

# The Compulsion to be Perfect: Understanding Adolescent Perfectionist Attitudes

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**Abstract:** *Perfectionism is the motivation to appear feeling and to be perfect. Although society generally views perfectionism as a positive characteristic it also can give negative effects. This study examines the pressure of perfectionism attitude among male and female adolescent in Tamil Nadu. The sample comprises of 64 adolescent including 31 male and 33 females. To examine the perfectionism attitude "The Child-Adolescent Perfectionism Scale (CAPS)" is used. It was given by Gordon L. Flett, Poul L. Hewitt in the year of 2014. It is a five-point Likert-type format; the scale consists of 22-items with two factors resembling self-oriented and socially prescribed perfectionism. Snowball method of data collection was used to collect data. The collected data were examined using Independent samples T-test. This research study indicates that there is no significant difference in the between the male and female. This states that the perfectionism is playing important role in both genders they are perceived to be a perfectionist. Perfectionist adolescent tends to have positive mood, higher level of self-esteem, self-confidence and psychological wellbeing. And the adolescents are more likely to be perfectionistic in response to the contingent self-worth associated with parental expectations and parental criticism. The levels of perfectionism were relatively similar between the male and female adolescent in the present study this states that the adolescent hold excessively high personal standards and overly critical self-evaluation. This research study states that there is no gender is playing a role to be a perfectionist.*

**Keywords:** Perfectionism, Self-oriented, Socially prescribed, Adolescent, Perfectionist

## 1. Introduction

Preface Perfectionism is defined as the tendency to place unrealistic demands on yourself and or others. Common particularity includes "fear of failure, self- review, and compulsive thinking, consolation- seeking and unattainable thing- setting". The three main types of perfectionism are 'self- acquainted' 'other- acquainted', and 'socially specified'. Perfectionism is a personality particularity rather than an internal health condition. Still, it's linked to an advanced liability of developing an eating complaint, compulsive obsessive complaint, anxiety or depression. It can also lead to "intensified stress and pull down self-worth". Overpowering perfectionism generally involves structure self- acceptance, perfecting self- compassion and structure self- regard. Talk remedy, similar as cognitive behavior therapy can help to disturb negative thinking patterns and boost self- confidence. Perfectionists are a lot like high achievers, but with some crucial differences. People with perfectionism hold themselves to insufferably high norms. They suppose what they do is no way good enough. Some people inaptly believe that perfectionism is a healthy motivator, 'but that isn't the case'. Perfectionism can make you feel unfortunate with your life. It can lead to depression, anxiety, eating diseases, and self- detriment. Ultimately, "it can also lead you to discontinue the way trying to get succeed". Indeed mild cases can intrude with your quality of life, distressing your particular connections, education or work. Perfectionism can affect youthful people as well as grown-ups. Children and teenagers are frequently driven to be overachievers in their practice as well as conditioning similar as sports, clubs, community service, and jobs. This can lead to a preoccupation with success. Eventually, it can intrude with the capability to achieve it. In

introductory terms, perfectionism is the desire to be a perfect or unspoiled person in colorful aspects of one's internal or external life. Perfectionism involves exceedingly high principles that one set out to achieve and a belief that being "perfect" should be strived for. It's allowed to be an aspect of one's personality (Elizabeth Scott, 2023). There are both positive and negative senses of perfectionism. On the cheering side, perfectionism can be a motivating factor in attaining your 'pretensions, rehearsing self- enhancement, giving tasks your stylish, and trying harder in unborn trials'. People who use perfectionism in a positive way are frequently achievement concentrated and driven, which can help in reaching numerous bourns in life.

The aces are Motivates you to give your stylish and achieve your pretensions, Encourages self- enhancement. The cons are sets you up for disappointment and procrastination, Causes negative self- evaluation. Unfortunately, numerous people who strive for perfectionism frequently succumb to a strike of this particularity setting up norms that are extremely high, rigid or insolvable to achieve. The ideal sets a person up for failure, disappointment and negative self-evaluations. Perfectionists are frequently veritably self-critical and may indeed check the performance of others when it doesn't live up to their unrealistic norms. Perfectionists are also exorbitantly concerned with how others view them, assessing their own self- worth by unattainable accomplishments. Some people come so overawed with similar stress and burdens of perfectionism that they're out of shape to start a task. Fear of failure can lead to procrastination of no way following through on what one sets out to achieve (Fabin Nilsson, 2023). The types of perfectionism include, self- acquainted perfectionism, socially specified perfectionism, other-oriented

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perfectionism. Self-acquainted perfectionism involves besting belief that seeking for perfection and being perfect are imperative and is characterized by setting exorbitantly high norms and having a “perfectionist provocation” for oneself. Self-acquainted perfectionists are organized and conscientious. They set high norms for themselves in their lives and careers, but are suitable to go after their pretensions. High self-acquainted perfectionism is generally associated with the most “adaptive” traits identified with lesser yield and success, including resourcefulness and fierceness. They show advanced rates of positive emotion, provocation. Socially specified perfectionism refers the inclination for an individual to believe that others anticipate perfection from him or her. Socially specified perfectionists are veritably self-critical. They feel massive pressure to be the stylish and worry others will reject them. Perceived external ideals which can come from family, plant culture, society can lead to anxiety and low confidence. Other-oriented perfectionism encompasses beliefs that it's important for others to strive for perfect. Perfectionist who are other-acquainted as in they hold others to high norms and can be critical and hypercritical can leave destruction in their wake. It's hard to make working connections under these conditions, which is one reason this variety is so mischievous. Other-oriented perfectionist expects others to be perfect, and is largely critical of others who fail to meet these prospects (Timothy J, David, 2017). Causes of Perfectionism, numerous influences can affect a person's chances of having a perfectionist personality. Some of the main causes of perfectionism includes A fear of judgment or disapprobation from others, Early nonage gests similar as having parents with unrealistically high beliefs, Having an internal health condition associated with perfectionist leanings similar as compulsive obsessive complaint (OCD), Poor self-regard, Feeling of insufficiency, A need for control, Tying self-worth to achievements. In this societal and artistic beliefs can also play a part in perfectionism. Being a perfectionist is a mysterious because “it's tantalizing to be perfect, or event of reaching a precise stylish”. Perfectionism is not bad as people with this tendency frequently have a different way of “assessing situations, which is tried to less important well-being”. Still if your perfectionist tendencies are negatively impacting your life this personality particularity may not be a good thing for you (Laura Dorwart, 2022). This study examines the perfectionism station difference among manly and womanish adolescent. This exploration study indicates that there's no significant difference in the between the manly and womanish. Thus the current study helps us to know that there's no gender difference plays a part in perfectionism station among adolescent. There's no gender is needed to be a perfectionist.

### Objective

The purpose of the present study was to investigate the pressure of perfectionism attitude among adolescent in Tamil Nadu. It was hypothesized that ( $H_1$ ) perfectionism attitude will have a significant difference in male and female adolescent of Tamil Nadu.

## 2. Method

### Sample

Participants were adolescent of Tamil Nadu. 64 adolescent agreed to participate in this study. In these 31 males and 33 female were participated with an average age of 12 to 21. The participants are from various regions in Tamil Nadu like Madurai, Sivakasi, Virudhunagar, Dindigul, Theni, Sivagangai, Tuticorin, Thirunelveli, Chennai, Thanjavur.

### Tool

The current study include “The Child-Adolescent Perfectionism Scale” [CAPS] is used. It was given by Gordon L. Flett, Poul L. Hewitt in the year of 2014. It is a five-point Likert-type format; the scale consists of 22-items with two factors resembling self-oriented and socially prescribed perfectionism.

### Ethical concern

#### Consent form:

The participants are given a consent form which includes the ethical considerations, details about the study.

#### Sharing of results:

The results of the research will not share with the participants if they request for it and the results will be shared with the participants

### Procedure

Participants are provided consent form, demographic information and CAPS questionnaire in Google forms. At the starting of the form, the participants received the research consent form. Those who are willing to take part in the study proceeded by filling demographic details and filled the CAPS questionnaire. After completing the 22 questions they submitted the form. Snowball technique is used to collect data. There were 65 data collected in this after separating based on the category 63 data were present in this 31 were male and 33 were female.

### Data Analysis

This study uses a quantitative approach by involving two sample collections, namely male and female. The data analysis method in this study used the Independent sample T-test used to determine whether two unrelated groups have significant differences.

## 3. Result

The analysis in this study was to determine the perfectionism attitude among male and female adolescent of Tamil Nadu. The Levene's test for equality of variances showed that the p-value is 0.606, which is greater than the typical significance level of 0.05. This indicates that there is no significant difference in the variances between the two groups. The results show that the t-statistic is -0.352 (Equal variances assumed) / -0.351 (Equal variances not assumed), and the p-value (Sig.) is 0.726 (Equal variances assumed) / 0.727 (Equal variances not assumed), which is greater than the typical significance level of 0.05. This indicates that there is no significant difference in means between the two groups.

**Table 1:** Mean and standard deviation among male and female

Gender	N	M	SD
Male	31	72.61	10.610
Female	31	73.52	9.903

Based on the output table it is known that the amount of data on 31 male has a mean value of 72.61 and standard deviation of 10.610, while 33 female received a mean value of 73.52 and standard deviation of 9.903.

**Table 2:** Independent samples test

	Levene's Test for equality of variances		t-test for equality of means				
	F	sig.	t	df	sig.	Mean difference (2-tailed)	Std. Error difference
Equal variances assumed	.269	.606	-352	62	.726	-.902	-6.028
Equal variances not assumed			-.351	60.934	.727	-.902	-6.041

Based on the independent sample T-test output shows that there is no significant difference in means between the two groups, regardless of whether equal variances are assumed or not. The Levene's test for equality of variances showed that the p-value is 0.606, which is greater than the typical significance level of 0.05

Variances,  $F = .269$ , according to the independent T-test it can be concluded that there is no significant difference between males and females in perfectionism attitude.

#### 4. Discussion

The pressure to be perfect is common among adolescent. The current study sought to elucidate that compulsion to be a perfectionist has an impact on male and female adolescent. Overall, the results delivered a great deal of insight into the nature of the perfectionism attitude among adolescents in Tamil Nadu. The results supported the hypothesis ( $H_0$ ) that perfectionism attitude will have no significant difference in male and female adolescents of Tamil Nadu. This shows that self-oriented perfectionism in adolescent is high in nature and socially prescribed perfectionism in adolescent is having more impact due to parental pressure and due to parental criticism. The adolescent are more tend to be a perfectionist due to a fear of judgment or disapproval from others. Early childhood experiences, such as having parents with quixotically high expectations. Perfectionism develops from a myriad of diverse factors. Biological factors include genetics and temperament. One's relationships with family, friends, teachers, and other socialization agents also matter. There are also societal and cultural compressions for perfection. And, to make things even more intricate, the authors note that all of these levels impact each other (Mark Travers, 2022). Self-oriented perfectionism comprises beliefs that striving for perfection and being perfect are imperative and is categorized by setting excessively high standards and having a "perfectionist motivation" for oneself. Every parent wants their children to grow up to be the best they can be. They don't want their children to lose out on any opportunity and want to give their children all the chances they did not accept. This is why many parents have high expectations for their kids (Dr. Jacob, 2021). The socially prescribed perfectionism is a maladaptive form of perfectionism linked with extrinsic motivation for studying and higher fretfulness in examinations. Self-oriented perfectionism, though, is an uncertain form connected with intrinsic stimulus for studying and with mutually higher and lower fretfulness [higher worry, lower intervention, and

lower lack of confidence] in examination (Stoeber, Joachim et al, 2009).

#### 5. Limitations

This study possesses small sample size generalization occurs. In additions, only adolescent in Tamil Nadu were targeted in this study. Only the self-oriented and socially prescribed perfectionism were measure. The samples are more from urban area. Further studies should target different ethnic groups and other components of perfectionism.

#### 6. Conclusion

The present finding suggests that pressure to be perfectionist have an influence in both male and female adolescent in Tamil Nadu. The self-oriented and socially prescribed perfectionism is playing a major role on adolescents. There is no significance difference is noted between the male and female adolescent in the present study this states, that the adolescent hold excessively high personal standards, overly critical self-evaluation and the parental expectation and criticism. This research study states that there is no gender is playing a role to be a perfectionist. The parental pressure is common for both male and female adolescents and the cultural and societal norms are equally distributed for them the curriculum systems are exposed by both gender in equal way these are all may be main reason for the pressure of perfectionism attitude is common for the male and female adolescent. Further studies can increase the sample size and can focus more on rural background participants.

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