IMPACT OF PASSION AND EMOTIONAL REACTIONS TO SUCCESS AND FAILURE AMONG ATHLETES

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Abstract: This study has been aimed to examine the relationship and impact of passion and emotional reactions to success and failure among athletes of national and international athletes who participated in the 33rd National Games in Peshawar, Pakistan. Passion and emotional reactions have a high positive correlation ($r = 0.651$) with significance ($p = 0.002$) in success. The passion and emotional reactions regarding failure are highly positively correlated ($r = 0.792$) with each other having significant value ($p = 0.016$). A simple linear regression was calculated to predicted emotional reactions based on their passion in the case of success and failure. A significant regression equation was found (F $(1,74)$),$p < 0.018$ with an R^2 of 0.423. Participants predicted emotional reactions is equal to $2.855 + 0.143$ passion, participants average emotional reaction increased 0.143 regarding passion in the case of success.A

significant regression equation was found $(F(1,74))$, $p < 0.000$ with an R^2 of 0.264. Participants predicted emotional reactions is equal to $2.065 + 0.352$ passion, participants average emotional reaction increased 0.352 regarding passion in the case of failure. Finally, we conclude that passion in failure has a dominant effect on emotional reactions. An athlete must have the ability to embed and adapt with the condition, whenever it is good or failing. This study recommended that government and sports federations should arrange psychological and physical training sessions accordingly.

Introduction

Success and failures can affect mood, emotion and sports performance to different degrees. Though these incidents are also seen as individual achievements or failures yet success and failure may also be self-life fields, in which people are highly fervent in the action. In such situations, success about a critical action will advocate that the good output of extremely zealous people can have little to no effect (Bryant et al., 2011). By comparison, failure may pose a threat itself and enhancesan uncertain state which not only stimulates behavior butwould alsoalter the situation to restore success. By taking the assertion of great boxing champion Muhammad Ali, "Only a man who knows how to be defeated can come down to the bottom of his soul and come up with the extra ounce of the power it takes for him to win when the match is even." This presumption was provided by research. Explicitly, while good self-exploratory work has little effect on results and failure leads to an intensification of success (Bélanger et al., 2013).

Moreover, athletes have to confrontdiverse forms of stress in their entire athletic career. Performance and failure may have two forms of stress and an athlete should be aware of this idea that how can he mold and modify emotional reactions accordingly.When there is a motif to defend a title,it isalways stressful than it can be done from the outset (Curran et al., 2015). The causes of stressdiscovered that professional athletes are familiar with stress from a range of sources relating to bothsuccess and performance. It reinforces the high-performance paradigm of a top athlete, who believes that there is a range of stress sources in this enigmatic world (Mageau et al., 2011).

Researchers in various disciplines have been captivated by emotions. This area of psychology relates to passion uncertainly. People are different from one another in their enthusiasm (Vallerand et al., 2003). While it is often claimed that fervent people act differently than obsessionally fervent people, andample studies do not discuss the different applications of these two levels but rather than this the focus is given on the difference of melodious and obsessive passion as how they operate, which is not an appropriate way of studying the differences between people (Philippe et al., 2009). Some researchers have graded these individuals as friendly or obsessive fervent by grouping them in the sub-scales of melodious and obsessive enthusiasm according to the most reliable ranking(Mageau et al., 2009). It has not been examined sufficientlyand focused on research that can be empirically defined in the studied diagrams. Except all this, there is foundone comprehensivestudy which hasinvestigated this issue with cluster analysis and surprisingly found that there were three clusters with 1) high, 2) reasonable and 3) low level of passion, but that people of the high passion cluster had high values in melodious as well as obsessive passion (Wang et al., 2008).

The dualistic model of passion, melodic and obsessive (Lafrenière et al., 2011; Vallerand, 2010), is a plan for two different types of passion. Naturally, the Harmonious Passion (HP) practices are part of the personality of the sportsman and by another aspect of the life of the sportier (Vallerand, 2015). HP can lead to more constructive touch and less negative impact during the

activity than Obsessive Passion (OP) since the automatic internalization of behavior leads the athlete to be more elastic about the task and thus more actively engaged with the work (Vallerand et al., 2003).

Emotional reactions indicate the sender's reliability (Zhang et al., 2014). Aninteraction with a trustworthy person will give those partners more reassurance whoare givingfriendly smiles (Dukic, 2011). Social perceivers are feelingaccountable by the people who are spontaneously displaying intense discomfiture and are more likely to cooperate with persons who express embarrassment than other emotions. Emotional expressions also contain important environmental evidence. Parents use touch and voice, for example giving a signal to their young children (Stenseng and Phelps, 2013; Bauger, 2011).

Several cross-sectional and longitudinal studies have shown effective responsestochange during positive and negative stimuli (Bryant et al., 2011). This transition is further explained in the socio-psychography Selectivity Theory (SST) presented byCarpentier, et al., 2012,whereby life expectancy is likely to be reduced with growing age, which contributes a simplified view of time that motivates older adults to increase positive and affective experiences.

Emotions play an important role in starting and directing the action of the goals (Donahue et al., 2012). Emotional fulfillment involves emotions specifically linked to performance in events (e.g.,the satisfaction when acting) or results relating to achievement, including pride and optimism resulting from success, guilt and anger resulting from failure (Akehurst et al., 2014). Relevant emotions of achievement are knotted into a particular circumstance and personal history. There are also several variables on the personal level that decide the strength of emotions of fulfillment, such as the subjective status of achievement or the degree to which an individual is invested in a sector.

Research Objectives

This studyhasthe following research objectives:

To examine the relationship of passion and emotional reactions with success and failure among athletes after the competition.

To determine the impact of passion and emotional reactions with success and failure among athletes after the competition.

Hypothesis

H_0: There would be no relationship between passion and emotional reactions after success and failure.

H_1: There would be a relationship between passion and emotional reaction after success and failure.

H_0: There would be a significant impact of passion and emotional reactions with success and failure among athletes after the competition.

H_1: There would be no significant impact of passion and emotional reactions with success and failure among athletes after the competition.

Methodology

The cross-sectional and analytical study designs havebeen used in this study. All events and segments of male and female have been selected from 33rd National Games in Peshawar (11 to 16 November 2019). Table 1 shows the list of games that have been included to take the tentative population which is N=240.

Table 1: List of Games and their categories

Sr. #	Games	Category	Sr. #	Games	Category
1	Athletics	(Male and Female)	10	Wushu	(Male and Female)
2	Badminton	(Male and Female)	11	Swimming	(Male and Female)
3	Archery	(Male and Female)	12	Table Tennis	(Male and Female)
4	Boxing	(Male)	13	Tennis	(Male and Female)
5	Cycling	(Male and Female)	14	Taekwondo	(Male and Female)
6	Golf	(Male and Female)	15	Wrestling	(Male)
7	Gymnastics	(Male)	16	Judo	(Male and Female)
8	Karate	(Male and Female)	17	Squash	(Male and Female)
9	Weightlifting	(Male and Female)	18	Shooting	(Male and Female)

The sample selection criteria based on the following formula:

$$\text{Yamane's Formula} = n = \frac{N}{1 + Ne^2} = \frac{240}{1 + 240(0.05)^2} = 150$$

where the allowable error is e=5%. A convenient sampling technique has been used for sampling.All the athletes who are participating in the finals of different games are included in this study (Only those games are included in which one or two players participated). All the athletes who are not participating in the finals of different games are excludedfrom this study (Team games players are excluded from this study). Data collection was done during the competition. Study evidence was given to all players and informed consent was signed by players who agreed to participate. After signing the informed consent, in the presence of the investigator each participant was asked to complete the questionnaires in a tranquil atmosphere. The Passion Scale (Marsh et al., 2013) and PANAS Scale (Watson et al., 1988) were used for data collection.The data analysis of this studyis based on the relationship and impact between passion and emotional reactionby using Pearson correlation and regression analysis respectively. The SPSS version 23.0 has been used for statistical analysis.

Results

To find out the reliability of the collected data, Cronbach's Alpha test was applied, and the overall reliability of both scales having 34 items is 0.892. Total 102(68%) male and 48 (32%) female participants with age group 15-22 years old, 132 (88%) are single and 18 (12%) are married, and 21 (14%) from rural and 129 (86%)from urban participated in this study. Table 2 is showing the coefficients of correlation of passion and emotional reactions for the success and failure of the participants. The passion and emotional reactions regarding success are highly positive and correlated with each otherby having significant value (p=0.002).The passion and emotional reactions regarding failure are high positive and correlated with each other by having significant value (p=0.016).

Table 2: Correlation of passion and emotional reactions for the success and failure

Score Variable	n	Passion	Emotional reactions	
			Success	Failure
Passion	150	1.00	0.651**	0.792**

Emotional reactions	150	1.00

**Correlation is vital at the 0.01 level (2-tailed)

Table 3: Regression analysis of passion and emotional reactions for the success and failure

Controls	Success	Failure
R	0.651[a]	0.792[c]
R Square	0.423	0.264
Adjusted R Square	0.412	0.254
Change in R^2	0.388	0.32598
Durbin-Watson	1.83	2.006
F	2.498	26.169
Sig.	0.018[b]	0.000[d]
Unstandardized Coefficients B	0.143	0.352
Standardized Coefficients β	0.651	0.514
t	11.580	5.116

a. Predictors: (Constant), meansthe success of passion, b. Dependent Variable: mean the success of emotional reactions c. Predictors: (Constant), mean failure of passion, d. Dependent Variable: mean failure of emotional reactions

In table 2 column 2 showed the regression analysis of passion and emotional reactions for success. This summarytable provides the value of R and R^2 for the model that has been derived. For these data, R hasa value of 0.651 and because there is only one predictor, this value represents the simple correlationbetween the success of passion and emotional reactions. The value of R^2 is 0.423, which tells us that passion can account for 42.3% of the variation in emotional reactions.The Durbin-Watson statistic is 1.83 which is between 1.5 and 2.5 and therefore the data is not autocorrelated, so observations are independent. Forthese data, F is 2.498, which is significant at p < .018. This result tells us that there is less than a 1.8% chancethat an F-ratio this large would happen if the null hypothesis were true. Therefore, wecan conclude that our regression model results area comparatively better prediction of emotional reactions than if we use the mean value of emotional reactions.Histograms and normal P–P plots of normally distributed residuals for the success of passion and emotional reactions have been presented in figure 1.
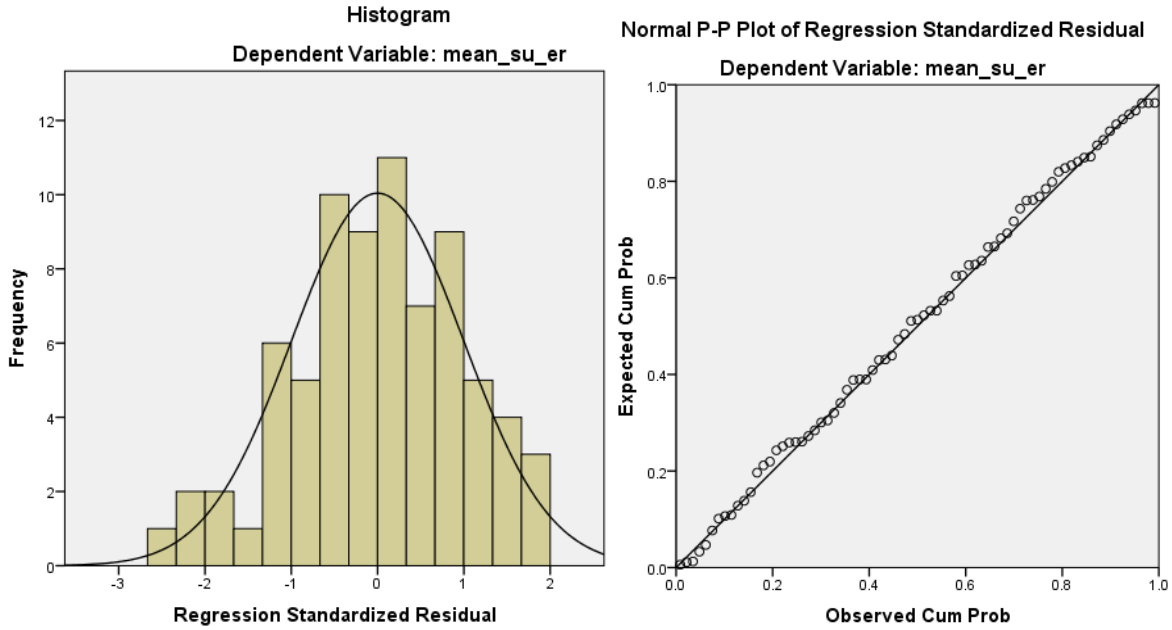
Figure 1: Histograms and normal P–P plots of normally distributed residuals for the success of passion and emotional reactions.

In table 2 column 3 showed the regression analysis of passion and emotional reactions for the failure. This summary table provides the value of R and R^2 for the model that has been derived. For these data, R has a value of 0.792 and because there is only one predictor, this value represents the simple correlation between the failure of passion and emotional reactions. The value of R^2 is 0.264, which tells us that passion can account for 26.4% of the variation in emotional reactions. The Durbin-Watson statistic is 2.006 which is between 1.5 and 2.5 and therefore the data is not autocorrelated, so observations are independent. For these data, F is 26.169, which is significant at $p < .001$. This result tells us that there is less than a 0.1% chance that an F-ratio this large would happen if the null hypothesis were true. Therefore, we can conclude that our regression model results in a significantly better prediction of emotional reactions than if we use the mean value of emotional reactions. Values of the regression coefficient b represent the change in the outcome resulting from a unit change in the predictor and that if a predictor is having a significant impact on our ability to predict the outcome, then this b should be different from 0. The t-test tells us whether the b-value is different from 0. SPSS provides the exact probability that the observed value of t would occur if the value of b in the population were 0. If this observed significance is less than .05, then we agree that the result reflects a genuine effect. Therefore, the b's are different from 0 and we can conclude that passion makes a significant contribution to predicting emotional reactions for failure. Histograms and normal P–P plots of normally distributed residuals for failure of passion and emotional reactions have been presented in figure 2.
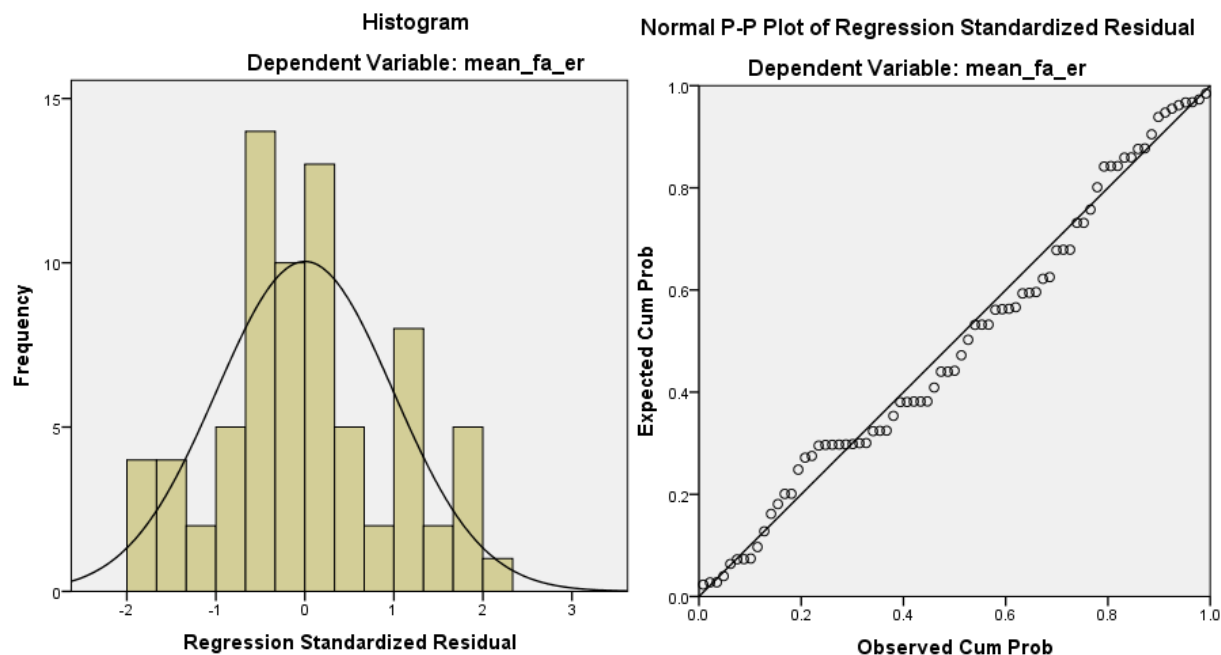
Figure 2: Histograms and normal P–P plots of normally distributed residuals for the failure of passion and emotional reactions.

Discussion

In recent reviews, Vallerand and his associates (Vallerand, 2015) pointed out that psychological research and passion theory focused either on its role or on the positive (e.g., motivational) or negative (e.g., addiction, dependency) effects in the field of romantic relationship. Thus, this psychological perception of research has not been investigated and the possible dual nature of passion (i.e., can have both positive and negative effects). However, Vallerand and his collaborators (Vallerand et al., 2010) recently proposed a passion model that takes on a dualistic perception of passion for activities. Since competitive sport can be classified as an action, this approach appearsparticularly useful in the context of sport. Therefore, in the next section, this dualistic model has been further elaborated.

In particular, individuals who are engaged in an activity that promotes their perceptions of ability, autonomy and relationship should develop an autonomous internalization and melodic passion. In comparison, individuals who are involved in activities may develop controlled internalization or obsessive zeal for that action in a controlling or coercive sense. Mageau et al., 2009 performed research to quantify the connections that were hypothesized in Vallerand's developmental model. This study looked at the evolution of these two passion groups of people who are involved in a specific achievement. The following paragraphs sum up this series of studies (Mageau et al., 2009).

Mageau et al. (2009) have researched again in the second phase of the study to find out the role of autonomy in the production of passion. The researchers had two goals. Firstly, the role played by autonomy support in intermediate actors against elite actors was compared. Secondly, they decided to look at the options of action specialization athletes. It was expected to be more likely to show a melodious love for their action and more likely to hold obsessive interests for children with parents who indulge in autonomy and positive activities, who choose to specialize in sports. This study consisted of 163 (medium age = 11) children who were enrolled in a summer camp and were for a long time in action. Both children and their parents were spread throughout the

survey.In a wide variety of contexts, including gaming, driving, schooling, Online gaming, over the Internet and, as we discussed later in this chapter, in the sports setting the dualistic model of passion suggested by Vallerand and his associates (Vallerand et al., 2003) has been studied. Researchers have selected these contexts because they all have positive as well as negative passion types and positive or negative effects. Those scientists who chose these contextual of action, in particular, started with the idea that people's passion for action defines the kind of effects they get.

Vallerand et al. (2008) supposed that obsessive curiosity would not have a generally positive effect, but had a negative impact and tendency of playing less sport. This study included 205 men in an ISF and each was assessed by their enthusiasm, intrinsic and extrinsic motivation, positive and negative effects, and next season intentional involvement. This study included the findings of this analysis and confirmed the hypotheses partly. In particular, HP has been related to the increase in the positive impact over the season and obsessive passion to increase the negative effects over the same period. Higher surgery expected a reduced intent to continue playing soccer, but melodious enthusiasm was unrelated to continuing. According to Vallerand (2008), the action becomes a core component of their identity as people develop a sense of passion for action. In a variety of other psychological and behavioral variables, the construction of the identity of sports was identified and examined. But no previous research has explored the potential combination of both athletic identity and enthusiasm in teenage athletes to influence burnout levels.

Conclusion

This study examines the relationship and impact of passion and emotional reactions to success and failure among athletes of national and international athletes who participated in the 33rd National Games in Peshawar, Pakistan. Passion and emotional reactions have high positive correlation (r=0.651) with significance (p=0.002) in success. The passion and emotional reactions regarding failure are highly positively correlated (r=0.792) with each other having significant value (p=0.016). A simple linear regression was calculated to predicted emotional reactions based on their passion in the case of success and failure. A significant regression equation was found (F (1,74)), p<0.018 with an R2 of 0.423. Participants predicted emotional reactions is equal to 2.855+0.143 passion, participants average emotional reaction increased 0.143 regarding passion in the case of success. A significant regression equation was found (F (1,74)), p<0.000 with an R2 of 0.264. Participants predicted emotional reactions is equal to 2.065+0.352 passion, participants average emotional reaction increased 0.352 regarding passion in the case of failure. Finally, we conclude that passion in failure has a dominant effect on emotional reactions. Consequently,an athlete must have the ability to embed and adapt with the condition, whenever it is good or failing. This study recommends that government and sports federations should arrange psychological and physical training sessions accordingly.

Recommendation

The purposed research will be helpful for the researchers, students, teachers and colleges sports departments to improve the self-confidence of the athletes.Further study may be carried out all over Punjab and in universities as well.The study will also be helpful for sports boards and associations to make strong national-level teams. The study indicates that every female and male athlete should be engaged at least in one game.Government and Sports Federations should arrange psychological and physical training sessions.

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