

Adaptive and Maladaptive Perfectionism and Its effects Prevailing in Adolescents.

Amaladevi C. S
Research Assistant,
Department of Public Health
Central University of Kerala

Dr. Mohan A. K
Associate Professor
Department of Social Work
Central University of Kerala, Kasaragod, Kerala
India - 671320
Mobile No: 8310062297

Indu Nair V
Research Scholar
Department of Social Work
Central University of Kerala, Kasaragod, Kerala
India - 671320

Prakasha Amin
Research Scholar
Department of Social Work
Central University of Kerala, Kasaragod, Kerala
India - 671320

ABSTRACT

The research of perfectionism was dominated for decades by the thought that perfectionism is a negative characteristic in humans and that it is always closely associated with psychopathology. Even in the 1980's there was an obvious, one-dimensional view about perfectionism: it was a neurotic and dysfunctional characteristic which made it impossible for perfectionists to feel satisfaction and pride over their accomplishments (Stoeber & Otto, 2006). According to this overview on perfectionism this study aimed to identify the presence of perfectionism and its prevailing effects among adolescents with the specific objectives of knowing the socio demographic details of respondents, determining the respondents' perception of perfectionism, to access the level of perfectionism prevailing in adolescents and also to analyze the effects of maladaptive perfectionism among adolescents. Attitudes of adolescent students towards perfectionism and its effects on them were being administered through standardized questionnaires. This study was descriptive in nature and the sample size included a total of forty seven students which was selected by simple random technique. Both primary and secondary data was used in this study. Primary data was collected by Frost Multidimensional Perfectionism Scale and Depression Anxiety Stress Scale. The findings of the study say that 55% of the respondents have strong relationship of perfectionism with their academic achievement and severe perfectionist traits was found to be present among male students than female students. The study has concluded by indicating the presence of perfectionist traits.

Keywords: Adaptive Perfectionism, Mal Adaptive Perfectionism, Prevalence, Adolescents