



# Influence Of Perfectionism On Psychological Well-Being And Life Satisfaction Among Adolescence

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**Abstract:** This study investigates the influence of perfectionism on psychological well-being and life satisfaction among 250 undergraduate students from Tiruchirappalli district, Tamil Nadu. Data collection employed the Burns Perfectionism Scale (1983), Psychological Well-Being Scale (Bhogale & Jai Prakash, 1995), and Satisfaction with Life Scale (Diener et al., 1985). The research findings suggest that perfectionism significantly impacts adolescents' psychological well-being and life satisfaction. Demographic variables, such as birth order and year of study, were found to influence these constructs, while gender and locality showed no significant effect. These findings underscore the importance of balancing high standards with self-compassion to promote mental health. The study contributes to the understanding of perfectionism's role in adolescent well-being and offers insights for promoting healthier personal growth and achievement.

**Index Terms** – perfectionism, psychological well-being, life satisfaction, adolescence, demographic variable

## I. INTRODUCTION

This study explores perfectionism as a multifaceted personality trait characterized by the pursuit of unattainable standards and constant self-evaluation. While it can motivate success, perfectionism can also lead to anxiety, self-criticism, and emotional distress. Theories on perfectionism examine both its adaptive and detrimental dimensions. The uni-dimensional perspective views perfectionism negatively, while the multi-dimensional perspective differentiates between normal and neurotic perfectionism, highlighting its functional and maladaptive aspects. Psychological well-being, closely linked to perfectionism, is crucial for understanding its impact on mental health and life satisfaction. Adolescence, marked by rapid emotional, cognitive, and social development, makes individuals particularly susceptible to perfectionism. These tendencies can either enhance or hinder emotional growth, self-esteem, and relationships. This study examines how perfectionism during adolescence influences well-being, self-worth, and emotional regulation, focusing on the balance between striving for excellence and maintaining a healthy sense of self. It aims to provide insights into the relationship between perfectionism and psychological well-being during this critical developmental stage.

### 1.1 PERFECTIONISM AND PSYCHOLOGICAL WELL BEING:

Perfectionism can impact psychological health in both positive and bad ways. On the one hand, aiming for high standards can result in development and success for the individual. On the other hand, when one's high expectations are not reached, perfectionism can also result in excessive self-criticism, anxiety, and melancholy. Striking a balance between the need for excellence and self-care is crucial.

## **1.2 PSYCHOLOGICAL WELL BEING AND LIFE SATISFACTION:**

Psychological well-being and life satisfaction are concepts that are related but different. Psychological well-being refers to a person's subjective experience of positive emotions, engagement with life, and sense of purpose, whereas life satisfaction is a broader concept that includes an overall assessment of one's life as good or bad. Higher levels of psychological well-being are generally associated with higher levels of life satisfaction, but many other factors, such as financial stability, physical health, and relationships, can also influence life satisfaction.

## **II. THEORETICAL FRAMEWORK/CONCEPTUAL FRAMEWORK**

Perfectionism is a multifaceted personality trait characterized by striving for flawlessness, setting high standards, and being self-critical. It can manifest in three forms: self-oriented, other-oriented, and socially prescribed perfectionism. Theories of perfectionism highlight both positive (e.g., motivation and high achievement) and negative aspects (e.g., anxiety and self-criticism), distinguishing between adaptive (normal) and maladaptive (neurotic) perfectionism. Psychological well-being, which encompasses emotional balance, resilience, and life satisfaction, can be influenced by perfectionism. While adaptive perfectionism promotes growth and achievement, maladaptive perfectionism may lead to mental health challenges like depression and anxiety. Attachment theory, multidimensional perfectionism scales, and models like Self-Determination Theory provide frameworks for understanding how perfectionism impacts well-being. Balancing high standards with self-compassion is crucial for maintaining both psychological well-being and life satisfaction.

## **III. NEED AND SIGNIFICANCE**

This study is essential due to the significant impact of perfectionism on adolescent mental health and life satisfaction during a critical period of development. Adolescence is marked by emotional, cognitive, and social changes, making individuals particularly vulnerable to perfectionistic tendencies. Understanding the positive and negative aspects of perfectionism is crucial, as it can lead to anxiety, depression, and low self-esteem. The study aims to explore how perfectionism affects adolescents' psychological well-being and overall life fulfillment. Findings will help inform effective prevention and intervention strategies. These strategies can promote healthy self-esteem and positive mental health outcomes for adolescents.

## **IV. RESEARCH METHODOLOGY**

This study adopts a descriptive research design to assess the relationship between perfectionism, psychological well-being, and life satisfaction among adolescents. The sample comprises 250 college students (aged 18-24) from Trichy, Tamil Nadu, selected through simple random sampling. Data will be collected using three standardized tools: the Burns Perfectionism Scale, the Psychological Well-being Scale (PWB), and the Satisfaction with Life Scale. The study aims to examine the relationship and differences in perfectionism, psychological well-being, and life satisfaction based on demographic variables such as gender, locality, family type, year of study, and birth order. Statistical analysis will be performed using SPSS version 20, employing t-tests, ANOVA, and Pearson's correlation coefficient to test the hypotheses. Ethical considerations, such as confidentiality and voluntary participation, will be upheld throughout the study.

### **4.1 Population and Sample**

The study's demographic included college students aged 18-24 from the Arts and Science courses in Trichy, Tamil Nadu. A total sample size of 250 students was chosen using simple random selection, which ensured that all people had an equal chance of being picked. Participants had to be full-time college students within the stated age range, enrolled in Arts and Science majors in Trichy-based colleges. The research excluded individuals above the age of 25, part-time or distance education students, community college students, and those whose parents worked in the medical industry. This purposive sampling technique was intended to provide a representative sample while avoiding confounding factors and biases related to age, education type, and familial background. The random selection approach ensured a balanced representation among the selected institutions, allowing the findings to be applied to the target population. The sample population's features covered a variety of genders, family types, locations, and study years, allowing for a thorough examination of the variables associated with perfectionism, psychological well-being, and life satisfaction. This strategy guaranteed that the study included a diverse variety of experiences and viewpoints relevant to teenage college students.

## I. RESULTS AND DISCUSSION

### 5.1 Results of difference in perfectionism, life satisfaction, psychological-wellbeing with regard to the year of study

Variable	Demographic Variable		Mean square	Sum of square	F value
Perfectionism	Year of study	Between groups	1.547	6.189	7.62**
		Within groups	.203	49.747	
		Total		55.936	
Life satisfaction		Between groups	5.828	23.313	5.25**
		Within groups	1.110	271.891	
		Total		295.204	
Psychological- wellbeing		Between groups	.071	.285	4.72**
		Within groups	.015	3.699	
		Total		3.984	

\*\*-significant at 0.01 level

From the above table, it can be deduced that perfectionism, life satisfaction, and psychological- wellbeing has a greater level of influence on males and females differently. As a result, the hypothesis, “There will be a significant difference in Perfectionism, Psychological well-being and Life satisfaction among adolescence on the basis of year of study” is accepted based on the research evidence Stber, J., L. E., & Madigan D. J.2019 The relationship between perfectionism and adjustment among first-year university students during their academic year. They discovered that while there were variations in perfectionism's dimensions, there were no appreciable changes in degrees of perfectionism between first-year students and students in later years of study. First-year students in particular performed better on the socially dictated perfection dimension, which is defined as the expectation that others be perfect. B., & Mackenzie, S., 2016 They discovered that as students moved from their first year to their fourth, life substantially diminished. The authors also discovered a moderate association between need and life satisfaction, with the relationship being weakest in the fourth year of the study. R. P., Riordan C., Reardon, R, 2020 the degree of academic stress and psychological health among first- and third-year students. The psychological well-being of students considerably declined as they advanced from their first to third year of study, according to their findings. Also, they discovered that over the course of all three years, academic stress was associated with psychological wellbeing.

### 5.2 Results influence of perfectionism on life satisfaction, psychological-wellbeing

Independent variable	Dependent variable	Constant	βCoefficient	t-value	Model Summary
Perfectionism	Life satisfaction	-.105	.482	8.624	R <sup>2</sup> =.231 F=37.185 P<0.01
	Psychological-wellbeing	.210	-.028	-.501	

From the above table it is inferred that there is a significant influence of perfectionism on life satisfaction and psychological-wellbeing, hence the hypothesis, “There will be a significant influence of Perfectionism on Psychological well-being and Life satisfaction” is accepted. Based on the research evidence Stoeber and Otto, 2006 the tendency of perfectionists is to hold themselves to extremely high standards and pursue excellence in all they do. When people achieve their goals, this may result in a feeling of pride and success, which may raise their life satisfaction. Sirois, F. M., & Molnar, D. S. (2013) high standards, a goal-oriented mindset, and tenacity are some other benefits of perfectionism that can support psychological health. When perfectionists succeed in achieving their objectives and the intended results, they may feel pride and accomplishment, which can have a good impact on their emotions and psychological wellbeing.

## 4.2 Limitations and Suggestions

Only 250 samples were collected for the study. The sample size can be expanded. Because the study was limited to the Tiruchirappalli district, broad application is possible. Other aspects of Perfectionism Anxiety and depression: Perfectionism can play a role in anxiety and depression. The pressure to be perfect can be debilitating, as can the fear of failure. This can have a negative impact on one's mental health and well-being over time. A long-term study of influence on perfectionism, psychological well-being life satisfaction could be conducted to gain a better understanding

## 4.3 Implications

On the one hand, perfectionism can inspire people to strive for excellence and high standards. When goals are met, this can lead to feelings of accomplishment and satisfaction. Individuals who strive for perfection are often committed to self-improvement, which can promote personal growth and development.

## VI. ACKNOWLEDGMENT

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