

## PERFECTIONISM IN FOOTBALL

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### **Introduction**

The purpose of the presentation is to share the knowledge on perfectionism in sport as well as applications of the knowledge in football. Perfectionism research in counseling and clinical psychology has been developed last 20 years. Some sport psychology researchers also started to find perfectionistic tendency among athletes. How the perfectionistic tendency may affect athletes' performance and enjoyment in sport will be presented.

### **Perfectionism in general**

To date, most of perfectionism research has been focused on general trait perfectionism within general life domains (Flett & Hewitt, 2002). The assumption is that a person who sets high standards is a perfectionistic across all domains of their life. Flett and Hewitt noted that adaptive perfectionism could only be manifested in one or two life domains, and maladaptive perfectionism is global and overgeneralized.

### **Perfectionism in sport**

Even though the majority of research has been done in clinical and counseling psychology, it is clear that perfectionism is conceptualized as a tendency to set high or unrealistic standards accompanied by pursuit of a faultless performance. Thus, perfectionism in sport is explained by: A tendency to set high standards for the self and/or performance accompanied by the pursuit of a faultless performance in sport. Perfectionism in sport also includes setting high standard, discrepancy, fear of making mistakes, and expectations of others (see table1).

Table 1  
Aspects of Perfectionism in Sport

Subscale	Definition
High personal standards	Setting high self performance standards or goals
Discrepancy	Perceived inability to meet high self performance standards
Fear of making mistakes	Negative feelings about making mistakes during performance
Expectations of others	A person's perception that others have set high standards for them

### **Applications**

Consultations with athletes who has perfectionistic tendency will be introduced.