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ABSTRACT
The aim of the study is to examine the courage and excellent performance levels of female football players in sports according to some variables and to investigate the relationships between courage and excellent performance in sports. The population of the study consists of licensed female athletes who actively play football in various clubs in Turkey. The sample of the study consists of 198 female athletes. In the study, the personal information form prepared by the researcher, the "Sports Courage Scale " developed by Konter and Johan (2012), the "Excellent Performance Scale Adult Athletes (EPS-AA)" developed by Appleton and Mallinson (2016) and adapted to Turkish culture by Esentaş et al. (2020) were used as data collection tools. The data were analyzed using SPSS 25.0 program. Descriptive statistics, independent sample t-test, one-way analysis of variance and correlation test were used in the analysis of the data. As a result, while no difference was found in the courage scores of female football players in sports according to their income status, a significant difference was found according to the variables of age, education, year of playing football, position played, nationality and league played. While no significant difference was found in the perceptions of excellent performance in sports according to their nationality, a significant difference was found according to variables of age, education, year of playing football, position played, income status and league played. A negative correlation was found between courage and excellent performance scores in sports. While female athletes' feelings of courage increase, their excellent performance levels decrease.

Keywords: Female Footballer, Courage in Sports, Excellent Performance in Sports

INTRODUCTION

Courage has been among the most important human virtues from ancient times to the present (Pury, Kowalsky and Spearman, 2007: 99). This feature, which was respected in ancient times, is also one of the important virtues of positive psychology by today's scientists (Peterson and Seligman, 2004). Although it is seen that politicians, scientists or even people who are not experts on the subject discuss how to define the concept of courage, many definitions and descriptions of the concept emerge (Rate et al., 2007: 80-81). Courage is defined as the confidence, bravery, heart and eye stiffness, timidity or assertiveness that one finds in himself/herself when undertaking a difficult or dangerous task (TDK 2016). As a process of self-regulation, courage refers to the ability to face danger, difficulty, uncertainty, or pain and overcome fear to maintain the chosen course of action (Konter & Backmann, 2019).

As there are many reasons underlying the performance of athletes, the change and development of their courage levels are too complex to be explained with a single answer (Corlett 1996). It is known that courage levels are very effective in sports in the performance of individual and team athletes depending on social and psychological factors (Corlett, 1996). As a result of the studies conducted in social psychology and other fields of athletes, it is known that they can sometimes produce very good and sometimes very bad results depending on the development and competencies in their courage levels. Therefore, courage in sports is of great importance for a good performance in sports (Konter and Ng, 2012).

Perfectionism is a two-dimensional structure and is also defined as the individual's desire to achieve a perfect performance (Flett and Hewitt, 2002). According to some researchers, high performance standards are a personality tendency or trait characterized by a tendency to strive for the best, to engage in overly critical self-evaluations (Gotwals, et al., 2012; Stoeber, 2011). Many people have a desire to be or achieve perfection in every aspect of their lives, and this is of particular importance for the sporting field. Especially in competitive

sports, athletes want to win a medal, break a record and most importantly, be recognized. In order to achieve these desires, athletes progress to be perfect with the least error (Esentaş et al. 2020).
Athlete identity makes it necessary to show the courage to sacrifice their life, tastes and dreams in order for athletes to move forward and reach their goals without hesitation in the face of the obstacles they face. Courage in football should allow players to take action and continue pursuing the goal despite the risk. In his study examining the relationship between passion and courage, Konter, who has researches on courage and related factors in football players, states that courage is more related to performance than harmonious and obsessive passion, and more research is needed for more precise results (Konter, Kueh, & Kuan, 2020). Gledhill and Harwood (2014), on the other hand, believe that self-regulation and adaptive voluntary behaviors are the main individual factors associated with talent development in women's football. Therefore, a relationship can be seen between the perception of courage and excellent performance in female football players. This study aims to investigate the factors affecting the levels of courage and excellent performance and the relationships between them.

MATERIAL AND METHOD

Study Group

The sample of the study consisted of 198 female athletes who voluntarily participated in the study who actively played football in various clubs in Turkey.

Data Collection Tools

Personal Information Form prepared by the researcher, Sports Courage Scale and Excellent Performance Scale-EPS were used to obtain the data.
In the first part, the questions constituting the personal information form consist of questions such as age, educational status, income status, how many years he/she has played football as a licensed player, position in football, national sportsmanship status, club category.

The Sports Courage Scale (SCS)

The scale developed by Konter and Johan (2012) consists of 31 questions, consisting of 5-point Likert-type measurement tool as 1: completely agree, 2: agree, 3: no idea, 4: disagree and 5: completely disagree. A score between 31 and 155 can be obtained from the scale. As the total score increases, the individual's level of courage in sports also increases. Items 1, 6, 11, 16, 21, 27 and 27 were scored inversely in the scale. SCS consists of 5 sub-dimensions. Competencey-mastery (self-confidence) (Items 1-6-11-16-21-24-27) can be scored between 7 and 35 from the sub-dimension. Determination (Item 2-7-12-17-20-22-25-28-30) can be scored between 9 and 45 from the sub-dimension. Assertiveness (Items 3-8-13-18-23-26-29) can be scored between 7 and 35 from the sub-dimension. Risk taking (coping with fear) (Items 4-9-14-19) can be scored between 4 and 20 points from the sub-dimension. Self-devotion (Item 5-10-15-31) can be scored between 4 and 20 points from the sub-dimension.

Sports Courage Scale Reliability

Table 1:Cronbach's Alpha Values of "SCS" and "Sub-Dimensions"

Scale and Subscales	Cronbach's Alpha
SCS Total Score	0.957
Competency-mastery	0.727
Determination	0.932
Assertiveness	0. 853
Risk taking	0.843
Self-devotion	0.779

The Cronbach's Alpha value of the sports courage scale for the scale total was found to be α=0.957, from the sub-dimensions of the scale, competence-mastery was α=0.727, determination was α=0.932, assertiveness was α=0.853, risk taking was α=0.843, self-devotion was α=0.779. The sub-dimensions of competency-mastery and self-devotion are in the acceptable value category while the other sub-dimensions and the total items of SCS are in the highly reliable category.

Excellent Performance Scale Adult Athletes (EPS-AA)

The scale was developed by Hill, Appleton and Mallinson (2016), inspired by Hewitt and Flett's (1991) model of the dimensions of perfectionism. The original name of the scale was "Excellent Performance Scale in Sports (EPS-S)" and it consists of 3 sub-dimensions. Esentaş et al. (2020) adapted the scale adapted for adults and

children athletes separately in their adaptation study to Turkish culture, and the scale adapted for adults consists of one dimension and is named as "Excellent Performance Scale Adult Athletes EPS-AA". The scale has a 7-point Likert-type rating system, including (1) completely disagree (2) disagree, (3) partially disagree, (4) no idea, (5) partially agree, (6) agree, (7) completely agree.

Excellent Performance Scale Adult Athletes (EPS-AA)

Table 2:"EPS-AA" Cronbach's Alpha Value

Scale and Subscales	Cronbach's Alpha
EPS-AA	0,817

According to the table, the Cronbach's Alpha value of the EPS-AA scale applied to the sample group was found to be α=0.817. The EPS-AA scale is in the highly reliable category.

Data Analysis

SPSS 25.0 package program was used to analyze the data. It was determined that the mean scores of the scale and subscale did not show a significant deviation from the normal distribution. The analysis techniques used are descriptive statistics, independent samples t-test, one-way analysis of variance, and Pearson correlation tests. The analyses were done at 95% confidence level.

FINDINGS

Table 3:Distribution of Demographic Characteristics of Individuals Participating in the Study

	Variables	Frequency (n)	Percentage (%)
Age	15 – 20	148	74.7
	21 – 25	33	16.7
	26 and Over	17	8.6
	Total	198	100.0
Educational Level	High School	116	58.6
	Associate degree	33	16.7
	Bachelor's degree	49	24.7
	Total	198	100.0
Income Level	Low level	0	0.0
	Average level	98	49.5
	High Level	100	50.5
	Total	198	100.0
How many years have you been playing football with license?	1 – 5	147	74.2
	6 - 10	34	17.2
	11 – 15	17	8.6
	Total	198	100.0
What position are you playing in?	Defense	41	20.7
	Midfielder	74	37.4
	Offense	66	33.3
	Goalkeeper	17	8.6
	Total	198	100.0
National Athlete Status	I am not a national athlete	163	82.3
	I am a national athlete	35	17.7
	Total	198	100.0
Club Category	Super League	45	22.7
	TFF 1. League	9	4.6
	TFF 2. League	24	12.1
	TFF 3. League	120	60.6
	Total	198	100.0

Of the 198 participants in the study, 148 (74.7%) were in the 15-20 age group, 33 (16.7%) were in the 21-25 age group, and 26 (8.6%) were 26 years or more. According to their educational status, 116 (58.6%) had a high school education, 33 (16.7%) had an associate degree, and 49 (24.7%) had a bachelor's degree. According to the income level, 98 (49.5%) stated that their income was moderate, and 100 (50.5%) stated that their income was high. There was no individual who stated that their income level was low.
Of the athletes participating in the study, 147 (74.2%) stated that they played football for 1-5 years, 34 (17.2%) played for 6-10 years, and 17 (8.6%) played for 11-15 years. According to the positions they played, 41 (20.7%) stated that they were in defense, 74 (37.4%) stated that they were in midfielder, 66 (33.3%) stated that they were in offense and 17 (8.6%) stated that they were in goalkeeper position. 163 (82.3%) stated that they were not national athletes and 35 (17.7%) stated that they were national athletes. The club category of 45 (22.7%) is the Super League, the club category of 9 (4.6%) is the TFF 1st., the club category of 24 (12.1%) is TFF 2 and the club category of 120 (60.6%) is TFF 3.

Table 4:Summary Statistics on SCS and Sub-Dimension Total Scores

SCS and its sub-dimensions	Minimum	Maximum	Mean	Standard Deviation	Skewness	Kurtosis
SCS	49.00	148.00	114 (74)	24.88	-1.017	0.418
Competence-mastery	12.00	35.00	23.65	5.21	-0.213	-0.131
Resolve	11.00	45.00	35.33	8.93	-1.323	1.006
Assertiveness	11.00	35.00	25.79	5.92	-0.931	0.441
Don't risk it	5.00	20.00	14.55	4.27	-0.396	-0.719
Being self-sufficient	7.00	20.00	15.42	3.73	-0.825	-0.042

The mean total score of the sports courage scale is 114.74 and the standard deviation is 24.88. The lowest total score is 49 and the highest total score is 148. The skewness value of the total score values is -1.017 and the kurtosis value is 0.418.
The mean total score of the competency-mastery sub-dimension is 23.65 and the standard deviation is 5.21. The lowest total score is 12 and the highest total score is 35. The skewness value of the total score values is -0.213 and the kurtosis value is -0.131.
The mean total score of the determination sub-dimension was 35.33 and the standard deviation was 8.93. The lowest total score is 11 and the highest total score is 45. The skewness value of the total score values is -1.323 and the kurtosis value is 1.006.
The mean total score of the assertiveness sub-dimension is 25.79 and the standard deviation is 5.92. The lowest total score is 11 and the highest total score is 35. The skewness value of the total score values is -0.931 and the kurtosis value is 0.441.
The mean total score of the risk-taking sub-dimension is 14.55 and the standard deviation is 4.27. The lowest total score is 5 and the highest total score is 20. The skewness value of the total score values is -0.396 and the kurtosis value is -0.719.
The mean total score of the self-devotion sub-dimension is 15.42 and the standard deviation is 3.73. The lowest total score is 7 and the highest total score is 20. The skewness value of the total score values is -0.825 and the kurtosis value is -0.042.
When the skewness and kurtosis values of the Scale and Subscales are examined, it is seen that all of them are between -2 and +2. If the skewness and kurtosis values are between -2 and +2, the normal distribution assumption can be accepted for the total score values of the scale (George and Mallery, 2010).

Table 5:Analysis Results of the Sports Courage Scale and its Sub-Dimensions According to Independent Variables

		Competencey-mastery	Determination	Assertiveness	Risk taking	Self-devotion	SCS
Age							
15-20	Mean	23.89	36.64	26.78	15.68	16.07	119.06
	SD	5.57	9.22	5.94	4.27	3.78	25.70
21-25	Mean	24.58	34.58	25.73	12.00	15.24	112.12
	SD	2.63	2.63	1.30	1.22	1.09	6.36
26 and Over	Mean	19.76	25.47	17.24	9.59	10.12	82.18
	SD	4.11	8.23	4.11	1.54	2.05	11.83
	p-value	0.004*	0.000*	0.000*	0.000*	0.000*	0.000*

Educational level							
High School	Mean	24.55	36.26	26.10	14.77	15.74	117.42
	SD	5.06	9.45	5.40	4.48	3.90	25.47
Associate degree	Mean	18.18	34.94	25.36	16,09	15,88	110.45
	SD	5.13	7.45	6.73	3.67	3.23	24.46
Bachelor's degree	Mean	25.20	33.41	25.33	12.98	14.35	111.27
	SD	2.74	8.39	6.57	3.65	3.49	23.22
	p-value	0.000*	0.167	0.674	0.003*	0.067	0.194
Income level							
High	Mean	23.45	34.49	25.53	14.09	15.56	113.12
	SD	5.97	9.11	6.64	4.24	3.46	27.07
Average	Mean	23.86	36.19	26.06	15.01	15.28	116.39
	SD	4.32	8.71	5.10	4.27	4.01	22.38
	p-value	0.584	0.181	0.538	0.130	0.594	0.356
How many years have you been playing football with license?							
1 – 5	Mean	23.63	36.45	26.53	15.59	16.00	118.20
	SD	5.35	9.21	5.82	4.37	3.77	25.51
6 – 10	Mean	22.79	34.38	25.79	12.23	14.76	109.97
	SD	5.63	3.51	4.13	1.30	2.25	15.67
11 – 15	Mean	25.59	27.59	19.35	10.12	11.71	94.35
	SD	1.54	10.29	6.17	2.05	3.60	23.66
	p-value	0.196	0,000*	0.000*	0.000*	0,000*	0.196
What position are you playing in?							
Defense	Mean	25.93	37.66	27.-78	14-56	17.41	123.34
	SD	6.19	5.05	3.22	2.73	2.49	14.72
Midfielder	Mean	22.34	32.74	24.23	13.59	13.81	106.72
	SD	5.08	9.33	6.28	4.24	3.60	24.53
Offense	Mean	25.45	40.15	28.53	16.61	17.42	128.17
	SD	2.86	3.43	3.47	3.41	1.96	12.47
Goalkeeper	Mean	16.88	22.29	17.12	10.65	9.82	76.76
	SD	2.05	12.34	6.68	6.17	3.08	30.35
	p-value	0,000*	0.000*	0.000*	0.000*	0.000*	0,000*
National athlete status							
I am not a national athlete	Mean	24.07	37.34	27.15	15.29	16.18	120.03
	SD	5.26	6.56	4.50	3.60	3.07	19.49
I am a national athlete	Mean	21.69	26.00	19.43	11.09	11.89	90.09
	SD	4.54	12.19	7.49	5.37	4.49	31.76
	p-value	0.014*	0,000*	0.000*	0.000*	0.000*	0,000*
Club category							
Super League	Mean	23.20	37.00	26.40	13.40	15.42	115.42
	SD	5.28	2.30	3.65	2.90	2.20	13.78
TFF 1. League	Mean	15.00	11.00	11.00	5.00	7.00	49.00
	SD	0.00	0.00	0.00	0.00	0.00	0.00
TFF 2. League	Mean	24.67	26.00	21.67	12.00	11.67	96.00
	SD	2.54	10.90	8.01	5.77	5.29	31.95
TFF 3. League	Mean	24.27	38.40	27.49	16.20	16.80	123.16
	SD	5.20	5.86	4.21	3.02	2.41	16.90
	p-value	0,000*	0.000*	0.000*	0.000*	0.000*	0,000*

Competency-mastery, determination, assertiveness, risk-taking, self-devotion sub-dimension total scores and SCS total scores are lower in individuals aged 26 and over than in other individuals.
The competency-mastery total scores of individuals with associate degrees are lower than those of other individuals. In addition, the total risk taking scores of individuals with undergraduate education are lower than those of other individuals. Other sub-dimensions and total SCS scores do not show a statistically significant difference according to the educational level of the individuals.
The total scores of SCS and its sub-dimensions do not differ statistically significantly according to the income level of the individuals.
The total scores of determination, assertiveness and self-devotion of individuals who have been playing football for at least 11 years are lower than other individuals. In addition, the total scores of the risk taking sub-dimension and SCS decrease as the duration of playing football with license increases.
The total scores of the goalkeepers in all sub-dimensions and SCS are lower than the individuals playing in other positions. In addition, the defensive and offensive players' competency-mastery, determination, assertiveness, self-devotion sub-dimension and SCS total scores are higher than midfielders and goalkeepers. In addition, the highest the total scores of risk taking sub-dimension are seen in offensive players.
The total scores of individuals who are not national athletes for all sub-dimensions and SCS scale are higher than individuals who are national athletes.
The total scores of individuals playing in TFF 1. league in all sub-dimensions and for SCS are lower than those of other individuals. In addition, the individuals with the highest level of sports courage play in TFF 3. League, the individuals with the second-highest level are in the Super League, and the individuals with the third-highest level are in TFF 2. League. Also, The total scores of the individuals playing in the Super League, 2. League and 3rd league do not differ. The highest total scores in the sub-dimensions of determination, assertiveness and self-devotion belong to the individuals playing in TFF 3. league and super league. TFF 3. The highest total scores of risk taking are seen in TFF 3. league football players.

Table 6:Summary Statistics on Total Scores of Excellent Performance Scale Adult Athletes (EPS-AA)

EPS-AA and its sub-dimensions	Minimum	Maximum	Mean	Standard Deviation	Skewness	Kurtosis
EPS-AA	6.00	37.00	18.23	8.45	0.248	-0.771

The mean score of the Excellent Performance Scale Adult Athletes (EPS-AA) is 18.23 and the standard deviation is 8.45. The lowest total score is 6 and the highest total score is 37. The skewness value of the total score values is 0.248 and the kurtosis value is -0.771.
When the skewness and kurtosis values of the Scale and Subscales are examined, it is seen that all of them are between -2 and +2. If the skewness and kurtosis values are between -2 and +2, the normal distribution assumption can be accepted for the total score values of the scale (George and Mallery, 2010).

Table 7:Analysis Results of Excellent Performance Scale Adult Athletes (EPS-AA) According to Independent Variables

		EPS-AA
Age		
15 – 20	Mean	17.99
	St. Deviation	6.61
21 – 25	Mean	11.85
	St. Deviation	8.73
26 and Over	Mean	32.76
	St. Deviation	4.11
	p-value	0,000*
Educational level		
High School	Mean	17.09
	St. Deviation	5.82
Associate degree	Mean	16.64
	St. Deviation	8.78

Bachelor's degree	Mean	22.02
	St. Deviation	11.88
	p-value	0.001*
Income status		
High	Mean	19.80
	St. Deviation	7.52
Average	Mean	16.63
	St. Deviation	9.07
	p-value	0.008*
How many years have you been playing football with license?		
1 – 5	Mean	17.26
	St. Deviation	6.96
6 – 10	Mean	21.00
	St. Deviation	8.98
11 – 15	Mean	21.12
	St. Deviation	15.43
	p-value	0,022*
What position are you playing in?		
Defense	Mean	15.73
	St. Deviation	7.49
Midfielder	Mean	20.59
	St. Deviation	9.49
Offense	Mean	17.41
	St. Deviation	8.20
Goalkeeper	Mean	17.17
	St. Deviation	3.08
	p-value	0.016*
National athlete status		
I am not a national athlete	Mean	18.01
	St. Deviation	7.86
I am a national athlete	Mean	19.26
	St. Deviation	10.89
	p-value	0.431
Club category		
Super League	Mean	15.80
	St. Deviation	8.54
TFF 1. League	Mean	20.00
	St. Deviation	0.00
TFF 2. League	Mean	23.33
	St. Deviation	10.29
TFF 3. League	Mean	17.99
	St. Deviation	7.94
	p-value	0.004*

When the table is examined, the total scores of EPS-AA of individuals aged 26 and over are higher than other individuals. EPS-AA total scores of individuals with bachelor's degree education level are higher than

individuals with high school and associate degree. Individuals who stated that their income level was high had higher EPS-AA total scores than individuals who stated that their income level was average.
Individuals with a licensed active football playing period between 1 and 5 years have lower EPS-AA total scores than individuals who have been licensed active football players for at least 6 years.
The EPS-AA total scores of the individuals playing in the midfield position are higher than the individuals playing in other positions.
The EPS-AA total scores of the individuals do not differ statistically significantly according to their status as athletes.
The EPS-AA total scores of the individuals playing in TFF 2. league are higher than the individuals playing in other categories.

Table 8:Results of the Analysis Showing the Relationship Between the Sports Courage Scale and the Excellent Performance Scale - Adult Athletes

	SCS	Competencey-mastery	Determination	Assertiveness	Risk taking	Self-devotion
EPS-AA	-0.229** (0.001)	-0.064 (0.373)	-,267 (0.000)	-0.245** (0.000)	-0.108 0.131	-0.282** (0.000)

** Correlation is significant at the 0.01 level.
There is a statistically significant and inverse relationship at the 99% confidence level between the excellent performance scale and the sub-dimensions of determination, assertiveness and self-devotion. In addition, there is no statistically significant relationship between the sub-dimensions of competencey-mastery and risk-taking with EPS-AA. When the two general scales are examined, there is a statistically significant and inverse relationship between EPS-AA and SCS at the 99% confidence level. While the SCS total scores of the individuals increase, the EPS-AA total scores decrease, or the SCS total scores decrease while the EPS-AA total scores increase.

DISCUSSION AND CONCLUSION

The aim of this study is to examine whether the levels of courage and excellent performance perceptions of female football players differ in terms of some variables (age, education, income level, how many years they have played football as licensed, position they play, nationality, club categories) and the relationships between their levels of courage and excellent performance perceptions in sports. When the results of the study are evaluated;
According to the age variable, the total scores of the sub-dimensions of competencey-mastery, determination, assertiveness, risk-taking, self-devotion, and total scores of SCS in athletes' courage levels are lower in individuals aged 26 and over than in other individuals. In terms of the years when they played football with license, that is experience variable, the courage decreases as the experience increases in parallel with the age in other dimensions except for the competencey-mastery dimension. Konter et al. (2022) concluded that the levels of assertiveness, altruistic behavior, mastery, determination and total sports courage in female football players increased with age, according to the results of their study on female football players. This result does not coincide with the findings. According to the results of the same study, it is seen that as the level of participation of female football players from amateur to professional increases, mastery, determination, assertiveness, altruistic behavior and total sports courage decrease. As experience increases, courage decreases. Konter et al. (2020) examined the relationship between passion and courage in experienced male footballers and concluded that male footballers with more experience had higher levels of courage. Hacıcaferoğlu et al. (2023) compared the courage scores of athletes aged 16-18 and those aged 18 and above in his study on canoe athletes. As a result, it was found that the scores in favor of younger people (16-18) were higher in the competence and determination dimension. Çelikbilek (2022), in the study examining the courage levels in some extreme sports, concluded that as the experience increased in paragliders (flight time, year of doing the activity), their courage levels were high.
According to their educational level, the scores of associate degree graduates in the competencey-mastery dimension of their courage levels and undergraduate graduates in the risk-taking dimension are low compared to other graduates. There was no significant difference in other dimensions. Although these data are significant, more evidence is needed to make a good inference. There was no significant difference in courage levels according to their income level.
According to the positions played, the total SCS scores of the goalkeepers were lower in all sub-dimensions compared to the defenders, midfielders and attackers. It is thought that the risk-taking tendencies of those playing in the goalkeeper position are likely to be lower than those of other position players. As the player closest to the goal in football, when the goalkeepers take a risk in the game, the risk of making a mistake

increases, so there is a high probability that the mistake will be a goal. Therefore, although other position players make bold moves, they are more likely to make up for the mistake, while the goalkeepers are less likely.
In the comparison made according to whether they are national athletes or not, the total and sub-dimension scores of the athletes who are national are lower than those who are not national. According to Konter et al. (2022), to some extent, amateur female players have higher assertiveness, higher altruistic behavior, and higher total sports courage than professional female players. In women's football, professionalism may require developing more skills and playing safely, avoiding injuries, and sticking to tactics and performance roles, rather than taking risks by displaying more assertiveness and altruistic behavior.
As a result of a comparison of the courage levels according to the club category, the scores of the players playing in the 1st league are low in all dimensions compared to those playing in other leagues. In these results, there was no gradual increase or decrease in courage levels compared to the leagues.

The Results of Excellent Performance Scale - Adult Athletes (EPS-AA)
When the EPS-AA scores are examined according to the age of the participants, the EPS-AA total scores of individuals aged 26 and over are higher than the other individuals. This result showed us that athletes who are older and therefore more experienced have higher perceptions of excellence. This situation is supported by the fact that the total scores of EPS-AA of individuals with a licensed active football playing period of between 1 and 5 years are found to be lower than those of individuals with a licensed active football playing period of at least 6 years.
EPS-AA total scores of individuals with becholar's degree are higher than individuals with high school and associate degree. Educational level is seen to be associated with the perception of excellent performance. However, perfectionism may not make sense for those who see it as a personality trait. More evidence is needed on the relationship between educational level and perfectionism.
Individuals who stated that their income level was high had higher EPS-AA total scores than individuals who stated that their income level was average. The total scores of the individuals playing in the midfield position are higher than the individuals playing in other positions. The total scores of EPS-AA of the individuals do not differ statistically significantly according to their status as athletes.
There is a significant and inverse relationship between the excellent performance scale and the sub-dimensions of determination, assertiveness and self-devotion. In addition, there is no statistically significant relationship between the sub-dimensions of competencey-mastery and risk-taking with EPS-AA. When the two general scales are examined, there is a statistically significant and inverse relationship between EPS-AA and SCS at the 99% confidence level. While the SCS total scores of the athletes participating in the study increase, the total scores of the EPS-AA total scores decrease, or while the SCS total scores decrease, the EPS-AA total scores increase.
According to the research findings of Abdioğlu et al. (2022) on performance perfectionism in tennis, no statistical difference was found between the participants' performance perfectionism according to their age, weekly training load, court scores and the number of tournaments won. In the study conducted by Mallinson et al. (2021), it was reported that striving for excellence was positively related to performance. Similarly, in the study conducted by Waleriańczyk and Stolarski (2021), it was reported that perfectionist efforts had a significant positive effect on sports performance. Lizmore et al. (2019) argue that perfectionist efforts can lead to better performance only when they are not accompanied by increased perfectionist concerns, suggesting that the two dimensions of perfectionism have an interaction effect.
Perfectionism, which researchers interpret as a positive personality trait, is also seen by some researchers as an incompatible trait called the "perfectionism paradox", which negatively affects and prevents perfect performance (Flett and Hewitt, 2005). It is stated that the debilitating feature of perfectionism can be an important risk factor to be considered in talent development environments (Haraldsen et al., 2021) and that perfectionism and courage are linked to the process of achieving success in sports (Dunn et al., 2021).

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