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## **Identifying the Positives of Perfectionism and the Success in Perfectionistic vs. Non-Perfectionistic High School Athletes on Long Island: A Survey**

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### ***Literature Review***

#### ***Perfectionism and Success***

Perfectionism; a personality trait that is based on holding extremely “high standards of personal performance”(Frost, 1990) for oneself in hopes to continuously achieve success. But what exactly defines success? Success can be interpreted many ways depending on who you are and what your expectations are for yourself. A general definition of success is achieving a goal you have set for yourself or simply “any positive outcome” (Dyke, 2006) that results from something you do. Perfectionists constantly strive for success which makes them who they are. Perfectionism is present in more people than you might think. 30% of the general population are considered perfectionist and 80% of the “gifted” population are considered perfectionists (Natcharian, 2010). The concept of perfectionism and success should be continued to be studied due to its relevance in athletics and other important subjects. Although there are three classifications of perfectionism- self oriented, other oriented, and socially oriented perfectionism- the most common type of perfectionism present in athletes is self oriented perfectionism (Hill, 2010). Self oriented perfectionism is the amount of motivation one holds for themselves to achieve flawlessness (Hewitt & Flett 2006). Those who play a sport or are familiar with how sports work know it is a widely known fact that in athletics, the mindset is one of the most important components of an athlete that holds an exceptional amount of importance to how they perform. There are a hefty amount of negatives that result from perfectionism, one being the fear of failure (FOF) (Mina, 2022). The fear of failure prohibits athletes from striving to do their best in the chance that they might not succeed (Rainey 1995). FOF has also been linked to burnout which is the leading result of perfectionism (Madigan, 2015). The existing studies of perfectionism have only found negatives. With this new understanding of perfectionism, it will show the likeness of success to be a result from perfectionism. There are many negatives that result from perfectionism and the athletes who have a FOF in their sport. However, since the focus of this study is to identify any positives that may result from perfectionism and whether perfectionist or non-perfectionist mindsets have

more success, these negatives and the FOF will not be reviewed as deeply in detail but will be referenced to when necessary.

### *Perfectionism in Athletes*

Athletes typically have “high standards” and preoccupation with “harsh self-critical evaluation” being that there is a distinct way to determine whether you have succeeded in a sport (Hill, 2010). This is known as self-oriented perfectionism (Hill, 2010). If one scores a goal, hits a homerun, scores a touchdown, wins the game winning point, etc, they have executed something correctly to help the team win. A majority of athletes strive for that feeling of accomplishment. The expectation of success gets in athletes' heads causing them to constantly think about reaching that standard through their own actions. Self-oriented perfectionism causes athletes to be more vulnerable to stress than needed (Hill, 2010). This form of perfectionism is regularly changing based on the preferred satisfaction level of an athlete (Hill, 2010). Besides high standards and harsh self evaluation, other indications of self-oriented perfectionism include a strong sense of motivation, unrealistic expectations, FOF, and competitive anxiety (Hewitt & Flett 1991). Investigating the traits of self-oriented perfectionism will provide a deeper understanding to its outcomes whether it be positive or negative.

### *Burnout, Stress, and Competition Anxiety*

As previously mentioned, perfectionism has been found to be directly linked to athletic burnout (Madigan 2015). Burnout is extremely common in athletics because it is the result of FOF, perfectionism, pressure, and dissatisfaction (Madigan, 2015). Athletic burnout is very common amongst athletes and includes symptoms of “emotion and physical exhaustion, reduced sense of accomplishment, and devaluation” (Raedeke & Smith 2001) all of which are below the expectation of a perfectionist. Athletes specifically are more prone to burnout than others due to their increased levels of stress (Smith, 1986). In addition to perfectionism being a direct link to burnout and stress, perfectionism is a contributor to the formation of competitive anxiety (Amjad, 2018). Competitive anxiety is the anxiousness felt prior to a competition or sports event (Amjad, 2018). The fear of failing and not being perfect when they perform is what causes perfectionistic athletes to get this anxious feeling thus preventing them from performing to the best of their ability (Correia, 2015). It is important that the athletic community recognizes the traits that show perfectionist behavior so that they are aware of the signs due to the fact that it leads to burnout, stress, and competitive anxiety. Unhealthy perfectionism is something athletes should avoid to stay healthy, functional, and exceptional performers.

### *Long Island High School Athletes*

High schoolers are very dependent on their parents for support. While being under the age of 18, they need their parents to take care of them. Living under their parents roof, high schoolers have to obey their rules and listen to what they say. Many parents have high expectations for their kids and this forces the kids to also have high expectations for themselves to satisfy their parents' likings. “Financially privileged children” of parents with higher incomes tend to hold higher amounts of pressure on their children to succeed (Curtin, 2013). Long Island is home to many wealthy families as it is one of the most expensive areas to live in New York and is home to one of the most expensive counties to live in America (Marchese, 2021). With the knowledge of Long Island being an expensive area to live, it is assumed that the athletes that live here experience a high amount of stress and pressure from their parents. With a survey that contacts athletes directly, information on how high school athletes on Long Island feel about perfectionism will be provided.

## *Conclusion*

Ultimately, success is quite frankly what you make it. Perfectionists constantly strive for success because it makes them feel like they have achieved their goal and have accomplished that task with utter perfection. In most cases, these perfectionists develop a “less-than-healthy need for approval” which could actually decrease their likelihood of succeeding (Ashby, 2005). It is essential to the athletic community to help identify signs of perfectionism, being that it can lead to increased “anxiety” and “stress” in “younger people” (Hewitt & Flett 2016). Looking at perfectionism from all perspectives and acknowledging any positives that can result from it is critical to gaining the full picture of perfectionism since only its negatives have been exposed. Surveying high school athletes from the wealthy counties of Long Island will provide a closer insight on whether perfectionist or non perfectionist experience more success or positive behaviors because they are assumed to hold high amounts of pressure on themselves based on their place of residency. This begs the question: do perfectionistic or non-perfectionistic high school athletes on Long Island experience more success and are there positives that derive from perfectionism?

## *Methodology*

### *Study Design*

This study is based on surveys completed by perfectionistic and non-perfectionistic high school athletes on Long Island, New York. Surveys are a convenient way to reach out to a bigger selection of people. Due to its accessibility, a survey would be the best research method for this topic because the participants must be from Long Island and it is appropriate to contact them via online. This survey consists of multiple choice questions, free response, and likert scales. A likert scale is a rating scale from 1-5 to measure opinions. The participants that complete this survey have chosen to answer questions that ask about their personality, likeness of traits, and personal feelings that all relate to their life associated with athletics. The purpose of collecting this data is to show the positives that can derive from perfectionists and identify whether perfectionistic or non-perfectionistic high school athletes experience more success. Due to the negatives being the only current research of perfectionism, it is important to report the relationship between positive traits and perfectionism in order to get the full picture. It is believed that perfectionists have a better work ethic due to their strong motivation and desire to be the best. This positive work ethic might include high confidence, a lot of motivation, and a high sense of pride. However it is believed they will lack perseverance. On the contrary, non-perfectionist are believed to have more success because of their ability to set realistic goals for themselves and leave room for improvement.

### *Subjects*

This study is focused on perfectionistic and non-perfectionistic high school athletes on Long Island. Perfectionistic athletes are deemed to hold extreme standards for themselves and suffer from a lot of pressure against themselves. Families of a higher income tend to put more pressure on their children because they are viewed as more successful so they expect more from their children as well. Long Island is home to many affluent families so it is assumed that the children on Long Island face this pressure thus making them a good target audience. The age range of these participants is between 13-18 years of age. This is the prime age where kids start to find what hobbies interest them most. Kids discover sports and sometimes join a travel sports team in addition to the high school sports teams that are offered. Furthermore, in order to partake in this study, the participant agreed to consent prior to completing the survey. Those under the age of 18 were required to have parental consent prior to completing the survey. Besides the participant's signature, no questions in this survey were required so the participant had freedom to answer as they chose. The participant was informed about the confidentiality of

their responses to ensure that they agreed to partake in this study. In addition to this, they were informed about the purpose of this study, how long it would take, and its relevance. This survey excludes those who did not meet the age, sport, and/or location requirement. On top of having consent from the participant, prior to being emitted, the Institutional Review Board reviewed and approved this survey.

### *Procedure*

This survey contained likert scale questions on a scale of 1-5, free response, and multiple choice questions. The pre-provided information made it easier for the participant to understand how the questions being asked were relevant to the purpose of the study. The participants were asked about themselves to filter out the people who did not fit the specific criteria for this survey. In the heading of each section, there was a brief description of what a 'Perfectionist' was in order for the participant to decide if they identified as one to continue with the survey. All of the said questions were designed to fit the description of that certain section in the survey whether it is for the 'Perfectionist' or 'Non-Perfectionist'. These questions were created to get an insight as to what a 'Perfectionist' and 'Non-perfectionist' think and how they exactly feel while performing an athletic activity. These traits are important to identify to make any further conclusions. Comparing the two will assist the researcher in concluding the overall results of whether perfectionism or non-perfectionism results in more athletic success and if perfectionism has any positives that occur in multiple athletes.

This survey was spread to different schools through the Athletic Education Director (AED) of those schools, through social media, and via word. The AEDs of each school were able to send out the survey to the athletes of that school being that they have direct access and the best chances of contacting high school athletes. In addition to this, platforms like Snapchat were able to link the survey thus, sending it out to more people. Finally, most participants that took this survey were asked to share it with their classmates, friends, teammates, and anyone else they knew that fit the demographic. Adding the link to the survey to be shared by each participant made it easy access and allowed it to spread across the island more efficiently.

Although data was collected and conclusions were drawn, there were various limitations to this research. These limitations included a lack of diversity, restrictions, technology disadvantages, and honesty. Additionally, there were some technological problems. Some participants filled out the survey but were unable to submit the form and there was no way for the researcher to receive their response. Furthermore, being that this research is conducted by the responses of high school athletes, the human subjects' honesty is at question. It is assumed that each participant was fully honest with their parental consent and with the validity of their responses.

In order to analyze the data, the researcher added the responses from the two highest choices then took that number of responses and divided it by the total number of responses to get the percentage of respondents that answered that question with the highest rating. To analyze the free response, the researcher took all the responses and color coded them according to similar phrases used. For example, terms like "mad, frustrated, sad, angry, disappointed, overall negative comments, and overall positive comments" were all frequently used terms that were highlighted. Then, the researcher added the amount of responses per phrase and divided it by the total number of responses to get the percentage of responses per phrase. Lastly, the researcher split the responses between positive and negative in order to determine whether perfectionist or non-perfectionist had a more positive or negative response to the question.

## *Findings*

### *Results*

The total number of responses received from the survey was 127; however, for the purpose of this study only 118 were used due to the other participants not fitting the criteria set for this study. It is crucial to exclude the participants that did not fit the criteria because they would not be any help to the purpose of this study. Once the responses were filtered, the remaining participants were split into two sections-Perfectionist and Non-perfectionist- based on what they identified as. For each section, the responses varied based on how that group of people felt according to the question asked. The total number of non-perfectionist responses was 53 and the total number of perfectionists responses was 65.

### *Non-Perfectionist*

The non-perfectionist respondents scored higher than the perfectionist for the questions highlighted in **Appendix A**. 70% of the non-perfectionist felt highly successful. 69% of the non-perfectionist received awards throughout their highschool career. 80% were very good with balancing sports with the rest of their lives. 66% have high confidence in themselves. 48% experience a lot of success. At the end of the survey they were asked if overall their mindset helps or hurts them more. 61% of the participants answered that a non-perfectionist mindset helps them more than it hurts them. The hypothesis was correct; non-perfectionist experience more success.

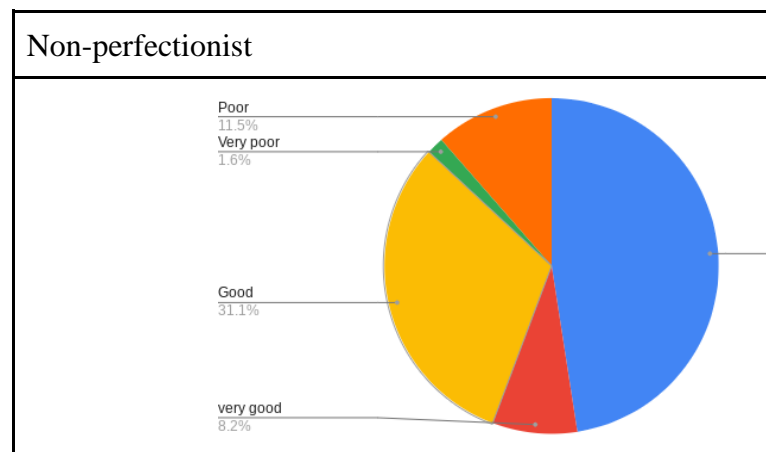
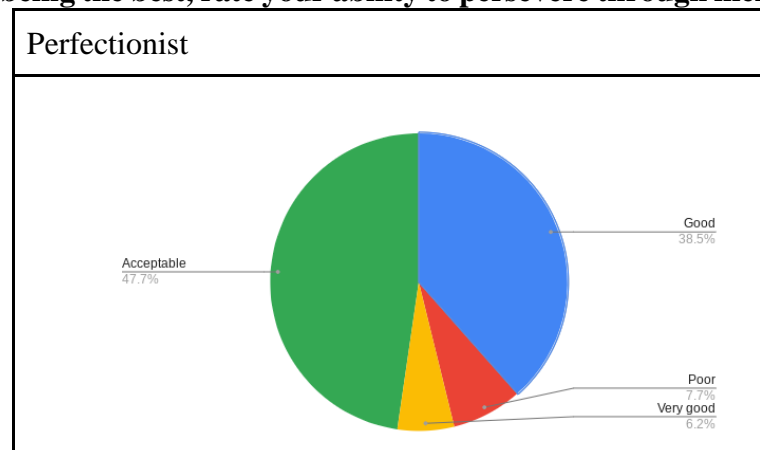
### *Perfectionist*

The perfectionist scored higher than the non-perfectionist for the questions highlighted in **Appendix B**. 44% of the perfectionists rated themselves high for being able to persevere through mental obstacles. 62% of the respondents graded themselves high for being able to persevere through physical obstacles. 88% have a very high FOF. 95% of them constantly aim for perfection. 88% feel they must always be successful. 66% are highly satisfied with themselves after a practice or game. 89% are highly dedicated to athletics. 83% have a lot of pride in their game. 77% constantly stress about athletics. 95% set extremely high expectations for themselves. 66% feel their mindset increases their confidence. 85% feel their mindset assists them in achieving their goals. 100% of the respondents have competitive anxiety. 91% agree that their mindset worsens their competitive anxiety. 98% insist that their perfectionistic drive makes them work harder. 88% agree that their drive makes them work harder a lot. 62% react to failure in a negative way. 89% feel negative about themselves after failing. The hypothesis was seen to be correct; perfectionists have traits that contribute to good work ethic but they were seen to have more perseverance. These positives include a high sense of pride, stronger motivation, ability to persevere through obstacles, and increased satisfaction.

## Analysis

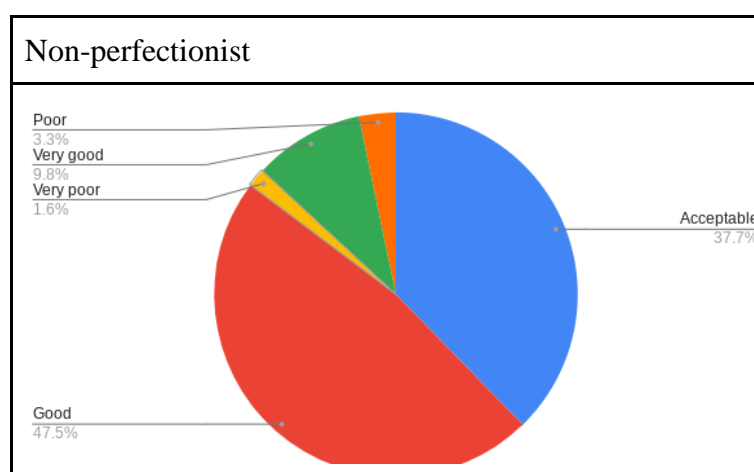
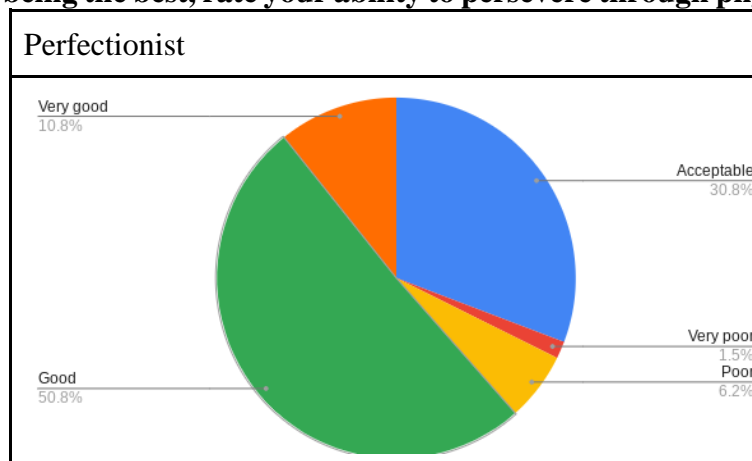
### Quantitative

On a scale of 1-5, 5 being the best, rate your ability to persevere through mental obstacles?



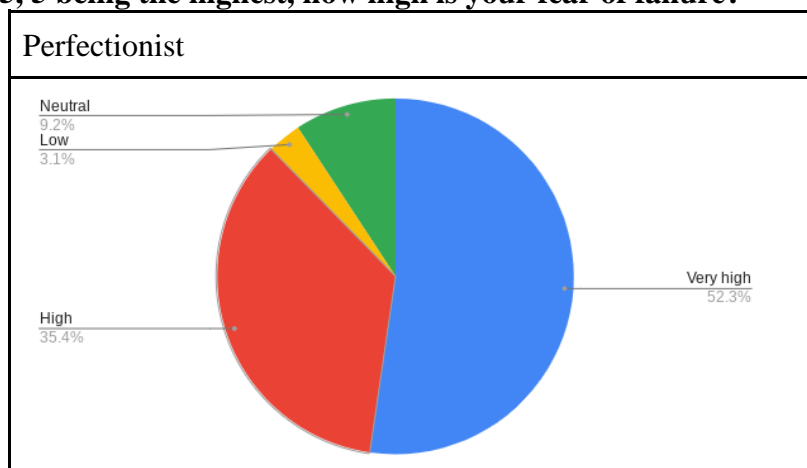
44% of the perfectionist respondents graded themselves “good” or “very good” for being able to persevere through mental obstacles. This means that when 44% of these participants experience a block that mentally prevents them from moving forward, they are able to get past it. In contrast, 39% of the non-perfectionist were able to persevere through mental obstacles. There was a 5% more likely chance for the perfectionist to persevere thus implying perfectionists are better at persevering through mental obstacles. Persevering through mental obstacles is a positive skill to have that helps with proper work ethic. Previous research has claimed that perfectionism “is antithetical to attaining positive outcomes” (Hewitt and Flett 2016) but it is proven with this chart that perfectionism indeed has positive effects.

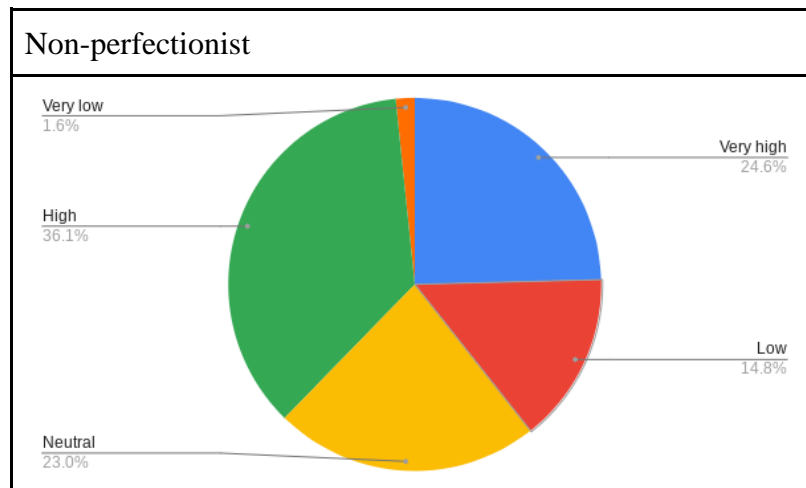
**On a scale of 1-5, 5 being the best, rate your ability to persevere through physical obstacles?**



62% of the perfectionists graded themselves as “good” or “very good” on their ability to persevere through physical obstacles. This means that 62% of the athletes are able to push themselves in order to get past a physical barrier to achieve a new skill. On the other hand, only 57% of the non-perfectionist graded themselves as “good” or “very good” for persevering through physical obstacles. This means they lack some type of determination that the perfectionist has to overcome physical barriers.

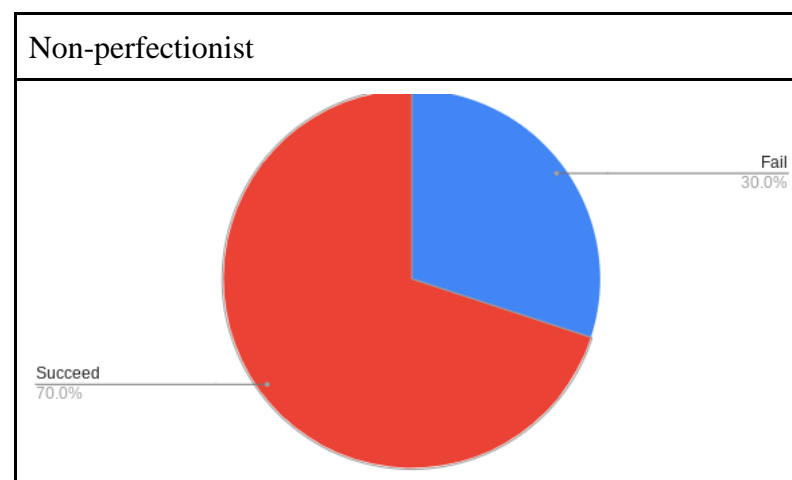
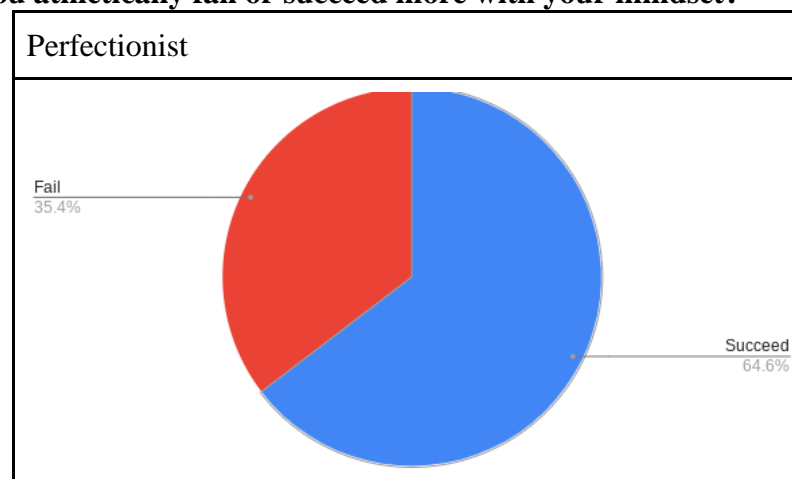
**On a scale of 1-5, 5 being the highest, how high is your fear of failure?**





The perfectionists tested for a higher FOF. 88% of the perfectionists said that their FOF is “high” or “very high”. Only 61% of the non-perfectionist agreed that they have a “high” or “very high” FOF. This data means that perfectionists are more afraid to unsuccessfully complete a task or goal they set for themselves. This may be caused by possible anxiety or another cause.

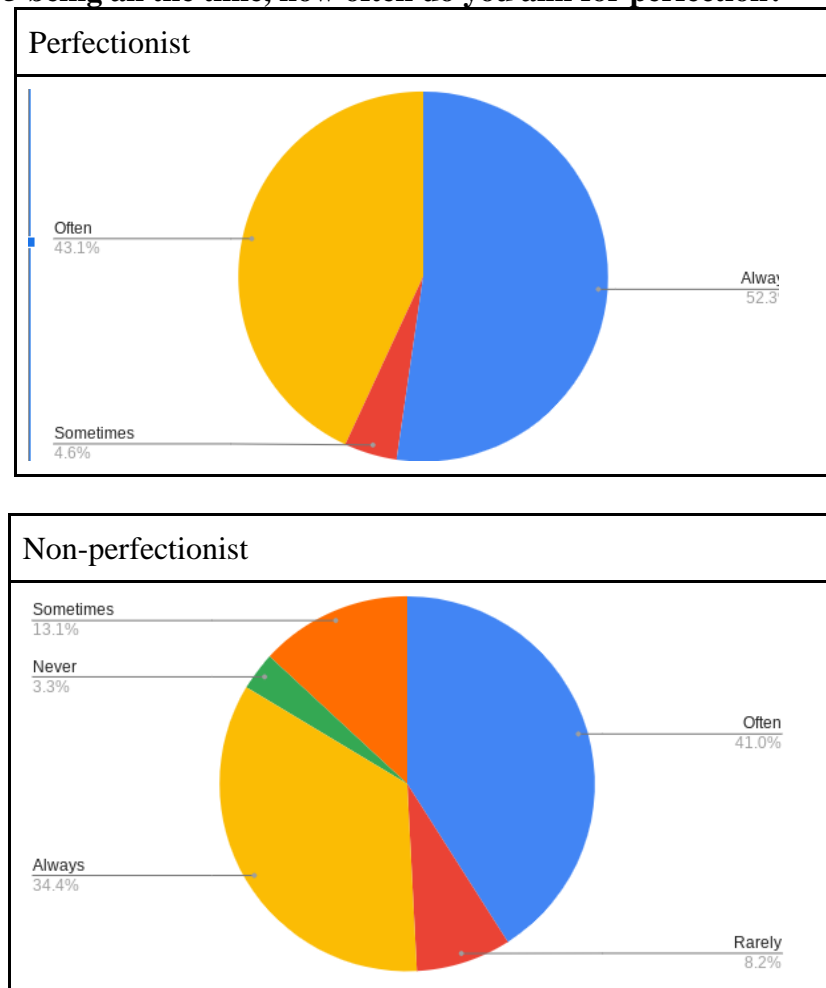
**Do you think you athletically fail or succeed more with your mindset?**





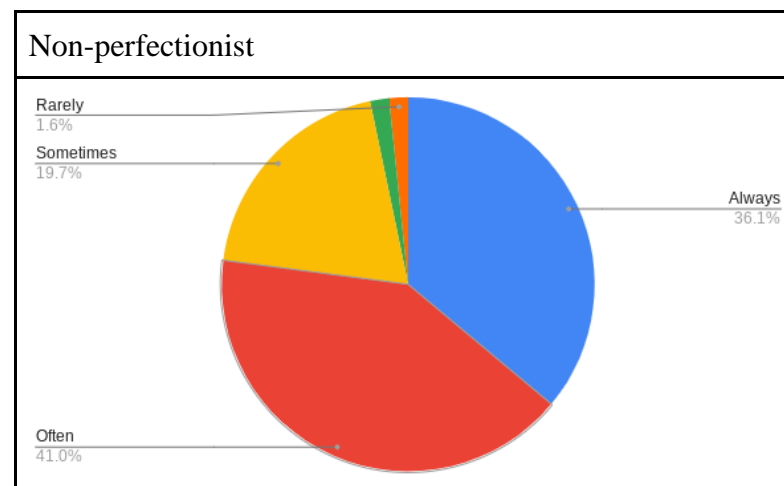
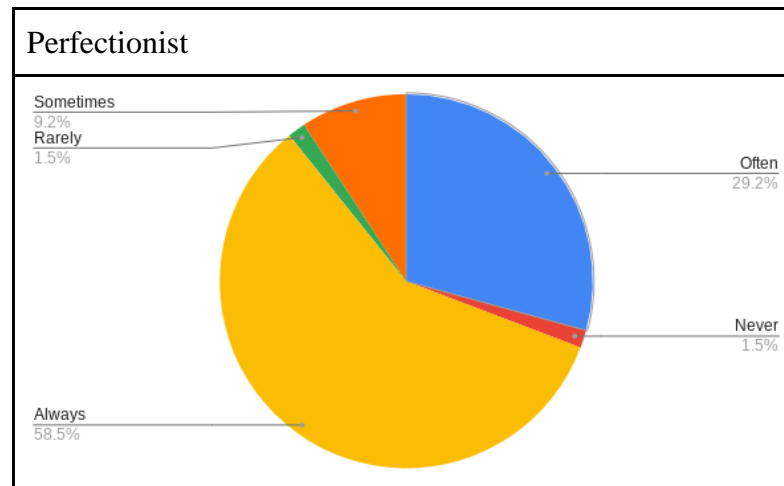
For the perfectionists, 65% of the participants responded that they succeed with a perfectionist mindset rather than fail with one. This means that they feel a perfectionistic mindset helps them reach their set goals and they feel they have satisfied themselves. In comparison, 70% of the non-perfectionists feel they succeed with a non-perfectionist mindset. This means more non-perfectionists feel they succeed compared to perfectionists. This could be because non-perfectionists don't set "unrealistic or negative expectations"(Gotwals, 2014) for themselves thus making them able to achieve their goals while perfectionists aim higher so they feel less accomplished when they don't reach their satisfaction. Data provided from the respondents prove non-perfectionists have experienced more success.

**On a scale of 1-5, 5 being all the time, how often do you aim for perfection?**



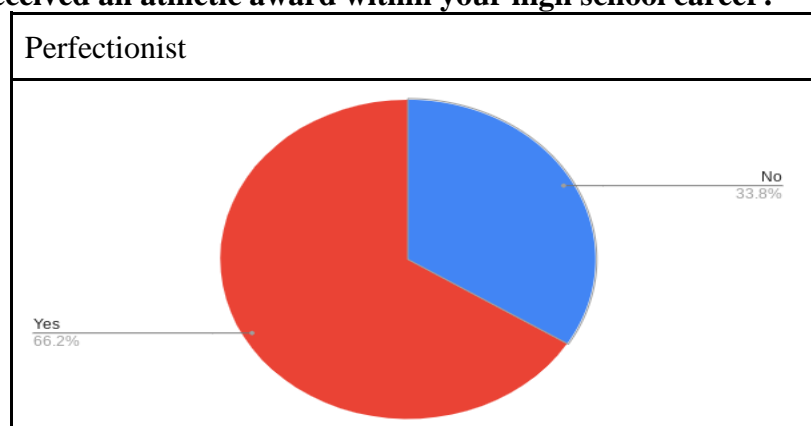
95% of the perfectionists "often" or "always" aim for perfection. This is expected being that a perfectionist always wants that perfect result of whatever they desire. The perfectionist aims for more perfection due to their "unrealistically high standards" (Cho, 2022). In comparison, only 75% of the non-perfectionist "often" or "always" aim for perfection. This could be because they know you cannot always be perfect and they prefer progress over perfection.

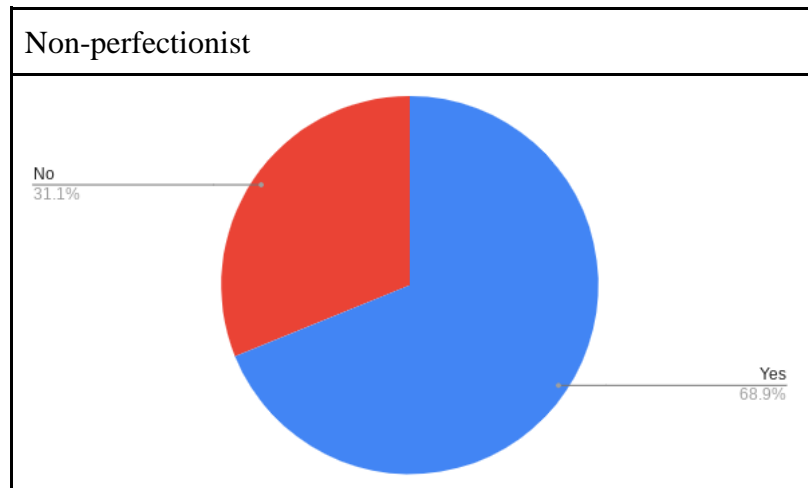
**On a scale of 1-5, 5 being all the time, how often do you feel you must be successful at your sport?**



88% of the perfectionists feel they must “always” or “often” be successful at their sport. This means they cannot accept failing and will constantly push themselves to reach perfection or reach their satisfactory level for that certain skill. On the contrary, only 77% of the non-perfectionists feel they must be successful at their sport. This means they're okay with not reaching their goal, being mediocre, and settling for their result instead of pushing to be better.

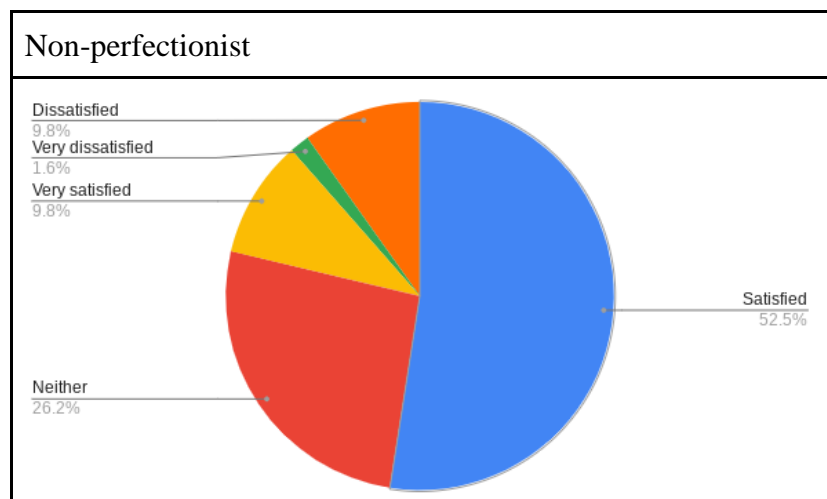
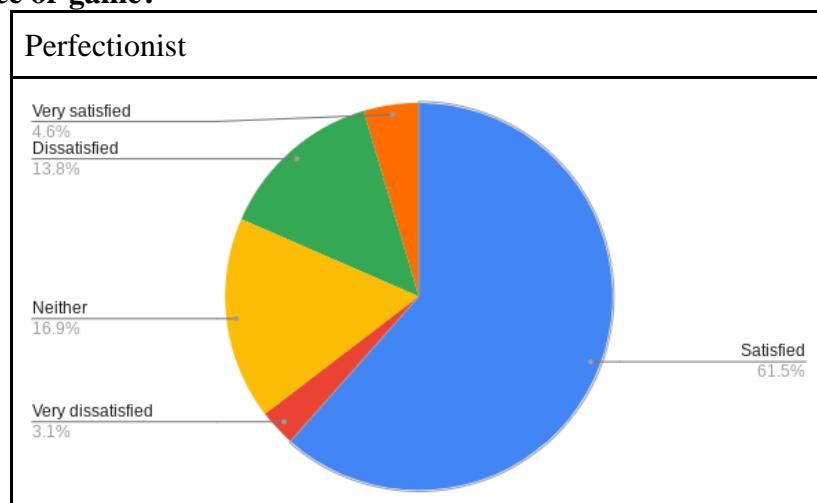
**Have you received an athletic award within your high school career?**





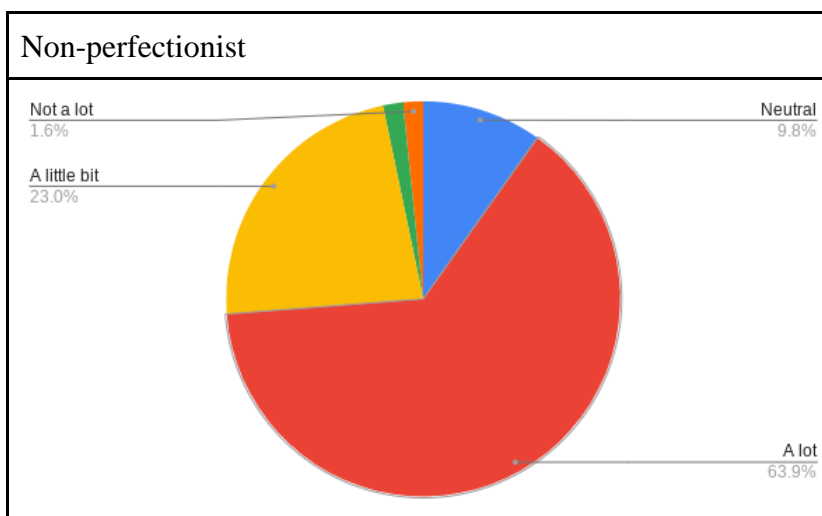
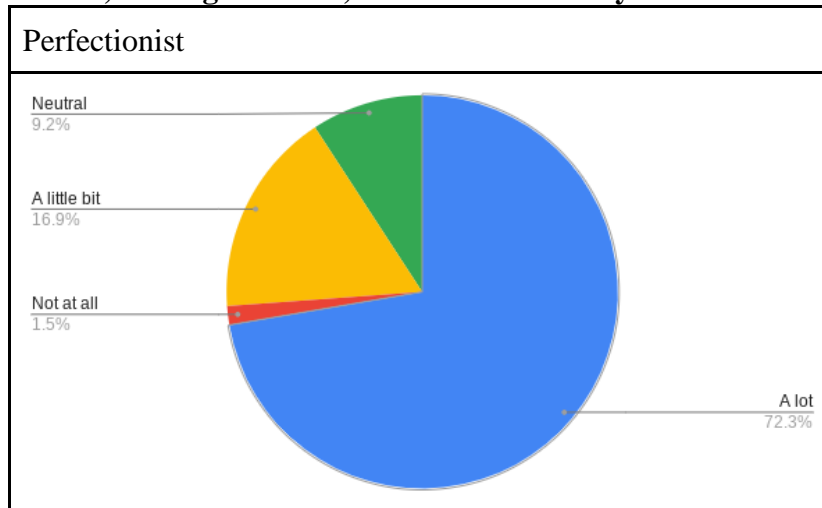
Only 66% of the perfectionists have received an athletic award while 69% of the non-perfectionist received an athletic award during their high school career. This means that the non-perfectionists have athletically succeeded more in order to receive an award. This provides physical proof of success to compare the two.

**On a scale of 1-5, 5 being the most, how satisfied with yourself are you at the end of a practice or game?**



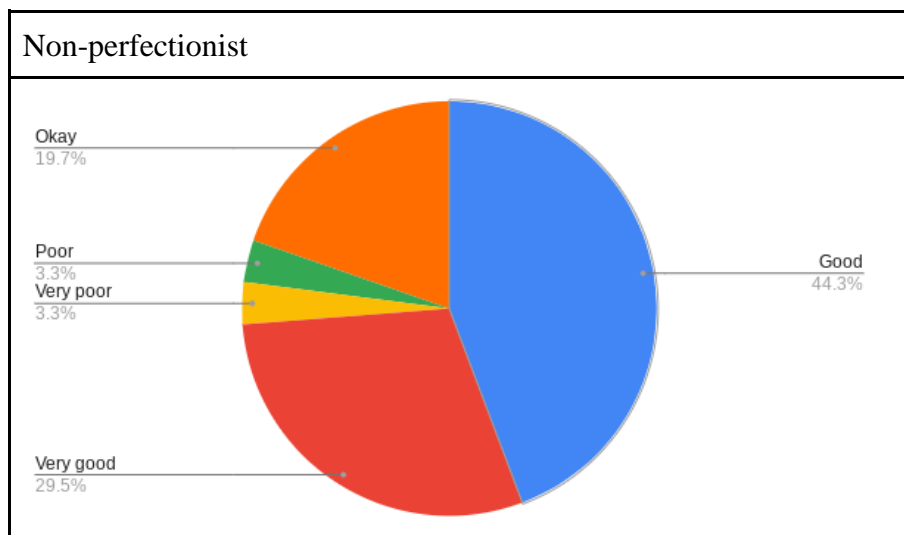
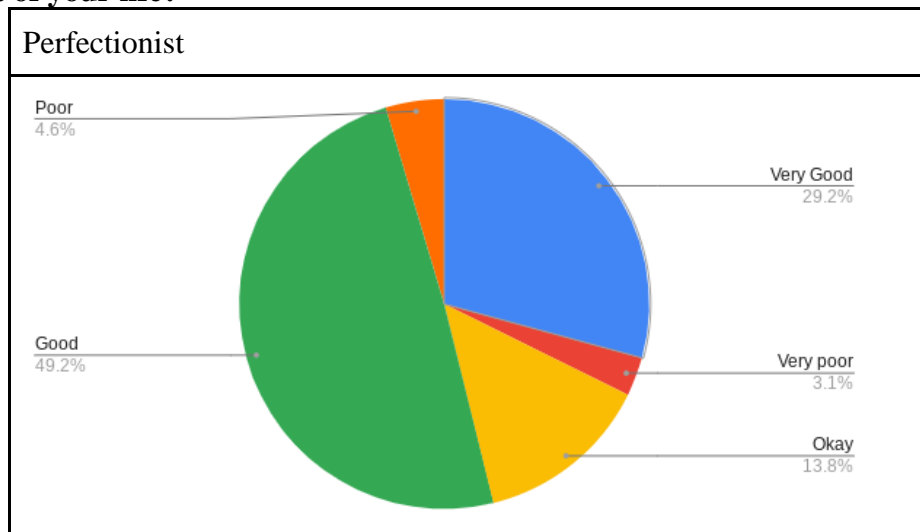
66% of the perfectionists feel “satisfied” or “very satisfied” at the end of a practice or game. This means they are happy with the way they have performed and have most likely met their expectations. In comparison, 62% of the non-perfectionist feel “satisfied” or “very satisfied” meaning they are fine with the way they performed. As a result, the perfectionists feel more satisfied at the end of a practice or game.

**On a scale of 1-5, 5 being the most, how dedicated are you to athletics?**



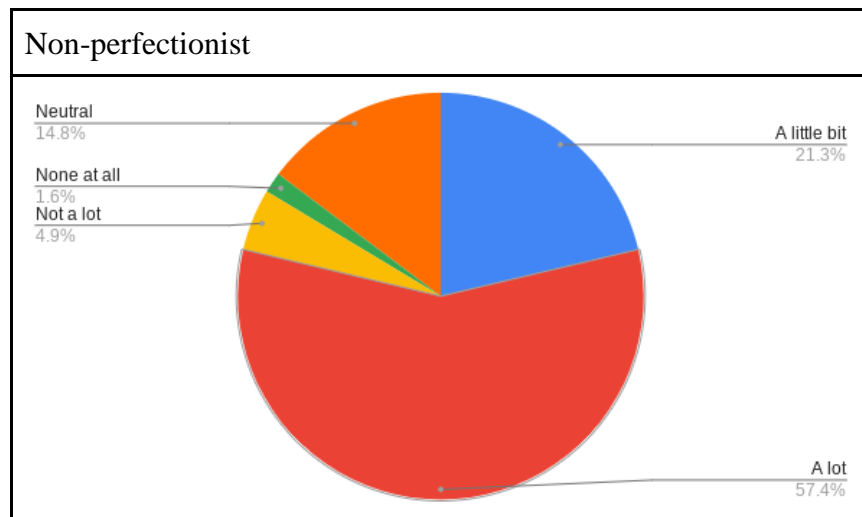
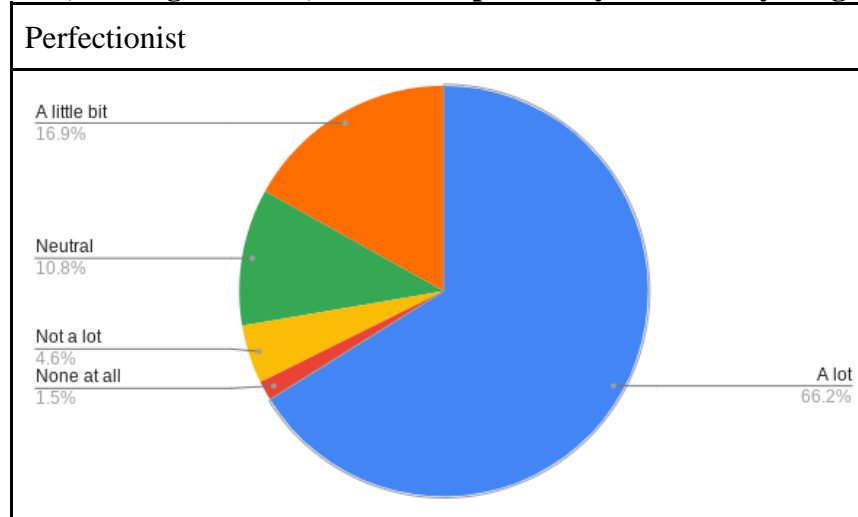
89% of the perfectionists responded “a little bit” or “a lot” to being dedicated to athletics. This shows the “extreme drive” that perfectionists have to athletics and how their dedication makes them want to be better. But, 87% of the non-perfectionists also agreed to being dedicated to athletics. Both are dedicated but based on the participants, perfectionists are more dedicated to athletics.

**On a scale of 1-5, 5 being the best, how capable are you balancing sports with the rest of your life?**



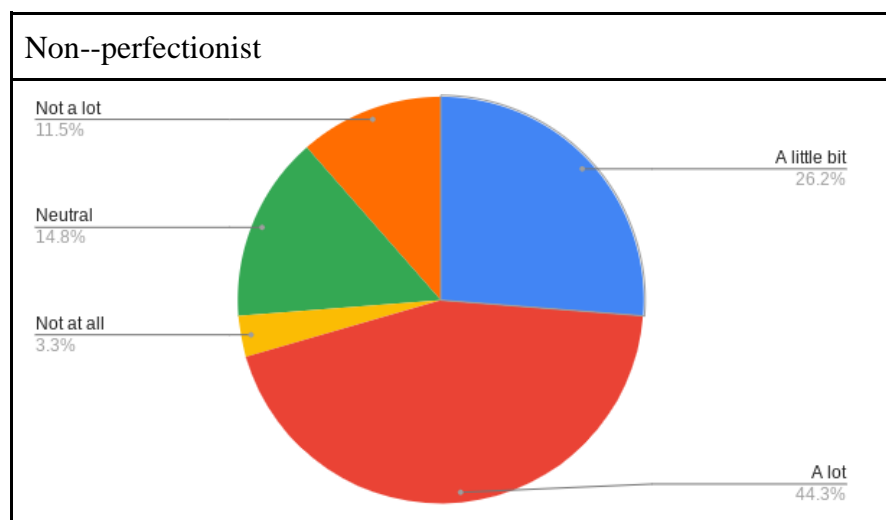
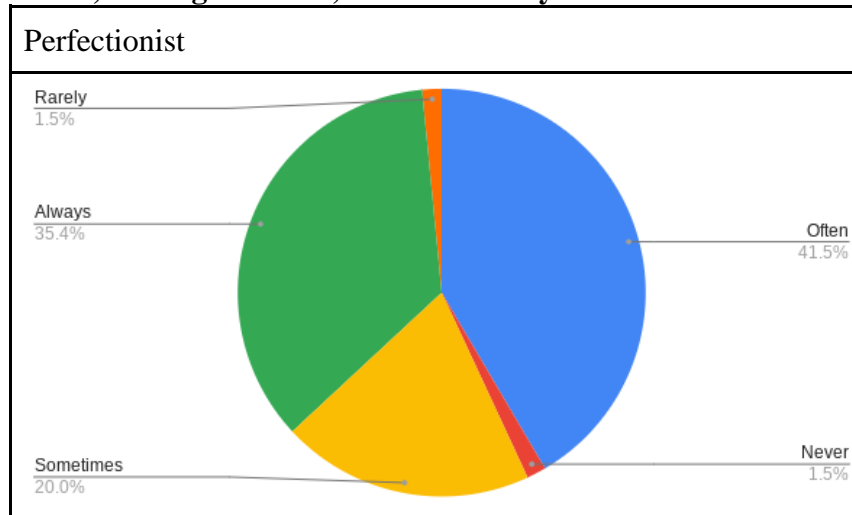
78% of the perfectionists are “good” or “very good” with balancing athletics with the rest of their life. In comparison, 80% of the non-perfectionist are able to balance “good” or “very good”. This means that the non-perfectionists don’t consume too much time obsessing about perfection in their sports; they are able to stop when necessary and focus on another aspect of their lives like academics or work.

**On a scale of 1-5, 5 being the most, how much pride do you have in your game?**



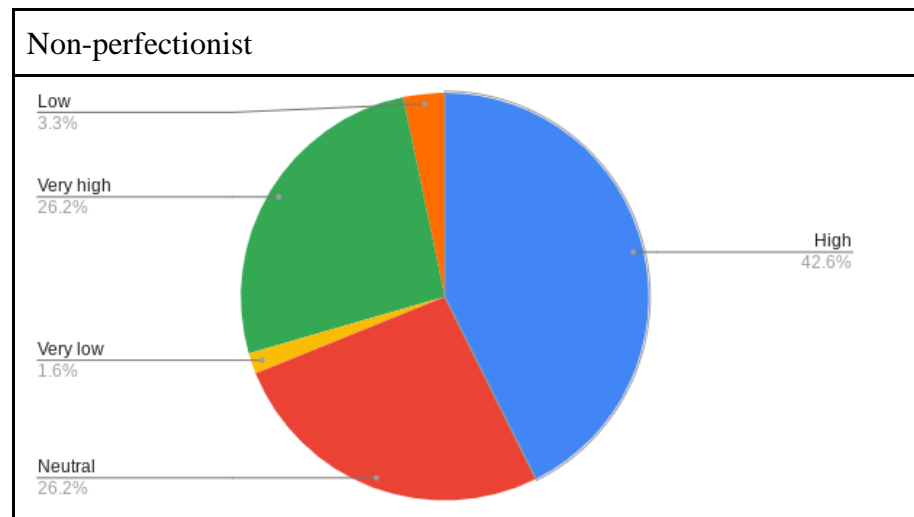
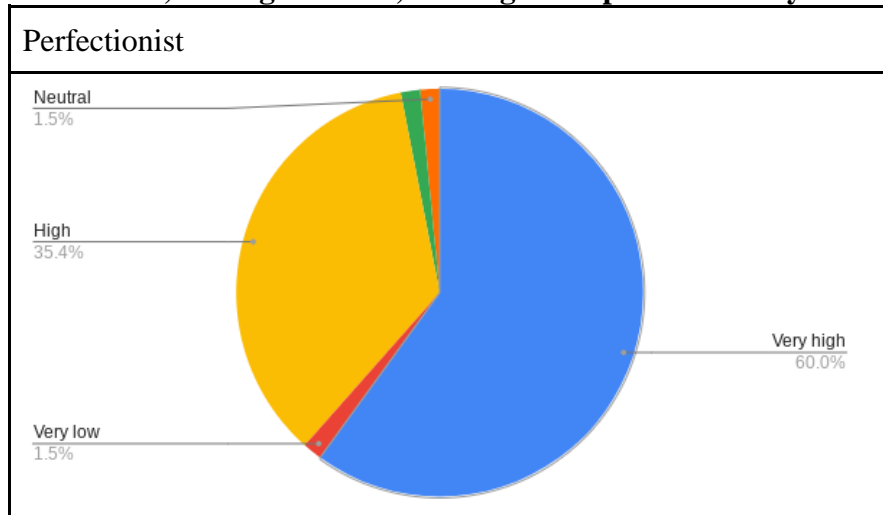
83% of perfectionists have “a little bit” or “a lot” of pride in their game, unlike the 79% of non-perfectionist who have that much pride. This means that the perfectionists care more about athletics than the non-perfectionists but not by a big difference. This could also go hand-in-hand with their dedication. The perfectionists were more dedicated and had more pride in their game which all adds up to being a well rounded player with a positive work ethic.

**On a scale of 1-5, 5 being the most, how much do you stress about athletics?**



77% of the perfectionists stress about athletics “a little bit” or “a lot” while 70% of the non-perfectionists do. This demonstrates that the perfectionists let the negatives get to their head. The competitive anxiety present in the perfectionist shows within their minds as they constantly stress about being perfect in order to meet their high expectations. Studies show “FOF research in the sports domain has been associated with cases of burnout ... and athletic stress” (Gould, Horn, & Spreeman, 1983). FOF, stress, burnout, and perfectionism are all connected.

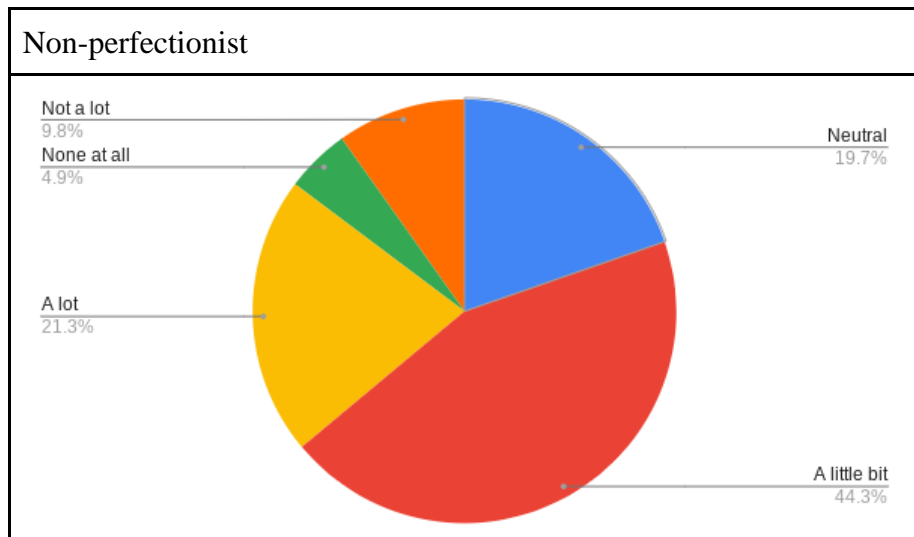
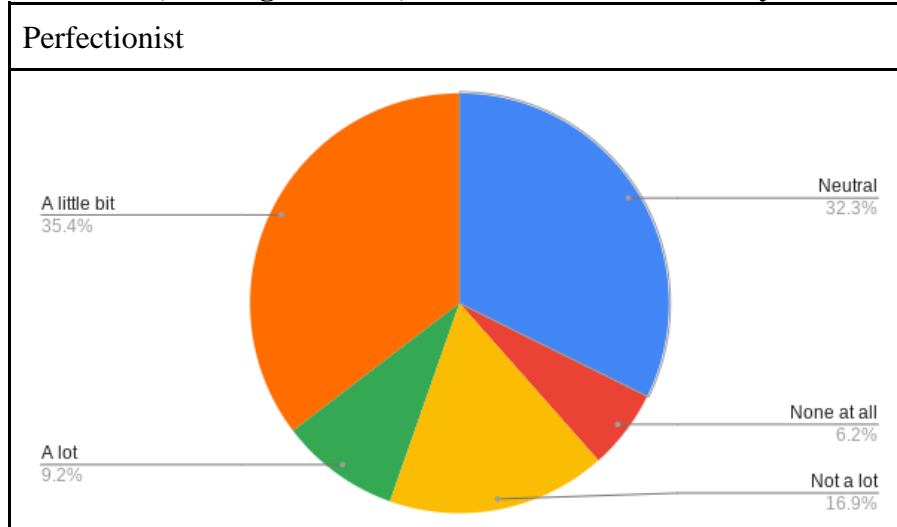
**On a scale of 1-5, 5 being the most, how high of expectations do you set for yourself?**



95% of the perfectionists have “high” or “very high” expectations for themselves. 69% of the non-perfectionists have “high” or “very high” expectations for themselves. This is expected from previous research that proves that perfectionists set unrealistic expectations for themselves in order to be an overachiever.

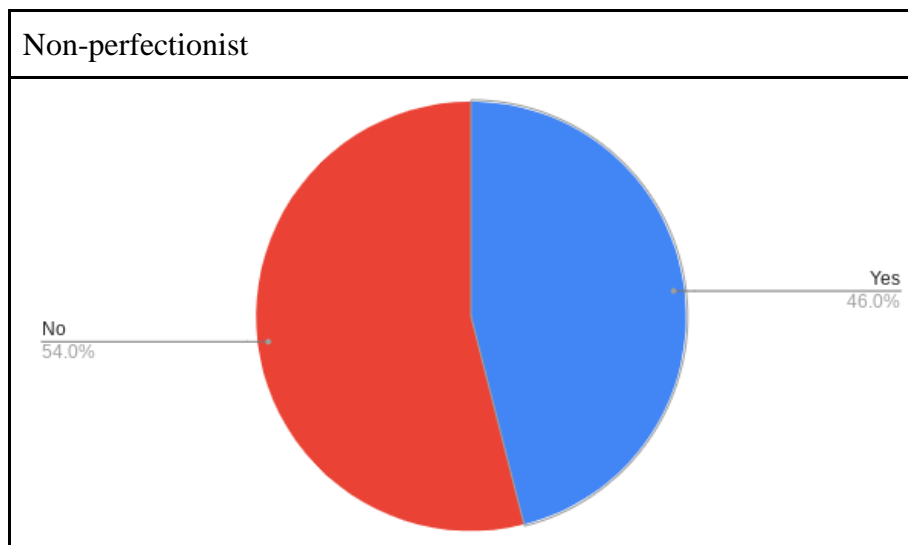
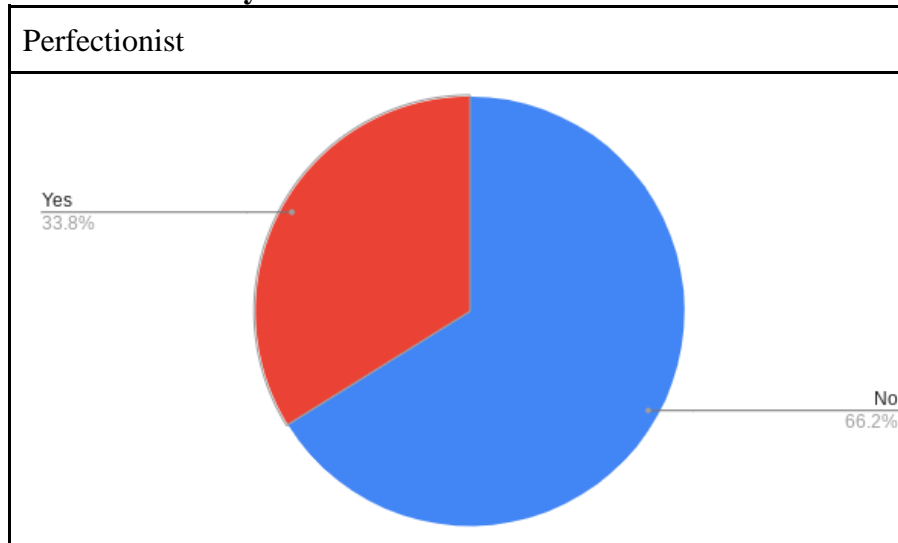


**On a scale of 1-5, 5 being the most, how much confidence do you have in yourself?**



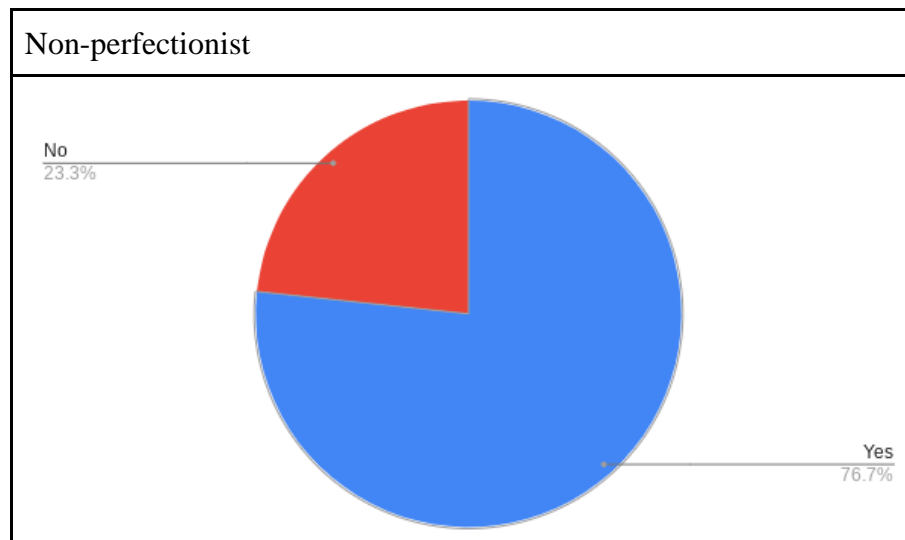
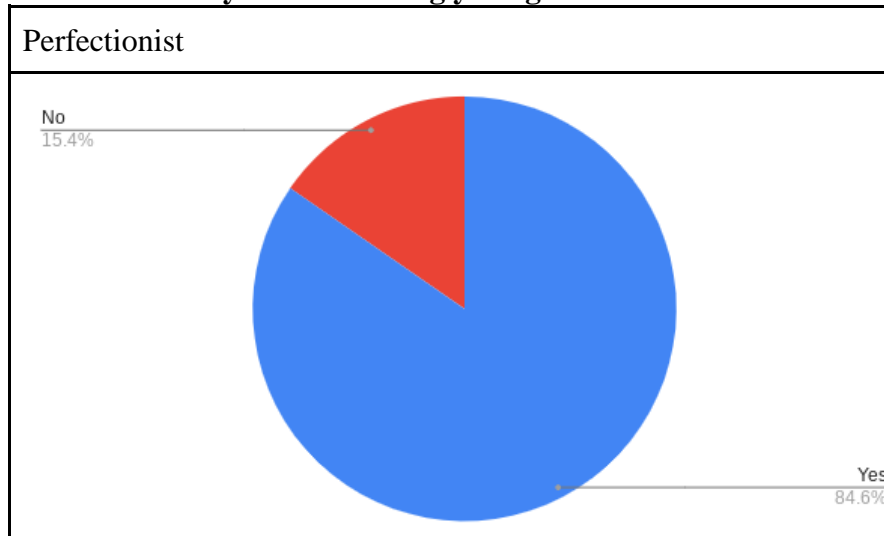
45% of perfectionists have confidence in themselves while 66% of the non-perfectionists have “a little bit” or “a lot” of confidence in themselves. The fact that perfectionists have higher expectations may contribute to their hesitance to have confidence in themselves to complete their task to their satisfaction. Therefore, non-perfectionists have more confidence in themselves.

### Does your mindset increase your confidence?



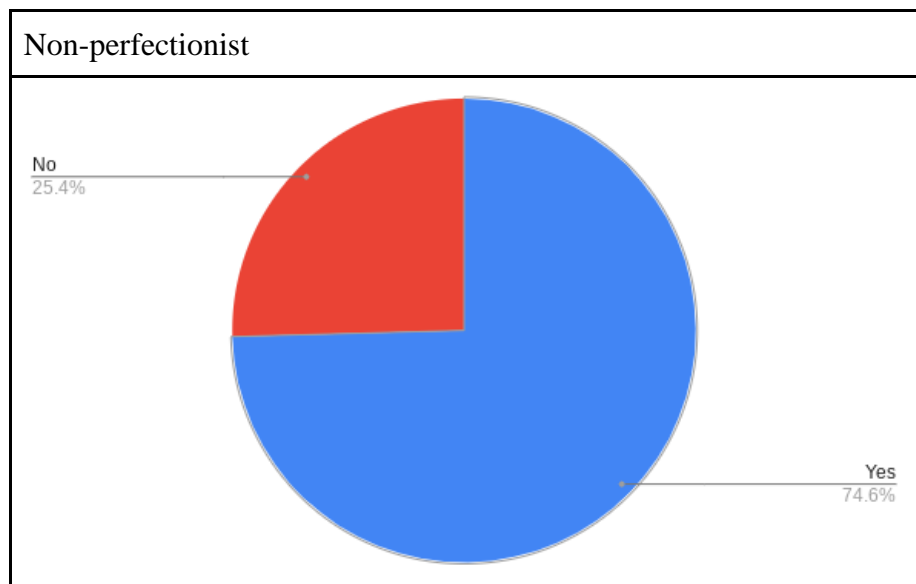
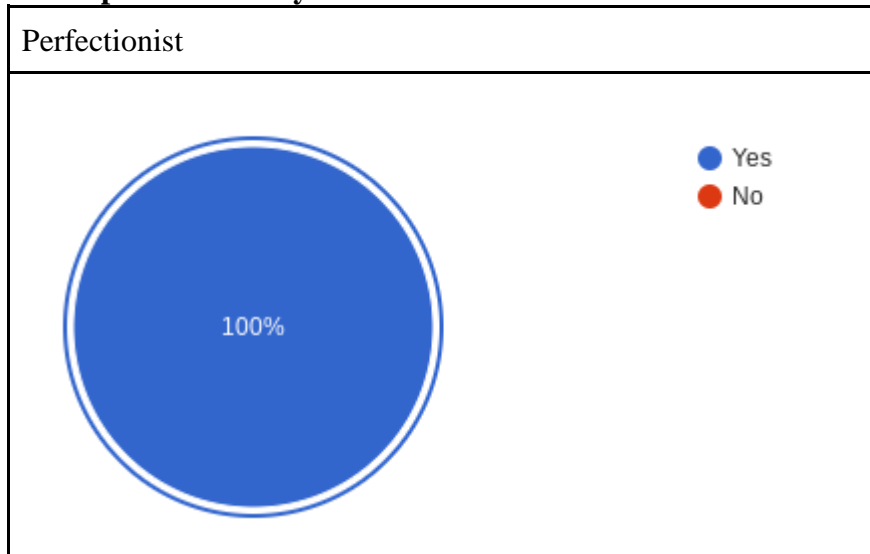
33% of the perfectionists feel that their mindset increases their confidence while 46% of the non-perfectionists feel their confidence is increased with their mindset. This could be because being perfectionists have higher expectations and more stress, their constant FOF and pressure to achieve those high expectations makes them doubt their ability to actually achieve that goal.

### Does your mindset assist you in achieving your goals?



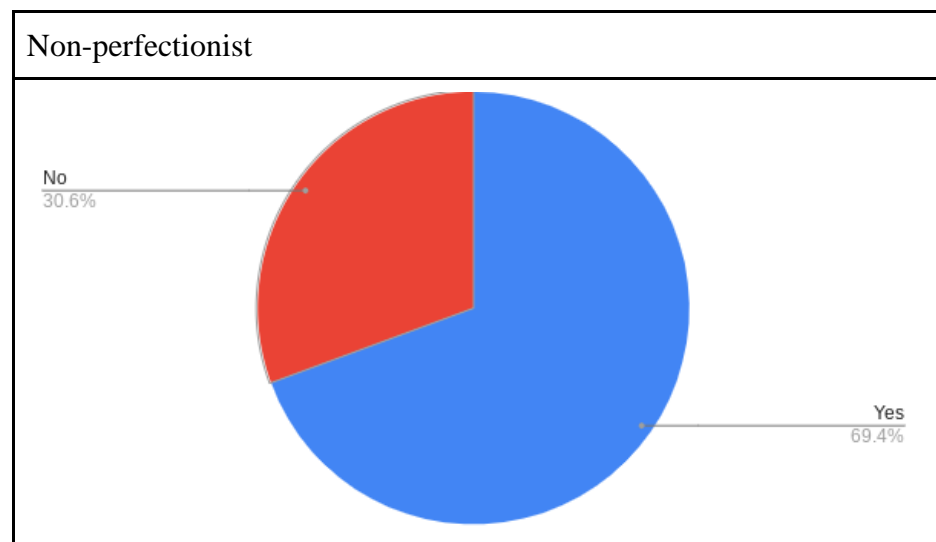
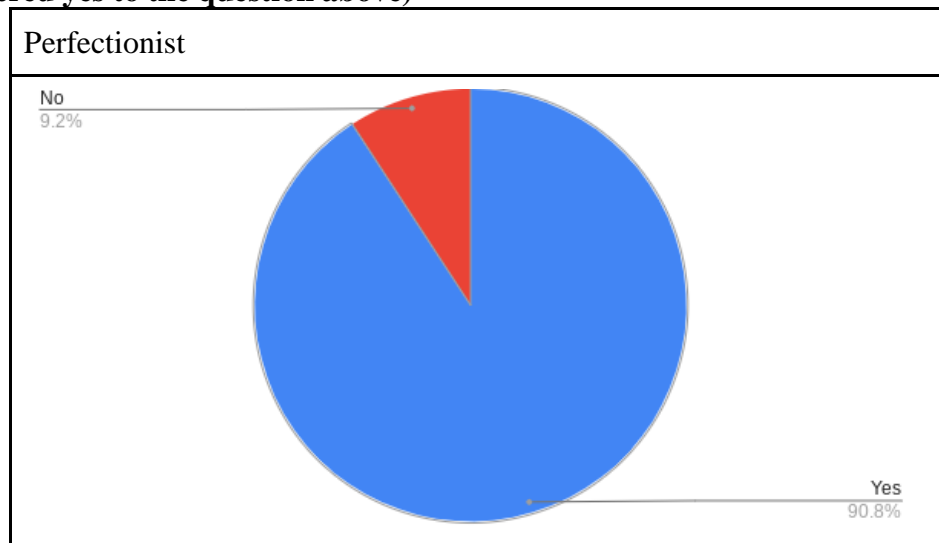
85% of the perfectionists feel their mindset helps them achieve their goals. This could be because they have more pride and determination in their game to do better. They have more of a drive to want to be better causing them to work harder to reach their goals and satisfactory level. On the contrary, only 77% of the non-perfectionists agree that their mindset helps them achieve their goals. The perfectionists mindset being able to help achieve goals helps fill the gap of whether perfectionism can have any positives.

**Do you have competitive anxiety?**



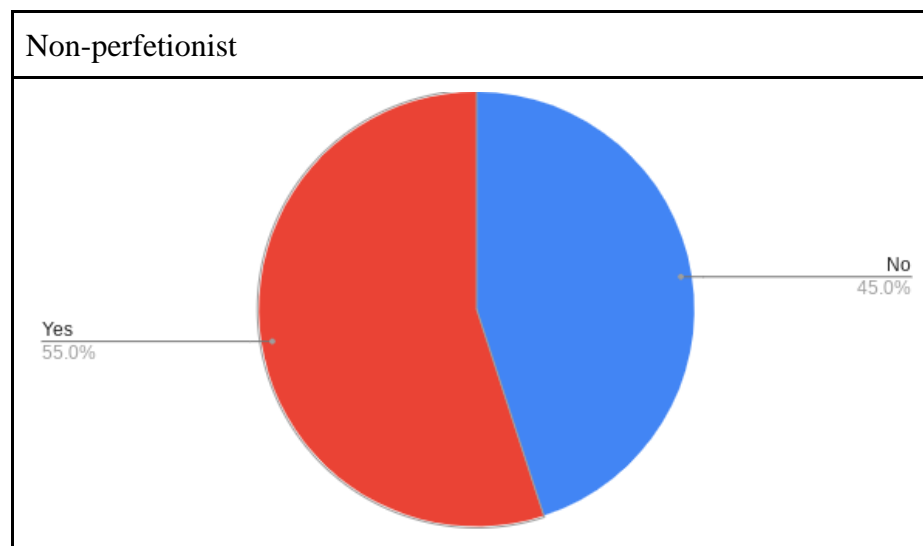
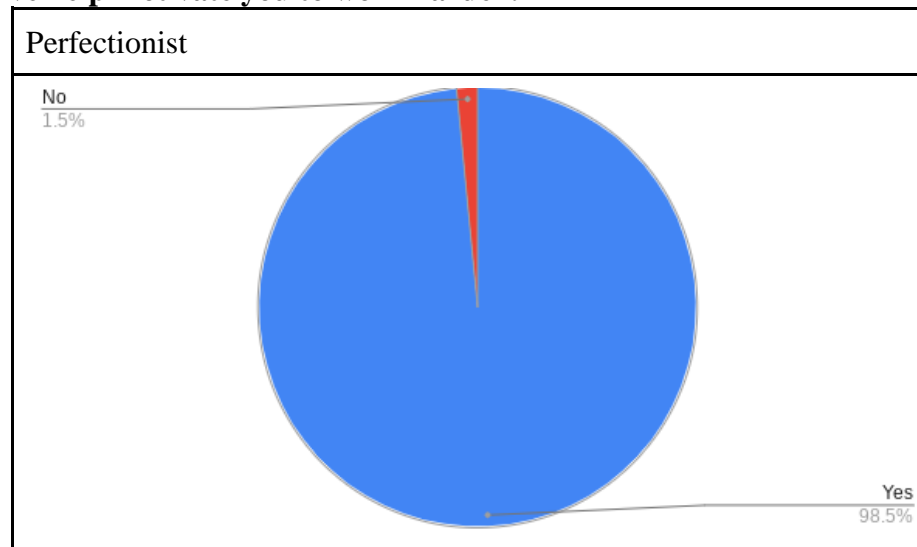
Alarminglly, 100% of the perfectionistic participants responded that they have competitive anxiety. In contrast, only 75% of the non-perfectionists had it. The perfectionist could have competitive anxiety due to their “increasing pressure to achieve top sport performances” (Correia, 2018).

**Does your mindset increase your competitive anxiety? (Only answer if you answered yes to the question above)**



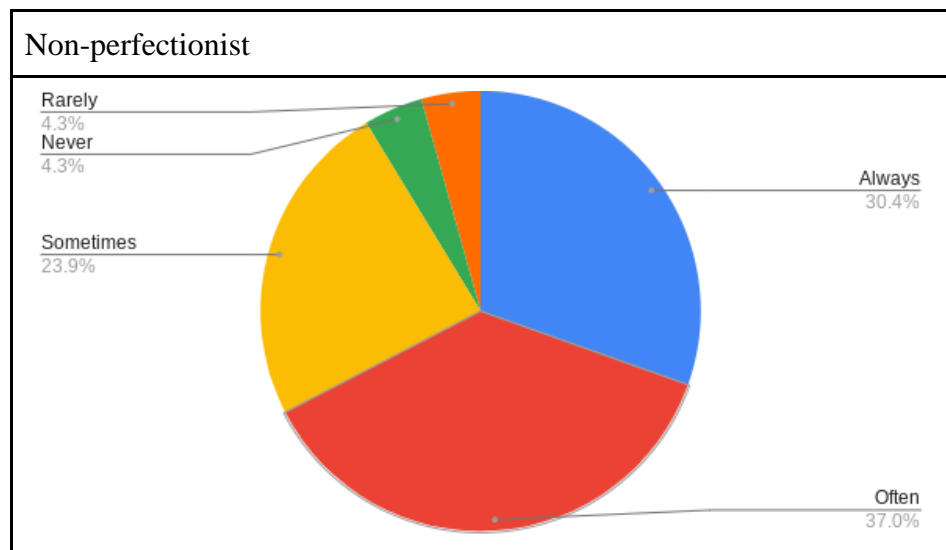
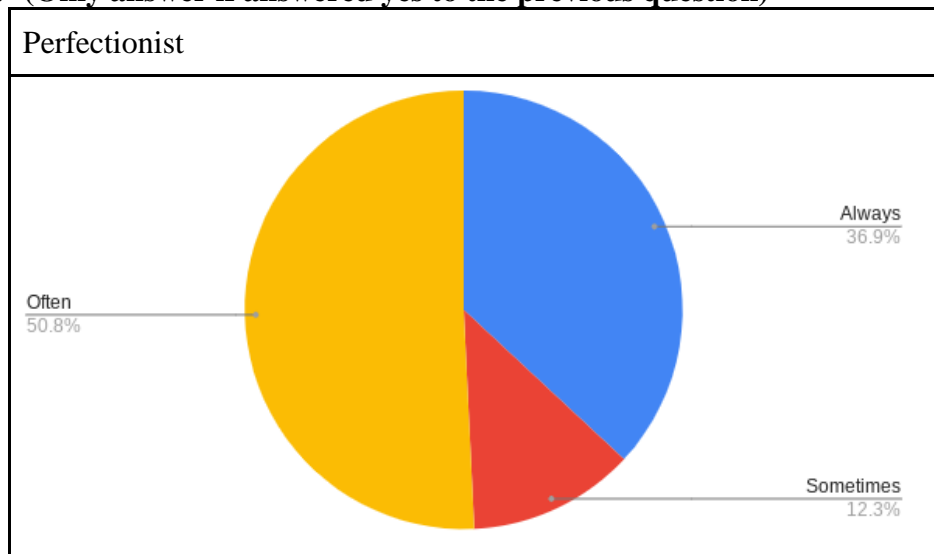
Based on the participants from the previous question, 91% of those perfectionists feel their mindset increases their competitive anxiety. This means their motivation, work ethic, expectations, stress, etc all feed into their anxious feelings. On the contrary, only 70% of the non-perfectionists feel their mindset makes their anxiety worse. The connection between FOF in athletes and increased stress levels has “very limited research” (Sagar, 2006) but as proven through the charts, perfectionists had significantly higher ratings for stress and FOF which we can assume shows a correlation between the two.

### Does your drive help motivate you to work harder?



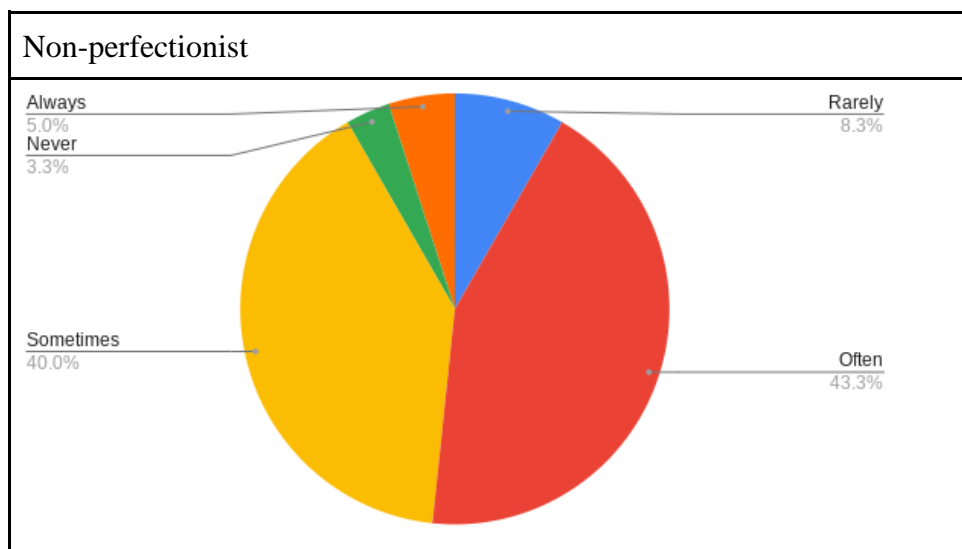
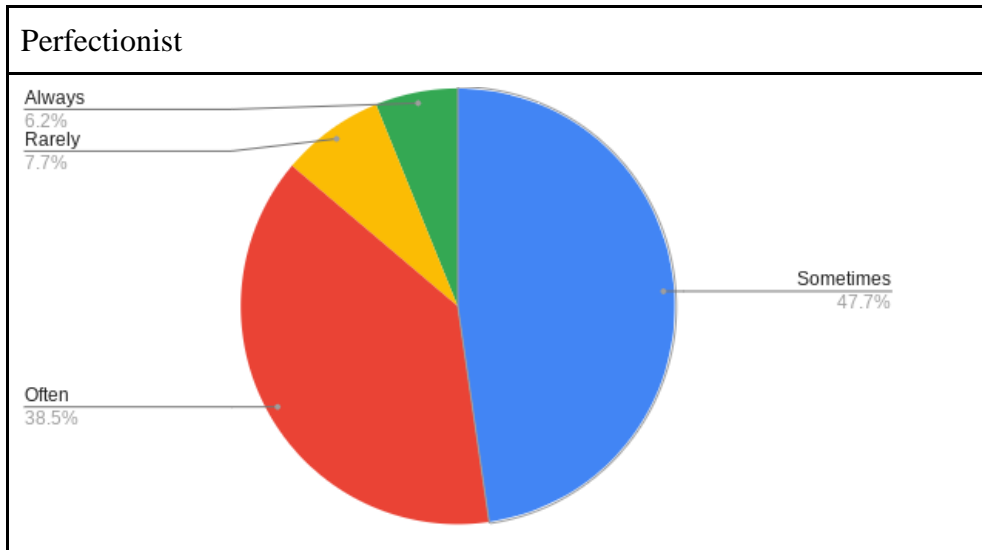
98% of the perfectionists feel their drive makes them work harder. This may be because they always strive for perfection so they aren't satisfied with being mediocre. They want to be the best version of themselves as possible which keeps them working harder. Only 55% of the non-perfectionists feel their drive makes them work harder. This could be what stops them from overworking themselves.

**On a scale of 1-5, 5 being the most, how much does your drive motivate you to work harder? (Only answer if answered yes to the previous question)**



From the respondents of the previous answer, 88% of the perfectionists feel their drive makes them work harder “often” or “always”. This means a majority of the time, their thought process makes them want to achieve more. 67% of the non-perfectionists feel their drive “often” or “always” helps them work harder. It’s assumed the mindset of a perfectionist makes one work harder.

**On a scale of 1-5, 5 being the most, how often do you feel your striving results in success?**



Only 45% of the perfectionists feel their strivings “often” or “always” result in success while 48% of the non-perfectionist would say they do. Since non-perfectionists set more realistic expectations for themselves, they feel more successful because they’re standards are lower. Everyone has their own definition of what success is but for the purpose of this study success is the ability to achieve a goal you have set for yourself. Based on this definition, non-perfectionist claim to experience more success.



### *Qualitative*

All free responses from the perfectionists can be found in **Appendix D**. All free responses from the non-perfectionists can be found in **Appendix E**. All figures can be found in

**Appendix F**. Keep in mind that some of the participants fit into more than one category.

### **How do you react to athletic failure?**

**Figure 1** categorizes the percent of responses for the perfectionist per each reaction of failure. Based on the responses, 6% of the perfectionists said they “cry” when they fail. 6% “get down” on themselves. 40% had no specific reaction but a negative response. 18% had no specific reaction but a positive response. 20% said they “work harder” or practice. 11% say they “get upset” with themselves. 15% get “frustrated” or “angry” and 9% “try again”. Overall, 62% responded negatively to how they react to athletic failure. **Figure 2** categorizes the percent of responses for the non-perfectionist per each reaction of failure. Based on the responses, 15% of the non-perfectionist said they “get angry”, 20% had no specific reaction but had a negative response, 19% said they “reflect” and “try again”, “work harder”, or “accept it”, and 53% “cry”, “get upset”, or get “disappointed” Overall, 51% had a negative reaction to failure. The negative increase from perfectionists compared to non-perfectionist proves their inability to accept mistakes and move forward which also proves how they hyperfixate on their mistakes and take it more personally rather than as a learning experience.

### **How do you feel after failing athletically?**

**Figure 3** categorizes the percent of responses for the perfectionist per each feeling after failing. Based on the responses, 19% of the perfectionist feel “angry” or “mad, 22% feel “disappointed”, 23% feel “sad”, “frustrated”, or “upset”, 14% feel they “let their teammates down” or didn’t satisfy themselves, 12% had no specific feeling but had a positive response, and 28% had no specific feeling but had a negative response. Overall 89% felt negatively. **Figure 4** categorizes the percent of responses for the non-perfectionist per each feeling after failing. Based on the responses, 10% of the non-perfectionist feel “mad” or “angry”, 12% feel “annoyed” or “frustrated”, 37% look on the bright side, 40% had no specific feeling but responded negatively, and 32% felt “sad” or “upset”. Overall 72% felt negatively. The perfectionists had more negative feelings towards failing which supports the other results being found. Perfectionists expect more so when they fail they feel like more of a failure for not achieving their goals.

### **Do you feel as though your mindset hurts you more than it helps you? Why or why not?**

**Figure 5** shows the percentage of perfectionists who said it helps, hurts, and argues both sides. 48% said it hurts, 37% said it helps, and 14% argued both sides. **Figure 6** shows the non-perfectionists. 28% said it hurts, 61% said it helps, and 11% argued both sides. Overall the non-perfectionists said it helped them more than it hurt them. This could be because they set realistic expectations for themselves and accept failure as a learning opportunity rather than a setback. Non-perfectionists put less pressure on themselves to succeed which ultimately helps them have more success.

### **Conclusion**

The gap of this study is whether perfectionists or non-perfectionists have more success and to determine if perfectionism has any positive impacts. From the given data, it was concluded that non-perfectionists have more success. Perfectionism is linked with minimal

positive traits that include better perseverance through mental and physical obstacles, more satisfaction with themselves, more pride and dedication to their sport, and increased confidence due to their mindset. For the purpose of this study, when referring to the perfectionist as “more” or “increased”, it is in comparison to the non-perfectionist. The current knowledge states many negatives that result from perfectionism include competitive anxiety, burnout, stress, and unrealistic expectations (Gotwals 2014). With the results from this study, it was confirmed that perfectionists have competitive anxiety, but it also proved that perfectionism increases competitive anxiety. Since only the negatives of perfectionism have been explored, this study exposed the positives perfectionism has. The existing knowledge of perfectionism also proved to be undetermined as to whether perfectionist or non-perfectionist experienced more success. Through the athletes who responded, it was concluded that non-perfectionists have more success.

### *Limitations*

Although this survey was sent out to as many high school athletes as the researcher could reach, realistically the researcher cannot survey every single high school athlete on the island. This survey’s data is solely based on only the athletes that chose to participate. These restrictions prevent the researcher from getting the full picture and thus cannot confirm 100% certainty of all conclusions due to it only being a handful of high school athletes that participated. Therefore, the conclusions made from this study cannot be 100% guaranteed. Furthermore, the reliability of the participants are at stake. The data from this survey is expecting full honesty from its participants. Moreover, what one athlete considers an achievement may just be second nature to the other, thus changing what their success for themselves is. Being that non-perfectionists set lower expectations for themselves, it could alter the meaning of success thus throwing off the real determination of whether perfectionist or non-perfectionist are more successful. Success was defined as victoriously achieving a goal you set for yourself for the purpose of this study therefore the results still stand.

### *Future directions*

This survey was given out to all high school athletes on Long Island. Being that only 118 athletes responded, there are still plenty of athletes in the world to be tested. This survey can be replicated in a different region in order to see if the results are consistent or if there is a difference in responses due to the location and competitive level of that area. The age, range, and location are demographics that can be altered to provide a new understanding of the one presented in this paper. Sport specific surveys may be implemented to find a pattern in the mindset of perfectionists and non-perfectionists for that sport. Furthermore, focusing on a specific character trait and diving deeper into the reason for feeling that way may provide another rationale and validate the data already uncovered. In addition to this, the definition of success may be altered to determine if the extent to which athletes consider success affects their perspective of whether they are successful or not. This study offered a stepping stool to a much deeper understanding of perfectionism in Long Island high school athletes. From the data collected, there is a new understanding of the character traits and success experienced with high school athletes on Long Island.

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## **Appendix A**

Survey questions for non-perfectionist

Does a non-perfectionist mindset increase your confidence?

On a scale of 1-5, 5 being the best, rate your ability to persevere through mental obstacles?

On a scale of 1-5, 5 being the best, rate your ability to persevere through physical obstacles?

On a scale of 1-5, 5 being the most, how high of expectations do you set for yourself?

**On a scale of 1-5, 5 being the most, how much confidence do you have in yourself?**

On a scale of 1-5, 5 being the highest, how high is your fear of failure?

On a scale of 1-5, 5 being the most, how much do you stress about athletics?

**On a scale of 1-5, 5 being the best, how capable are you balancing sports with the rest of your life?**

On a scale of 1-5, 5 being the most, how much pride do you have in your game?

On a scale of 1-5, 5 being the most, how satisfied with yourself are you at the end of a practice or game?

**Have you received an athletic award within your high school career?**

On a scale of 1-5, 5 being all the time, how often do you feel you must be successful at your sport?

On a scale of 1-5, 5 being the most, how dedicated are you to athletics?

On a scale of 1-5, 5 being all the time, how often do you aim for perfection?

**Do you think you athletically fail or succeed more with your mindset?**

How do you react to athletic failure?  
 How do you feel after failing athletically?  
 Does a non-perfectionist mindset assist you in achieving your goals?  
 Do you have competitive anxiety?  
 Does a non-perfectionist mindset increase your competitive anxiety? (Only answer if you answered yes to the question above)  
 Does your non-perfectionist mindset help motivate you to work harder? On a scale of 1-5, 5 being the most, how much does your non-perfectionistic drive motivate you to work harder? (Only answer if answered yes to the previous question)  
 On a scale of 1-5, 5 being the most, how often do you feel your non-perfectionistic results in success?  
 Do you feel as though your non-perfectionist mindset hurts you more than it helps you? Why or why not?  
**Do you think you athletically fail or succeed more with your mindset?**

### ***Appendix B***

Survey questions for perfectionists  
**On a scale of 1-5, 5 being the best, rate your ability to persevere through mental obstacles?**  
**On a scale of 1-5, 5 being the best, rate your ability to persevere through physical obstacles?**  
**On a scale of 1-5, 5 being the highest, how high is your fear of failure?**  
 Do you think you athletically fail or succeed more with your mindset?  
 How do you react to athletic failure?  
 How do you feel after failing athletically?  
**On a scale of 1-5, 5 being all the time, how often do you aim for perfection?**  
 On a scale of 1-5, 5 being the most, how do you feel your need to be the best ends positively?  
 On a scale of 1-5, 5 being the most, how do you feel your need to be the best does not end positively?  
**On a scale of 1-5, 5 being all the time, how often do you feel you must be successful at your sport?**  
 Have you received an athletic award within your high school career?  
**On a scale of 1-5, 5 being the most, how satisfied with yourself are you at the end of a practice or game?**  
**On a scale of 1-5, 5 being the most, how dedicated are you to athletics?**  
 On a scale of 1-5, 5 being the best, how capable are you balancing sports with the rest of your life?  
**On a scale of 1-5, 5 being the most, how much pride do you have in your game?**  
**On a scale of 1-5, 5 being the most, how much do you stress about athletics?**  
**On a scale of 1-5, 5 being the most, how high of expectations do you set for yourself?**  
 On a scale of 1-5, 5 being the most, how much confidence do you have in yourself?  
**Does a perfectionistic mindset increase your confidence?**  
**Does a perfectionist mindset assist you in achieving your goals?**  
**Do you have competitive anxiety?**  
**Does a perfectionist mindset increase your competitive anxiety? (Only answer if you answered yes to the question above)**  
**Does your perfectionistic drive help motivate you to work harder?**  
**On a scale of 1-5, 5 being the most, how much does your perfectionistic drive motivate you to work harder? (Only answer if answered yes to the previous question)**  
 On a scale of 1-5, 5 being the most, how often do you feel your perfectionistic striving results in success?  
 On a scale of 1-5, 5 being all the time, how often does your inability to accept mistakes prevent you from moving forward?  
 Do you feel as though perfectionism hurts you more than it helps you? Why or why not?

### ***Appendix C***

Are you under 18?  
 Participant's signature

Parent Signature (under 18)  
Do you play at least 1 sport?  
Are you between the ages 13-18?  
Would you consider yourself a perfectionist?

### ***Appendix D***

Free response perfectionist  
How do you react to athletic failure?

I cry  
Sometimes put me down  
I get down on myself and it effects the way I play  
cry + t-swift  
I get very upset with myself but try to push it aside  
I beat myself up over it and will replay what I did over and over in my head trying to think of what I could have done differently  
I practice the skills I lack.  
By working harder and trying not to stress about it.  
I get very down about it and I can't focus  
work harder  
i get sad and frustrated  
i keep working harder  
I try again.  
Denial - I will stop playing for a period of time.  
i dont care  
i try to not let it bring me down but i take it as it's making me better  
I push myself to work harder in order to achieve success.  
optimistic  
yes  
I yell and get angry  
I usually cry about it at home  
I do not like to fail or see other people fail at their own sport.  
negatively, I often stress  
Motivates me to try harder  
i try to be better next time  
Keep trying over and over again until i get it right  
I sometimes cry  
Sometimes it makes me want to give up, but other times it makes me strive to do better.  
I get upset and very angry at myself  
I become upset, but I just work harder to succeed  
I push myself harder  
Poorly  
I have to do better  
Think about what went wrong  
I get mad at myself for making mistakes  
I usually get upset.  
Get mad  
usually ponder on it  
I try to bounce back and most times I can but sometimes the pressure makes me nervous. I tend to fidget with my hands or play with my hair

Negative thoughts of quitting/ questioning my athletic ability  
I usually become frustrated which only makes things worse.  
Try it again  
Angry mood, saying negative things about myself  
keep trying till how play what is perfect to me  
badly  
I take my failure and try to take the best out of it. A failure is a learning experience so I don't really take it as a failure.  
I have a hard time thinking about it and pushing forward  
Anger  
Getting mad at myself or putting in more work  
I work harder  
I become upset w myself and i keep attempting the skill until it is the best it can be sometimes working myself too hard  
I give up and get upset with myself  
I get anxious  
Feel dissatisfaction and disappointment  
I take it pretty harshly but persevere through it and try again, because I strive to feel that emotion of winning and succeeding.  
I first am frustrated then I work harder to get it right the next time  
Self hatred and lose self esteem  
I try to practice and strive to make the failure not happen again  
I continue to work hard and get better.  
i think about it too much.  
I react irrationally.  
Disappointment  
I get disappointed knowing that I did bad and there's someone on my team that can do what i do better.  
I use it to fuel my hard work and practice harder and more

How do you feel after failing athletically?

Angry  
I feel disappointed  
Sad  
Upset but wanting to do better  
Like I messed up the whole team and if I failed them once I'll fail then again  
Awful, I tend to shut down after a bad game and it tends to ruin the rest of my day  
Like i let my team down  
Disappointed.  
It is not fun. It annoys me and I always hope to do better.  
Extremely disappointed  
disappointed  
mad  
i feel upset and mad but use that anger to push further  
Disappointed but I know I'm learning  
I feel sad  
It disappoints me because I put it so much work.  
fine  
I feel upset and angry and i always feel like i'm letting everyone else around me down

I get very upset, but remind myself that there's always room for improvement.  
 horrendous  
 no  
 I feel defeated emotionally and mentally  
 I get very frustrated and ultimately get angry as well.  
 Like a disappointment  
 mad- at myself  
 I get mad, but restart again  
 I feel like a failure. And I want to quit.  
 I usually feel very upset.  
 Not good, disappointed  
 Angry and Upset  
 I feel like my work hasn't paid off, and I need to work harder.  
 Disappointed  
 Angry and embarrassed  
 Like I want to kms  
 I feel disappointed.  
 upset sometimes  
 I feel drained and guilty after failing. I always think its my fault.  
 Not good  
 I feel like I am not good enough and forget about all of the progress that I have made after making one little mistake.  
 Upset  
 Defeated, inadequate  
 not good  
 depressed  
 I feel mad at myself at first but then I reflect on it and try to do better next time.  
 I feel like I'm not good at anything  
 Annoyed  
 Terrible  
 Angry and dissatisfied  
 I feel bad  
 I feel anxious  
 Disappointed in myself  
 I feel pretty down but encouraged and inspired to try harder  
 I feel disappointed in myself and really frustrated.  
 Sad and angry  
 I feel disappointed in myself and feel that I have also let down my teammates  
 I feel like I didn't try my best.  
 unhappy, pathetic  
 Very upset.  
 I feel bad but also more motivated  
 it is frustrating and sometimes i feel like giving up

Do you feel as though perfectionism hurts you more than it helps you? Why or why not?

I feel it helps motivate me to become better.  
 It definitely because once I make two or three mistakes I get in my head farthing the negative effect I'm having on my team



mmmmmm bc like the earth orbits the moon

I believe it benefits me physically, as in being consistent in with workouts and practice, but it hurts me mentally when I feel I'm not at the standard I've set for myself

I feel that at times it hurts because I can overthink and start thinking of possible scenarios that could go wrong or not how I want it to be

No, even when it results in a negative result, it's still a learning experience.

I feel like it hurts me because I am not able to let things go. I find it harder to move on from what I failed at and I remember the feeling for a while.

Yes, it makes me more anxious to succeed, so I get too much in my head and then I mess up.

no it really helps me work harder

yes bc it stresses me out more than it helps

In a way I feel like perfectionism helps you more because you strive to be better rather than letting it destroy you.

No, because it pushes me to be my best and keeps me organized.

No

It helps me because it motivates me to become a better player.

i feel it helps more than hurts because i always have myself to compete with and get better.

i feel it hurts me because i feel so much pressure that when i mess up once i feel that i'm not good enough and i'm letting my team down

No because it motivates me.

yes, im too focused on the consequences instead of the positives

yes because it does

Hurts, I set too high of expectations for myself and get down when I fail.

yes I do because when I try to be perfect, I lose sight of the people/ world around but I forget who I am personality wise, I try to be a version of myself that's not real or true

It hurts more because I feel insecure and get anxiety that I won't do my best performance at a competition and thus lead to my defeat. I feel like I have to be perfect everytime.

Yes. Mental Health is important and I feel as though sometimes, my perfectionist thought hinders my mental health

Perfectionism is definitely good and bad. It pushes me to be the best I can be but sometimes that is too far for me to handle mentally.

yes; because it'll literally put a mental block in my head and i can't get past it :(

Neutral, If i want to be a perfectionist then i aim to work harder and harder but when my mistakes start coming i just want to quit.

It helps. I think so because it gives you a good mindset

I think it hurts me more because I hold myself to unreasonably high standards.

I believe it hurts you more because you never feel as if what you did was good enough and it brings me negative thoughts when i don't reach my standards.

No, though it can be stressful sometimes, I know I have to get through it and push harder to be the best version of myself

No. I think trying to be perfect at something pushes me harder and reminds me that there are always things to get better at. It can get frustrating though.

No, I think it helps more than it hurts.

It can be very stressful but fine diamonds are made from stress

I feel perfectionism hurts me more than it helps me because i look too far into the future instead of focusing on the next step

I think it hurts more because I set very high standards for myself that's hard to reach quickly so I consider it a failure whether I'm good or not.

I feel that perfectionism helps me because it drives me to practice more at my sport so that I can achieve the goal I want or play as efficiently as I want to.

Perfectionism hurts me because mistakes affect me for a longer period of time.

yes because it makes the failures hurt more

sometimes i feel it hurts more because if you don't meet your expectations you get very upset

I think there is a balance of both. With perfectionism, I force myself to study and work harder for what I want which will help me in the future. On the other hand, I can be too harsh on myself, causing me to stress and lose confidence. Yes, because it is rare and almost impossible to be perfect 100% of the time, and by having this mindset, I am almost setting myself up for failure, which hurts my confidence leading to a poorer execution of my athletics. I think it probably hurts me more than it helps me because I end up harping on my mistakes and what I'm doing wrong and then my mindset makes me feel like I can't do better and learn new things. It hurts me more because it makes me overthink too much. Yes, perfectionism motivates me to perform better and keep my mind in the game. No because it motivates me to work harder helps me on paper and hurts me mentally. No, you always want to strive for more. Your never going to be perfect and I understand that but you always want to strive for that perfect result. I think it hurts me more because when I fail I think less of myself. No, although there are both negative and positive affects of being a perfectionist, I believe that being a perfectionist will lower your confidence and makes you hard on your self. No because I can acknowledge my mistakes without taking it to heart and work to fix them. I think over all it helps me because I tend to work harder when I need things to be perfect. Hurts and helps. Helps because it motivates me to push myself harder knowing I could always be better and hurts because my self esteem is sometimes low and I become upset w myself easily. Hurts because I set high standards for myself that I can't achieve. Yes because it causes anxiety. I believe that it helps and hurts. It helps me become motivated when I succeed. And hurts me when I do not succeed. I feel it helps me more because it pushes me to not only work harder but persevere through my struggles, however sometimes my perfectionism can get the best of me and get in my head a bit too much, resulting in me having more anxiety before an athletic performance. I think it hurts me more than it helps me because as much as it does motivate me it usually puts me in a bad mindset and sets me up to do worse and it really affects my confidence levels. It stresses me out and makes me lose love for the sport. I feel that while being a perfectionist can benefit you in many ways it harms you because of the amount of stress it can put on one. I feel that while trying to make everything perfect as an athlete sometimes even if you're trying your hardest sometimes things will just not go your way. No, it drives me to work harder. I think it hurts more. I get in my head too much and many times it is not beneficial to my ultimate goal. Helps, it is extremely motivating and is probably the main reason why I am as successful as I am. It depends. Sometime being a perfectionist helps motivate me to be perfect and keeps me working towards my goals. Other time when i don't reach my goals it gets disappointing and lowers my confidence. I think in the past and even now it has helped me more then brought me down. It has always motivated me to do better. It helps me because it pushes me to work harder, but it also is tougher on my mental state.

## *Appendix E*

Free response non-perfectionist

How do you react to athletic failure?

I get mad  
 Puts me down  
 push harder  
 i learn from it and try to make the correction next time

I fix it next point  
I get sad  
i just walk away.  
i am angry that I failed and that i didn't do as good as I am capable of doing  
Work harder  
I just know that i gotta get backup and keep trying until i perfect what i'm trying to do  
not well I get in my head too much  
upset  
I get angry or upset  
I cry  
i dont care  
Not that much  
By reviewing what I did wrong and working on my technique/ability to further improve.  
HIV  
Overthinking  
work harder  
I keep going, don't quit  
practice more, think about how i could've done better  
I take the fail in and work harder to make sure i don't make the same mistake  
I learn from it so it doesn't happen again and move on.  
as i wld w regular failure i wld be upset and isolate myself for a little  
get in my head or push myself to do better  
Get mad, but restart until i get it right  
I sometimes cry  
I just try to keep going and move on but I always have it in the back of my head and it holds me back  
I want to work harder.  
Push harder  
I take it out by evaluating my self and I practice to improve my skills  
I get angry  
I got angry and shut people out  
I think about what I can do to better myself or fix my mistakes.  
I access what went wrong and figure what I need to do to succeed when the next opportunity approaches.  
I accept it  
cry  
Often I get very mad at myself  
I take my failure and learn from it to make me better.  
I spot my errors and try to correct them on the next rep  
Just work harder the next time to fix it  
I bring myself down  
It lowers my confidence  
If you fail, use getting better to succeed as motivation  
Rebuild my mindset  
i get disappointed  
i practice longer and harder on that one thing or multiple things  
to push harder  
get in my head grow angry  
I feel slightly down in myself but encouraged to try harder next time.  
fix it next time  
Cry  
I react cool because you fail more than sucess

immense anger, anxiety attacks sometimes, screaming, or just becoming silent  
I keep working harder  
I'm upset but hide the feelings and move on.  
Im upset but understanding.

How do you feel after failing athletically?

upset  
I feel sad  
Upset but encourages me to work harder  
disappointed  
i try and learn from it  
Angry  
I feel nothing; I forget about it and fix it next time.  
Sad  
Somewhat bad and disappointed  
i feel defeated. I feel like all the hard work i did at practice was a waste  
Not good  
i feel like i failed myself as an athletic person but at the end of the day it matters that i've tried my hardest  
Awful, feel like I've failed and I let my team down  
angry or disappointed  
it doesnt affect me, just try and see what i can do differently  
Annoyed  
It is a minor setback, allows me to see what I am doing wrong and what I need to work on.  
disappointed and frustrated  
terribly but i know it's a wake up call  
Like a failure  
guilty, mad  
I feel as though i can learn from the experience more then sulk over it  
Disappointed in myself but I know I will work harder next time so it doesn't happen again.  
frustrated  
disappointed, very dissatisfied  
I feel like I should quit. But it just pushed me harder  
Horrible. One of the worst feelings for me  
Very upset and disappointed  
Disappointed. Know i can do better  
I feel dissapointed and feel the need to do better the next time  
Upset and frustrated  
I feel bad about myself but I try not to get stuck feeling sorry for myself and make a change.  
I feel disappointed for a little bit. But I soon realize that failure is all part of the journey and you need failure to succeed.  
I don't let failure way me down too much.  
It's not the biggest deal, I just work on what i failed at  
bad  
Often I get very mad at myself  
I feel like I have to make up for it with an even better play then the one I messed up on  
It motivates me to work harder  
I feel bad but then work hard the next time

Sad and frustrated  
 I get disappointed in myself  
 Not so great, but determined to get better  
 Unsatisfied but understand that perfection is unattainable  
 i feel sad and disappointed  
 down but it makes me work harder  
 guilty, let my team down  
 not great  
 I feel discouraged at first but motivated to be at the top of my game next time  
 I get pretty annoyed and mad  
 annoyed  
 i get a little down on myself but then remober i can do better  
 Terrible, unpleasant, unworthy  
 Not good, but not end of world  
 like it confirms that i'm not enough  
 Slightly annoyed and determined to not fail again  
 Sad. Angry. Annoyed and frustrated.  
 I feel like I could have worked harder.

Do you feel as though your non-perfectionist mindset hurts you more than it helps you? Why or why not?

A non perfectionist mindset allows me be able to fail sometimes but always come back  
 no i feel as if it helps because it pushes me to work harder  
 makes me not work as hard as i should be  
 No because it gives me motivation to keep going  
 I feel that it helps because you don't need to stress about a perfect grade or a perfect pass in sports.  
 Helps because I'm not always looking to be prefect  
 Yes because i can tend to slack when practicing certain things and it translates to matches when i don't do the correct thing.  
 I think that it hurts me more than helps me because when i fail i have no desire to do better which results in me never improving.  
 Helps  
 Yes it hurts me because I am less motivated  
 yes because when i do fail it is more disappointing  
 being a non perfectionist allows me to forgive myself more for mistakes i make.though, i do tend to make more mistakes knowing that i can forgive myself.  
 It's hurts  
 Helps me, it allows flexibility in my mindset  
 It does not hurt me more than it helps me. I do not aim for perfection because there is always a way to better improve my ability or technique. Whether I am training or in game I always try to find ways to improve my technique in the moment. This helps me achieve better results  
 I feel hurt  
 Hurts, i end up preforming poorly  
 No it helps me because i can get comfortable but not too comfortable  
 No i Belive it helps because it's remind my self that I can always improve and be better and at the same time stay healthy and good  
 i think it helps me more because i can set realistic goals and still be happy when i achieve them rather than being unrealistic and unhappy when i can't achieve anyrhing  
 No i think it helps me more to understand that if i do fail i know i can get the next one

No- I don't think think too much about how everything has to go a certain way within a race. It's more of just do it and see how it goes, if it turns out bad than I will learn from that and make sure it doesn't happen again.

no because it is rational not everyone is perfect and setting yourself to an unattainable standard will only make u feel worse abt urself

no because it makes me just want to work harder to make myself at my better level i can do not perfection like the pros

Hurts because if it's not perfect then it's not right. If i just quit on myself how will that benefit me.

No. Because then I won't push myself

Im more stuck in the middle. It can motivate me and it does but it also leads to other downfalls like insecurities and stuff like that.

It hurts more because it lowers your standards and doesn't motivate you to do better

No because i push harder as time goes on

My non perfectionist mindset helps me because I set high standards when i play any sport and when i do exceed my own standards I am very proud and set new standards the next time

Yes because it doesn't motivate me to do better mentally

Yes because it makes me more wreck less with my actions in sports

It definitely helps me because I am not constantly stressing about becoming a certain image, but I only do what I can to better myself. There is no perfect athlete there is only a version of you that is better than you were before.

No, my non-perfectionist mindset helps me because I know that there is always room for improvement whether it is in soccer, school, or in life. I know I will never be perfect and that mistakes happen. But I can work to limit the amount of mistakes I make.

No because I am not as hard on myself when I fail, so i can keep my head in the game better and think about what i did right or wrong after playing.

helps bc it takes my mind off of it

Yes because if I'm not trying to be perfect and my game am I just trying to be average?

I do not because no one is perfect and mistakes are what makes you stronger.

I think it helps me more compared to being a perfectionist because not everything has to be perfect, it is nearly impossible to be perfect at something and if you spend too much time focusing on making everything perfect then you'll never get to where you want to go. Just strive for improvement and don't be too hard on yourself when you don't perform how you wanted to. Being a perfectionist in my mind means stressing too much on the little things, being a non perfectionist to me means striving for improvement, step by step, and to be glad wherever that takes you.

No I think you can't be perfect but you can always strive to be as close to it as possible

I feel that it helps more cause nothing in life is perfect, you have ups and downs. If I don't except the perfect, it helps my mindset because I won't be to upset with failure

I feel it hurts me because I don't feel the need to perfect my skills in sports. If i did, I would practice more and ultimately perform better.

It doesn't help you as much, it allows you to feel good when you pass, but when you don't do as good, it's still okay

I think it helps me more since I'm alright with making mistakes and being able to learn from them, rather than being harsh on myself for something that is unattainable in a competitive mindset.

it helps me because i know my expectations for myself

sometimes because it puts me down some days when i just can't get what i'm working at but other days it's helps me and makes me better because i don't set as high standards on myself

it sometimes helps me to push harder and to try harder just so I don't have that type of mindset.

i would say hurts more because i could give more effort

It hurts more than helps because it wouldn't motivate me to work harder or be better because my mindset would never push me to be better than I already am.

It helps me because I'm always conscious that I'm going to fail, for example make a bad pass or missed a shot that I should've easily made. But it lets me play without the fear of making a mistake so yea I don't like making the mistake but it's better than not trying to make that difficult pass in fear that I'll miss it or my coach would see it. Cause Ik it's making me better everytime I try it.

it helps because i don't feel disappointed when i do bad

It hurts me because i get too nervous before a da e and then mess it up because i didn't perfect it before.

It's helps me more than hurts because you will Never be perfect and that motivates me to get as close as possible to perfect.

in some aspects in my sport it is a very neutral thought. if i'm too much of a perfectionist i'll lose my genuine drive or give myself excessive pressure. when i'm not i tend to have more fun and the results show me more of a side of a relaxed version of me. most times the results are decently better.

in a life pov though being a perfectionist would be my downfall

No. I know I'm not perfect but I can always be slightly better

It helps me stay balanced

I feel like it helps me more, I have realized that no one is perfect and there will always be someone better than you. But it has help feel that I can be at least better than I was last time.

Appendix F

Figure 1

Perfectionis t	Cry	Get down on themselve s	Negativ e commen t	Positive commen t	work harder/ practic e	Upset with themselves	Frustrate d/ angry	Try agai n
%	6%	6%	40%	18%	20%	11%	15%	9%

Figure 2

Non- perfectionist	Angry	Negative comments	reflect and try again/ work harder/ accept it	cry/ upset/ disappointed
%	15%	20%	19%	53%

Figure 3

Perfectionis t	angry/ mad	disappointed	sad/frustrated /upset	let teammates down/ didn't satisfy themselves	Positive comment s	Negative comment s
%	19%	22%	23%	14%	12%	28%

Figure 4

Non-perfectionist	angry/ mad	annoyed/frustrat ed	Looking on the bright side	Negative comments	sad/upset
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%	10%	12%	37%	40%	32%
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Figure 5

Perfectionist	Hurts	Helps	Both
%	48%	37%	14%

Figure 6

Non-perfectionist	Hurts	Helps	Both
%	28%	61%	11%

### Abstract

The purpose of this study was to determine whether perfectionist or non-perfectionist high school athletes have more success. The goal was to determine who had more success and determine any positives that may result from a perfectionist mindset. Prior research shows the extent to which perfectionism demonstrates negatives which include burnout, stress, competitive anxiety, and unrealistically high standards. However, prior research does not discuss any positives from perfectionism or whether the perfectionist or non-perfectionist high school athletes on Long Island have more success. Data was collected through a google survey and was analyzed through google sheets and self made charts. Both quantitative and qualitative data was used to analyze the free response, multiple choice, and likert scale ratings. Realistically, not every high school athlete on Long Island was surveyed. This study only includes those that chose to participate. The subjects were required to be within the ages of 13-18, play at least one sport, and live on Long Island. Initial results showed that the non-perfectionist had more success. There were very few positives to perfectionism which included positive mental and physical perseverance through obstacles, high satisfaction with themselves, and increased confidence. This means that non-perfectionist have more success and perfectionism has minimal positives. Therefore, the conclusion can be made that non-perfectionistic high school athletes on Long Island have more success than the perfectionist and the perfectionist experience minimal positives while playing a sport; however, this is not limited to all the positives that may result from perfectionism and is not including every single athlete. This is solely based on the participants and their honesty. It should give a complete look to perfectionism as it states its possible positives and adds to the negatives already discovered.

**Keywords:** Perfectionism, High School Athletes, Long Island