

Role of Perfectionism on Psychological Well-Being among Higher Secondary Students

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Abstract

Perfectionism drives any individual to achieve goals which are extremely high in standard and hence pushes them to anxiety, stress and depression. The present study investigated the relationship between Perfectionism and Psychological Well-Being. Using Stratified Random sampling, 175 Thiruvallur District Higher Secondary students completed questionnaires of Psychological Well Being Scale (PWBS), 2012 and Perfectionism Scale. The results showed that gender and group opted by the higher secondary students differ significantly in their Perfectionism and Psychological Well-Being. It was also found that negative significant relationship existed between Perfectionism and Psychological Well-being.

Keywords: perfectionism, anxiety, stress & psychological well-Being.

Introduction

A desire to achieve is healthy. But an irrational desire to always be perfect can cause problems. Perfectionism can affect young people as well as adults. Children and teenagers are often driven to be overachievers in their schoolwork as well as activities such as sports, clubs, community service, and jobs. This can lead to a fixation on success. Finally, it may impede one's ability to achieve it. When the demands placed on someone exceed their resources and coping abilities, their psychological well-being will be negatively affected.

Good psychological well-being includes an ability to get through the interactions of daily life without experiencing excessive emotional or behavioural incapacity and the person is able to be flexible and adaptive with a positive self-esteem. It also refers to management of negative features of personality. When this well-being deteriorates, then the problem of unhealthy personality come into existence. It also leads to anxiety, depression, low self-regard and reduced competence (Punjab, Heritage 2005). Hence the relationship between perfectionism and psychological well-being is assessed through this study.

Definition of Key terms

The psychological well-being is stated as the subjective feeling of fulfillment, happiness, satisfaction with life's experiences and of one's role in the world of work, having a sense of achievement, utility, belongingness (Kahn and Fawcett, 2004).

Perfectionism is the procedure of taxing oneself or others a better quality of performance than is required by the situation. Perfectionism is the wish to achieve idealistic goals without failing.

Rationale

Most people want to attain success, but working hard to win your goals doesn't always indicate perfectionistic behavior. People who are perfectionists typically believe that nothing they are doing is worth it unless it's perfect. Instead of being pleased with their progress, learning, or diligence, they could constantly compare their work to the work of others or fixate on achieving flawless output. Even when people with perfectionistic traits get their desired results, they will still be unsatisfied. They may feel that if they really were perfect, they might not have had to figure so hard to realize their goals. Always striving for perfection has been proven to lead to disappointment, frustration and stress. Perfectionists are generally rarely happy. Perfection is usually a lack of self-esteem and self-confidence. This strongly interferes with the well being of an individual. This aspect of Perfectionism on Psychological well being was considered to be the need of the hour to be analysed.

Geranmayepour et al (2010) examined the relationship between perfectionism and mental health in a sample of students. This study included One hundred and eighty five students (92 girls, 85 boys, 8 unknown). Farsi version of the Positive and Negative Perfectionism Scale (FPANPS; Besharat, 2009) and the Mental Health Inventory (MHI; Besharat, 2006) was completed by all participants. Positive perfectionism had had positively associated with psychological well-being and negative association with psychological distress. Negative perfectionism was found to be negatively associated with psychological well-being and positively associated with psychological distress which is revealed in the findings.

ManpreetKaur (2019) made an Analysis on the Level of Well-Being Among Indian Secondary School Adolescents. Finding out the level of well-being of adolescents was the purpose of the research. 640 secondary school adolescents from the state of Punjab were the participants of the study. To study the level of well-being of adolescents survey method was used. The findings showed that out of total 640 adolescents, 196 adolescents i.e. 32.67% of adolescents had high well-being, 392 adolescents i.e. 65.33% had average level of well-being and only 12 i.e. 2% had low level of well-being. A majority of adolescent boys and girls had average level of well-being. Majority of rural adolescents had average and majority of urban adolescents had high level of well-being. This study highlighted the importance of considering well-being of adolescents. Adolescent's positive mental health promotion, including school-based policies and practices were the implications discussed in the study.

OBJECTIVES

- To find out the significance of difference in the Perfectionism and Psychological Well-Being based on Gender, Group opted, Eating Family Meals and Parent's Income Status of Higher Secondary Students.
- To explore the significant relationship between Perfectionism and Psychological Well-Being.

HYPOTHESES

- There will be no significance of difference in the Perfectionism and Psychological Well-Being based on Gender, Group opted, Eating Family Meals and Parent's Income Status of Higher Secondary Students.
- There will be no significant relationship between Perfectionism and Psychological Well-Being.

RESEARCH DESIGN

In the present study, Descriptive Survey Method was used.

SAMPLE

The sample for the present study consisted of 175 Higher Secondary students belonging to Thiruvallur District from three different schools. Stratified Random Technique was used.

TOOLS USED

Investigator made Perfectionism Scale with forty items and a Psychological Well Being Scale (PWBS), 2012, Indian adaptation of Devendra Singh Sisodia & Pooja Choudhary with fifty items was used. Both the scales are with five point responses ranging from Strongly Agree to Strongly Disagree.

STATISTICAL TECHNIQUES USED

Mean, Standard Deviation, t-test, ANOVA and Correlation were used to analyse data.

ANALYSIS AND INTERPRETATION

Table 1

Mean S.D and t value of Perfectionism and Psychological Well-Being based on Gender, and Group opted

Variable	Sub Variable	N	Mean	S.D	't' Value	L.S	
Perfectionism	Gender	Male	103	105.98	41.88	2.49	S at 0.05
		Female	72	119.85	31.64		
	Group Opted	Science	87	117.64	39.18	1.88	NS
		Non Science	86	106.72	37.02		
Psychological Well-being	Gender	Male	103	200.94	25.38	3.67	S at 0.01
		Female	72	185.72	27.97		
	Group Opted	Science	87	195.16	26.06	0.412	NS
		Non Science	86	193.44	28.78		

Female students (105.98) are observed to be more Perfectionists than males (119.85) in the mean scores of Perfectionism. The t-value (2.49) obtained is greater than the table value showing that there exists significant difference in the Perfectionism of Higher Secondary students based on Gender

Mean scores of science group students (117.64) are found to be higher than Non-Science group students (106.72) stating that the Science group students are more Perfectionists. The t- value (1.88) is less than the table value implying no significant difference between the means. Therefore the null hypothesis is accepted.

It is observed from the above table that Male Students (200.94) are being Psychologically well than Females (185.72) with respect to their mean scores. The observed t- value (3.67) is greater than the table

value showing significant difference between the means. Hence the null hypothesis is rejected. Hence the null hypothesis is restated as, there is significant difference in the Psychological Well-being of Higher Secondary students based on Gender.

Means scores of Science students (195.16) are found to be higher than Non science students (193.44) with respect to their Psychological Well-being. The obtained t-value (0.412) is less than the table value indicating no significant difference exists between the mean scores. Hence the null hypothesis is accepted.

Table 2
ANOVA for Perfectionism and Psychological Well-Being –Eating Family Meals.

Variable	Source of variance	df	Sum Squares of	MSS	F value	L.S
Perfectionism	Between groups	2	298.162	149.081	0.100	NS
	Within groups	170	253382.92	1490.488		
Psychological Well-being	Between groups	2	1229.507	614.75	0.818	NS
	Within groups	170	127757.25	751.513		

Table 3
ANOVA for Perfectionism and Psychological Well-Being –Parental Income Status

Variable	Source of variance	df	Sum Squares of	MSS	F value	L.S
Perfectionism	Between groups	3	1928.308	642.769	0.431	NS
	Within groups	169	251752.77	1489.66		
Psychological Well-being	Between groups	3	3378.591	1126.197	1.515	NS

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	Within groups	169	125608.17	743.244		
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Above table 2, shows that there exists no significant difference among the groups as the F- value (0.100 and 0.818)is less than the table value. No significant difference is found between the mean score of students Eating Family Meals often, Eating Family Meals sometimes and Eating Family Meals rarely with respect to Perfectionism and Psychological Well-Being. Hence the null hypothesis is accepted. Like wise, Table 3 reveals the mean score of Students' Parental Income below Rs. 10,000, income of 11,000 – 20,000, income of 21,000 – 30,000 and income above 31,000 does not differ significantly with respect to Perfectionism and Psychological Well-Being since the obtained F- value (0.431 and 1.515) were found to be less than the table value respectively. Hence the null hypothesis is accepted.

Table 3
Correlation between Perfectionism and Psychological Well-Being

Variable	N	Correlation Coefficient	L.S
Perfectionism	175	-0.175	0.01
Psychological Well – being			

There exists a negative significant relationship between Perfectionism and Psychological Well-Being.

FINDINGS

- Gender is influenced by Perfectionism and Psychological Well-Being.
- Group opted by the Higher Secondary students is not influenced by Perfectionism and Psychological Well-Being.
- Eating Family Meals and Parental Income Status is not influenced by Perfectionism and Psychological Well-Being.
- Negative significant relationship is found between Perfectionism and Psychological Well-Being.

EDUCATIONAL IMPLICATIONS

School authorities and Parents can help students to overcome Perfectionism thereby improving their Psychological Well –being by the ways mentioned below.

- Students must be taught that failure is not the end, it is just the stepping stone.
- Students must be encouraged and motivated even if they attempt failure.
- Positive Thinking should be stimulated in every situation.
- Students should be made to realise that no one is perfect and excellence is significant rather than perfection.

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