

# The effect of winning on early maladaptive schema of individual female athletes

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## ABSTRACT

The purpose of this study was to determine the effect of winning on early maladaptive schema of individual female athletes. The present study was a descriptive-analytical research method. The statistical population of this study was all female athletes in two age groups of adolescents and young athletes from individual teams (Tennis, Tack and Chess) who participated in the championship of East Azerbaijan province and country in 2020. Exactly 1400 athletes participated in this competition. Based on Krejcie and Morgan table (1970), 302 athletes were selected by simple random sampling. Yang Schema Questionnaire (2003) was used to collect the data and was analyzed using independent t-test by SPSS software version 22. The results of this study showed there is a significant difference between early maladaptive schemas among female athletes with a competitive level. Athletes with a competitive national level have a higher initial maladaptive mean level. Athletes in the youth age group have a higher initial maladaptive mean level.

**Keywords:** Early maladaptive schema, competition, winning.

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## INTRODUCTION

Participating in competitive sports is also a great source of pleasure for most athletes (Reyhan et al., 2020), but athletes may still compete at various levels with unpleasant events such as loss, injury, lack of team selection. Facing various and even forced withdrawals from competitive sports and exposing them to psychological crises. On the other hand, the consequences of sports participation in women mainly depend on the quality of one's sports experience, because the violent and masculine nature of conflict in intense training and competitions in some sports not only do not have positive effects. It may even lead to a person's unwillingness to participate regularly. In addition, girls in adolescence and adolescence have more psychological problems than boys. Studies show that 15-year-old girls are twice as likely as boys to suffer from anxiety and depression and they are significantly more likely to commit suicide than boys (Reyhan et al., 2020). Therefore, women, especially in adolescence and youth, may be more vulnerable to adverse events in competitive

sports such as heavy competitive failures than to negative psychological consequences such as mood disorders, including depression.

One of the new and important structures that explore the style of cognitive processing and how it affects emotional processing in humans is the structure of early maladaptive schemas. Inappropriate schemas, self-emotional and cognitive emotional patterns in an individual that are formed in the early stages of development and evolved in the mind, are repeated in the path of life (Reyhan et al., 2020).

Initial maladaptive schemas arise because of the lack of basic emotional needs of childhood. Fundamental needs, such as secure attachment to others, self-regulation, freedom to express healthy needs and emotions, spontaneity and realistic constraints (Taliaferro et al., 2011). When these schemas are activated, they can affect perception, reality, and cognitive processing (Connor-Smith and Flachsbart, 2007).

In this way, current researches have determined that

schemas has effective in cognitive processing, making one more vulnerable to psychological damage. One of the areas that is expected to trigger maladaptive schemas to lead to cognitive impairment, resulting in mental and mental disturbance, is an area of interest, but by reviewing the research literature it becomes clear that it is less likely to examine the relationship between schemas that are incompatible with some sports have been addressed to issues such as athletes' wins and losses.

The functions of exercise in different fields have always been one of the areas of interest to researchers. One of the issues of nature in sports is winning and losing. The role of the loss in sporting competitions has always been an attempt on some psychological characteristics of athletes, including early maladaptive schemas. This has led to efforts by some researchers to attempt to take on the role and the loss of initial maladaptive schemas.

On the other hand, there is a need for comprehensive research in this area, especially studies on various sports fields to this end, the aim of the present study was to design and implement the effects of winning and losing on early maladaptive schemas of female athletes in different levels of competition.

Reyhan et al. (2020) showed that among the early maladaptive schemas, levels of emotional deprivation schemes, emancipation/insecurity, lack of trust/mistreatment, failure, attachment/baccalaureate, acceptance/attraction, and the punishment of female rugby players is higher than that of handball players who have an impact on the athlete's athletic level on the level of maladaptive schemas. From all this evidence, it can be concluded that winning and losing at different competitive levels may have a different effect on the activation of early maladaptive schemas, that is, each one may be specific domains of incompatible schemas Activate the primary.

Research evidence suggests that narcissism is associated with aggression, ethical restraint and antisocial behaviors of athletes, which emphasizes the necessity of a detailed study (2019) and the probable role of narcissism in employing coping strategies. The present research seeks to answer this question. Are the dimensions of narcissism and the strategies of coping with competitive stress in the elite athletes? This structure and its role in athletic attitudes are emphasized at various competitive levels (Reyhan et al., 2020). Considering the key role of emotional control and stress coping strategies in performance and athletic performance (Nicholls and Polman, 2007), the role of probabilistic narcissism in the application of stress coping strategies. The present research seeks to answer the question of whether the narcissistic dimensions and coping strategies of competitive stress in elite athletes are related. For example, the study of narcissism in soccer players shows that narcissism is negatively correlated with extroversion and psychosocial disorder and has a negative relationship with psychosis (Anderson

et al., 2006). From the overview of the above evidence, the question arises as to whether adolescent involvement in using competitive coping strategies in athletes may be involved.

Therefore, due to the lack of clear understanding of the above issues, the present research attempts to answer this question whether winning at different competitive levels (provincial and national) would affect the early maladaptive schemata of female athletes in individual disciplines or not.

## **MATERIALS AND METHODS**

The present research is a descriptive-analytical (post-trait) research method. In terms of purpose, the present research is a type of applied research, and in terms of time, it is a kind of retrospective research.

### **Statistical society**

The statistical population of the present study was all female athletes in two age groups of adolescents and youth from individual disciplines (Tennis, Tack and Chess) who participated in the championship in the province of East Azerbaijan and the country in 2020. In this study, according to the provincial and national sporting competitions, there are an average of 750 athletes per year in provincial adolescents and youth competitions and 650 athletes in national adolescents and youth competitions. Based on this, the estimated statistical population of 1400 athletes was estimated.

### **Statistical sample**

The statistical sample of this study was 302 samples based on Krejcie and Morgan table (1970). They were selected by simple random sampling.

### **Measuring instruments research**

Individual Information Form: A researcher-made form consists of eight materials to determine the demographic characteristics of the age, the number of family members, the level of parental education, the sport's history, the field of sport, the record, the history of the championship and the status of the final win and loss.

### ***Young scheme questionnaire - short form (YSQ-SF)***

This questionnaire was developed by Young et al. (2003) and consists of 75 statements to measure 15 initial maladaptive schemas, whose responses are scored on a six-point Likert continuum. The grades for the score are 1

= completely false, 2 = more false, 3 = somewhat incorrect, 4 = almost correct, 5 = more correct, and 6 = perfectly correct. A higher score in this tool suggests that there are higher inconsistent cognitive schemas. The internal consistency of the questionnaire was 0.79 and 0.98 for women using Cronbach's alpha coefficient.

### Data collection method

The information needed in this study was collected using field method. In this way, after obtaining the necessary licenses for the Department of Sport and Youth and Sport Federations, the fields studied and receiving the program of the championship of the province and the country competitions, the researcher has been present at the venue of the competitions and with observing methodological considerations, attempted to collect sample and information.

### General manner of implementation

The required information in the present study was collected by field method and was collected during the period of June 2020 to October 2020. After obtaining the necessary permissions from the General Department of Sports and Youth and Sport Federations, the fields studied and the program for holding the championship of the province and the country in the female's ward and in two age groups of youth, researcher at the venue of the competition attending and observing methodological considerations, sampling was done in the field of athletics and Taekwondo.

Prior to the time of each competition, in order to draw the cooperation of the supervisors and coaches of the participating teams to provide the appropriate time to collect information, a description of the research objectives and the necessity of its implementation was presented by the researcher. The time for completion of the questionnaires was considered after the end of the competition.

In the sampling, the participants tried to combine successful athletes and unsuccessful teams in the competition. From athletes and teams volunteering to participate in the study, they were invited to attend the designated times at the designated venue. At first, explanations about the research goals and its necessity, the questionnaire completion method, the confidentiality of the collected information and the availability of the company in the research were presented and the packages were provided to them.

### Statistical analysis

Independent t-test was used to compare the mean of

early maladaptive schemas in different groups. Data were analyzed using SPSS software version 22.

## RESULTS

According to the results of the study, as shown in Table 1, it was found that the win group according to the age, the youth ones had a lower range of mean in all schemas. Considering the significance level below 0.05, it was found that this difference is significant.

According to the results of the study, as shown in Table 2, it was found that the win group of national athletes had a higher range of mean in all schemas. Considering the significance level below 0.05, it was found that this difference is significant.

## DISCUSSION AND CONCLUSION

According to the results, it was found that there is a significant difference between maladaptive schemas among athletes with a status of winning and loses. The study of the mean of early maladaptive schemas showed that the athlete group had a lower range than the average initial maladaptive schema. Regarding the significance level, which was lower than 0.05 in all components, it was found that this difference is significant. This issue in all components of early maladaptive schemas includes emotional deprivation, emancipation/instability, mistrust/mistreatment, social isolation/alienation, social isolation/alienation, failure, dependence/incompetence, vulnerability to disease and disease, self-evolution unrecognized/ self-caught, objection, sacrifice, emotional restraint, extreme cruelty/extreme defamation, decent deservedness/self-restraint/insolvency were inadequate, and with the increase in status, the amount of these components diminished.

Reyhan et al. (2020) found that early maladaptive schemas were higher among professional athletes than non-professional athletes, and that their level of competitiveness affected the level of primary maladaptive schemas. Gallagher and Gardner (2007) also found that increased excitement caused by certain factors, including level of competition, could increase the rate of early maladaptive schemas. This indicates that the results of the present study are consistent with the results of Reyhan et al. (2020), as well as the results of the research of Gallagher and Gardner (2007).

This makes the competitive level important as a factor in the formation or non-formation of early maladaptive schemas. With this explanation, it can be stated that the competitive level, due to its nature effects on the level of effort and motivation of athletes, as well as the effect on the nature of sports, causes it to affect the levels of early maladaptive schemas. This has led to the fact that in the present study, athletes with a competitive level in the

**Table 1.** Study of early maladaptive schemas of female athletes in terms of winning and loss.

Variable	Groups	M	Std. Er.	T	P
Initial incompatible schema	Win	3.52	0.452	6.606	0.001
	Loss	3.72	0.625		
Inconsistent emotional exclusion scheme	Win	3.25	0.687	7.521	0.001
	Loss	3.59	0.852		
Inconsistent scheme of abandonment/instability	Win	3.25	0.687	8.017	0.001
	Loss	3.59	0.852		
Incompatible scheme of mistrust/abuse	Win	3.52	0.452	6.606	0.001
	Loss	3.72	0.625		
Incompatible schema of social isolation/alienation	Win	2.58	0.745	8.762	0.001
	Loss	3.44	0.632		
Incompatible scheme defamation/shame	Win	3.62	0.782	9.639	0.001
	Loss	4.12	0.523		
Incompatible schema failed	Win	3.50	0.365	7.421	0.001
	Loss	3.88	0.521		
Incompatible schema of dependency/incompetence	Win	3.51	0.326	5.417	0.001
	Loss	3.81	0.326		
Incompatible schema of vulnerability to disease	Win	3.59	0.622	9.525	0.001
	Loss	3.45	0.637		
Self-perpetuating, incompatible schema	Win	3.11	0.854	9.821	0.001
	Loss	4.03	0.368		
An incompatible schema of obedience	Win	3.60	0.632	7.520	0.001
	Loss	3.96	0.521		
An incompatible schema of self-sacrifice	Win	3.61	0.525	7.478	0.001
	Loss	3.895	0.637		
Inconsistent emotional restraint schema	Win	3.75	0.458	7.532	0.001
	Loss	4.03	0.662		
An incompatible scheme of extreme hardness/extreme fraud	Win	3.28	0.558	5.963	0.001
	Loss	3.70	0.622		
Wrong incompatible schema/large secretary	Win	3.82	0.752	5.622	0.001
	Loss	4.02	0.875		
Inadequate self-discipline/incompatible schemas	Win	3.80	0.552	7.547	0.001
	Loss	4.06	0.639		

country have a higher average in early maladaptive schemas than athletes with a competitive level in the

province.

It should be noted that competitive level in sports

**Table 2.** Early maladaptive schemas of female athletes in terms of competitive level.

Variable	Groups	M	Std. Er.	T	P
Initial incompatible schema	Provincial	3.55	0.521	5.417	0.001
	National	3.69	0.512		
Inconsistent emotional exclusion scheme	Provincial	3.45	0.4178	4.511	0.001
	National	3.58	0.625		
Inconsistent scheme of abandonment/instability	Provincial	3.21	0.512	9.147	0.001
	National	3.63	0.345		
Incompatible scheme of mistrust/abuse	Provincial	2.62	0.422	8.417	0.001
	National	3.40	0.517		
Incompatible schema of social isolation/alienation	Provincial	3.70	0.539	8.521	0.001
	National	4.04	0.518		
Incompatible scheme defamation/shame	Provincial	3.45	0.481	8.521	0.001
	National	3.93	0.522		
Incompatible schema failed	Provincial	3.54	0.471	6.408	0.001
	National	3.78	0.539		
Incompatible schema of dependency/incompetence	Provincial	3.11	0.628	9.525	0.001
	National	3.59	0.539		
Incompatible schema of vulnerability to disease	Provincial	3.59	0.622	9.525	0.001
	National	3.45	0.637		
Self-perpetuating, incompatible schema	Provincial	3.22	0.452	8.521	0.001
	National	3.93	0.521		
An incompatible schema of obedience	Provincial	3.65	0.512	5.512	0.001
	National	3.96	0.521		
An incompatible schema of self-sacrifice	Provincial	3.91	0.621	5.528	0.001
	National	3.63	0.512		
Inconsistent emotional restraint schema	Provincial	3.87	0.412	6.521	0.001
	National	3.77	0.523		
An incompatible scheme of extreme hardness/extreme fraud	Provincial	4.01	0.528	6.528	0.001
	National	3.73	0.522		
Wrong incompatible schema/large secretary	Provincial	3.83	0.535	6.512	0.001
	National	4.03	0.411		
Inadequate self-discipline incompatible schemas	Provincial	3.85	0.528	6.514	0.001
	National	4.01	0.639		

causes fundamental differences in athletes and the nature of sports. Naturally, as the level of competition increases, so do the efforts of athletes, and as a result,

more intense competition is created. This causes athletes with a higher level of competitiveness to be exposed to certain stresses, anxieties, and negative emotions.

In the interpretation of this result, it should be noted that winning and losing in sports contests play an important role in the minds of athletes. There is no doubt that an athlete is not happy with his winnings and will not be upset by his loss. This has led to an increase in efforts among athletes in pursuit of sporting success. The same efforts, if accompanied by negative and negative results, cause athletes to feel depressed, anxious and stressed. It will be natural for the athletes to lose some of their negative psychological characteristics.

Hence, it can be stated that the issue of winning and losing due to the close relationship with all aspects of athletes will play an important role in creating or not creating early maladaptive schemas. This issue has led to the loss of athletes in the present study with a more initial maladaptive schema than the athletes with a status winning.

This issue in all components of the early maladaptive schemas includes an inconsistent schema of emotional deprivation, emancipation / instability, mistrust / mistreatment, social isolation / alienation, social isolation / alienation, failure, attachment / incompetence, vulnerability to disease and disease, Self-evident self-esteem, obedience, self-sacrifice, emotional restraint, extreme cruelty / extreme defamation, privilege / great secretary, and incompatible self-respect / self-discipline schema.

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