

## BACKGROUND

- Athlete burnout is a cognitive-affective syndrome characterized by three dimensions: emotional and physical exhaustion from sport and competition, a reduced sense of accomplishment regarding sport skills and abilities, and devaluation of sport participation<sup>1</sup>
- Smith's Cognitive-Affective Model suggests trait and/or dispositional factors influence all aspects of the stress and coping response. As such, body-related concerns and perfectionism could be considered a contributing factor to the burnout experience<sup>2</sup>
- Social physique anxiety is the anxiety that results from judgement and/or evaluation of one's physique by other people<sup>3</sup>
- Perfectionism is a disposition or personality trait that reflects the desire to set exceedingly high standards<sup>4</sup>
- Higher reported levels of social physique anxiety and perfectionism have been found in dancers relative to non-dancers<sup>3,5</sup>
- To provide an integrative understanding of perfectionism and help answer questions as to how this personality trait can lead to adaptive and maladaptive outcomes, the 2 × 2 model of perfectionism integrates the subtypes of personal standards and evaluative concerns<sup>6</sup>
- Dancers with high personal standards perfectionism reported lower levels of exhaustion and less body-related concerns relative to evaluative concerns perfectionism<sup>7</sup>

**Purpose:** The purpose of the current study is to examine the association of social physique anxiety and burnout, perfectionism and burnout, and the intersection of these variables together on burnout in this population.

**Research Questions:** 1) What are the associations among perfectionism factors and burnout in American collegiate dance team members? 2) What is the association of social physique anxiety with burnout in American collegiate dance team members? 3) Is the social physique anxiety-burnout relationship moderated by perfectionism factors? 4) How will potential profiles of perfectionism differ according to social physique anxiety and burnout?

## METHODS

### Participants:

- 166 Division I female college dance team members

### Design:

- Cross-sectional, observational
- Convenient sampling strategy
- Qualtrics self-report questionnaire sent via email and administered via computer interface

### Measures:

- Athlete Burnout Questionnaire (ABQ)** measures burnout using a five-point Likert scale from 1 (*almost never*) to 5 (*all the time*). There are 5 items each for emotional and physical exhaustion, reduced sense of accomplishment, and sport devaluation.
- Multidimensional Perfectionism Scale (MPS)** measures perfectionism using a five-point Likert scale ranging from 1 (*strongly disagree*) to 5 (*strongly agree*). The current study used three subscales: Concern Over Mistakes, Doubts About Action and Personal Standards.
- Social Physique Anxiety Scale (SPAS)** measures social physique anxiety using a five-point Likert scale ranging from 1 (*strongly disagree*) to 5 (*strongly agree*). A 9-item version of the scale was used.
- The 14-item measure of the **Ego-Resilience 89 Scale (ER-89)** measures ego-resiliency. Items are each responded to on a 4-point Likert scale, ranging from 1 (*does not apply at all*) to 4 (*applies very strongly*).
- The truncated 4-item version of the **Perceived Stress Scale (PSS)** was used to measure the degree to which situations in one's life are appraised as stressful. Items were scored on a five-point Likert scale ranging from 0 (*never*) to 4 (*very often*).

### Data Analysis:

- Research Questions 1 and 2: Bivariate correlations for burnout scores, perfectionism subscale scores and social physique anxiety
- Research Question 3: Hierarchical multiple regression; perfectionism as a moderator of SPA and burnout
- Research Question 4: Cluster analysis and MANOVA; classify participants into profiles of perfectionism and differentiate profiles of perfectionism with SPA and burnout

## RESULTS

**Table 1:** Intercorrelations Among Study Variables, Means, and SDs (N = 166)

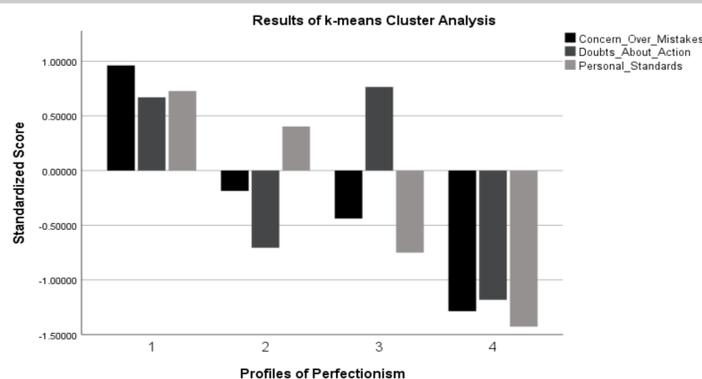
Variable	1	2	3	4	5	6	7	8	9	10
1. SPA	.75									
2. DA	.20*	.77								
3. CM	.40**	.42**	.75							
4. Personal Standards	.21**	.24**	.50**	.77						
5. Perceived Stress	.17*	.15	.16*	.16*	.76					
6. Resilience	-.15*	-.04	-.13	.13	.07	.80				
7. RSA	.36*	.24**	.20*	.06	.32**	-.08	.73			
8. EPE	.41**	.26**	.28**	.13	.25**	-.11	.51**	.73		
9. Sport Devaluation	.29**	.13	.04	.06	.18*	.04	.60**	.50**	.74	
10. Global Burnout	.42**	.25**	.21**	.10	.30**	-.06	.83**	.81**	.85**	.71
M	3.42	3.41	3.34	4.33	1.86	3.00	2.35	2.57	2.24	2.39
SD	.89	1.02	.95	.65	.62	.46	.75	.82	.83	.66
Range	1-5	1-5	1-5	1-5	0-4	1-4	1-5	1-5	1-5	1-5

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

**Table 2:** Cluster Demographics and Perfectionism Scores

Cluster Groups	Mixed Perfectionism (n = 57)		Pure PSP (n = 49)		Pure ECP (n = 34)		Non-Perfectionism (n = 25)	
	M (SD)	Z-score	M (SD)	Z-score	M (SD)	Z-score	M (SD)	Z-score
<b>Demographics</b>								
Age	20.07 (1.16)		19.90 (1.17)		19.68 (1.09)		19.87 (1.16)	
Years on Dance Team	2.42 (1.07)		2.31 (1.05)		2.16 (1.10)		2.32 (1.08)	
Total Years Dancing	15.86 (2.55)		15.75 (3.04)		15.65 (2.24)		15.68 (2.25)	
<b>Perfectionism Subscales</b>								
Personal Standards	4.80 (.26)	1.03	4.60 (.33)	.81	3.84 (.48)	-2.05	3.40 (.54)	-2.31
Concern Over Mistakes	4.25 (.50)	1.75	3.15 (.65)	.46	2.92 (.58)	-.47	2.11 (.63)	-2.10
Doubts About Action	4.10 (.60)	1.55	2.69 (.70)	-2.35	4.20 (.52)	1.55	2.20 (.65)	-2.35



1: Mixed Perfectionism, 2: Pure Personal Standards Perfectionism, 3: Pure Evaluative Concerns Perfectionism, 4: Non-Perfectionism

## CONCLUSIONS

- Social physique anxiety exhibited a significant, positive correlation with burnout and significantly predicted burnout and its dimensions in each regression analyses.
- Evaluative concerns perfectionism (CM, DA) significantly related to global burnout. Only Doubts About Action had significant univariate effects on burnout.
- Perceived stress demonstrated a significant, positive association with burnout and its dimensions and was a significant covariate in the MANCOVA. In contrast, resilience exhibited an insignificant association with burnout and was an insignificant covariate in the MANCOVA. It could be that perceived stress or body-related concerns diminish the benefits of high trait resilience in this population.
- The lack of significance of perfectionism on the social physique anxiety-burnout relationship could indicate that social physique anxiety and perfectionism independently influence burnout development. It could also be that social physique anxiety is a more meaningful construct for dancers, overriding the influence that perfectionism might have on burnout.
- Inconsistent with hypotheses, those in the mixed perfectionism profile had significantly different social physique anxiety scores from the remaining profiles. Although mixed perfectionists' burnout scores were not significantly different from the remaining profiles, they were the highest. It could be that the interplay among high perfectionism subscale scores contributes to the most maladaptive outcomes.
- The 2 × 2 model of perfectionism might need to be reconsidered in aesthetic populations because personal standards was not deemed as protective against burnout as expected.
- College dancers could demonstrate adaptation to body-related issues because participants maintained simultaneously high personal standards and social physique anxiety.
- The development and evaluation of future intervention strategies for dancers' psychological well-being can take place following the completion of critical, future longitudinal studies on focal study variables.

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## CONTACT INFORMATION

Abby Dennis  
281-898-8298, ajdennis@live.unc.edu