

Invited symposium: If I am not the best – I am not good enough:  
The myths and truths about perfectionism in sports

Moderators: Dr Jovana Trbojević and Prof. dr Zrinka Greblo Jurakić

Perfectionism, reflected in tendency to set notably high standards for performance, is commonly seen as an important characteristic of successful athletes, thus it's often encouraged by the sport coaches. However, perfectionistic tendencies can undermine both athletes' mental health and sports results. The aim of the symposia is to further explore the origins and consequences of adaptive and maladaptive perfectionism among athletes and to present various psychological approaches and techniques that might help athletes who are struggling with maladaptive perfectionistic tendencies. Authors will discuss specific coaching styles and behaviours that might act as potential precursors of adaptive and maladaptive perfectionism among athletes; about correlates of adaptive and maladaptive perfectionism, the efficacy of CBT strategies applied for changing negative perfectionistic beliefs; main principles and techniques of Mental training approach; dropping out of sports in adolescence. Finally, symposia participants will have the opportunity to try biofeedback training which may help athletes to improve concentration and control anxiety.

1.The relationship between athletes' perfectionism and coach-created motivational climate  
Zrinka Greblo Jurakić, Karla Bonačić

2.Perfectionism, competitive anxiety, success and satisfaction with success in adolescent athletes  
Igor Čerenšek

3.Perfectionism - friend or enemy of excellence in sport - a case study of rhythmic gymnastics  
Matej Fiškuš

4.How to train hard and play hard: Mental training in sport  
Ana Čerenšek, Sandra Župarić, Igor Čerenšek

5.Perfectionist pursuit of achievement, competitive anxiety and dropping out of youth sports  
Jovana Trbojević, Jelica Petrović

Pozvani simpozijum: Ako nisam najbolji, nisam dovoljno dobar: Mitovi i istine o perfekcionizmu u sportu

Moderatori: dr Jovana Trbojević i prof. dr Zrinka Greblo Jurakić

Perfekcionizam, odražen u sklonosti ka postavljanju prilično visokih standarda performansi, obično se smatra važnom karakteristikom uspešnih sportista, pa ga sportski treneri često ohrabruju. Međutim, perfekcionističke tendencije mogu potkopati mentalno zdravlje i sportske rezultate sportista. Cilj simpozijuma je dodatno istražiti poreklo i posledice adaptivnog i maladaptivnog perfekcionizma među sportistima i predstaviti različite psihološke pristupe i tehnike koji bi mogli pomoći sportistima koji se bore sa maladaptivnim perfekcionističkim tendencijama. Autori će razgovarati o specifičnim stilovima treniranja i ponašanju koji bi mogli biti potencijalni prethodnici adaptivnog i maladaptivnog perfekcionizma među sportistima; o korelatima adaptivnog i maladaptivnog perfekcionizma, o efikasnosti KBT strategija koje se primenjuju za promenu negativnih perfekcionističkih uverenja; glavnim principima i tehnikama Mentalnog treninga; odustajanju od sporta u adolescenciji. Konačno, učesnici simpozijuma imaće priliku da isprobaju biofeedback-a trening koji može pomoći sportistima da poboljšaju koncentraciju i kontrolišu anksioznost.