

Self – esteem and Perfectionism in the Chess Players

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Abstract— This research aims to study the relationship between self -esteem and perfectionism (positive-negative) in chess players. 166 chess Players were randomly selected (60 F, 106m) and replied positive and negative perfectionism scale (Trishort, Etrodowis,1995) and self -esteem (Noujent and Thomas,2001).Results of Pearson C correlation test Shows that there is a positive relationship between self -esteem and positive Perfectionism and there is a negative relationship between self -esteem and negative Perfectionism.Since the Success of the individuals achieved in different arena such as Sports is effective in self-esteem formation and strengthening, it can be concluded that chess Sport is an important and influential factor in this regard.

Index Terms— Perfectionism, self –esteem, chess Players.

1 INTRODUCTION

THERE has been many research conducted in the field of self-esteem and perfectionism in recent years, while the chess sport has been less considered as one of the significant factors in strengthening and enhancing the self-esteem and perfectionism in these studies. Self-esteem is simply the assessments and attitudes we have towards ourselves (Coper Smith, 1997). Theorists of “mirror shot” believe that self-esteem is originated from other’s behaviors and reactions toward oneself, so that paying attention to other’s reactions toward oneself causes one sees his/her image in those reactions as much as the image others have of people can alter the evaluation and image one has from oneself (Benis, 1983: quoted from Biabangard). According to this theory, the encourages and blames one receives from others can be a very important role in shaping self-esteem; in particular, several studies showed that self-esteem is related to significant personality components as interest (Denisin, Zarte and Eskolz, 2007; Youlmen & Tater, 2001), adaptability (Walker and Chapman, 2003), and self-efficacy (Marsh, Donson, Petich & Walker, 2004). In addition, self-esteem is one of the components that is so significant to be shaped in adolescence (Marsh, etc. 2005; Valentine, Dabois and Koper, 2004). Koper Smith (1967) showed in a research that children acquired with high self-esteem are those who can express their feelings through the sense of self-esteem and utilizing talents and creativity and are not easily influenced by environmental factors (Biabangard, 2004).

One of the areas one can shows his/her abilities and talents in participating in various sport activities through which one can make other’s perceptions, attitudes and reactions as part of his inner values. On the other hand, other’s attitudes and

reactions can increase the danger of inappropriate expectations toward oneself which is called neurotic perfectionism. Hamachik makes a distinction between neurotic perfectionism (negative or passive) and normal perfectionism (positive or active). Those who have positive perfectionism have realistic expectations from themselves which involves the limitations and strengthens along with increasing the sense of satisfaction, while negative perfectionism involves a severe need to be avoidant from being failure, extra emphasis to individual mistakes, being critical and being doubtful towards their activities (Hamachik, 1978; quoted from Shakeri 2004).

For the significance of appropriate shaping of self-esteem and perfectionism in people, especially in adolescence and also the role of chess sport as an effective factor in this field, this study aims for considering the relationship between self-esteem and positive perfectionism and negative perfectionism in chess players. It is expected that a positive correlation exists between self-esteem and positive perfectionism.

2 METHODOLOGY

The chess players community who participated the competitions hold by chess federation 166 people (60 F and 106 M) were randomly selected as the research sample and then answered the scales followed by.

Positive and Negative Perfectionism Questionnaire (Trishort & Otrodwiui, 1995): this questionnaire includes 40 questions which 20 articles assess positive perfectionism and 20 articles negative perfectionism and the subjects answered to the questions in Likert (1 to 5). In the Iranian form of this scale, the Cronbach’s alpha of each positive and negative sub-scales in a 90 people samples was 90% and 87%, respectively which indicates the high inner similarity of the scale. Retest validity of the questionnaire based on correlation coefficient between two marks on two occasions with an interval of 4 weeks (the whole subjects: $r=0.86$, girls: $r=0.84$ and boys $r=0.87$), was satisfactory (Shakeri, 2004).

Self-esteem questionnaire (Noujent & Thomas, 2001) includes 40 questions designed as Likert, and its reliability and validity was implemented twice by Khedemian (2005) and the convergent reliability was calculated and evaluated for the Iranian

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sample (Karimi, 2005).

3 FINDINGS

As showed in Table 1, there is a positive and significant relationship between the two variables of self-esteem and positive perfectionism, while the correlation is indirect between self-esteem and negative perfectionism in chess players. That is to say, positive perfectionism is increased and negative perfectionism is decreased in chess players when self-esteem is increased.

TABLE 1
CORRELATION COEFFICIENT BETWEEN SELF-ESTEEM AND PERFECTIONISM SCALES

Row	Scales	M	SD	1	2
1	Self-esteem	2.2	3.6	-----	
2	Positive perfectionism	83.45	10.27	0.536	
3	Negative perfectionism	65.9	10.9	-	0.229

9 RESULTS AND DISCUSSION

As the results show, there is a positive relationship between self-esteem and positive perfectionism in chess players and a negative relationship with neurotic perfectionism. Similar experiments also indicate this point that there is a close relationship between self-esteem and the amount of one's success and failures. Additionally, much research conducted in this regard has indicated the relationship between self-esteem and significant components such as interest, self-efficacy and adaptability (Valentine, Dabious & Kouper, 2004; Denisin, Zarte & Scholz, 2007; Youlman and Tatra, 2001; Marsh and colleagues, 2005).

The achievements of this research can be indicated as the more someone increase his/ her abilities, the more increased and strengthened the amount of self-esteem and this developed self-esteem can be a factor for later success; that is to say, success and self-esteem can act as cause and effect and have a close relationship with each other. It is worth mentioning that participating in sport activities and getting succeed may increase the possibility of mentor's inappropriate expectations and members of federation. It is worth noting this point that having inappropriate expectations that beyond chess player's ability and talent by others not only does not promote self-esteem but it can lead to neurotic perfectionism formation by which the athlete may be deterred from participating in competitions because of the intense fear of failure and uncertainty about his activities or shows a function that is not his real abilities. Because of the fact that those acquired with positive perfectionism have realistic and rational expectations from themselves which involves their limitations and strengths and is associated with an increased sense of satisfaction by obtaining

a favorable outcome; therefore, some programs and measures should be taken for developing and nurturing self-esteem and consequently, positive perfectionism formation especially in childhood and adolescence in people to adolescents be able to change their potential talents to actual by participating in those programs and getting succeed as well as provide the necessary opportunity to promote significant aspects of their personality, especially their self-esteem.

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