Exploring the Role of Multidimensional Perfectionism on Collegiate Athletes Expectations Towards Team Performance

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Perfectionism is defined as a personal disposition characterized by striving for flawlessness, setting exceedingly high standards for personal performance and tendencies toward overall critical evaluations of one’s own behavior (Vink & Raudsepp, 2018). To date, however, limited consideration has been dedicated to the study of perfectionism in sport management research and particular to its relationship with athletes’ expectation and team performance (Hill et al., 2014; Stoeber, 2011). The purpose of the study is to examine how perfectionism influence expectation and team performance in collegiate athletes, in this case, the Citadel subdivision D1 athletes when embodied at team-level. Perfectionism has been distinguished as a complex multidimensional concept within people’s personality (Hill et al., 2016). In addition, studies have shown that athlete’s self-perceived perfectionism has been a catalyst on athletes’ high expectations (Svenja, 2014; Burns, 1980; Stirling & Kerr, 2006). However, perfectionistic concerns (i.e., concern over mistakes) have shown positive characteristics and outcomes with competitive anxiety (e.g., Stoeber et al., 2007), avoidance goal orientations (e.g., Stoeber et al., 2008), and burnout (e.g., Cavanaugh, 2018; Kingston, 2018). This study aims to further examine how Hewitt and Flett’s (1991) perfectionism self-oriented, socially-prescribed and other-oriented dimension influences athletes’ expectations towards team performance. This study develops the following hypotheses (H1) self-oriented perfectionism influence significant positive athletes’ expectations toward team performance, (H2) socially-prescribed perfectionism influence significant positive athletes’ expectations towards team performance, and (H3) other-oriented perfectionism avoidance influence significant positive athletes’ expectations towards team performance.

Method

A quantitative research approach has been used to collect data from collegiate athletes of a D1 college in the Southeastern United States. Web-surveys were designed to capture perfectionism self-oriented dimension with 15-items, socially-prescribed dimension with 12-items, and other-oriented dimension with 13-items of Hewitt and Flett’s (1991) scale. To measure athlete’s expectations toward team performance, items adapted from General Self-efficacy Scale were adapted with 10-items (Schwarzer & Jerusalem, 1995). All items were measured in a 7-point Likert scale where (1 = strongly disagree to 7 = strongly agree). The web-surveys will be sent out to collegiate athletes once the IRB will be approved.

Results and Discussion

Results from this study will shed the light for self-oriented and prescribed perfectionism traits of athlete’s personality in the competitive collegiate sport. Also, It is important that the findings hold true that the maladaptive aspects of perfectionistic concerns (other-oriented) suppress the adaptive aspects of perfectionistic strivings (self-oriented and socially prescribed perfectionism). This is because perfectionistic strivings' positive correlations sometimes show only when the overlap between perfectionistic strivings and concerns is controlled for (Hill, Huelsman, & Araujo, 2010). Moreover, the current research will reveal important knowledge of levels of the overall perfectionism athlete’s self-perceptions and will illustrate the interconnection among expectations and team performance.