

Fear of success and its relationship to perfectionism among wrestling players in Minya Governorate

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Introduction and research problem:

ports success is a difficult process to achieve because it requires the athlete to undergo various physical, technical and tactical preparations, which are the normal aspects that the athlete learns and trains for for many years to reach the desired and successful results. However, there is an important aspect that those interested in sports live in, which studies have proven to be among the aspects that create major differences. Among athletes, it is the psychological culprit. The problem of fear of success and its spread among athletes is due to many reasons, including the feeling of hatred and envy of others, the feeling of increased responsibility resulting from success. When the athlete's success was just success, no one asked much of him, but his success and excellence may make others demand a lot of him. Of successes that may not be commensurate with his abilities and capabilities.

aradat (2004) considers the problem of fear of success and its spread among athletes a relatively recent problem, as athletes' fear of success can be explained and attributed to many reasons, including (a feeling of hatred and envy of those around them, a feeling of loneliness, fear of increasing the responsibility resulting from success, fear From appearing aggressive in front of peers, the desire not to deviate from the norm, the desire to integrate with ordinary peers, the fear of society's rejection of the athlete's success).

(Hala Mostafa, 2007, 4) explains that those who practice sports activities with violent physical contact, especially females, find themselves during competitive situations in a struggle (willingness - reluctance). Her victory in the competition means her failure. She desires to win but fears it

according to the social expectations of her role as a female. There is A cultural connection between behavior of high intensity and strength and masculinity. A female's athletic success means her failure as a woman in her social life, which is what a girl is most keen on.

Stoeber & Becker (2008) consider perfectionism to be a basic condition for the success of individuals and for carrying out life tasks without errors or defects. Some individuals find it difficult to distinguish between positive characteristics and the pursuit of excellence. The pursuit of excellence is supposed to take place according to what circumstances allow. According to possible standards for the individual's personal performance, and not rushing towards goals that are difficult to achieve or reach because they are not compatible with the capabilities and capabilities of the individual, the pursuit of perfection may be a positive characteristic that creates energy that leads the individual towards development and success in his pursuit of what can be achieved, which is linked to the positive aspects of Self-esteem and achievement, or a negative trait that stands in the way of an individual's success and development as he strives for what cannot be achieved, which is associated with negative aspects.

The athlete faces some external difficulties and challenges that can affect him and are the result of the problem of fear of success, which hinders the athlete in achieving his goals, makes him less self-confident, hinders his opportunity to perform to the best of his abilities, feels anxious and tends toward defeatist behavior, causes him to lose the ability to control the course of events, and loses the ability to initiate. Creativity and an unwillingness to change the social and psychological reality, which leads to a decline in the sense of psychological and physical health due to his inability to resolve the conflict within him resulting from his desire for success and excellence, as well as aversion to success and staying away from it in order to avoid the negative consequences that may result from this success, including feelings of hatred, envy, and jealousy of his peers for his superiority. And his distinction over them, which results in a feeling of loneliness, as well as a feeling of increased responsibility resulting from success, when the athlete's success was just a success and no one asked him for much. However, when his students around him excelled and distinguished themselves with many, many things that were not commensurate with his abilities and capabilities, this is what was confirmed by the study of (Hala Mustafa). , 2007) (Elena, 2022 Odai, 2023)

Perfectionism is also one of the important psychological variables that may have importance through research and study in the sports field because of its positive aspects that may benefit the athlete, especially wrestling players, in developing and improving their results and raising the level of their performance in competitions by setting goals, standards and aspirations appropriate to his abilities and potential. He achieved what he was satisfied with, even if his level was less than the ideal or perfect form that he had previously drawn. However, if his aspirations exceed his capabilities and capabilities, and he is satisfied only with perfection and idealism in the smallest details, then he has tended towards neurotic perfectionism, which causes him a lot of suffering. Problems, pressure, feelings of helplessness and failure, and low self-confidence and self-esteem, and this is what was indicated by the results of studies (Stewart et al, 2014) (Hassan Abdo et al, 2019) (Wang, & Huazhang, 2023)

Based on this idea and based on what the references and studies reported in researching this topic, and through the researcher's work in the sports field as a wrestling coach, and through the researcher's attendance at many tournaments and matches, the researcher noticed that sparring players, especially wrestling players, lack focus in performing movements and reaction speed. The inability to initiate, their tendency toward defeatist behavior, anxiety, their lack of confidence, their suffering and their inability to face pressures and problems, which affect their physical and psychological health and their ability to adapt, compete, and achieve all their requirements. From here, the problem of the current research is determined in studying the relationship between the fear of success and perfectionism among wrestling players, and in this way it can be determined. It is said that the research problem revolves around the following main question: - Is there a relationship between fear of success and perfectionism among wrestling players?

research importance:

The importance of research can be determined as follows:

1. Theoretical importance:

- The research is considered an extension of the studies of some previous researchers who studied and in-depth the fear of success and perfectionism in the foreign environment.

- B. This research is an enrichment of the theoretical knowledge of the body of research on fear of success and perfectionism, which are relatively new terms in the Arab environment.
- C. The current research - to the best of the researcher's knowledge - is one of the few studies that has addressed the relationship between fear of success and perfectionism among wrestling players.
- Dr. The importance of the current research is highlighted by its treatment of a sample of the groups most exposed to pressure, namely wrestling players, and the burdens that fall on them, which makes them in dire need of help.
- H. It is hoped that the results of the research will contribute to providing a theoretical understanding of the nature of fear of success and perfectionism among wrestling players.
- And the. Identifying the differences between wrestling players of both sexes in fear of success and perfectionism.

2. Practical importance:

- a. The results of the current research may benefit psychologists and athletes to develop guidance and training programs to reduce the fear of success among wrestling players and improve their perfectionism.
- B. The results of the current research may benefit researchers in the field of sports psychology by providing information about the variables of the current study and benefiting from the scale designed to determine the level of fear of success and perfectionism among wrestling players.
- C. The current research may benefit those working in the field of psychology in general and sports psychology in particular in developing meetings that show athletes how to deal with the fear of success.

research aims:

The research aims to reveal the nature of the relationship between fear of success and perfectionism among wrestling players, and to reveal whether there are differences in the level of fear of success and perfectionism among wrestling players of both sexes.

Research hypotheses:

In light of the research objectives, the researcher assumes the following:

1. There is a statistically significant correlation between fear of success and perfectionism among wrestling players.
2. There are statistically significant differences in both fear of success and perfectionism among wrestling players due to the gender variable.

Search terms:

Fear of success

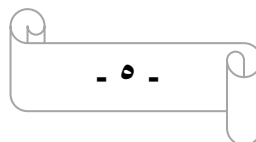
Goldner & Jackson (2018) believe that the fear of success is one of the types of subjective fear, as it is an attempt to create situations or obstacles that can be used in order to avoid personal responsibility for failure. It is also a state of anxiety resulting from the conflict between the individual's achievement motivations. The desire to conform to others and not exceed or outperform them, as this conflict leads to avoiding success.

The researcher defines fear of success as: a state of anxiety that an athlete feels when he approaches success and achieving goals and ambition, and it leads to negative consequences represented in his inability to maintain success, excessive thinking about the many tasks and additional burdens resulting from this success, and his feeling of jealousy and hatred toward others. Or accusing him of being arrogant and aggressive towards his colleagues in order to win in competitive situations. This is inferred by the degree obtained by the study sample through their answers to the items of the fear of success scale and its dimensions, which was prepared for this purpose.

Perfectionism:

Valeriańczyk et al (2022) defined perfectionism as “a personality trait that includes the tendency to set unrealistically high standards of performance, be overly critical, and perceive one's environment as demanding and motivating to achieve perfection, and can lead an individual to have a complex combination of wanting to asserts oneself with fear of inadequacy, and thus suffers from frequent experience of anxiety and doubt which affects one's achievement and well-being”.

The "researcher" defines perfectionism procedurally as "the individual setting high goals and standards for himself that he seeks to



achieve, and that anything less than that is unacceptable. He sees that his work and efforts are not good despite the quality of his performance, and he believes that he must constantly be better in order to try to gain the satisfaction and appreciation of others, which causes him... The feeling of failure makes him dissatisfied with his performance and his self-confidence decreases, and this is evidenced by the score obtained by the study sample through their answers to the items of the perfectionism scale and its dimensions that were prepared for this purpose.

Previous studies:

First study:

Hala Mostafa Ibrahim (2007) conducted a study that aimed to identify the differences between female individual game players and female university game players in fear of success and personality dimensions, and to identify the relationship between fear of success and personality dimensions for individual and team game players. The researcher used the descriptive approach. "Survey method" as it is the appropriate method for the nature of the research. The study sample consisted of (107) female individual and group game players. Zuckerman and Allison's fear of success scale was applied (Arabization of the researcher), and the Freiburg Personality Inventory was applied. The results of the study resulted in: the presence of statistically significant differences. Between female players of individual games and group games in fear of success in favor of female players of individual games, and there are also statistically significant differences between female players of individual games and group games in personality dimensions (nervousness, aggression, depression, susceptibility to irritation, control, restraint) in favor of individual and (social) games. Calm in favor of group games. There is a positive, direct relationship between fear of success and nervousness, aggression, depression, irritability, and control. There is also an inverse negative relationship between fear of success and both sociability and calmness.

Second study:

Karimi, et al (2014) conducted a study that aimed to reveal perfectionism and its relationship to the level of academic exhaustion and social support. The comparative descriptive approach was used and the study sample consisted of (300) male and female students. The results revealed the presence of statistically significant differences in the level of exhaustion. Academic and social support levels among the study members according to the level of perfectionism. The results also showed that individuals with high perfectionism had a higher level of academic

exhaustion and a lower degree in the level of social support. The study indicated that increasing social support could reduce perfectionism and the level of academic exhaustion.

Third study:

While Hassan Hassan Abdo et al. (2019) conducted a study aimed at identifying: the relationship between perfectionism and psychological skills among players (karate, kungfu, weightlifting, football, handball, volleyball) in Minya Governorate, and the researcher used the descriptive approach. "Survey method" as it is the appropriate method for the nature of the research. The research community includes players of some individual and group games in Minya Governorate in the 2017/2018 season, which are: (karate - athletics - kungfu - football - handball - volleyball). The size of the community reached (420) male and female players, with a ratio of (140) male and female players. In individual games and (280) male and female players in group games. The data collection tools included: - The perfectionism scale for athletes, designed by: Goetels, Dion (2009) and translated into Arabic by Hassan Abdo (2017). - A list of psychological skills for athletes designed by Martens (1990) and translated into Arabic by Hassan Abdo (2001). The results of the study revealed that there is a positive correlation between "personal standards and system" from the perfectionism scale with all dimensions of the psychological skills scale (coping with adversity, reaching peak performance under pressure, goal setting, confidence and achievement motivation, focus, trainability). "Fears of making mistakes, doubts about actions, perceived parental pressures, and perceived coach pressures" from the perfectionism scale are negatively correlated with all dimensions of psychological skills (coping with adversity, reaching peak performance under pressure, goal setting, confidence and achievement motivation, focus, coachability)

Fourth study:

The study "Zarrati et al" (2020) aimed to find out the relationship between perfectionism, neglect, and mental health for team and individual sports players. The study relied on the descriptive, correlational approach, and the study sample consisted of (212) Hormozgan University team players, and the study used a health measure. mentality, the perfectionism scale, and the neglect scale. The results indicated that there is a statistically significant relationship between the subscales of perfectionism, including focusing on mistakes; Discipline, organisation, understanding and strength from parents, goal orientation, rumination and mental health of the players.

Also, the general neglect scale and the general perfectionism scale had the ability to predict the mental health of the players.

Fifth study:

While Elena (2022) conducted a study aimed at revealing the relationship between fear of success, optimism, self-esteem, self-efficacy, and the search for meaning in life. The researcher used the descriptive approach using the survey method, and the study sample consisted of (197) university students from the University of... Bucharest (118) females and (79) males, and the study tools included the Fear of Success Scale (FOSS) developed by Zuckerman and Allison (1976), which is a self-report measure of the Success-Avoidance Motivations Scale and the Life Orientation Scale, and the Rosenberg Self-Esteem Scale, and the results showed There is a positive correlation between fear of success and the search for meaning, and a negative correlation between it and optimism, self-esteem, and self-efficacy.

Sixth study:

Recently, Odai (2023) conducted a study that aimed to identify the nature of the relationship between fear of success and irrational thoughts among students at the University of Humanities. The researcher used the descriptive approach, "survey method," where the study sample consisted of (60) male and female students. The researcher developed a measure of fear of success and irrational thoughts among the study sample. The results of the study indicated that the level of both fear of success and irrational thoughts among the study sample was moderate. The results of the study also showed that there is a positive correlation with statistical significance between fear of success and irrational thoughts. It showed that there were statistically significant differences in fear of success and irrational thoughts according to gender and in favor of females.

Seventh study

Recently, the study "Wang & Huazhang, 2023" aimed to identify the relationship between maladaptive perfectionism and life satisfaction among physical education students and the mechanism behind this relationship, and to investigate the mediating role of academic exhaustion and the mediating role of self-esteem in the relationship. between maladaptive perfectionism and life satisfaction. The researcher used the descriptive approach, the "survey method." The study sample consisted of (1377) physical education students at a university in northeastern China. The study used the multidimensional perfectionism scale, the life satisfaction scale,

and the Rosenberg scale. For self-esteem, the results of the study showed an inverse relationship between maladaptive perfectionism and life satisfaction among the study sample.

Research plan and procedures

Research Methodology:

The researcher used the descriptive approach (survey method) as it suits the research topic, which depends on collecting, describing, analyzing and interpreting data.

Research population and sample:

The research population consists of (150) wrestling players in Minya Governorate. The researcher chose the research sample intentionally as a basic sample, and its strength reached (100) players representing (66.7%) of the research population. They were chosen according to the following conditions:

- Their ages range from (16: 18) years.
- Registered with the Egyptian Wrestling Federation (Minya Region).
- Participation in the governorate championship for the 2023/2024 training season.
- The researcher also selected a number of (30) players from the research community and outside the basic sample to implement the exploratory study. The researcher excluded (20) from the research community because they did not meet the sample selection conditions.

Data collection tools:

To collect data for the research, the researcher used the following:

1. Fear of Success Scale: Prepared by the researcher
2. Perfectionism Scale for Athletes: Prepared by Gotwals & Dunn (2009) Gotwals & Dunn Arabized by Hassan Abdo (2017).

First: Fear of Success Scale: (prepared by the researcher).

Scale description:

The scale was designed through the following steps:

1. The purpose of the scale: It is to measure the level of fear of success among the study sample.

2. Sources for designing the scale: The following steps were guided in constructing the scale:

- Extrapolating psychological literature, studies and research that dealt with the fear of success as a study (Hala Mustafa Ibrahim, 2007; Metzler, N., 2011; Lamia Jassim Muhammad, 2019; Elena, 2022 Olukayode, 2021.)
- B. We reviewed the scales that included dimensions and items that contribute to the preparation of the scale phrases, which are represented by the fear of success scale (Horner, 1968; Metzler & Conrov, 2004; Fatima Al-Zahra Muhammad, 2017; Hasan Yilmaz, 2018; Odai, 2023.)
- C. Through the previous steps, (33) statements about fear of success were extracted, divided into six dimensions, and reviewed scientifically and linguistically. The scale was presented in its initial form to a number of arbitrators to indicate the degree of its suitability to the objectives of the study.

3. Scientific parameters of the scale:

Validity of the scale :

- Honesty of arbitrators:

The researcher presented the scale, in its initial form, consisting of six dimensions distributed over (33) statements, to a group of (10) experts in the field of sports psychology. This is to express an opinion on the suitability of the scale items and its dimensions to achieve the goal of the study and to measure the degree of fear of success of the study sample and the integrity of the language and to know the extent of its suitability for them. The percentage of experts' opinions on the scale's phrases ranged between (75%: 100%), as it was done after reviewing the opinions The arbitrators on the scale reworded some items linguistically, in addition to excluding two dimensions with (9) statements because they obtained less than 80% of expert agreement, so that the final picture consisted of four dimensions distributed over (24) statements.

- The validity of the hypothesis:

To verify the validity of the scale, the researcher calculated the validity of the hypothetical construct using the internal consistency method by applying it to a sample of (30) players from the research community and from outside the main sample of the research. Then the researcher calculated the correlation coefficients between the score of each statement

and the total scores of the dimension to which it belongs. He also calculated the correlation coefficients between the score of each statement and the total score of the scale, as well as calculating the correlation coefficients between the total scores of each dimension and the total score of the scale. Tables (1)(2)(3) show this.

Table (1)

Correlation coefficients between the score of each statement of the scale and the total score for the dimension to which it belongs (no = 30)

Fears of losing motivation		Fears of increasing expectations		Concerns about time management		Fears of social isolation and competition	
Ferry number	Correlation coefficient	Ferry number	Correlation coefficient	Ferry number	Correlation coefficient	Ferry number	Correlation coefficient
١	.٧٦	٧	.٧١	١٣	.٧٢	١٩	.٦١
٢	.٧٣	٨	.٨٢	١٤	.٧٦	٢٠	.٧٤
٣	.٨٠	٩	.٨٦	١٥	.٧٦	٢١	.٦٥
٤	.٧٩	١٠	.٦٨	١٦	.٦٢	٢٢	.٧٧
٥	.٦٨	١١	.٧٨	١٧	.٧٩	٢٣	.٦١
٦	.٥٧	١٢	.٦٨	١٨	.٧١	٢٤	.٧٨

Tabular (t) value at degree of freedom (28) and significance level (0.05) = 0.361

It is clear from Table (1) that:

- The correlation coefficients between the score of each statement of the scale and the total score of the dimension belonging to it ranged between (0.57: 0.86), which are statistically significant correlation coefficients, which indicate that the scale has an acceptable degree of validity.

Table (2)

Correlation coefficients between the score of each statement of the scale The total score of the scale (no = 30)

Ferry number	Correlation coefficient	Ferry number	Correlation coefficient	Ferry number	Correlation coefficient	Ferry number	Correlation coefficient
١	.٦٦	٧	.٧١	١٣	.٦٣	١٩	.٦٨
٢	.٥٢	٨	.٦٤	١٤	.٧٧	٢٠	.٦٣
٣	.٥٦	٩	.٨١	١٥	.٧٦	٢١	.٥٦
٤	.٦٧	١٠	.٦٠	١٦	.٧١	٢٢	.٦٥
٥	.٥٧	١١	.٧٧	١٧	.٦٧	٢٣	.٥٦
٦	.٧١	١٢	.٦٥	١٨	.٥٨	٢٤	.٥٧

Tabular (t) value at degree of freedom (28) and significance level (0.05) = 0.361

It is clear from Table (2) that:

- The correlation coefficients between the score of each statement of the scale and the total score of the scale ranged between (0.52: 0.81), which are statistically significant correlation coefficients, which indicates that the scale has an acceptable degree of validity.

Table (3)

The correlation coefficient between the total scores of each dimension of the scale And his total score (no=30)

Dimensions	Correlation coefficient
Fears of losing motivation	٠.٨٥
Fears of increasing expectations	٠.٩١
Concerns about time management	٠.٩٤
Fears of social isolation and competition	٠.٨٧

Tabular (t) value at degree of freedom (28) and significance level (0.05) = 0.361

It is clear from Table (3) that:

- The correlation coefficients between the total scores of each dimension of the scale and its total score ranged between (0.85: 0.94), which are statistically significant correlation coefficients, which indicate that the scale has an acceptable degree of validity.

Calculating scale stability:

To calculate the reliability of the scale, the researcher used the following **methods**:

Cronbach's alpha coefficient:

To calculate the reliability of the scale, the researcher used Cronbach's alpha coefficient on a sample of (30) players from the research community and from outside the main sample of the research, and Table (4) shows this.

Table (4)

Reliability coefficient using Cronbach's alpha coefficient for the scale (n = 30)

Dimensions	Alpha coefficient
Fears of losing motivation	٠.٨٢
Fears of increasing expectations	٠.٨٤
Concerns about time management	٠.٨١
Fears of social isolation and competition	٠.٧٨
Total marks	٠.٩٣

It is clear from Table (4) that:

- The values of Cronbach's alpha coefficients for the scale's dimensions ranged between (0.78: 0.84), and the alpha coefficient for the scale as a whole reached (0.93), which indicates that the scale has an acceptable degree of reliability.

Calculating scale stability:

To calculate the stability of the scale, the researcher used the Cronbach's alpha coefficient on a sample of (30) players from the research community and from outside the main sample of the research, where the values of the Cronbach's alpha coefficients for the dimensions of the scale ranged between (0.78: 0.84), and the alpha coefficient for the scale as a whole reached (0.93). Which indicates that the scale has an acceptable degree of reliability.

The final picture of the fear of success scale for wrestling players:

- The scale consists of (24) statements distributed over four dimensions: fears of losing motivation, consisting of (6) statements, fears of increasing expectations, consisting of (6) statements, fears of time management, consisting of (6) statements, fears of social isolation. The competition consists of (6) statements. To answer the scale, there are three alternatives: it never applies (1) one degree, sometimes it applies (2) two degrees, it always applies (3) three degrees, and thus the highest score for the scale is (72) degrees. It indicates a high level of fear among players and the lowest score on the scale is (24) degrees.

Second: Perfectionism scale for athletes

Scale description:

It was designed by GOTWALS and DUNN (2009) and translated into Arabic by Hassan Abdo (2017), taking into account its modification to suit the Egyptian environment. The scale consists of (42) forty-two terms represented in (6) six dimensions.

Scientific parameters of the scale:

Honesty:

To verify the validity of the scale, the “researcher” (2017) calculated the validity of the hypothesis formation through internal consistency by applying it to a sample of (30) players from the research community and from outside the main sample of the research. Then the researcher calculated the correlation coefficients between the score of each statement and the total score. The dimension to which it belongs. He also calculated the correlation coefficients between the score of each statement and the total score of the scale, as well as calculating the correlation coefficients between the total scores of each dimension and the total score of the scale, which makes the scale have an acceptable degree of validity.

Consistency:

To ensure the stability of the scale, the “researcher” (2017) calculated the stability through application and re-application by applying it to a survey sample of (30) male and female players from the research community and from outside the main sample of the research and re-applying it again to the same sample and under the same conditions as the first application with a time interval. Capacity (15) fifteen days, then he calculated the correlation coefficient between the degrees of application and reapplication. The correlation coefficients for the perfectionism of the application and reapplication ranged between (0.89-0.45), which indicates that the scale has a degree of stability.

Steps to apply the search:

A - Exploratory study:

The researcher conducted an exploratory study of the data collection tools “measures used in the research,” where the researcher applied them to (30) players from the research community and from outside the core sample, for the purpose of identifying their clarity and suitability for application to the research sample.

B - Applying search tools:

After determining the sample, testing the research tools, and ensuring their validity and reliability, the researcher applied the research tools to all members of the sample under research, and the research tools were applied.

C - Correction of standards:

After completing the application, the researcher corrected the scales according to the existing instructions explained previously, and after completing the correction process, the researcher monitored the scores in preparation for treating them statistically.

Presentation, interpretation and discussion of results:

Verifying the validity of the first hypothesis:

There is a statistically significant correlation between fear of success and perfectionism among wrestling players.

Table (5)

Correlation coefficients between fear of success and perfectionism among wrestling players (n = 100)

Variables		Perfectionism						Total marks
		Personal standards	Concerns about making mistakes	Doubts about actions	Perceived parental stress	the system	Perceived coach stress	
Fear of success	Fears of losing motivation	٠.٦٤-	٠.٧٠	٠.٧٥	٠.٦٢	٠.٧٠-	٠.٧٣	٠.٦٠
	Fears of increasing expectations	٠.٧٠-	٠.٧٤	٠.٧٥	٠.٦٨	٠.٦٧-	٠.٧٤	٠.٦٣
	Concerns about time management	٠.٦٩-	٠.٧١	٠.٧٨	٠.٦٤	٠.٧١-	٠.٧٥	٠.٦٢
	Fears of social isolation and competition	٠.٦٨-	٠.٦٩	٠.٦٨	٠.٦٩	٠.٦٤-	٠.٦٩	٠.٦٠
	Total marks	٠.٧١-	٠.٧٦	٠.٧٨	٠.٦٩	٠.٧١-	٠.٧٦	٠.٦٥

Tabular R value at degree of freedom (98) and significance level (0.05) = 0.205

It is clear from Table (5) that:

- There is a statistically significant negative correlation between fear of success and two dimensions (personal standards, system) of perfectionism among wrestling players.
- There is also a statistically significant positive correlation between fear of success and the dimensions (fears about making mistakes, doubts about actions, perceived parental pressures, perceived coach pressures) and the total degree of perfectionism among wrestling players.

Validation of the second hypothesis:

There are statistically significant differences in both fear of success and perfectionism among wrestling players due to the gender variable.

Table (6)

Statistical significance of the differences between male and female wrestling players in fear of success (n=100)

Variables	Male		Females		Calculated T value
	SMA	standard deviation	SMA	standard deviation	
Fears of losing motivation	١١.٦٢	٣.٣٤	١٣.٧٤	٣.٥٦	٣.٠٧
Fears of increasing expectations	١٢.٢٨	٣.٣٤	١٤.٠٦	٣.١٩	٢.٧٢
Concerns about time management	١٢.٠٠	٣.١٣	١٣.٨٢	٣.٣٨	٢.٧٩
Fears of social isolation and competition	١٢.٥٠	٣.٣٧	١٤.١٢	٣.٥٤	٢.٣٤
Total marks	٤٨.٤٠	١٢.٥٠	٥٥.٧٤	١٢.٩٤	٢.٨٩

The tabular (t) value has a degree of freedom (98) and a significance level (0.05) = 2.00

It is clear from Table (6) that:

- There are statistically significant differences between male and female wrestling players in fear of success and in the attitude toward females.

Table (7)

Statistical significance of the differences between male and female wrestling players in perfectionism (n = 100)

Variables	Male		Females		Calculated T value
	SMA	standard deviation	SMA	standard deviation	
Personal standards	٢٦.٤٢	٦.٦١	٢٣.٣٨	٧.٣٣	٢.١٨
Concerns about making mistakes	١٧.١٨	٦.٠١	١٩.٧٨	٦.٠٥	٢.١٦
Doubts about actions	٢٠.١٤	٦.٩١	٢٤.١٦	٦.٨٤	٢.٩٢
Perceived parental stress	٢٦.٨٨	٩.١٢	٣٠.٧٠	٨.٥١	٢.١٧
the system	٢٠.٥٢	٤.٨٨	١٨.٣٠	٥.٤٨	٢.١٤
Perceived coach stress	١٧.٠٦	٦.٤٠	١٩.٨٤	٦.٤٦	٢.١٦
Total marks	١٢٨.٢	١٨.٨١	١٣٦.١	١٩.٣٥	٢.٠٩

The tabular (t) value has a degree of freedom (98) and a significance level (0.05) = 2.00

It is clear from Table (7) that:

- There are statistically significant differences between male and female wrestling players in the dimensions (personal standards, system) of the perfectionism scale and in the male direction.

Discuss and interpret the results

It is clear from the results of Table (5) that there is a statistically significant negative correlation between fear of success and two dimensions (personal standards, system) of the dimensions of perfectionism among wrestling players.

There is a statistically significant positive correlation between the fear of success and the dimensions (fears about making mistakes, doubts about actions, perceived parental pressures, perceived coach pressures) and the total degree of perfectionism among the wrestling players. The researcher interprets this result to mean that the fear of success among the wrestling players may be a result of Fear and overthinking are consequences of success, and the feeling of hatred and envy of others, and the additional tasks and burdens that result from this success, and the extent of their ability to maintain this success, especially since this success was difficult and its results and consequences were costly to them. When the athlete's success was just success, no one demanded much from him. As for his success, His superiority may cause others to demand many successes from him that may not be commensurate with his abilities and capabilities.

The researcher also believes that athletes, especially wrestling players, are burdened with a huge amount of stressful stimuli, including the requirements for acquiring motor skills, high achievement, psychological and physical preparation for competition, emotional control, and the responsibilities placed on them and what is associated with these variables of failure, defeat, or injury, and the tension and arousal associated with competition. . The excessive burden of competing creates a feeling of disappointment due to the inability to endure, control, commit, and maintain the level during sports competition, winning it, and achieving success. Wrestling players overcome all these obstacles and achieving victory and success generates anxiety and fear in them about the possibility of maintaining this success or not benefiting from this. success in the future, they become more dependent and more anticipating failure, and thus this reflects negatively on these players' pursuit of normal perfectionism through which they seek to achieve perfection without diminishing their self-esteem by setting specific and clear goals, standards, and aspirations appropriate to their abilities and potentials according to a system they follow, proceed according to its standards, and struggle to Yes, they are convinced of the results they reach and accept it with satisfaction.

It is also clear that there is a positive correlation between the fear of success in its dimensions and the dimensions (fears about making mistakes, doubts about actions, perceived parental pressures, perceived coach pressures) and the overall degree of perfectionism among the wrestling players, as the researcher interprets this result in light of the new policy that the wrestling players follow. It is the fear of dazzling success that prompts them to avoid undertaking any kind of practical activities by

procrastinating in completing the work, resorting to procrastination, and avoiding any achievement that highlights their abilities that they possess. So that they do not appear to be in an anti-social state and that they continue to follow the same approach followed by ordinary people and seek to gain the approval of others in order to avoid the negative consequences that may result from this success and superiority, even at the expense of their feeling of internal inferiority and weak self-confidence, which is reflected in their performance and ability to compete. This is consistent with what was indicated by the results of the study (Elena, 2022, Amjad et al., 2018; Odai, 2023)

The researcher believes that the fear of success leads these players to neurotic perfectionism represented by fears of making mistakes during performance and doubts about the actions they take during training or while participating in competitions. This result is consistent with what Stewart et al mentioned (2014, 160- 161) That the perfectionist is a person who always seeks to set high standards for his performance, in addition to his excessive concern for fear of negative evaluation by others, or strict self-criticism, doubts about procedures, preoccupation with avoiding mistakes, and uncertainty about his ability to perform optimally. From his point of view, there is nothing but complete success or success. Complete failure, which leads players to lack a feeling and sense of the value of the performance they do in the sport they practice. From their point of view, perfection means working within a strict framework that is not afflicted with any deficiency or defect, which leads them towards falling into the bottomless well of neurotic perfectionism, where they feel that their attempts and efforts do not seem sufficient and that they can do better. They refuse to undertake new experiments for fear of failure, and they live in anxiety out of fear. Who made mistakes.

The results of this study are generally consistent with what was indicated by Siarava E, (2019) and the study of Wang and Huazhang, (2023) that the individual's pursuit of perfection causes him a lot of trouble, which leads to his impediment from progress and reaching This leads to frustration and low motivation.

B. Differences between male and female wrestling players in the dimensions of the fear of success scale:

The research results in Table (6) showed that there are statistically significant differences between male and female wrestling players in the dimensions (fears of losing motivation, fear of increasing expectations, fears of time management, fears of social isolation and competition) of the dimensions of the fear of success scale, and these differences in Female orientation. This result is consistent with the findings of a study (Horner, 1968; Hala Mustafa, 2007; Lamia Jassim, 2019; Odai, 2023), as these studies indicated that females are more afraid of success than males and that the female falls into a conflict between her desire to succeed and Achievement and her anxiety about the consequences of success, as it gives them a degree of aggression and masculinity, which increases her feeling of rejection by others, and makes her fear success.

The researcher explains this result by saying that females who practice violent sports activities, especially wrestling players who have a fear of success, are characterized by a fear of achievement for fear of the reaction resulting from this success from others and the impact of this success on maintaining good, close relationships with people and peers because they believe that striving for Success is not compatible with femininity, nor is the fear of the responsibility of success, which is the successful player's fear of not being able to bear the burdens of success. Thus, the fear of success results from fear of the consequences of success, not success itself, because reaching and continuing success requires a great deal of focus on the part of the player, and this It leads to negative results represented by psychological and physical disorders.

C. Differences between male and female wrestling players in the dimensions of the perfectionism scale:

The research results in Table (7) showed that there were statistically significant differences between male and female wrestling players in the dimensions (personal standards, system) of the perfectionism scale and in the male direction. The researcher attributes this result to the fact that males are usually more inclined than females to set realistic future goals that are consistent with their potential, abilities, skills and experience and then strive to achieve them. They also have high expectations for themselves and enjoy the expectations of others towards them, in addition to their enjoyment of Flexibility in performance, accepting mistakes, and feeling satisfied with everything that is achieved. The researcher interpreted this result in light of what Akar et al (2018, 14) stated that an athlete who has a high level of positive perfectionism has a higher level of focus, motivation,

and the ability to reach the high standards they set for themselves, and they also have the ability to employ... Strategies to overcome stressful situations and achieve greater athletic achievement.

The research results in Table (7) also showed that there were statistically significant differences between male and female wrestling players in the dimensions of (fears about committing mistakes, doubts about actions, perceived parental pressures, perceived coach pressures) and the total score of the perfectionism scale in the direction of females. The researcher attributes this result to The nature of Egyptian society, especially Saidi society, with its values, customs and traditions, in addition to the nature of the socialization methods followed by parents in raising their children, especially females. In raising the female, the family is keen to set special standards represented by the demand for perfection in everything in order to gain the satisfaction of those around it, even if She did not have the abilities and capabilities to achieve the goals and standards imposed on her by her parents, with sensitivity to criticism, and fear of negative evaluation. This leads to a low level of confidence in her. This result is consistent with what was indicated by Sherry et al. (2014, 76) that females are more likely than males to be at the level of neurotic perfectionism due to the environmental factors in which they live and the large number of pressures placed on them.

Conclusions and recommendations

Conclusions:

In light of the research results, the researchers conclude the following:

1. There is a statistically significant negative correlation between fear of success and two dimensions of perfectionism among wrestling players (personal standards, system.)
2. There is a statistically significant positive correlation between fear of success and the dimensions (fears about making mistakes, doubts about actions, perceived parental pressures, perceived coach pressures) and the total degree of perfectionism among wrestling players.
3. There are statistically significant differences between male and female wrestling players in fear of success and in the attitude toward females.
4. There are statistically significant differences between male and female wrestling players in the dimensions (personal standards, system) of the perfectionism scale and in the male direction.

Second: Recommendations

In light of the research conclusions, the researchers recommend the following:

1. Including the topics of fear of success and perfectionism within the academic content in colleges because of their importance to athletes and their positive role in raising the psychological level of players' performance.
2. Holding periodic courses and workshops to explain to players the importance of getting rid of the fear of success and neurotic perfectionism.
3. Conduct further studies and research that address the concept of fear of success and perfectionism for other age groups and make comparisons between the athletic levels of various group and individual athletes.
4. Designing programs to train and psychologically guide athletes on the variables of fear of success and perfectionism to raise the mental level of athletes.
5. Paying attention to players with a high fear of success, knowing the real reasons for this high occurrence, and treating it through counseling and psychological programs.

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