



## The Effect of Sports Exercises on Students' Differentiation and Perfectionism

### Poster Presentation

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### Abstract

**Introduction:** The purpose of this study was to determine the effect of sports exercises on students' differentiation and perfectionism.

**Methods:** The present study was applied in terms of purpose and terms of the method used; it was a quasi-experimental study with a pretest-posttest design with a control group. The statistical population includes; female students of the first year of high school who were studied using peer matching between the ages of 13-15. Due to the quasi-experimental nature of the research through G-Power software, 32 students in the experimental group and 15 students in the control group were studied. Data collection was based on Azim Khani et al.'s (2019) training protocol, as well as the Perfectionism Questionnaire (Hill et al., 2004) and the Differentiation Questionnaire (Drake et al., 2015).

**Results:** Based on the findings; Can be observed through dependent t-test and analysis of covariance; In the experimental group in the pre-test and post-test in the variable components of differentiation and perfectionism, the significant levels of the dependent t-test are less than 0.05. Therefore, it can be said; Significant changes have been made in the variables of differentiation and perfectionism in pre-test and post-test.

**Conclusion:** According to the findings, to increase the psychological and physical factors and the effect of the sports coach, all other factors; Including educational support, the quality of the halls, and educational environments, can be a serious help for students. On the other hand, the type of training along with professional trainers can be a great help for all students, even elite athletes.

### Keywords

Sports activities; self-concept; Perfectionism; Self-differentiation

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