

A Study of Perfectionism and Achievement Goals in Male Athlete's at National and International Level

Pankaj Kumar Dubey¹, Dr. Minakshi Pathak²

¹Research Scholar of Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P., India.

²Research Supervisor of Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P., India.

Abstract

The purpose of the present study was to determine the differences and level of achievement motivation in national basketball and hockey players and Asian (International) badminton and table tennis players. The study revealed that National basket ballers had higher and Asian table tennis players had lower level of achievement motivation amongst the group. Further as per the norms of the Questionnaire National Basketball, Hockey and International Badminton players had high level of achievement motivation and Asian table tennis players had moderate level of achievement motivation. Different views on perfectionism, and different approaches about achievement goals, have led to studies on relationships between perfectionism and achievement goals. On the assumption of the final theoretical model as based on a few significant indices, perfectionistic strivings was associated with mastery-approach and performance-approach goals, while perfectionistic concerns was associated with mastery-avoidance and performance-avoidance goals. Contrary to expectations, there was no relationship between perfectionistic concerns and performance-approach goals. In fact, the present research results put in ambiguity the concept of perfectionism and the relationship between perfectionism and achievement goals, which were the main aims of our research. Moreover, a number of indices obtained structural equation modeling, which showed marginal to no significant effects. The multidimensional nature of perfectionism and its linkages to both maladaptive traits and negative outcomes and, less frequently, adaptive traits and positive outcomes, have generated much re- search during recent decades. For the first time, Burns (1984) defined perfectionism as a one-dimensional construct. According to this definition, a perfectionist person believes that one can achieve full results by attempt and effort. However, the perfect and without defect results is not possible, and one's efforts to achieve such results will be followed by psychological damage.

Keywords: *Balanced Diet, Knowledge, Practice, National Level, Male Players, Achievement Goals.*

1. INTRODUCTION

Motivation is the basic drive for all of our actions. Motivation refers to the dynamics of our behavior, which involves our needs, desires, and ambitions in life. Achievement motivation is based on reaching success and achieving all of our aspirations in life. Achievement goals can affect the way a person performs a task and represent a desire to show competence. Initially our motivation is like that of other organisms and it has the same physiochemical foundation. These physiological needs are hunger, thirst and sex. Taylor (1994) treated motivation as the base of a pyramid of towards success in sports. Other important factors in this area include 'goal orientation', 'goal setting,' 'motivational climate'. Despite our advances in the field of training, still regarding the role of psychological variable in sports there are considerable gaps in our knowledge. Until now the vast majority of the research has been focused on mental features such as "trainable" abilities. However, there is still little research on 'achievement motivation' - described as a psychological feature which has a character of 'lasting property'. Achievement motivation cannot be described as something that occurs during competition but mostly as a trait having 'permanent character,' - being formed during the preceding weeks, months and years. Therefore it is obvious that coaches may look for athletes who have had this characteristic at a high level from the very beginning and therefore do not need much psychological intervention. The lack of psychological knowledge by coaches in the area

of 'motivation' is one of the main reasons for mistakes made in the talent identification process. It often causes disappointment of those players who are not predestined to practice high-professional by the basics of their personality -these players who do not possess high level of achievement motivation and they do not reach the highest levels of the game despite good results at a young age.

Every sports man need to use proper diet before, during and after the activity. Lack of proper diet not only adversely affects the performance of athlete but it extensively affects the overall functional capacity of the body of athlete. Sports diet has been one of the basic needs of every players participating at various level of sports. According to Hoch et al. sports diet enhances athletic performance by decreasing fatigue and the risk of disease and injury; it also enables athletes to optimize training and recover faster. Athletes must fuel their bodies with the appropriate nutritional foods to meet their individual energy requirements in competition, training and recovery. If these nutritional needs are not met, there is an increased risk of poor performance and health issues (Khan et al., 2017). Nutrition is an important part of sport performance for young athletes, in addition to allowing for optimal growth and development. Macronutrients, micronutrients and fluids in the proper amounts are essential to provide energy for growth and activity. To optimize performance, young athletes need to learn what, when and how to eat and drink before, during and after activity Purcell (2013), Sports nutrition is a science that requires a solid understanding of the nutritional factors effecting performance, recovery and health, a knowledge of the nutritional value of food and fluids and the necessary skills to implement appropriate nutritional strategies into daily training and competition (Srivastava, et.al., 2017). Sports nutrition enhances athletic performance by decreasing fatigue and the risk of disease and injury; it also enables athletes to optimize training and recover faster. Basic nutrition is important for growth, achieving good health and scholastic achievement, and providing energy (Hoch, Goossen and Kretschmer, 2008). Sports and nutrition are directly related to each other. Taking into consideration the fact that sportspersons need more energy to carry out their spotting activity effectively, it becomes of prime importance to take care of the nutrition for sports performance. Track and field athletes pose a strong emphasis on diet. While only a few studies have been conducted on nutrition knowledge among collegiate athletes, the majority of them have been conducted on nutrition knowledge in this population (Supriya and Ramchandra 2013) Nutrition knowledge of an athlete, as well as practice, is expected to influence athlete's performance. The study assessed the nutrition knowledge and practice as well as athletes' performance and identified the factors predicting the athletes' performance. Having good nutrition knowledge or practice did not directly determine athletic performance. However, there is the need for nutrition education interventions, to improve athlete's performance by promoting adequate energy intake, lean muscle mass and appropriate weight gain in athletes (Folasire, Akomolafe, and Sanusi, 2015). Current knowledge about this issue is that the impact of nutrition knowledge of athletes on their dietary intake is equivocal. A recent systematic review reported a weak positive correlation between nutrition knowledge and dietary intakes of athletes (Heaney, et. al., 2011). Moreover, a significant increase in total energy, carbohydrates, and protein intakes, as well as increased nutrition knowledge was reported in another study (Valliant, Emplaincourt, & Wenzel, 2012;). Balanced diet knowledge of an athlete, as well as practice, is expected to influence athletes performance. A diet is all that we consume in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. A balanced diet includes six main nutrients, i.e. Fats, Protein, Carbohydrates, Fibre, Vitamins, and Minerals. All these nutrients are present in the foods that we eat. Different food items have different proportions of nutrients present in them. The requirements of the nutrients depend on the age, gender, and health of a person Knowledge and practice of balanced diet play a key role in the maintenance of good health and prevention of diseases. While a well-balanced diet aims at providing the essential nutrients, the role of dietary supplement in complement the diet cannot be undermined. Dietary supplements represent an important source of essential nutrients (Alowais and Selim, 2019). Good knowledge and practice of balanced diet have been recognized as important factors in improving the player's performance and health status. A balanced diet need of the sportspersons is higher than non-athletes. Balanced diet requirements are based on age, gender, total energy expenditure, type of sport played and environmental conditions (Bamaniya, Sathe and Sahani, 2019).

2. GOALS IN ADULT MALE ELITE ATHLETES AT THE NATIONAL LEVEL

In general, perfectionism has been defined as the setting of unrealistic and excessively high standards, in relation to one's goals and expectations. Frost, Marten, Lahart and Rosenblate (1990) have defined perfectionism as "the setting of excessively high standards for performance accompanied by overly critical self-evaluation". Unfortunately, the research literature in the field of perfectionism tends to emphasize negative consequences of maladaptive perfectionism, whereas less attends to the psycho- logical benefits of adaptive perfectionism. Flett and Hewitt (2005) noted that perfectionism is a multidimensional personality construct that has been linked with various

forms of maladjustment. Flett and Hewitt (2005) discussed the role of perfectionism as a maladaptive factor in sports and exercise, and they describe a phenomenon they identify as the perfectionism paradox. They note that even though certain sports require athletes to achieve perfect performance outcomes, the tendency to be characterized by perfectionistic personality traits, and to be cognitively preoccupied with the attainment of perfection, often undermines performance and fosters a sense of dissatisfaction with performance. However, according to Chang (2003), Enns & Cox (2002) and Stoeber & Otto (2006), perfectionism is multidimensional and multifaceted, and only some dimensions and facets are clearly negative, harmful and maladaptive, whereas others are positive, benign, and possibly adaptive. Stoeber & Otto (2006) present an overview of the different empirical conceptions of the two forms of perfectionism and a common framework for the two basic approaches: the dimensional approach, differentiating two dimensions of perfectionism (perfectionistic strivings and perfectionistic concerns), and the group-based approach, differentiating two groups of perfectionists (healthy perfectionists and unhealthy perfectionists). Moreover, they demonstrated that (a) perfectionistic strivings are associated with positive characteristics, and (b) healthy perfectionists show higher levels of positive characteristics compared to unhealthy perfectionists and non-perfectionists. Initially, researchers adopted two goal orientations. Task orientation represents what one wants to master in task. This implies that subjects will perform better on their homework than before. They attempt to learn new skills or eliminate mistakes in their previous skills. In contrast, ego orientation represents what one wants to be better than others. Then, achievement goals were considered among three divisions, while approach and avoidance orientations in performance goals were defined. Effort of individuals with a performance-approach orientation focused on their ability to perform better than others. In contrast, effort of individuals with a performance-avoidance orientation focused on avoidance to perform worse than others. Finally, in the 2×2 framework, approach and avoidance orientations were also applied to mastery goals. Effort of individuals with a mastery-approach goal focused on having better skills better than before, and were confident of being able to do so; whereas, individuals with an orientation towards mastery-avoidance goals were afraid of not being able to master the task. Moreover, perfectionistic strivings and perfectionistic concerns are associated with different patterns of achievement goals, as was recently demonstrated in two studies with student athletes. Regarding perfectionism, two facets of perfectionism were examined – striving for perfection and negative reactions to imperfection – representing the dimensions of perfectionist strivings and perfectionistic concerns, respectively. Regarding achievement goals, a second study followed the 2×2 framework of achievement goals (Elliot & McGregor, 2001) and investigated four types of achievement goals that athletes may pursue: mastery-approach, performance-approach, and mastery-avoidance and performance-avoidance goals. In other research by Stoeber et al. (2009), adding further measures of perfectionism and using structural equation modelling (SEM) to confirm the relationships between perfectionistic strivings, perfectionistic concerns and the 2×2 achievement goals, showed that in elite athletes, perfectionistic strivings were associated with mastery-approach and performance-approach goals, whereas perfectionistic concerns were associated with mastery avoidance, performance-approach and performance-avoidance goals. They investigated elite male athletes aged 14–15 years. Thus, as Stoeber et al. (2009) noted, further research is needed to generalize their results to older age-groups, as researchers have pointed out that achievement goal orientations in athletes may change as athletes age.

3. ATHLETES' SUCCESS OF NATIONAL IDENTITY

Like many other countries, the Dutch government increased investments in elite sports in the last decennium, partly driven by the ambition to organize the Olympic Games in 2028 in the Netherlands. One of the most important legitimating for this ambition is that elite sports events and national achievements should foster national pride, social cohesion and international prestige. In the article by Agnes Elling, Ivo Van Hilvoorde, Remko Van Den Dool there were presented and discussed the results of a study on the relationship between Dutch international sport achievements and the development of national pride. The outcome is based on 27 longitudinal measurements among the adult Dutch population in the years 2008–2010 in which European and world Championships men's soccer and a summer and winter Olympic Games took place. The results support the common belief that international sporting success of Dutch athletes contributes to the testimony and expression of national pride and belonging. However, the extent to which national pride can be increased by national sporting success seems to be rather limited. The data show that national performances in international sport events may lead to small, short-term eruptions in feelings of national sporting pride and well-being, especially among athletes, men and nonimmigrants. However, the results indicate that national pride is a rather stable characteristic of national identification that cannot easily be increased by improving national sporting success and winning more Olympic medals. Creating or awakening national pride through sporting success: A longitudinal study on macro effects in the Netherlands, Agnes Elling, Ivo Van Hilvoorde, Remko Van Den Dool. (*International Review for the Sociology of Sport*, 2012).

As well as being a growing academic literature, SWB is now firmly on the public policy agenda. Likewise, the sports industry is viewed as being of growing economic significance, reflected in its promotion in public policy. This paper explores the impact of engagement with sports on individual subjective well-being (SWB) for a sample of 34 countries. Engagement with sports is defined to include formal and informal participation, as well as attendance at sports events. It is hypothesized that one dimension of SWB associated with sports by individuals in a country is the pride felt by them as a result of international sports success. To provide a robust account of the determinants of these dimensions of SWB a variety of estimators are employed that also account for any feedback between them. Account is also taken of different country level effects on the impacts. Controlling for standard covariates associated with SWB the results suggest that all forms of sports engagement enhance SWB. However, it is suggested that there is also an indirect impact of pride felt from international sporting success on SWB. Crucially, these effects are, in part, determined by formal participation in sport, or attendance at sport events but not informal participation. Further, there is some evidence that pride has a strong country-level dimension. A further interesting policy dilemma raised by the research is that passive engagement at sports is more likely to raise SWB.

More specifically the following pattern of results can be established. For the socioeconomic covariates a quadratic effect of age is identified on happiness, as noted in the literature. A similar effect is identified for pride. In contrast, the results suggest that generally females are happier, yet males experience greater pride from international sporting success. This is perhaps not surprising since it is recognized that males participate more in sport, and make up more of its audience. As also indicated in the literature, greater household size and being a couple, rather than being widowed, divorced or separated contributes to happiness. In contrast and perhaps not surprisingly given the comments just made, being single or separated is more likely to contribute to pride from international sporting success. Further, in general, work status other than being unemployed or ill and unable to work contributes to happiness as does education and income. The opposite is the case for pride from international sporting success. This would seem to suggest that the pride from sporting success can help to offset economic and social disadvantage. As far as the key sporting covariates are concerned the main results are robust to specification and suggest that all forms of sporting engagement contribute to SWB, suggesting that this impact is greater the more frequent the sporting activity.

4. CONCLUSION

On the basis of above discussion it may be concluded that National players (Hockey and Basket ballers) had high level of achievement motivation and International Asian players (Table Tennis, Badminton players) had both moderate and high level of achievement motivation. Motivation is a psycho-physiological condition of the living organisms, which inspire them to strive to fulfill their needs. It includes preparing a person to perform a task not only physically but also mentally. Without this, all tasks will become uninteresting. No person can achieve higher goals unless he or she is properly motivated to do so. Thus it can be said that motivation induces movement. Without the help of these tools, a person can be prepared to respond to those conditions which affect the pre-determined goals and their achievement. In sports, success provides a kind of satisfaction to all the human beings and such kind of satisfaction motivate them to a great extent. This motivation inspires the learners to strive for achieving endeavors. If person keep on getting success, then he gets more motivated and inspired. Without motivation, no teacher or coach can arouse will to learn and to strive in the learners or players. Research in exercise and sport psychology has shown that individuals have different goals for achievement and that to truly understand motivation we must understand how each person defines success or competence for him or herself. Many studies have been conducted in the aspect of achievement motivation and their effect on performance. Literature in the field of sports psychology suggests that achievement motivation is most significant predictor of performance and essential to participate in a competition.

5. REFERENCES

1. Alowais, Mashaal Abdullah and Selim, Manal Abd El-Hakim (2016), knowledge, attitude and practices regarding dietary supplements in Saudi Arabia, *J Family Med Prim Care*, 8(2): 365–372.
2. Bamaniya, Basanti, Sathe, Vivek B and Sahani, Ajay Kumar (2015), A comparative study of knowledge and practice of balanced diet among players of team game and individual game, *International Journal of Yogic, Human Movement and Sports Sciences*, 4(1-C): 120-124.

3. Folasire, Oluyemisi F., Akomolafe, Abiola A. and Sanusi, Rasaki A. (2015), Does Nutrition Knowledge and Practice of Athletes Translate to Enhanced Athletic Performance? Cross-Sectional Study Amongst Nigerian Undergraduate Athletes, *Glob J Health Sci.* 7(5): 215–225.
4. Hoch, A.Z., Goossen, K., and Kretschmer T. (2008), Nutritional requirements of the child and teenage athlete, *Phys Med Rehabil Clin N Am.*, 19(2):373–98.
5. Heaney, S., O'Connor, H., Michael, S., Gifford, J., and Naughton, G. (2011), Nutrition knowledge in athletes: a systematic review. *Int. J. Sport Nutr. Exerc. Metab.* 2011;21(3):248–261.
6. Khan, Sami Ullah., Khan, Alamgir., Khan, Salahuddin., Khan., Muhammad Khushdil and Khan, Sajid Ullah (2017), Perception of Athletes about Diet and Its Role in Maintenance of Sports Performance, *Journal of Nutrition & Food Sciences*, 7: 592.
7. Purcell, Laura K. (2013), Sport nutrition for young athletes, *Paediatr Child Health.* 18(4): 200–202. doi: 10.1093/pch/18.4.200
8. Srivastava, Rekha., Fellows, Anjna., Singh, Divya Rani., Kunwar, Neelma (2017), Good nutritional diet for cricket players, *International Journal of Home Science*, 3(3): 145-147 .
9. Steinbaugh, M (1984), Nutritional needs of female athletes . *Clinical Sports Medicine*, 3(3):649-70.
10. Supriya V and Sri Ramchandra (2013), Knowledge, attitude and dietary practices of track and field athletic, men and women aged 18-22 years, *International journal of innovative research and development*, 2 (11):Corpus ID: 145244318
11. Valliant, M. W., Emplaincourt, H. P., Wenzel, R. K. (2012), Nutrition Education by a Registered Dietitian Improves Dietary Intake and Nutrition Knowledge of a NCAA Female Volleyball Team. *Nutrients.* 4:506–516

