Original Research Paper

Psychology

PERFECTIONISM AMONG ADOLESCENTS

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ABSTRACT
An attempt was made in the present investigation **Aim:** Perfectionism among adolescents. **Objective:** To study the differences between gender and locality on Perfectionism among adolescents. **Sample:** Sample of the present study consists of 120 adolescent subjects in Chittoor district of Andhra Pradesh state. **Tool:** The Almost Perfect Scale developed by Slaney et al., (2001) was administered. **Conclusion:** Results revealed significant differences between gender (male & female) and locality (rural & urban) with regard to Perfectionism among adolescents.

KEYWORDS : Perfectionism, Gender, Locality and Adolescents.

INTRODUCTION

Perfectionism is defined as an individual's characteristics that set extremely high goals and standards that are impossible to meet or fulfill and resulting in continual discouragement and disappointment. Individuals try to express their capabilities, potentials and talents to fullest extent possible. There is an in born tendency among persons that direct them to actualize their inherited nature.

Most of the adolescents have experienced high level of stress which may have adverse impact on their emotional, physiological, cognitive, and behavioral state. Individuals want to grow or develop and want to become perfect, they set goals about their future and face a number of problems like academic, financial, interpersonal and parental pressure etc., in fulfilling their goals.

Therefore, there is a need to enhance perfection in work and develop positive attitudes for better fulfillment of goals and achievement. When individuals fail to achieve their goals due to maladaptive perfectionism, they experience feelings of low self esteem and play an important role to improve different types of psychological disorders and physiological problems or when individuals reach the goals due to adaptive perfectionism; they experience feelings of high self esteem and play an important role to reduce many psycho-physiological problems. So, a person motivated either adaptive or maladaptive perfectionism curb by family or society.

According to Burns, (1980) perfectionism refers to a personality that possessed by individuals whose standards are extreme, who compulsively attempt to achieve impossible goals and evaluate themselves in the basis of accomplishment.

Slade and Owens (1998) conceptualized that there are two types of perfectionism based on the principles of reinforcement theory that is negative and positive perfectionism. Individuals high in negative perfectionism are seen to be driven by negative reinforcement and a fear of failure, while individuals high in positive perfectionism are seen to be motivated by positive reinforcement and a desire for success.

Slaney et al., (2001) differentiated between adaptive and maladaptive perfectionism in term of individual's characteristics by the setting of high personal standards for one's work or behaviour. Adaptive perfectionists perceive a low level of distress resulting from the discrepancy between their personal standards and their performance, while maladaptive perfectionists perceive a high level of distress, resulting from discrepancy of the perceived inability to meet high standards set for the self.

Review of Literature

Studies related to gender and locality with regard to level of perfectionism. Hewitt and Flett (1991) examined gender differences with regard to different types of perfectionism and found that undergraduate males reported significantly higher levels of other-oriented perfectionism than undergraduate females. Staneic (2004) found that race and gender have significant impact on perfectionism, social anxiety, and academic major at a large in urban. Eid Abo Hamza and Ahmed M. Helal (2012) suggested that the relationship among self-esteem, perfectionism and forgiveness in Egyptian college students. Results indicated that gender has a significant effect on self-esteem and perfectionism but no significance on forgiveness. Abbas Abdollahi and Mansor Abu Talib (2015) explored the relationships between perfectionism, emotional intelligence and test anxiety among Iranian students. Results indicated that gender has positively associated with maladaptive perfectionism. Kelly Margot, Anne Rinn (2016) examined perfectionism differences among gifted adolescents in regards to gender, birth order, and grade level. Results concluded that the significant relation among perfectionism and gender, birth order and age/grade level.

OBJECTIVE

1. To find out the differences in Perfectionism with reference standards, order and discrepancy among adolescents based on gender and locality.

Hypotheses

1. Male and female would differ significantly in their Perfectionism with reference standards, order and discrepancy.
2. Rural and urban areas would differ significantly in their perfectionism with reference standards, order and discrepancy.

Sample

Sample for the present study consists of 120 adolescent subjects in Chittoor district of Andhra Pradesh State. The subjects were in the age group of 16-19 years selected and using purposive random sampling method.

Variables Studied

Independent Variables
1. Gender
2. Locality

Dependent Variable
1. Perfectionism

Tool

Assessment of Perfectionism: The Almost Perfect Scale developed by Slaney et al., (2001) was used to assess the

levels of perfectionism. It consists of 23 items and divided into three subscales i.e., standards (7 items i.e., 1, 5, 8, 12, 14, 18, 22), order (4 items i.e., 2, 4, 7, 10) and discrepancy (12 items i.e., 3, 6, 9, 11, 13, 15, 16, 17, 19, 20, 21, 23) which are rated on a 7- point Likert scale ranging from Strongly Disagree (1) to Strongly Agree (7). Each subscale is scored independently by summing the individual item values. Total score for the entire instrument range from 23 to 161. Total score for the subscales range from 7 to 49 for standards, 4 to 28 for order and 12 to 84 for discrepancy. The reliability coefficient of APS subscales which was found to be 0.80 for standards, 0.82 for order, and 0.89 for discrepancy.

STATISTICAL ANALYSIS
The obtained data were subjected to statistical analysis such as Means, SDs, and 't' tests were used.

RESULTS AND DISCUSSION
Table-I: Influence of gender (male and female) on the different subscales of Perfectionism.

Subscales	Gender	Mean	SD	t-values
Standards	Male	34.28	8.87	2.85**
	Female	30.61	9.30	
Order	Male	26.63	3.75	2.93**
	Female	21.30	4.23	
Discrepancy	Male	69.65	8.76	4.61**
	Female	61.58	10.92	
Overall Perfectionism	Male	124.56	12.74	3.59**
	Female	115.50	14.81	

Note: **- Significant at 0.01 level

Hypothesis-1: Male and female would differ significantly in their perfectionism with subscales of standards, order and discrepancy.

Table-I shows the mean, standard deviation and 't' values of different subscales of perfectionism of male and female. The 't' values related to the subscales of standards, order, discrepancy and overall perfectionism are found to be in the order of 2.85, 2.93, 4.61 and 3.59. These values revealed that there are significant differences (0.01 level) between male and female with regard to the above subscales. The mean scores of male are higher than female in these subscales. Hence, male are high level of perfectionism than female in these subscales. Male were also found to be more perfect than the female as overall scores of perfectionism are found to be high in case of male compared to female. Hence, the hypothesis proposed "male and female would differ significantly in their perfectionism with reference standards, order and discrepancy" is totally accepted.

The results of the present study corroborate with the findings of Hewitt and Flett (1991); Staneic (2004); Abbas Abdollahi and Mansor Abu Talib (2015); Kelly Margot, Anne Rinn (2016) which reported statistically significant predictor between male and female with regard to perfectionism.

The probable reason might be perfectionist tendencies and the experience of social fears are not always created and experienced in isolation, but are often products of the student's culture, family and community. In other words, the chronic desire to look perfect, behave perfectly, study perfectly and be socially perfect is influenced dramatically by the cultural environment. Probably few would doubt that the adolescent and young adult experience has become increasingly stressful as college admissions become inordinately more competitive and as companies are firing more than hiring. Although these reasons may seem distant from the daily social and academic challenges that some students face, they are a part of an intricately connected web of systemic causes, outcomes and consequences.

Table-II: Influence of locality (rural and urban) on the different subscales of perfectionism.

Subscales	Gender	Mean	SD	t-values
Standards	Rural	31.28	8.43	1.62@
	Urban	33.61	9.52	
Order	Rural	22.37	3.94	2.91**
	Urban	29.52	4.06	
Discrepancy	Rural	60.20	8.51	3.97**
	Urban	68.96	11.38	
Overall Perfectionism	Rural	124.91	11.58	3.90**
	Urban	135.15	15.52	

Note: **- Significant at 0.01 level @-Not Significant

Hypothesis-2: Rural and urban areas would differ significantly in their perfectionism with subscales of standards, order and discrepancy.

Table-II shows the mean, standard deviation and 't' values of different subscales of perfectionism of rural and urban areas students. The 't' values related to the subscales of order, discrepancy and overall perfectionism are found to be in the order of 2.91, 3.97 and 3.90. These values revealed that there are significant differences (0.01 level) between rural and urban areas students with regard to the above subscales. The mean scores of urban areas students are high than rural areas students in these subscales. Hence, urban areas students are high level of perfectionism than rural areas students in these subscales. Urban areas students were found to be more perfect than the rural areas students, as overall scores of perfectionism are found to be high in case of urban areas students compared to rural areas students. While, 't' value of 1.62 revealed no significant difference between rural and urban areas students with regard to standards. Hence, the hypothesis proposed "rural and urban areas students would differ significantly in their perfectionism with reference standards, order and discrepancy" is partially accepted with regard to the subscales of order, discrepancy and rejected with regard to standard of perfectionism.

Finally, this paper proved some empirical data concerning the individual differences in perfectionism among adolescents. Distinguish between high and low level form of students' knowledge of their effects on perfectionism (standards, order and discrepancy) is a major issue in this regard.

CONCLUSIONS
- Male perfectionism levels are high when compared female in the subscales of standards, order and discrepancy.
- Urban areas students' perfectionism levels are high when compared to rural areas students in the subscales of order and discrepancy.
- There is no significant difference in the subscale of standards of rural and urban areas students.

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