

ANXIETY, PERFECTIONISM AND THEIR INFLUENCE ON SPORT PERFORMANCE. A NARRATIVE REVIEW

Sara Pastor Bañó

Tutora: Dra. Consolación Gómez Íñiguez

RESUMEN

Existe una diferencia entre actividad física y deporte, en la que se entiende el deporte como una actividad planificada y estructurada, del cual se esperan resultados de excelencia. El rendimiento deportivo de los atletas puede verse afectado por diversos factores, entre los cuales destacan la ansiedad y el perfeccionismo. Ambos términos son conceptos multidimensionales que se pueden tratar desde diferentes visiones. Por ejemplo, ansiedad estado, y ansiedad rasgo. Respecto al perfeccionismo, incluye las preocupaciones y los esfuerzos perfeccionistas. El objetivo es examinar la relación que existe entre la ansiedad, el perfeccionismo y su influencia en el rendimiento a través de una revisión narrativa. Se siguieron los criterios de PRISMA para la selección, la búsqueda y la evaluación de los artículos científicos.

Se consultaron las bases de datos Psycinfo, Scopus y Pubmed, obteniendo un total de nueve artículos. Concluimos que el perfeccionismo es un concepto multidimensional, en el que encontramos esfuerzos y preocupaciones perfeccionistas, siendo estas últimas desadaptativas, asociadas a un peor rendimiento deportivo. En particular, los chicos presentan mayor perfeccionismo, puntuando más alto en expectativas de logro mientras que las chicas presentan más ansiedad a nivel somático y de autoconfianza. Además, existe una relación entre la ansiedad y el perfeccionismo con el rendimiento deportivo, según la cual la presencia de las preocupaciones perfeccionistas se relaciona con un aumento de ansiedad cognitiva y somática, y un peor rendimiento deportivo. Cabe destacar la influencia de la interpretación del error por parte del propio atleta, ya que, si se asume el error como una posibilidad de mejora, los esfuerzos perfeccionistas pueden ser adaptativos; mientras que en el caso de una actitud negativa ante el error, esos esfuerzos perfeccionistas pueden aumentar la ansiedad.

Palabras clave: deporte, ansiedad, perfeccionismo, rendimiento, revisión narrativa.

ABSTRACT

There is a difference between physical activity and sport, where sport is understood as something planned and structured, from which certain results are expected. Athlete's sporting performance can be affected by several factors, among which anxiety and perfectionism stand out. Both terms are multidimensional concepts that can be treated from different perspectives. Anxiety is understood in terms of state anxiety and trait anxiety. As well as perfectionism, comprises perfectionist strivings and concerns. The aim is to examine the relationship between anxiety, perfectionism and their influence on performance through a narrative review. PRISMA criteria were followed for the selection, search and evaluation of scientific articles.

The research was done in the databases Psycinfo, Scopus and Pubmed, obtaining a total of nine articles. We concluded that perfectionism is a multidimensional concept, in which we found perfectionist efforts and concerns, the latter ones being maladaptive, associated with worst sports performance. In particular, boys show greater perfectionism, scoring higher in achievement expectations while girls show more anxiety at a somatic and self-confidence level. Furthermore, there is a relationship between anxiety and perfectionism with sport performance, as the presence of perfectionistic concerns is related to an increase in cognitive and somatic anxiety, which leads to poorer sport performance. It is worth noting the influence of the athlete's own mindset, since, if error is assumed as a possibility for improvement, perfectionist strivings may be adaptive, while in the case of a negative attitude towards error, perfectionist strivings may increase anxiety.

Keywords: sport, anxiety, perfectionism, performance, narrative review.

INTRODUCTION

There is a distinction between physical activity and sport. Physical activity is understood as the activities of daily life, while sport is planned, structured and repeated physical activity. Due to the requirements of sport there are two concepts that are related to good performance: anxiety and perfectionism.

In terms of sport and anxiety, the main theory is the Multidimensional Theory of Anxiety (Burton, 1988; Martens, Vealey, & Burton, 1990). It divides anxiety into three dimensions, cognitive, somatic and self-confidence anxiety. These factors affect the sport performance, at the same time as is also influenced by perfectionism. The term perfectionism, also multidimensional, is divided into two dimensions, perfectionistic strivings and perfectionistic concerns, exerting adaptive and maladaptive functions. Previous studies have linked maladaptive perfectionism to anxiety, and perfectionistic strivings to a better performance.

The **aim** is to examine the current state of the relationship between anxiety, perfectionism and the influence of both on sport performance, through a narrative review.

METHOD

Databases: Psycinfo, Scopus, and Pubmed.

Search terms: (Anxiety and Perfectionism) AND Sports AND Performance

Period: (2016 – 2020), Human poblation'

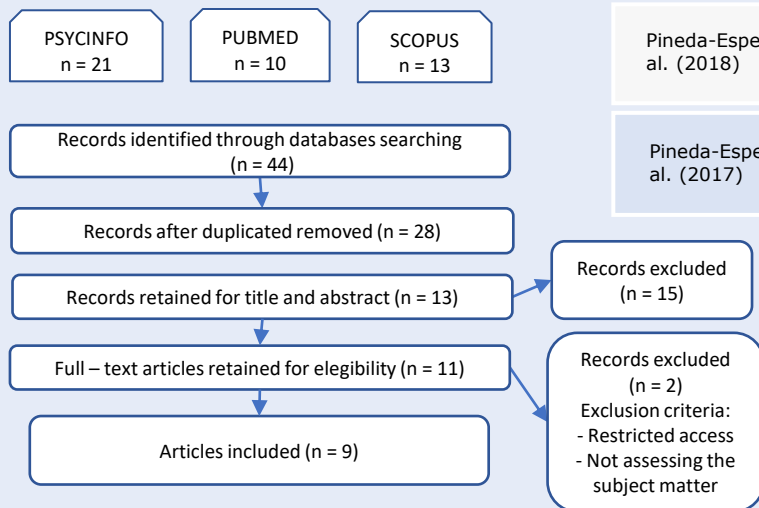


Figure 1. Flow chart of study screening and selection process (PRISMA, 2009, 2021)

RESULTS

AUTHORS	OBJECTIVE	PARTICIPANTS	INSTRUMENTS	CONCLUSIONS
Dunn et al. (2020)	Relationship between strivings and perfectionist concerns with expectations facing competition.	144 athletes ♂ 144 M: 15.14 DT: 0.41	Sport Multidimensional Perfectionism Scale-2 (Sport-MPS-2: Gotwals & Dunn, 2009)	- Perfectionism is a multidimensional concept. - The pre-competitive mindset of athletes is associated with perfectionist orientations.
Freire et al. (2020)	Association between perfectionism and pre-competitive anxiety.	177 athletes. ♂ 104 ♀ 73 M: 16.15 DT: 0.90	(SMPS-2; Gotwals & Dunn, 2009). Sport Anxiety Scale-2 (SAS-2; Smith, Smoll, Cumming, & Grossbard, 2006).	- Implication of perfectionism in the emotional behaviour - Perfectionistic strivings favour less cognitive and somatic anxiety symptoms.
Garinger et al. (2018)	Relationship between perfectionism, stress and burnout.	351 participants. ♂ 133 ♀ 218 M: 19.97 DT: 1.47	Sport-MPS-2 (Gotwals & Dunn, 2009)	- Stress is related to personality, perfectionism is more sensitive to it. - Perfectionist concerns imply higher perceived stress
Haraldsen et al. (2019)	Relationship between perfectionist concerns and controlled motivation and performance anxiety.	171 athletes. ♂ 84 ♀ 87. M: 17.3 DT: 0.94	Frost Multidimensional Perfectionism Scale (F-MPS; Frost et al., 1990).	- High levels of perfectionistic worries increase debilitating motivational processes and experiencing anxiety.
Haraldsen et al. (2020)	Identify profiles of perfectionism Verify differences in motivation, anxiety and burnout	219 athletes ♂ 117 ♀ 102 M: 17.31 DT: 0.97	F-MPS (Frost et al., 1990). SAS (Smith, Smoll, & Schutz, 1990).	-More vulnerability to perfectionism with perfectionist concerns, more prone to poor performance
Jara-Moreno et al. (2020)	To examine the relationship between perfectionism and competitive anxiety.	241 athletes. M: 15.36 DT: 1.07 ♂ 160 ♀ 81	FMPS (Frost et al., 1990) Competitive State Anxiety Inventory 2R CSAI-2R (Cox, Martens, & Russell, 2003)	- Positive relationship between maladaptive perfectionism anxiety and adaptive perfectionism - self-confidence. - More perfectionism in boys and more anxiety in girls
Lizmore et al. (2019)	To examine the interaction between perfectionist strivings and concerns in competitive failure.	99 participants. ♂ 47 ♀ 52 M: 20.51 DT: 1.79	Sport-MPS-2 (Gotwals & Dunn, 2009) Multidimensional Inventory of Perfectionism in Sport (MIPS; Stoerber, Otto, & Stoll, 2006)	- Perfectionist concerns are related to athletes' reaction to failure
Pineda-Espejel et al. (2018)	Effect of state perfectionism and goal orientations on pre-competitive anxiety.	171 athletes. ♂ 70 ♀ 90 M: 23.5 DT: 6.1	MIPS, Spanish adaptation (Pineda-Espejel, Alarcón, López-Walle, & Tomás-Marco, 2017). CSAI-2R (Pineda-Espejel, López-Walle, & Tomás, 2014).	- Perfectionism strivings increase cognitive anxiety. - Perception of mistakes change the effects of perfectionism
Pineda-Espejel et al. (2017)	Validate the Spanish adaptation of the Multidimensional Inventory of Perfectionism in Sport (MIPS)	295 elite athletes ♂ 153 ♀ 137 M: 23.3 DT: 5.62	MIPS (Stoerber et al., 2007). CSAI-2R (Cox, Martens, & Russell, 2003).	- Multidimensionality of perfectionism - MIPS validation fulfilled.

CONCLUSIONS

The studies addressed the aspects of perfectionism, anxiety and sport. They have demonstrated the relationship between anxiety and perfectionism, as well as a greater presence of perfectionism can be observed in boys and greater anxiety in girls. It is concluded that perfectionism is a multidimensional concept, formed by two dimensions, perfectionist efforts, understood as adaptive, and perfectionist worries, disadaptive. It can be determined that adaptive perfectionism is related to self-confidence and that perfectionist concerns, understood as unadaptive, intensify somatic and cognitive anxiety, producing a worse performance of the athlete. The athlete's own mentality can determine that his or her perfectionist efforts are adaptive if the error is perceived as an improvement, on the contrary, if they have a negative view, they will increase cognitive anxiety

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