



Examination of football players' perfectionism features and subjective stress perceptions

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Abstract

The aim of this study is to determine the perfectionism characteristics and subjective stress perceptions of football players. In this respect, subjective stress perceptions and perfectionism characteristics of football players were examined according to variables such as age, marital status, educational level, income level, football background and position. The research was conducted with the descriptive survey model. Randomly selected 279 amateur football players, who actively played football in the super group and the first group during the 2017-2018 seasons in Konya province, participated in the study. "Multidimensional Perfectionism Scale" and "Perceived Stress Scale" were used as the data collection tools. SPSS program was used in the analysis of the data. According to the results of the research, subjective stress perceptions and perfectionism features of the football players were determined as "midlevel". In addition, a negative significant relationship was found between the football players' perfectionism features and subjective stress perception. Perfectionism features of the football players significantly differed based on their football backgrounds, gender, age, educational level, income level and the position they played. Subjective stress perceptions of them did not show any significant difference concerning gender, age, educational level, income level, football background and position.

Keyword: Football, Perfectionism, Stress

INTRODUCTION

The perception of dissatisfaction with oneself when an individual is worried that the products he/she produces are not good enough, and when he/she is not happy at all in performance is called perfectionism (30). Perfectionism is to determine high standards for oneself and others and to try to preserve these standards (26).

According to Horney (19), perfectionism is the pathological adaptation to the conditions of a person's self-alienation. Frost et al. (14) have described perfectionism as an excessive criticism and tendency to create extremely high standards for self-assessment.

According to Hollander (18); perfectionism expects higher performance from oneself and others. Frost et al. (14) define the perfectionism in the way that the person determines the standards above his/her performance and does not tolerate the thought of inability to reach this desire.

Perfectionism is divided into two parts as internal and external perfectionism. Internal perfectionism is the effort related to a strong motivation to be perfect, creating unrealistic individual rules and etc. External perfectionism is the situation where these behaviors displayed other-orientedly, not in a self-oriented manner (29).

It is known that environmental factors and family behaviors and parental attitudes have a crucial role in creating and sustaining perfection levels of people (32). Perfectionism has become a difficult lifestyle that is hard to change because it takes place in people's lives, so it is thought to be a built-in feature (34).

In perfectionism, setting very high standards for oneself and the effort to reach these standards has caused the person to have a negative and rigid attitude towards himself (6). Rimm (27) states that there is no room for error in the structure of perfectionism and that such people always want to achieve the best result.

Adler (3) considered perfectionism as a normal and innate feature, dealing with it in two dimensions, healthy and unhealthy. Roedell (28) states that perfectionism has positive and negative dimensions and when people determine high standards on them perfectionism can be a great energy that brings success.

Stress is a condition that occurs by threatening and forcing the organism's physical and mental limits (15). In other words, it is defined as "the interaction between the person and the environment, which puts the person's well-being in jeopardy, which evaluates the capacity as reducing and compelling" (16).

Stress is a distress or strain that is felt as the consequences of the pressures of human relations in everyday life (24). Stress is also a process that leads to psychological and biological changes in the organism, when the organism exceeds the capacity of adaptation to the expectations of the environment (1).

Stress occurs as a result of person and environment interaction. What is important in this interaction is that the individuals may perceive and evaluate events and people as a source of stress. In this interaction, people will not get stressed if they do not consider the events and people around them as a source of stress (9).

Stress affects the individual's life and functionality in a negative way, and being exposed to a long-term stress causes various health problems and poor life quality (13). Reaction to the stress can lead to the emergence of headaches, high blood pressure, heart problems or psychological and mental illnesses in the long term. The development process of chronic diseases can be related to the intensity and frequency of stress (5)

The objective of football is to win, which is inherent to all branches of sports, and which has different results in every sense. Stress can also be considered as one of them. Football players are stressed by many factors such as ambition to win, fanfare, coach influence, referee attitude, behavior of opponent players, and even the weather. Moreover, if the football players have the perfectionist personality characteristics, it can influence this stress situation, as well. In this regard, stress and perfectionism levels of players have really aroused curiosity in the scientific sense and considered important.

The main purpose of this research is to determine the perfectionism features of football players and their subjective stress perceptions. In addition, stress and perfectionism features of football players are examined according to age, marital status, educational level, income level, football background and position variables.

MATERIALS & METHODS

Research Model

This research study was conducted as a descriptive survey model, examining the perfectionism characteristics and subjective stress perceptions of football players. Survey models are a research approach that attempts to address the past or present as it is (21).

Research Group

The research group is comprised of randomly selected 279 amateur football players, who actively play football in the super group and the first group in Konya province during the 2017-2018 season. 110

(39.4%) of the football players participating in the research were between 17-21 years old, while 96 (34.4%) of them were between 22-26 years old, while 47 (16.8%) of them were between 27-31, and 26 (9, 3%) were between 32-36 years old.

Data Collection Tools

To determine the demographic characteristics of the players in the study, "Personal Information Form" was used, in order to determine the perfectionism traits "Multidimensional Perfectionism Scale" was used, and to determine the subjective stress perception "Perceived Stress Scale" was used as data collection tools. The Personal Information Form was prepared by the researchers, considering the expert opinion and similar research studies in the literature.

The Multidimensional Perfectionism Scale was developed by Hewitt and Flett (17) to measure adult perfectionist personality traits. There are 45 items on the scale and the items are scored in a seven-point Likert-type (1=strongly disagree, 7=strongly agree). The total score of the scale ranges between 44 and 308, and the higher the score the higher the perfectionist personality. Studies of adaptation of the scale to Turkish were conducted by Oral (25). As a result of factor analysis, it was observed that three factors accounted for 37.5% of the total variance. The Cronbach Alpha internal coefficient of consistency of the scale was found to be .91 for the "self-directed perfectionism" subscale, .80 for the "perfectionism for the others" subscale, and .73 for the "community-imposed perfectionism" subscale. The item total-correlation coefficients for the subscales ranged from .20 to .75 for the 'self-directed perfectionism' subscale, from .22 to .60 for the 'perfectionism towards others' subscale, from .31 to .52 for the 'community-imposed perfectionism' subscale.

The Perceived Stress Scale was developed by Cohen et al. (8) to measure stress perceptions of individuals. The Perceived Stress Scale is a five-point Likert-type scale consisting of 14 items. Participants evaluate each item between 0 and 4 (Never-0, and Very Often-4). 7 of the items are scored inversely. The total scores from the scale range from 0 to 56. The high score on the scale indicates that the person's stress perception is above normal. Perceived Stress Scale was translated into Turkish by Baltaş et al. (4). Baltaş et al. (4) reported that the internal consistency coefficient of the scale was calculated as .84 and the test-repeat-test reliability coefficient was calculated as .87.

Analysis of Data

SPSS program was used for statistical analysis. Arithmetic mean (\bar{x}) and standard deviation (Sd) techniques were used for descriptive statistics to investigate the perfectionism features and subjective stress perceptions of football players. According to Kolmogorov-Smirnov Test results, the perfectionist characteristics of football players showed a normal distribution ($p=.200$), and subjective stress perceptions showed anomalous distribution ($p=.007$). The Mann-Whitney U test was used in dual comparisons and the Kruskal Wallis H Test in multiple comparisons to assess the abnormal distribution of subjective stress perceptions of football players. In order to evaluate the normalized distribution of perfectionist features of football players, Independent-Samples T Test was used in dual comparisons and One Way ANOVA techniques were used in multiple comparisons. When the significance (p) levels were interpreted, $p < 0.05$ was taken as the criterion. Pearson Correlation analysis technique was also used for relationship measurement.

FINDINGS

Table 1. Distributions by demographical characteristics of football players in the research group

Age	N	%	Monthly earnings	N	%
17-21	110	39.4	Low	54	19.4
22-26	96	34.4	Mid	189	67.7
27-31	47	16.8	High	36	12.9
32-36	26	9.3			
Marital status	N	%	Football background	N	%
Married	45	16.1	1-5 Years	105	37.6
Single	234	83.9	6-10 Years	108	38.7
			11-15 Years	66	23.7
Educational level	N	%	Position	N	%
Secondary School	74	26.5	Back	91	32.6
High School	142	50.9	Midfield	124	44.4
University	63	22.6	Forward	64	22.9
Total N: 279					

110 (39.4%) of the football players participated in the research were between 17-21 years old, and 96 (34.4%) were between 22-26 years old, while 47 (16.8%) (9, 3%) were between 32-36 years old. 45 (16, 1%) of the football players were married and 234 (83,9%) were single. As per the educational levels, 74 (26.5%) of the players were primary school graduates, while 142 (50.9%) were secondary school graduates, and 63 (22.6%) are high school graduates. When we look at monthly incomes, 54 (19.4%) of the

football players are low income, 189 (67.7%) are middle income and 36 (12.9%) are high income. 105 (37, 6%) of football players have for 1-5 years, 108 (38, 7%) have for 6-10 years and 66 (23, 7%) have for 1-15 years football background. When we look at the positions played by the players in the research group, it is seen that 91 (32.6%) of the players are back, 124 (44.4%) are midfield and 64 (22.9%) are forward.

Table 2. Mean distribution of the football players in the study group according to multidimensional perfectionism scale and perceived stress scale

Scale	N	\bar{x}	Sd
Multidimensional perfectionism scale	279	188.09	23.533
Perceived stress scale	279	26.27	5.274

When Table 2 was examined, it was observed that the football players, who participated in the research, had a mean of $\bar{X}=188.09$ from the Multidimensional Perfectionism Scale and $\bar{X}=26.27$ from the Perceived Stress Scale. When it was evaluated according to the minimum and maximum scores obtained from the scales, it was determined that the football players in the research group had

the "midlevel" perfectionism features and "midlevel" stress perception.

Table 3. The relationship between multidimensional perfectionism and perceived stress of the football players in the research group

		Perceived stress scale	Multidimensional perfectionism scale
Perceived stress scale	Pearson correlation	1	-0.141*
	Sig. (2-tailed)		0.018
	N	279	279
Multidimensional perfectionism scale	Pearson correlation	-0.141*	1
	Sig. (2-tailed)	.018	
	N	279	279

When Table 3 was examined, a significant negative correlation ($r=-.141$) was determined between the multidimensional perfectionism and perceived stress of the football players in the research group ($p < 0.05$).

Table 4. The comparison of the means of the football players according to data obtained from the multidimensional perfectionism scale according to the variables

		N	\bar{x}	Sd	t	p	Difference
Gender	Married	45	187.00	28.810	-0.340	0.734	No
	Single	234	188.30	22.444			
Age		N	\bar{x}	Sd	F	p	Difference
	17-21	110	186.02	22.274			
	22-26	96	190.05	25.071			
	27-31	47	189.19	19.171			
	32-36	26	187.61	29.906			
Educationa l Level		N	\bar{x}	Sd	F	p	Difference
	Secondary School	74	185.79	20.234			
	High School	142	186.73	24.687			
	University	63	193.85	23.892			
Income Level		N	\bar{x}	Sd	F	p	Difference
	Low	54	191.12	22.740			
	Mid	189	187.29	23.406			
	High	36	187.75	25.600	0.561	0.571	No
Football Backgrou nd		N	\bar{x}	Sd	F	p	Difference
	1-5 Years	105	190.10	23.265			
	6-10 Years	108	190.27	23.397			
	11-15 Years	66	181.31	23.247	3.652	0.027*	1-5 Years>11-15 Years 6-10 Years>11-15 Years
Positio n		N	\bar{x}	Sd	F	p	Difference
	Back	91	188.98	26.162			
	Midfield	124	189.75	22.132			
	Forward	64	183.59	21.965			
	Total	279	188.09	23.533	1.552	0.214	No

When Table 4 was examined, while the perfectionism features of the football players in the research group showed a significant difference ($p < 0.05$) concerning their football background; there is

no significant difference ($p > 0.05$) concerning gender, age, educational level, income level, and position they played.

Table 5. Comparison of the means of the football players according to data obtained from the perceived stress scale according to some variables

		N	Mean Rank	Sum of Ranks	U	p	Difference
Gender	Married	45	134.67	6060.00	5025	0.628	No
	Single	234	141.03	33000.00			
Age		N	Mean Rank	df	χ^2	p	Difference
	17-21	110	137.56	3	.721	0.868	No
	22-26	96	143.40				
	27-31	47	143.87				
32-36	26	130.79					
Education Level		N	Mean Rank	df	χ^2	p	Difference
	Secondary School	74	146.39	2	0.846	0.655	No
	High School	142	135.97				
University	63	141.59					
Income Level		N	Mean Rank	df	χ^2	p	Difference
	Low	54	141.71	2	0.053	0.974	No
	Mid	189	139.23				
High	36	141.46					
Football Background		N	Mean Rank	df	χ^2	p	Difference
	1-5 Years	105	144.98	2	.740	0.691	No
	6-10 Years	108	138.47				
11-15 Years	66	134.58					
Position		N	Mean Rank	df	χ^2	p	Difference
	Back	91	139.83	2	0.167	0.920	No
	Midfield	124	138.36				
	Forward	64	143.42				
Total	279						

When Table 5 was examined, the subjective stress perceptions of the football players in the study group did not demonstrate any significant

CONCLUSIONS & DISCUSSION

As a result of the research, the subjective stress perceptions and perfectionism features of the

difference in terms of gender, age, educational level, income level, football background, and position they played ($p > 0.05$).

football players in the research group were determined as "midlevel". In addition, a significant and negative relationship was found between the

football players' perfectionism features and subjective stress perception. The perfectionist features of the football players in the study group showed a significant difference concerning their football backgrounds; there was no significant difference in terms of gender, age, educational level, income level, and the position they played. The subjective stress perceptions of the football players in the research group did not show any significant difference in terms of gender, age, educational level, income level, football background, and position they played.

As a result of the research studies carried out by Uyanık (33), Karataş (22), Cesur (7) and Kızılöz Başsayın (23), it was determined that the perfectionism features of the participants was "midlevel", which was in parallel with the results of this research. Uyanık (33) did not find any significant difference between the participants' perfectionism features in terms of age and income level, which is similar with our research. According to Uyanık (33), a significant difference was found in perfectionism features; however, the results of our research did not match with these results. Abuhanoğlu et al. (2) found a significant difference between the perfectionism features of the participants in terms of gender variable in their research, and the findings of our research were contrary to this finding. Kalkan Dişbudak (20) found a significant difference among the participants' perfectionism features in terms of age and marital status; however, the results of our research were not in parallel with this research. Kalkan Dişbudak (20) did not find any significant difference in perfectionism features in terms of gender, which complied with our research. Cesur (7) did not find any significant difference among the perfectionism features in terms of age, marital status, educational status, and income level, and it is in parallel with our research results. Cesur (7), found a significant difference in perfectionism characteristics in terms of gender; however, the findings of our research were in contrary to these results.

Yıldız (35) identified participants' subjective stress perceptions as "midlevel", which complied

with the results of our research. Doğaner (11) identified participants' subjective stress perceptions as "low level", which contradicted the results of our study. Ekiz (12) determined a significant difference in subjective stress perceptions in terms of gender, however, this result did not comply with those of our study. Taş (31) did not find significant differences in subjective stress perceptions of the participants in terms of gender, age, marital status, and educational level, and it was parallel to the results of our research.

The subjective stress perceptions and perfectionism characteristics of football players can be examined thoroughly via the qualitative research. The determination of the subjective stress perceptions and perfectionism characteristics of the football players in the study group as "midlevel" may be a guide for further qualitative research studies to be conducted in this field. Considering that all the football players in the research group are male, the results of the perfectionism characteristics and subjective stress perceptions in this research are thought to be impossible to generalize for all football players. The results of the research are informative if it is about male football players' perfectionism characteristics and subjective stress perception. A similar study can be conducted on female football players, or it can be carried out on the perfectionism characteristics and subjective stress perceptions of female football players. Factors such as determination to win, fan pressure, coach influence, and climate change can be shown as the reasons of the significant negative relationship between the perfectionism characteristics and subjective stress perceptions of the football players in the research group. Further research studies, in which these reasons are also evaluated, can be applied. The fact that the players with less football experience have higher perfectionism characteristics compared to the ones with more experience can be attributed to lack of experience; besides, a special study can be done to investigate this subject. It can be evaluated as a positive situation that the subjective stress perception and perfectionism characteristics of football players are not in high levels. An expert

support can be provided on this subject to the football players by the sports psychologists.

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