Frost, et al., 1990; Hewitt & Flett, 1991). There is little dispute that perfectionism has an energizing effect on achievement striving, as individuals scoring high on this personality characteristic pursue high standards (Hall, 2006; Stoeber & Otto, 2006). However, an obsessive preoccupation with
lawlessness encapsulated by perfectionism appears to provide the foundations for burnout. This is because perfectionism is characterized by a rigid adherence to unrealistic performance goals that are the basis for self-worth (Greenspon, 2008; Hill, et al., 2011). Performance outcomes can therefore carry an irrational sense of importance that evokes higher levels of dysfunctional cognitions and affect in achievement contexts (Flett & Hewitt, 2006; Mor, et al., 1995). In addition, because perfectionism is associated with harsh and excessive criticism, the sporting domain is regularly appraised as highly threatening (Flett and Hewitt, 2006), and thus the opportunity for debilitating outcomes such as burnout are increasingly likely (Appleton et al., 2009).

To succeed in sports athletes must have the appropriate level of psychological control features, because when games are in situations where emotions are high and are forced to play in these types of situations full of excitement (Eysenck, Michael, 2008). Happy person is a healthy individual, educated, extroverted, and religious and optimism. Also happy persons do have strong religious attitudes and also stable friendly relations. Some theorists know achieving happiness through paying attention to spiritual values, basic needs, meaningful life love to God.( Lucas ER, 2001) by asking is there any method to understand how to achieve the best and stable happiness, spiritual happiness; he knows that it is in all the conditions stable. From his view, happiness feeling does have desired coexistence to hardness and life psychological pressures.

Materials and Methods

The research method is descriptive and correlation. The population of this study, due to the limited number of individual sports athletes, 80 male athletes with an average age of 22.7 years is the accumulated work in which at random from among the athletes who participated in the qualifiers province were selected in 2013. Now the two questionnaires to collect information on the Multidimensional Perfectionism in sports and Oxford were used and descriptive statistics were used to summarize and describe data and to test the hypotheses, Pearson correlation and stepwise regression was used. To analysis the data gathering from two groups, the covariance was used (p<0.05). For data analysis software spss version 18 is used.

Results

Tables and descriptive information about the distribution of the sample is given below:

<table>
<thead>
<tr>
<th>variable</th>
<th>mean</th>
<th>deviation St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(years) age</td>
<td>21.70</td>
<td>5.82</td>
</tr>
<tr>
<td>(years) Sport history</td>
<td>6.82</td>
<td>5.33</td>
</tr>
</tbody>
</table>

Results in Table 1 show that the average age and years of athletic is 21.70 and 6.82 respectively. "There is relation among Perfectionism with happiness level of karate athletes."
Table 2. The results of the correlation between perfectionism with happiness level (80 = n)

<table>
<thead>
<tr>
<th>VARIABLES</th>
<th>MEANINGFUL CORRELATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 PERSONAL STANDARD</td>
<td>1</td>
</tr>
<tr>
<td>2 WORRY TOO MUCH ABOUT MISTAKE</td>
<td>0.57 1</td>
</tr>
<tr>
<td>3 PARTENT PERCEIVED PRESSURE</td>
<td>0.52 0.69 1</td>
</tr>
<tr>
<td>4 COACH PERCEIVED PRESSURE</td>
<td>0.69 0.74 0.69 1</td>
</tr>
<tr>
<td>5 PERFECTIONISM</td>
<td>0.81 0.87 0.86 0.89 1</td>
</tr>
<tr>
<td>6 POSITIVE THRILL</td>
<td>0.42 0.32 0.22 0.33 0.36 0.66 1</td>
</tr>
<tr>
<td>7 LACK OF NEGATIVE THRILL</td>
<td>0.001 0.001 0.001 0.001 0.001 0.001 0.001 -</td>
</tr>
<tr>
<td>8 LIFE SATISFACTION</td>
<td>0.001 0.001 0.001 0.001 0.001 0.001 0.001 -</td>
</tr>
<tr>
<td>9 HAPPINESS</td>
<td>0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 -</td>
</tr>
</tbody>
</table>

The results in the table above shows that there is a 0.36 correlation between perfectionism Sports and happiness that is positive and significant (p=0.001; r=0.36). Also, the correlation between perfectionism and dimensions of happiness includes positive emotion (p=0.001; r=0.55), lack of negative emotion (p=0.001; r =0.36) and life satisfaction (p =0.001; r =0.53), was positive and significant (P <0.05).

Discussion and Conclusion

As it seems necessary to study psychological indicators and personal characteristics on sport psychology on the successful sport behavior, in this case, in this study in order to know some of these characteristics and psychological characters influential on sport performance, we have provided some hypothesis in which on the past season has paid them and according to the studies has been approved, too. The result in relation to study hypothesis has shown: first hypothesis has been approved. According to above matters, however, current study ground is about karateka athletes, but due to limitation on these athletes background and limitation of this society, we could not find some matters to compare these study findings to them. According to the results .36 correlations between perfectionism Sports and happiness that is positive. Also, the correlation between perfectionism and dimensions of happiness includes positive emotion, lack of negative emotion and life satisfaction, positive and significant, respectively. This research study Hassan Kiadeh, (2012) in a study to examine the relationship between self and happiness and perfectionism high school female students in Tehran and came to the conclusion that the happiness score of perfectionism there is a
significant positive correlation girls gained. So it can be concluded that perfectionism can be associated with happiness. Although perfectionism been taken into account as a phenomenon of the twentieth century, but it is yet unknown. Given that research has been done on the relationship between perfectionism and happiness (with the exception of research Hasan Kiadeh, 2012) but a group of researchers about depression, anxiety and other components that some studies have done just the opposite of happiness, including: The findings of Hewitt and Felt (2002) has shown self-oriented perfectionism interacted to social stress could predict anxiety. Hewitt and Felt (2004) has concluded perfectionism interpersonal auto-thought and aspects of structure-oriented perfectionism are in connection with anxiety. The results mehrabi Zadeh et al (1990) showed that there is a significant positive relationship between social anxieties, perfectionism. Besharat (1998) showed there is a negative correlation between parental positive perfectionism and between test anxiety, perfectionism, and children and there is a positive correlation between children, parents, and test anxiety. According to the study result, we conclude if perfectionism is in connection with stress and anxiety then it is in connection with happiness in which is vice versa to stress and anxiety. But it is not clear, how perfectionism and happiness has reached each other and perhaps another phenomenon was mediated.

**Conflict of interest**

The authors declare no conflict of interest

**References**


