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IMPACT OF SPORT-PERFECTIONISM AND SELF-EFFICACY ON
ACHIEVEMENT MOTIVATION AND SPORTS PERFORMANCE (A CASE
STUDY OF INDIVIDUAL DIFFERENCES OF UNIVERSITY STUDENTS
OF DISTRICT LAHORE)

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**Naveed Ahmad· Dr. Mohibullah Khan Marwat· Dr. Yasmeen Iqbal· Dr. Rahila Nizami,
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ABSTRACT

Background:

A wide range of literature focuses on the interaction of individual differences (I.D.) and success in life. Many I.D. are expected to bring success or failure in an individual's life. Part of I.D.

Objective(s):

This study was conducted with four different objectives including to explore the relationship between types of perfectionism and achievement motivation of university level male players; to explore the relationship between level of sports-self-efficacy and achievement motivation of

university level male players; to examine the impact of perfectionism and sports-self-efficacy on achievement motivation and sports performance of university level male players and to identify individual differences in perfectionism sports-self-efficacy and achievement motivation.

Methodology:

This study employed cross-sectional research design, in which university level male players of 18-25 years of age participated. All the variables for this study were measured by using Multidimensional Perfectionism Scale, Sports-Self Efficacy Scale, and Achievement Motivation Scale. Other than the descriptive analysis, Regression Analysis was also done for hypothesis testing.

Results:

The findings indicated that perfectionism and sports self-efficacy had positive impact on achievement motivation and sports performance.

Conclusion:

The current research found that perfectionistic players reported having the highest levels of self-efficacy than the levels of self-efficacy of non-perfectionistic players.

INTRODUCTION

A wide range of literature focuses on the interaction of individual differences (I.D.) and success in life. Many I.D. are expected to bring success or failure in an individual's life. Part of I.D. is the psychological domain or an internal aspect of an individual's beliefs, feelings, and behavior and personality type. Identifying and considering identity traits is the most important predictor of success. There are different types of I.D. and this study will focus on the differences in attitude and personality traits. Success or failure in sports depends on many factors, including the athlete's goals, personal characteristics, his relationship with other athletes, understanding of the coach, and many other mental and social factors such as the type of perfectionism, motivation, and self-efficacy. These are all factors that can affect an athlete's performance and outcomes in sports.

In ongoing many years, there has been a developing interest among specialists in the positive parts of self-adequacy rather than their nonappearance or deficiency. Likewise, the tensions from the climate have featured logical exploration on compulsiveness to expand accomplishment, work better, and abstain from botches, eventually widening the idea and investigating its viewpoints and aspects in more detail. Endeavors are made to show up at an unclear affirmation of the possibility that hairsplitting isn't just a negative, horrendous attribute yet additionally has a versatile worth that positively affects sports execution just as the general personal satisfaction (QOL).

In the overall culture outside the limits of brain science, the idea of hairsplitting appears to have a good implication. The insight that compulsiveness is connected with higher compensations in different spaces of life persuades one

to think that hairsplitting is a positive demeanor to have. In actuality, in any case, compulsiveness as a non-casual term is significantly more intricate. For the beyond fifty years, hairsplitting has been explored from alternate points of view and from various fields of study. At first comprehended in the domain of clinical brain science, compulsiveness has been depicted in many, in some cases incongruous, ways. There are analysts who accept that compulsiveness is totally negative and ought to be estimated as a solitary aspect nonetheless, numerous scientists contend that hairsplitting can be capable as useful or unfavorable to a person. Flow research on hairsplitting has zeroed in on a multi-layered methodology; nonetheless, the connections that share these aspects with explicit factors, for example, actual self-viability and saw execution still can't seem to be tended to. The model proposed in Figure 1 will be utilized to address the hypothetical connections that the two components of compulsiveness have with one another, with actual self-viability and with saw execution.

Perfectionism is a personality trait that is characterized by a multifaceted construction that sets a high standard for excellent effort and performance, as well as a tendency to criticize personal behavior and to be more sensitive to mistakes. There are two aspects to perfectionism: adaptive perfectionism (AP) and maladaptive perfectionism (MP). The first aspect (AP) is defined as adaptive or positive perfectionism, which is safe or compromised perfectionism and includes some aspects of perfectionism that relate to perfectionist endeavors, such as the best personal standards. This aspect of perfectionism is linked to a well-comparative index such as effective coping, developed defensive style, secure attachment, positive emotions, and patience. Intra-personal relationships, higher academic performance, and sports performance. The second dimension of perfectionism is defined as maladaptive perfectionism (MP) or negativity, which is insecure or independent and includes aspects of perfection that are critical of personal performance, and of mistakes. Concerns are associated with anxiety, and this aspect of perfectionism is associated with anxiety, stress, and negative emotions. Like general perfectionism in sports is often seen as a defective, dysfunctional, and unhealthy trait that negatively affects an athlete's performance. A negative level of perfectionism can lead to a decrease in the level of achievement motivation (AM) and success in individuals because perfectionists always try to perform their tasks correctly and perfectly and as a result, there is always some kind of stress for them. In this case, the player faces difficulties and is no longer able to use all of his abilities and skills. This is where the MP decreases sports self-efficacy (SSE) and, consequently, their performance decreases and this is a major concern of officials and coaches in sports leading to the behavior and reactions of the players. There has been an increase in studies to protect competitive conditions and players from temporary and permanent losses and damages.

Compulsiveness in sports is frequently considered to be a maladaptive, useless, and undesirable trademark that has both positive and negative sides. Assuming one separates fussbudget endeavors and stickler concerns, just fussbudget concerns reliably show negative affiliations (that is, positive associations with negative or negative associations with positive qualities, cycles, and results) while stickler endeavors frequently show positive affiliations (for example say, positive associations with positive or negative connections). Negative

associations with negative attributes and results). Hairsplitting in sports just alludes to competitors who take an interest in cutthroat games, incorporating undergrads studying sports and exercise science, as by far most of these understudies partake in serious games. Hairsplitting is likewise connected with feelings, inspiration in sports.

LITERATURE REVIEW

Perfectionism was at first remembered to be a one-layered develop related with psychopathology and was viewed as an indication of behavioral condition as characterized by Hewitt, in the last part of the 1990s. David Burns characterized a fussy person during the 1980s as somebody who sets a better quality than the degree of conceivable accomplishment or surpasses the genuine requirement for a given presentation. An impulse and a persevering assurance to accomplish the put forth objectives can be distinguished. During the 1990s, analysts started to see hairsplitting as a multi-faceted build, for instance, Randy Frost and associates fostered the Multidimensional Perfectionism Scale during the 1990s, which recognizes the six parts of compulsiveness: worry over botches, individual principles, parental assumptions, parental analysis, doubt about activities, and association. Accordingly, Paul Hewitt and Gordon Fleet fostered the Multidimensional Perfectionism Scale by Hewitt and Fleet in the mid-1990s which characterizes three parts of self-compulsiveness: self-hairsplitting, other-hairsplitting, and socially recommended flawlessness. In spite of the fact that there has been an adjustment of the impression of flawlessness as a diverse build, most examination concentrates on keep on inspecting flawlessness as a negative, unfortunate element.

A couple of researchers contend that perfectionism is a famous attribute among competitors, which assists them with trying sincerely and make progress. While, a few specialists have contended that hairsplitting in sports is negative since it disables competitors' presentation and smothers athletic turn of events (Hall and Hill, 2019). Nonetheless, it disregards the contention that compulsiveness plays a diverse part and that main a few parts of hairsplitting are obviously defective, while others are not (Langdon, 2017). This survey contends that compulsiveness comprises of two principle aspects, Adaptive Perfectionism (AP) and Maladaptive Perfectionism (MP), which separate the connection between players' feelings, inspiration, and execution (Melro, 2020). This argument provides information that states that only MP show uniquely positive connection with less self-efficacy, less motivation, fear of failure, and difficulty in achieving goals. In contrast, AP shows a uniquely positive relationship with motivation, self-confidence, hope for success, vision, and performance in training and competitions (Ashby, 2018).

The self-efficacy (SE) is, in fact, the individual's strong belief in his or her abilities that motivates and mobilizes knowledge resources and initiates a series of actions necessary for the successful conduct of a particular job (Edmonds, 2017). Before choosing a job and trying to do it, the individual evaluates the job and learns about his abilities and evaluates his abilities in relation to the job, and summarizes it. Personal usefulness is determined by whether or not an individual is capable of this particular behavior and how long he will continue to strive in this field (Amani, 2018). Beliefs of SE that are explained under

scientific-social theory and they are considered to be the main focus of performance in sporting activities (Jones, G., 2018). This belief of Jones means that individuals have to decide on their abilities about the steps and goals that require different levels of performance.

The SE determines beliefs about players' abilities to organize and travel action routes to progress. Jones sees performance as useful as athletes' beliefs about their abilities for the level and selection of production that is, trying to influence them and organizing events that affect them. Beliefs in the SE determine how athletes feel, think, and motivate and behave themselves (Willow, 2017). The SE of the sport affects the thinking patterns of the athletes and can be effective in increasing or decreasing the performance of the sport, especially if the athlete has a high level of SE. So, a high-efficiency utility helps individuals to continue their efforts to achieve their goals.

An athlete's SE alone does not affect behavior just as a high literacy will not perform well without the required knowledge and skills (Martinovic, 2018). In this example, a sense of SE for sporting performance is beneficial as it encourages an athlete to improve their abilities, expectations of outcomes, or beliefs about the possible outcome of actions as they strive for positive outcomes (Fahrbach, 2017). In an athletes' life, such expectations are often associated with a high level of SE. This is the reason that successful athletes generally get positive results from their actions. Notwithstanding, there is no programmed association between the two. Competitors can anticipate positive results because of performing great in preparing or in a rivalry however their capacity to accomplish superior execution might be addressed.

Achievement Motivation (AM) has been defined by many researchers as performing a task skillfully, achieving the best, overcoming stress, and performing better than others. Gill (1986), on the other hand, describes AM as "resistance to failure, trying to see something and to find ways to overcome uncertainty". According to Schmalt, (2017) the relationship between "coach leadership behavior" in players and the relationship between AM, coaches' leadership behavior, and motivation for a successful player. In between, mere social support behaviors can predict the motivation for players' success. AM's theory seeks to explain why people go to an event, why they work so hard to achieve a very difficult goal, and why they maintain it for so long (Wayment, 2016). It is generally believed that competition or animosity in sports originates from AM.

For some individuals, the key to success is to achieve a high level of satisfaction rather than being successful. However, the point to keep in mind is that the perception of success will vary from person to person. In other words, everyone is bound to determine their own attitudes to success. But if a performance-based outcome is identified with an individual's incompetence or lack of effort, it is also considered a failure (Marten, 2017). Therefore, the situation in which one's success is understood can be considered as the failure of the other. For such a low-motivation situation, it is certain to end with little success. It is clear that the relationship between the power of motivation and success is very important, especially in sports (Curran, 2018). It is well known that in individual and team

sports, the things that make players and sports different are the mental factors of the players. Although sufficient to do well in a sports branch or event is insufficient, in a different branch or event, a common deed can be considered as a failure of the judge of that sport.

Inspiration is the thing that coordinates our endeavors towards our objectives (Locke, 1968). Inspiration has been demonstrated to be a formative impact on competitor's social factors like learning, diligence, and execution (Poulsen., 2016). A viewpoint created by Deci and colleagues in the mid-1980s sets that conduct can be characteristically propelled, outwardly persuaded, and amotivated. Since inspiration is a particularly expansive build, containing numerous factors that element into it (personality, self-adequacy, and past experience) the ebb and flow analysts will analyze a singular's accomplishment inspiration in this review. Accomplishment inspiration is a more explicit inspiration managing a singular's craving to buckle down on an undertaking, evaluate hazard, give creative answers for issues, and to wander into the obscure (Khawaja, 2015). Accomplishment inspiration is all the more actually characterized as the propensity of a person to set and buckle down toward the fulfillment of by and by put out objectives in their social climate (Roberts, 2018). Through their audit and investigation of accomplishment inspiration, Deci and colleagues set up seven primary divisions for accomplishment inspiration: inherent inspiration to know, inborn inspiration to get things done, natural inspiration to encounter incitement, outside guideline, introjection, distinguishing proof, and amotivation.

The point of need of accomplishment hypothesis is to clarify why certain people are more inspired to accomplish than others. It depends on two mental standards: the rationale of a person to make progress and the intention of a person to keep away from disappointment. This hypothesis point of need accomplishment hypothesis is to clarify why certain people are more propelled to accomplish than others (Thienot, 2018).

METHODOLOGY

This study used cross-sectional research design, in which 200 university level male players of 18-25 years of age participated with the objective to examine the impact of perfectionism and sports-self-efficacy on achievement motivation and sports performance of university level male players. Data were collected from two different universities of Lahore, Pakistan. Data was collected using demographic questionnaire and all the variables for this study were measured by using Multidimensional Perfectionism Scale (PMS), Sports-Self Efficacy Scale (SSE), and Achievement Motivation Scale (AMS). The relationship between types of perfectionism and achievement motivation was analyzed using Pearson Correlation Coefficients; the relationship between sports self-efficacy and achievement motivation was analyzed using regression analysis to measure the impact of perfectionism on achievement motivation and sports performance.

RESULTS

A total number of 200 university students took part in this study with a mean age 22.50. In individual sports, there were 12.5% (25) students who were playing tennis, 14.0% (28) were into swimming, 5.5% (11) were into wrestling,

and 5.5% (11) were taking part in tracking. In team sports, there were 34% (68) were playing cricket, 8% (16) were playing baseball, 7% (14) basketball, 7% (16) were playing football, 4% (8) were playing volleyball, and 1.5% (3) were playing soccer. All the players were playing at the university level and average experience of playing was 3.5 years.

Table-1 Mean Scores of Different Variables

	Mean	Std. Deviation	N
Perfectionism	54.13	7.84	200
Sport-Self-Efficacy	54.18	11.09	200
Achievement Motivation	58.41	7.40	200
Sports Performance	58.62	8.30	200

Table-1 is showing mean scores for perfectionism (M=54.1, SD=7.84), Sport-Self-Efficacy (M=54.18, SD=11.09), Achievement Motivation (M=58.41, SD=7.40), and Sports Performance (M=58.62, SD=8.30)

Model	Items	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	5292.758	2	2646.379	.053	.000 ^b
	Residual	5633.797	197	28.598		
	Total	10926.555	199			

The significant of R² can actually be tested using an F-ratio. The change in the amount of variance that can be explained gives rise to an F-ratio of .053. The change statistics therefore tell us about the difference made by adding new predictors to the model.

DISCUSSION

It was originally hypothesized that unhealthy perfectionistic athletes would show lower levels of athlete engagement than healthy perfectionistic athletes. As shown before, the profile that characterizes undesirable perfectionistic competitors matches the profile that characterized the class of exceptionally perfectionistic competitors that was created in the current study. Accordingly, the first speculation could be meant perused that exceptionally perfectionistic competitors were supposed to have lower levels of competitor commitment than competitors described by other perfectionistic directions. The current discoveries didn't uphold this interpreted theory. The contrary outcomes were found, as a matter of fact. As shown by the outcomes from Step 1 of the progressive relapses, the exceptionally perfectionistic competitors showed the most elevated levels of certainty and commitment contrasted with both the tolerably perfectionistic and non-perfectionistic competitors and more significant levels of excitement and life contrasted with the respectably perfectionistic competitors.

The current outcomes offer no clarifications concerning why expanded degrees of compulsiveness were related with expanded commitment among this example of competitors. Theoretically, however, there might be a few reasons. For instance, inspiration might be one justification for the expanded commitment levels saw with profoundly perfectionistic competitors. Six sorts of inspiration (i.e., amotivation, outside guideline, introjected guideline, recognized guideline, incorporated guideline, natural inspiration) can be addressed along a continuum from not set in stone to not entirely settle. Guiccardi, (2016) explored hairsplitting and inspiration among first class competitors and found that the exceptionally perfectionistic competitors were more remotely controlled and naturally roused than the non-perfectionistic competitors. Outside guideline reflects accomplishing something on account of the possibilities of being compensated or rebuffed for doing or not doing an errand inside the movement. Inborn inspiration reflects working on something for the innate pleasure in the movement. Along the inspiration continuum, the two kinds of inspiration fit with exceptionally perfectionistic people's tendencies to abstain from falling flat and feeling glad for investing energy into endeavoring to accomplish objectives, separately (Spencer-Cavaliere, 2014). Also, Martin, Ginns, and Papworth (2017) tracked down certain relationships among inspiration and scholarly commitment; maybe Martin, (2017) discoveries are reverberated in a game area. This theory recommends that exceptionally perfectionistic competitors in the current review might have shown raised degrees of commitment in sport since they had inspiration that was not set in stone and remotely determined than those with other perfectionistic directions.

Another clarification could be seen capability in sport abilities. Maybe as hairsplitting towards sport increments, so does the apparent ability of the competitor in sport. Dunn, Causgrove Dunn, and McDonald (2012) found negative relationships between apparent ability and hairsplitting, proposing that apparent capability in a specific area might support the advancement of perfectionistic inclinations. Maybe the inverse is valid also; maybe the more perfectionistic people are inside a specific space, then the almost certain they are to foster seen capability in that area. Witche, (2015) observed that self-distinguished sticklers accepted that they could achieve the errands they set off to do, which might recommend fusbudgets having raised degrees of seen ability. Skill might be a significant component to consider with commitment as it is one of the fundamental mental necessities, and essential requirements fulfillment has been connected to commitment (Jowett et al., 2016). This proposes that the profoundly perfectionistic competitors in this study might have shown high commitment levels on account of high seen capability in sport. Primer proof might assist with supporting this theory. The football players showed a more prominent inclination towards more significant levels of compulsiveness than the ball players. At the point when each class is thought of, the level of b-ball and football players inside each class changes. The level of football players in each class increments (non-perfectionistic competitors = 21%; modestly perfectionistic competitors = 45%; exceptionally perfectionistic competitors = 64%), while the level of football players diminishes (non-perfectionistic competitors = 79%; respectably perfectionistic competitors = 55%; profoundly perfectionistic competitors = 36%). At the point when the ball

and football players were analyzed on the age they began playing their essential game, it was observed that the football players began playing football a normal of a little more than one year sooner than when the b-ball players began playing b-ball (9.88 years old versus 10.99 years old, individually). Since the football players had another extended time of playing experience contrasted with the football players, the football players might feel more skillful in their game. Moreover, the football crews seemed to have a more thorough tryout and determination interaction to get a spot in the group contrasted with the ball groups. Since the football players made up most of the class of exceptionally perfectionistic competitors, have been playing their game for longer, and needed to go through a requesting tryout process contrasted with the b-ball players, this might be characteristic of higher saw skill levels inside that class.

One more theory could be seen significance of the competitors' essential game. Maybe as hairsplitting towards sport increments, so does apparent significance of the game. Dunn et al. (2012) propose an association among compulsiveness and significance, while Marten (2017) show that being more perfectionistic makes errands more significant. Profoundly perfectionistic competitors might consider sport more significant than competitors described by other perfectionistic directions since they compare their healthy self-appreciation worth with the nature of their exhibition and are excessively worried about soul mates' presentation assumptions and reactions. Seen significance has shown positive and huge connections with commitment (Gao, 2019). This proposes that the current class of profoundly perfectionistic competitors might have shown somewhat higher commitment levels since sport meant quite a bit to them.

The past segments distinguish inspiration, saw ability, and saw significance as variables that might assist with making sense of profoundly perfectionistic competitors' high commitment levels. At the end of the day, inspiration, saw ability, and saw significance could be expected middle people among compulsiveness and commitment. Intercession is a significant road for hairsplitting exploration as the spotlight ought to be not be on assuming compulsiveness is versatile or maladaptive, yet when compulsiveness is versatile or maladaptive (Hill, 2016). This examination is particularly significant as the discoveries in the current review were something contrary to what was generally anticipated.

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