

## Impact of Mood Status on Perfectionism in Female Physical Education Students in Uttar Pradesh

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### Abstract

*In athletic populations, both adaptive and maladaptive perfectionism have been found to exist (Terry-Short et al., 1995) but little research has been done on the relationships between perfectionistic tendencies and mood states in athletes. Perfectionism, in psychology, is a personality trait characterized by a person's striving for flawlessness and setting high performance standards, accompanied by critical self-evaluations and concerns regarding others' evaluations. (Stoeber, Joachim; Childs, Julian H. 2010. Flett, G. L.; Hewitt, P. L. 2002). It is best conceptualized as a multidimensional characteristic, as psychologists agree that there are many positive and negative aspects.( Yang, Hongfei; Stoeber, Joachim 2012)*  
**Objective:** To examine the impact of mood status on perfectionism in female physical education students in Uttar Pradesh **Methods:** A sample of 200 female students who were pursuing their under graduate and post graduate courses in different colleges/ universities. **Selection of Questionnaire:** Brunel Mood Scale (BRUMS) prepared by Peter C. Terry was used to assess the mood status. Multidimensional perfection scale was used to assess the perfectionism in female students. **Statistical Procedure:** To find out the impact of mood status on perfectionism in female physical education students, Descriptive statistics followed by correlation and regression analysis was used. **Results and Conclusions:** Result of the regression analysis show that 11.9% variance was explained by the mood on the perfectionism. Thus, it was concluded that Depression, Anger and Confusion affects the other Oriented of Perfectionism .

**Key words:** Moods, perfectionism.

Psychology as a behavioral science, had made its contribution in this regard, it has helped the coaches to coach more efficiently and enhance sportsman's performance proficiently. Psychology also concerned with the total well being and personal adjustment to those involved in sports. Psychologists are concerned with behavior understanding, explaining and ever predicting.(Jack 1982)

While many authors have cited a relationship between perfectionism and psychological problems (Shafran & Mansell, 2001), only recently has research investigated the specific relation between aspects of perfectionism and various psychopathologies. The present study focuses on impact of mood status on perfectionism in female physical education students in Uttar Pradesh.

### Perfectionism

Perfectionism, in psychology, is a personality trait characterized by a person's striving for flawlessness and setting high performance standards, accompanied by critical self-evaluations and concerns regarding others' evaluations. ( Stoeber, Joachim; Childs, Julian H. 2010. Flett, G. L.; Hewitt, P. L. 2002). It is best conceptualized as a multidimensional characteristic, as psychologists agree that there are many positive and negative aspects.( Yang, Hongfei; Stoeber, Joachim 2012) In its maladaptive form, perfectionism drives people to attempt to achieve an unattainable ideal, while their adaptive perfectionism can sometimes motivate them to reach their goals. In the end, they derive pleasure from doing so. When perfectionists do not reach their goals, they often fall into depression.

Perfectionists strain compulsively and unceasingly toward unobtainable goals, and measure their self-worth by productivity and accomplishment. Parker, W. D.; Adkins, K. K. (1995) Pressuring oneself to achieve unrealistic goals inevitably sets the person up for disappointment. Perfectionists tend to be harsh critics of them when they fail to meet their standards.

### ***Mood States***

Mood state, the other construct of interest in this study, refers to “a situation specific, somewhat transient, psychological response to an environmental stimulus” (Cox, 2002, p.178). Cohen, Kessler, and Gordon (1997) described mood states as illustrations of a process in which an individual attempts to adapt to environmental demands. Murray (1998) defined a mood state as a temporary emotional state that fluctuates depending upon circumstances. Some of the circumstances that affect mood are external, such as weather and physical activity (Guerrero, Andersen, & Trost, 1998), while others are internal, such as our appraisal of events (Murray, 1998). For the purposes of the current study mood states will be defined as an emotional state in response to an environmental stimulus.

### ***Correlations of Mood States and Perfectionism in Sport***

The effects of perfectionistic characteristics on the mood states of depression (Minarik & Ahrens, 1996), anxiety (Antony, Purdon, Huta, & Swinson, 1998), fatigue (Magnusson, Nias, & White, 1996), and overall psychological distress (Cheng, Chong, & Wong, 1999) have been well-documented in other areas of research outside sport psychology. For example, a relationship between perfectionism and mood states has been found to exist among gifted student populations (Orange, 1997) and these results may be transferable to elite sporting environments. Clearly, more research on the relationship between mood states and perfectionism in sport is required. If there is a relationship between perfectionism and mood states, coaches and others in sport may be able to use this knowledge to promote greater psychological health among athletes. There may also be implications for athletic performance. Flett and Hewitt (2005) stated that research on perfectionism in the area of sports and exercise science is relatively new and deserves further attention.

The purpose of this study therefore was focuses on impact of mood status on perfectionism in female physical education students in Utter Pradesh. More specifically, the dimension of perfectionism which is other oriented perfectionism and mood status of female physical education students of Uttar Pradesh.

## **PROCEDURE**

### **Selection of Subject**

200 female students who were pursuing their under graduate and post graduate courses in different colleges/ universities was randomly selected for the present study. Further, both regular and self finance institution was selected for the present study.

### **Selection of Questionnaire**

The questionnaire which are widely used by the researchers was used for the present study like

1. Brunel Mood Scale (BRUMS) prepared by Peter C. Terry was used to assess the mood status.
2. Multidimensional perfection scale was used to assess the perfectionism in female students.

**Administration of Questionnaire and Collection of Data:**

The questionnaire to assess different variables was distributed to selected college/universities of Uttar Pradesh personally and after a week, the scholar was requested to return the filled questionnaire. In case a student do not provide after a week then a reminder was sent to them. The subjects was requested to give their own and true opinion and the investigator will assured to the respondents that the information given by them would be kept confidential with him and utilized for the purpose of this study only.

**Statistical Procedure**

To find out the impact of mood status on perfectionism in female physical education students, Descriptive statistics followed by correlation and regression analysis was used.

**RESULTS AND DISCUSSION**

The results are presented in tabular form and discussion of findings was made variable wise.

**Table 1: Mean and Standard Deviation of Perfectionism (Other Oriented) and Mood**

Variable		Mean	Std. Dev
Dependent	Other Oriented	68.34	8.08
Mood	Anger	11.26	2.78
	Confusion	10.84	3.13
	Depression	9.5	2.94
	Fatigue	10.48	2.7
	Tension	12.55	2.88
	Vigour	15.88	2.47

The descriptive statistics reveals that the mean of the dependent variable (other-oriented) is 68.34, sd=8.08, Anger (mean=11.26, sd=2.78), Confusion (mean=10.84, sd=3.13), Depression (mean=9.5, sd=2.94), Fatigue (mean=10.48, sd=2.7), Tension (mean=12.55, sd=2.88), Vigour (mean=15.88, sd=2.47).

**Table 2: Regression of Dependent Variable Perfectionism (Other Oriented) and Independent Variable Mood**

R	R Square	% of Variance	F	Sig	Unstd cof "B"	t	sig	Result
0.345	0.119	11.9	4.35	0	67.255	12.4190	0	Sig
					<b>0.695</b>	<b>3.0420</b>	<b>0.003</b>	<b>Sig</b>
					<b>0.555</b>	<b>2.8160</b>	<b>0.005</b>	<b>Sig</b>
					<b>-0.471</b>	<b>-2.2190</b>	<b>0.028</b>	<b>Sig</b>
					-0.203	-0.9040	0.367	Not Sig
					-0.118	-0.5530	0.581	Not Sig
					-0.295	-1.2550	0.211	Not Sig

To test the hypothesis that the other oriented perfectionism can be predicted from the mood status component, 'ENTER METHOD' multiple regressions were performed. Result of the regression analysis show that 11.9% variance was explained by the independent variable on the dependent variable. beta coefficient for the six predictors which is Anger were  $\beta=0.695, t=3.042, p=0.003$  s. Confusion were  $\beta=0.555, t=2.816, p=0.005$  s., depression were  $\beta=-0.471, t=-2.219, p=0.028$  n.s.. Fatigue were  $\beta=-0.203, t=-0.904, p=0.367$  n.s, Tension were  $\beta=-0.118, t=-0.553, p=0.581$  n.s. Vigour were  $\beta=-0.295, t=-1.255, p=0.211$  n.s. The best fitting

model for predicting other-oriented perfectionism of female physical education student is a linear combination with mood status components.

### **Discussion of finding**

The purpose of the study was to examine the on impact of mood status on perfectionism in female physical education students in Uttar Pradesh. In the present study, only 11% impact was found on perfectionism. On the basis of this results it may be cause of that the participants were university students and it may be that university students tend to be higher in perfectionism than the general population due to the high admissions standards and demands of university programs. In other words, the pursuit of a university degree may have affected the perfectionism scores to a greater extent than the level of sport involvement. This explanation is supported in part by Enns and colleagues (2001) who found maladaptive perfectionism to exist among gifted student populations.

When analyzing the impact of Mood status on other oriented perfectionism of female physical education students of Uttar Pradesh, It was concluded that that Depression, Anger and Confusion affects the other Oriented of Perfection in case of Mood Status. In case of depression this results indicate a relationship between depression and other oriented perfectionism in female physical education students is more likely to occur as a results of perceived external pressure to succeed as opposed to self- imposed high expectation. This finding is supported by previous evidence showing that socially prescribed perfectionism is most closely correlated to depressive disorders (Blatt, 1995; Enns & Cox, 1999; Hewitt & Flett, 1991b).

Significant little positive impact was found between perfectionism score on anger. and all of the dimensions of perfectionism except for self-perfectionism. Therefore, as socially-prescribed and other-oriented perfectionism increases, so does anger. This finding is supported by previous evidence showing that socially prescribed perfectionism and other oriented perfectionism is correlated to anger- hostility (Ashley E. Stirling & Gretchen A. Kerr2006) it may be the case that high goal orientations that are derived from, or are directed at, an external source may lead to feelings of anger and hostility. This highlights the need for athletes' goals to be self-oriented and internally prescribed. When goals are set internally, athletes may feel they have more control over their goal attainment, whereas perceived external pressures to succeed may be associated with a lack of control, and consequential increased levels of anger-hostility. (Ashley E. Stirling & Gretchen A. Kerr2006)

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