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PSYCH > Vol.2 No.2, April 2011

OPEN ACCESS

Gender Differences in the Relationship between Competitiveness and Adjustment among Athletically Identified College Students

PDF (Size: 132KB) PP. 85-90 DOI: 10.4236/psych.2011.22014

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ABSTRACT

This study explored the relationship between gender and enjoyment of competition and various indicators of mental health and adjustment in a sample of college students who report that they highly value athletics. One hundred and thirty-seven students completed the Sports Anxiety Scale, Multi-perfectionism Scale, State-Trait Anxiety Inventory (Trait), Beck Depression Inventory, and Perception of Competition Scale. Results indicated that among women, enjoyment of competition was associated with decreased levels of athletic anxiety and a positive correlation between positive self-perception when winning and self-and socially oriented perfectionism, and between negative perception when losing and self-and socially oriented perfectionism. Among males, enjoyment of competition was related to decreased levels of general anxiety and depression, but not athletic anxiety. Furthermore, among men there was a positive correlation between enjoying competition and self-oriented perfectionism and between negative self-perception when losing and socially-oriented perfectionism. These data indicate gender differentially impacts the benefit of valuing athletics on measures of athletic anxiety and general measures of psychological well being.

KEYWORDS

Gender Differences, Athletic Identification, Competitiveness, Adjustment

Cite this paper

Carter, M. & Weissbrod, C. (2011). Gender Differences in the Relationship between Competitiveness and Adjustment among Athletically Identified College Students. *Psychology*, 2, 85-90. doi: 10.4236/psych.2011.22014.

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