

The interplay between perfectionism, affective states' dynamics and performance during sport competition - longitudinal analyses in a systematic self-replication approach.

The path that leads to being the champion in sport is rough and lengthy. The athletes not only have to invest both countless hours in preparing and training as well as enormous amount of energy in improving their skills. They also have to be able to present the best of their abilities during a specific situation of sport competitions. The moment of competing is inseparably tied to experiencing very intense emotions and high pressure. Therefore, to achieve the ideal performance during competitions, the athletes must be able to control their emotions, focus on the task at hand and manage the pressure.

For this reason, studying perfectionism in sport is such an interesting adventure. Especially if, in line with the theoretical developments, we separate two different dimensions of perfectionism, namely, perfectionistic strivings and perfectionistic concerns. The former is defined by high personal standards, setting ambitious goals and high motivation to achieve them. The latter is characterized by constant doubts about actions, concerns over making mistakes and overly critical evaluation of the results of one's actions.

Based on the definitions above, one may hypothesize about the possible existence of two different ways in which perfectionism may influence sport performance and the emotional dynamics during sport competitions. The first way may lead through higher motivation to train during the period of preparation for upcoming competitions. The second path of influence may be more active during competitions. It can work through higher pre-competitive levels of anxiety and a decreased level of performance (especially in skill-based sports, such as archery). It can also be seen in a more critical evaluation of one's own performance after competition and is linked to higher level of perfectionistic concerns.

In the present project two research pathways have been planned. Both comprising two waves of data collection. First pathway will focus on research during the real sport competitions (involving archery and marathon runs). It will include the measurement of both dimensions of perfectionism, emotional dynamics and the level of sport performance. The very same study will be repeated after one year. The second research pathway will be focused on measuring perfectionism outside of competitions-context. In this path, also the measurement of motivation will be included. Again, the study will be repeated, this time after two months.

Analyzing the data coming from the study designed in this manner will provide answers regarding the influence of perfectionism on sport performance and its role in emotional dynamics. Repeated measurements will also enable investigating the role perfectionism may play in the levels of motivation, engagement and burnout in a longer perspective. Furthermore, studies conducted in sports differing in the demands put on an athlete will allow us to investigate if the influence of perfectionism may be different across various sports.

An in-depth, multidimensional understanding of the role perfectionism may play in athletes' functioning in sport may be a starting point for planning and creating interventions which may help coaches and sport psychologists in supporting the athletes, as well as enhancing their performance. They may also shed some light onto the role that perfectionism may play in the development of other personality dimensions.