

THE RELATIONSHIP BETWEEN PERFECTIONISM AND LIFE SATISFACTION ON TEHRAN MUNICIPALITY COACHES

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ABSTRACT

The main purpose of this study was to investigate the relationship between perfectionism with life satisfaction on Tehran municipality coaches. The population of this study is consisted of all Tehran municipality coaches that were 2678 (2010 men and 66women) employees. The 303 coaches were selected through random sampling. Satisfaction with Life Scale (Diener *et al.*, 1985) and Positive and Negative Perfectionism Scale (Terry-Short *et al.*, 1995) was used. The results indicate that indicates there is significant positive relationship between life satisfaction and perfectionism. Also, there is negative significant relationship between negative perfectionism with life satisfaction and positive relationship between positive perfectionism with life satisfaction. Only positive perfectionism is significant predictor of life satisfaction. Moreover, with increase of positive perfectionism 29% life satisfaction is increase.

Keywords: *Perfectionism, Life Satisfaction, Coaches*

INTRODUCTION

Dispositional perfectionism has been the object of growing empirical scrutiny in the sport domain. This interest is understandable considering the highly competitive nature of the sport environment, in which some characteristics of the perfectionism disposition are often valued and reinforced by coaches, fans, and athletes themselves (Gaudreau and Verner, 2011). Perfectionism reflects a commitment to exceedingly high standards combined with a tendency to critically appraise performance accomplishments (Frost *et al.*, 1990; Hewitt and Flett, 1991). Most researchers conceive perfectionism as a multidimensional personality construct that encompasses several facets distinguished on the basis of their origin (e.g., self vs. social) and their cognitive manifestations (e.g., high standards, doubts about action). An abundant literature, pioneered by the work of Hewitt and Flett (1991), is centered on the distinction between intrapersonal and interpersonal components in which the perfectionistic tendencies are attributed either to the self or to others. Self-Oriented Perfectionism (SOP) represents the self-imposed tendency to strive toward perfection by establishing high standards upon which a person evaluates and defines himself. It encompasses both the striving and the importance of being perfect (Campbell and Di Paula, 2002). Socially Prescribed Perfectionism (SPP) is built around the perception that significant others are exerting pressure to be perfect, to the extent that very high standards of excellence must be achieved for the person to be valued by significant others. People with high levels of SPP feel pressured to engage themselves in the pursuit of stringent goals mainly to please others and to reach socially prescribed standards of excellence. Sports coaches are exposed to a complex, ever-changing environment that imposes various pressures (Fletcher and Scott, 2010). Not only are coaches mentors to athletes but they guide athletes in physical, mental, technical and tactical skills, as well as facilitating their personal development (Fletcher and Scott, 2010). Life satisfaction has been defined as a cognitive evaluation of one's life as a whole (Shin and Johnson, 1978) and has been documented as remaining quite stable over time within the general population (Cummins, 1998). It is one of three major indicators of well being: life satisfaction, positive affect and negative affect (Deiner, 1985). Although satisfaction with current life circumstances is often assessed in research studies, Deiner *et al.*, (1999) also include the following under life satisfaction: desire to change one's life, satisfaction with past, satisfaction with future and significant other's views of one's life. Related terms in the literature include happiness, quality of life, and well-being. Life satisfaction is often considered a desirable goal, in and of itself, stemming from the Aristotelian ethical model, eudaimonism, where correct actions lead to individual well-being, with happiness representing the

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supreme good. Moreover, life satisfaction is related to better physical and mental health (Beutell, 2006), longevity, and other outcomes that are considered positive in nature.

Life satisfaction is a judicial- cognitive process - point (Denier *et al.*, 1985) in which individuals evaluate their quality of life according to a set of criteria (Pavot and Diener, 1993). Although individuals have agreement about significant component of a good life including health and successful relationship with each others but these components have different weights (Deiner *et al.*, 1985).

The life satisfaction is attitudes of individuals, public assessment of the totality of your life, or some aspects of life, such as family life and educational experience (Diener, 1999). Some researches study perfectionism in the sport context especially on athletes. But only a few studies investigate perfectionism on coaches.

Stoeber and Stoeber (2009) in study about domains of perfectionism: Prevalence and relationships with perfectionism, gender, age, and satisfaction with life indicate that there is positive significant relationship between perfectionism and life satisfaction on student and internet users.

Bowman (2009) investigates perfectionism with racial identity, satisfaction with life on 122 african-american women and indicates that there is positive significant relationship between perfectionism and life satisfaction.

Williams and Cropley (2012) study about the relationship between perfectionism and engagement in preventive health behaviors: the mediating role of self-concealment indicates that there is negative relationship between perfectionism and satisfaction of life.

Albano *et al.*, (2011) indicate that perfectionism is significant predictor of life satisfaction. Therefore, this study investigates the relationship between perfectionism and life satisfaction on Tehran municipality sport coaches.

MATERIALS AND METHODS

Participant

The population of this study is consisted of all Tehran municipality coaches that were 2678 (2010 men and 668 women) employees. The 303 coaches were selected through random sampling.

Measure

Perfectionism was assessed using Positive and Negative Perfectionism Scale (Terry-Short *et al.*, 1995). This scale has 40 items. Participants were required to indicate, on a 5-point Likert scale (strongly disagree, disagree, neutral, agree, strongly agree), whether the statement was true of them.

Life Satisfaction Scale. Life satisfaction is measured with a widely used scale with good psychometric properties: the Satisfaction with Life Scale (Diener *et al.*, 1985). The four items used are (i) 'In most ways my life is close to my ideal', (ii) 'The conditions of my life are excellent', (iii) 'I am satisfied with my life', and (iv) 'So far I have gotten the important things I want in life'. Respondents could indicate their agreement on a seven point scale running from (1) 'strongly disagree' to (7) 'strongly agree'. Scores on these items are summed and linearly transformed to range from 0 to 10 because of ease of interpretation.

Method

The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure.

Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, frequency, SD and table drawing. Enter model regression and Pearson coefficient of correlation was used for statically analysis. For analyzing data the SPSS software was applied and 93% of confidence level was considered.

RESULTS AND DISCUSSION

Table 1 indicates the demographic information about the sample of this study.

Table 1: Demographic information of coaches

Characteristics		Frequency	Percentage
Age	20-29	107	35.3
	30-39	104	34.3
	40-49	57	18.8
	50-59	35	11.6
	Total	303	100
Marital status	Single	130	42.9
	Marriage	173	57.1
	Total	303	100
Academic degree	Diploma	73	24.1
	Associate degree	53	17.5
	BA/BSc	117	38.6
	MA	51	16.8
	Phd	9	3
	Total	303	100

As table 2 indicates there is significant positive relationship between life satisfaction and perfectionism. It means that high perfectionism cause to higher level of life satisfaction.

Also, there is negative significant relationship between negative perfectionism with life satisfaction and positive relationship between positive perfectionism with life satisfaction.

Table 2: Pearson Correlation coefficient between perfectionism subscales and life satisfaction

Variables	Mean	SD	1	2	3	4
Positive perfectionism	12.91	4.14	1			
Negative perfectionism	35.85	8.67	-0.17**	1		
Perfectionism	48.76	9.94	0.50**	-0.26**	1	
Life satisfaction	18.26	6.94	0.30**	-0.13*	0.42**	1

** $P < 0.05$

Table 3: Regression coefficients associated with prediction of Life satisfaction according to perfectionism and its subscales

	R	R ²	F (df)	Perfectionism	B	Beta	t	Sig
Life satisfaction	0.31	0.10	16.19(2.300)		14.12		6.47	0.00
				Positive perfectionism	0.49	0.29	5.21	0.02
				Negative perfectionism	-0.06	-0.07	-1.35	0.18

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As table 3 indicates among perfectionism subscales only positive perfectionism is significant predictor of life satisfaction. Moreover, with increase of positive perfectionism 29% life satisfaction is increase. Negative perfectionism hasn't effect on prediction of life satisfaction.

Conclusion

The main purpose of this study was to investigate the relationship between perfectionism with life satisfaction on Tehran municipality coaches. The results of this study indicate that there is significant positive relationship between life satisfaction and perfectionism. It means that coaches with higher tend to consider perfect criteria and self critical (Frost *et al.*, 1990) have experience higher life satisfaction. This finding is in line with Stoeber and Stoeber (2009) that study domains of perfectionism and satisfaction with life and indicate that there is positive significant relationship between perfectionism and life satisfaction on student and internet users. Moreover, Bowman (2009) study about investigates perfectionism with racial identity, satisfaction with life on 122 african-american women and indicates that indicate there is positive significant relationship between perfectionism and life satisfaction is in line with the finding of this study. Also, this finding is inconsistent with the results of Williams and Crompton (2012) study that indicates there is negative relationship between perfectionism and satisfaction of life. The possible reasons for this inconsistency could differences in questionnaires that used in both researches. The other results of this study indicate that there is negative significant relationship between negative perfectionism with life satisfaction. Athletes and coaches with negative perfectionism orientation rarely are satisfied of their performance. Moreover, they are engaged with negative thoughts and experience higher levels of anxiety. Therefore, coaches with higher levels of negative perfectionism have negative thoughts about their performance. Also, there is positive significant relationship between positive perfectionism with life satisfaction. Most of the athletes and coaches believed that positive perfectionism is the main reason to higher levels of performance. Therefore, coaches with higher levels of positive perfectionism have positive thoughts about their performance. The other results of this study indicate that only positive perfectionism is significant predictor of life satisfaction of coaches. It means that coaches with positive attitudes toward future and confidence about their abilities have higher life satisfaction. This finding is inconsistent with the results of Albano *et al.*, (2011). Differences between samples of studies could possible reason for this inconsistency.

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