

**" A study to assess the level of perfectionism and health status among undergraduates
of a selected College of Nursing, Ludhiana, Punjab."**

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ABSTRACT

Introduction: Perfectionism is characterized by striving for flawlessness and setting exceedingly high performance. Perfection not only affect mental health but also physical and social health. Components of perfectionism have been suggested as leading to diverse social outcomes as well. Perfectionism is strongly linked to higher levels of anxiety and depression.

Material and Methodology: A quantitative research approach & non-experimental cross sectional descriptive design was used to assess perfectionism and health status among undergraduate students. Data was collected from a sample of 204 undergraduates of selected College of Nursing, Ludhiana, Punjab by using total enumerative sampling technique. Data was tabulated and analyzed using descriptive & inferential statistics. **Results:** There was very weak positive correlation between negative perfectionism and health status which was statistically non-significant. There was weak negative correlation between positive perfectionism and health status which was also statistically non-significant. **Conclusion:** The present study concluded that majority of the undergraduates had average level of positive and negative perfectionism as well as the mean score (673.16 ± 185.94) was higher in the physical functioning domain of health status. Hence, it can be said that both high positive and negative perfectionism affects health status of undergraduates.

Key words: *positive perfectionism, negative perfectionism, health status and undergraduates*

INTRODUCTION

Perfectionism is a personality trait that have been associated with motivational, cognitive, affective, and behavioral aspects which predict a good academic performance and overall growth of individual. There are two aspect of perfectionism completely distinguished from One another, positive perfectionism or adaptative includes perfectionism challenges such as setting high level of personal standards and trying to be the perfect. Another aspect is negative perfectionism or maladaptive that includes prefectural worries such as worrying about making mistakes, uncertainty, and fear of the judgments and disharmony of expectations and results. ¹

More specifically, negative perfectionism or maladaptive perfectionism has been associated with anxiety sensitivity, lower self-esteem and higher self-criticism, depression, indices of poor adjustment and general psychopathology in college students which reduces life satisfaction. Additionally, negative perfectionism has been related to hopelessness and suicidal thoughts. ²

METHODOLOGY

A quantitative research approach & non-experimental cross sectional descriptive design was used to assess perfectionism and health status among undergraduate students. Data was collected from a sample of 204 undergraduates of DMCH College of Nursing, Malakpur, Ludhiana, Punjab by using total enumerative sampling technique. Responses were collected by self-report method using Positive and Negative perfectionism scale for perfectionism and The RAND 36-Item Health Survey for health status. In the present study, the reliability of positive and negative perfectionism scale and The RAND 36-Item Health Survey for health status was checked by Cronbach's alpha method. Polit study was conducted in the month of February 2024 on 1/ 10th of total sample and was caried out on 20 students of 5th semester B.Sc. (N) students of DMCH College of Nursing, Malakpur, Ludhiana, Punjab. Final data was collected in the month of February 2024 from 26.02.2024 to 16.03.2024. The ethical approval was obtained from the ethical committee of DMC & Hospital and also written permission was obtained from the Principal of DMCH College of Nursing to conduct study.

RESULTS

The analysis of socio demographic profile of undergraduates revealed that majority of undergraduates 133(65.2%) were in age group of 19-20 years, 184(90.2%) were female, 131(64.2%) and majority 109(53.4%) of the undergraduates belonged to upper middle class.

Table 1: Frequency and percentage distribution of undergraduates as per their socio-demographic profile **N=204**

Socio -demographic variables	f (%)
Age (in years)*	
17-18	49(24.0)
19-20	133(65.2)
21-22	18(8.8)
23-24	4(2.0)
Gender	
Male	20(9.8)
Female	184(90.2)
Birth Order	
1 st	108 (52.9)
2 nd	83(40.7)
3 rd	10(4.9)
4 th	3(1.5)
Socio-economic status	
Upper	27(13.2)
Upper middle	109(53.4)
Lower middle	61(29.9)
Upper lower	7(3.4)

*Mean age (in years) =19.20±1.106

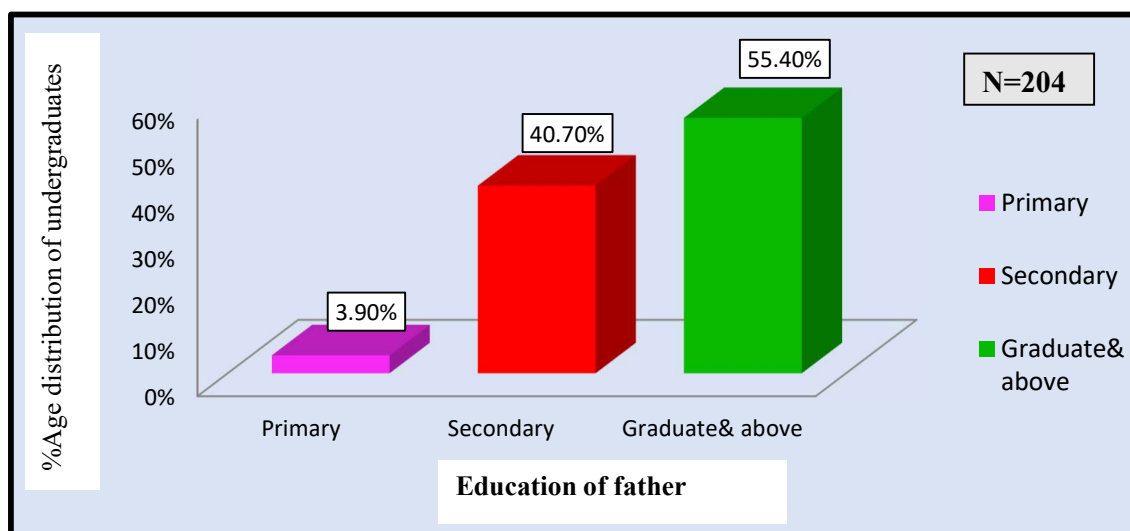


Figure 3: Distribution of undergraduates as per their education of father

Figure3: illustrates that majority 113(55.4%) of the father of undergraduates were graduated and above followed by 83(40.7%) educated up to secondary level and only 8(3.9%) educated up to primary level.

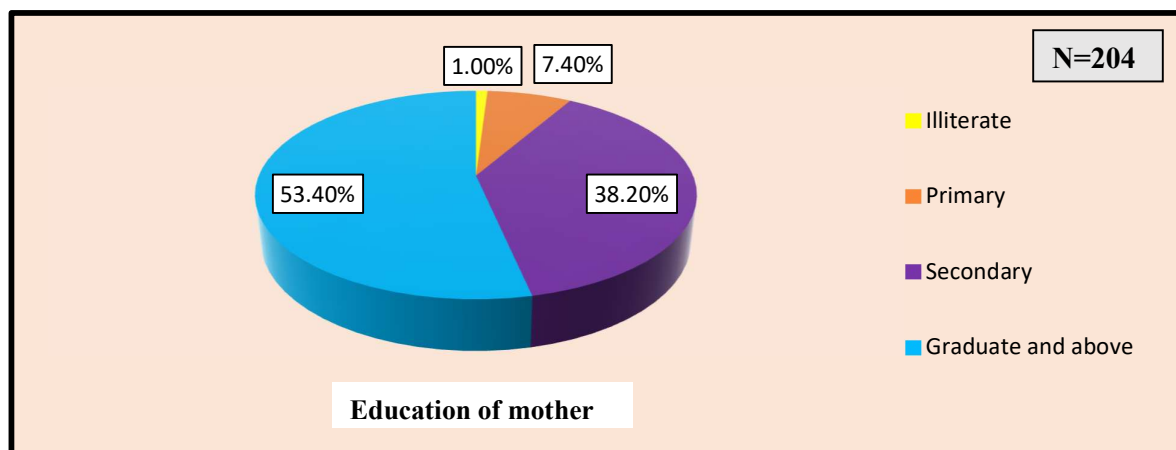


Figure 4: Distribution of undergraduates as per their education of mother

Figure 4: reveals that majority 109(53.4%) of the mother of undergraduates were graduated and above followed by 78(38.2%) educated up to secondary level, 15(7.4%) educated up to primary level and only 2(1.0%) were illiterate

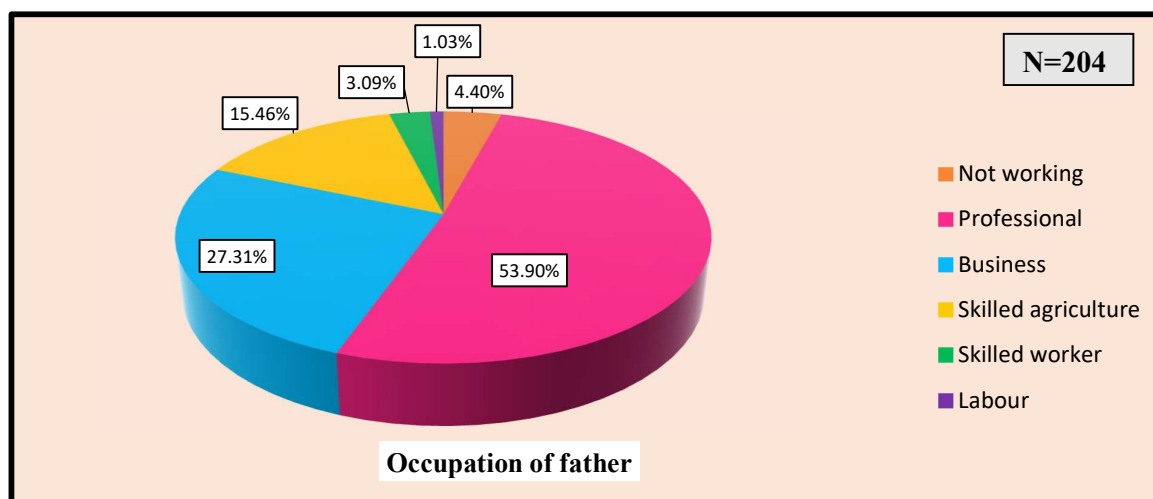


Figure 5: Distribution of undergraduates as per their occupation of father

Figure 5: exhibits that majority 194(95.1%) of the fathers of undergraduates were working whereas 9(4.4%) were not working. Majority 103(53.9%) of the fathers of undergraduates were professionals whereas 53(27.31%) were having their own business, 30(15.46%) were skilled agriculture, 6(3.09) were skilled worker and only 2(1.03%) were labour.

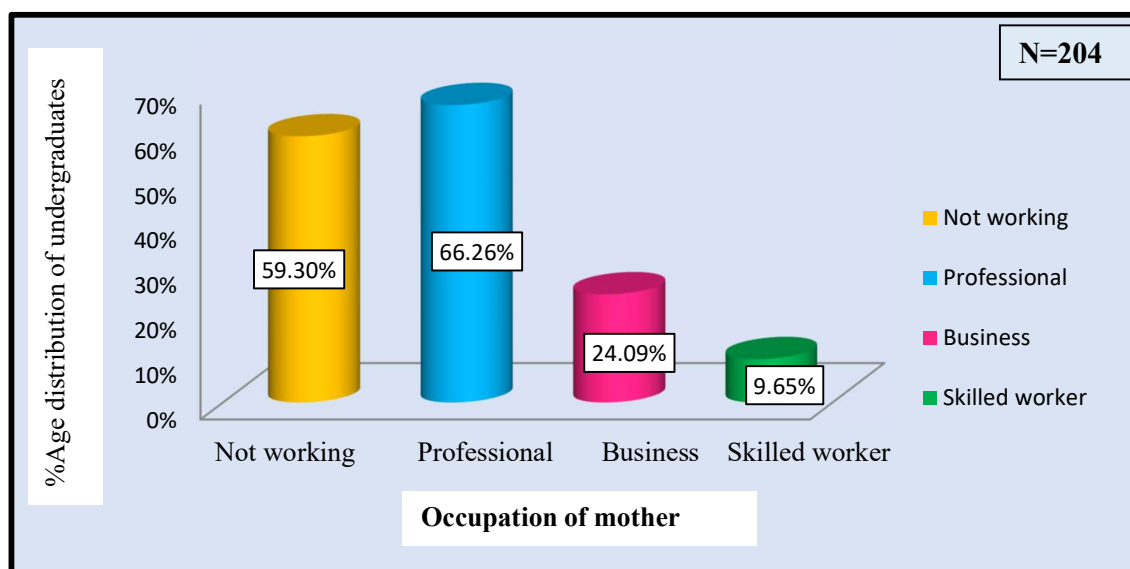


Figure 6: Distribution of undergraduates as per their occupation of mother

Figure 6: depicts that majority 121(59.3%) of mothers of undergraduates were not working whereas 83(40.7%) were working. Majority 55(66.26%) of the mother of undergraduates were professionals whereas 20(24.09%) were having their own business and only 8(9.65%) were skilled workers.

SECTION- II

Objective1: To assess the level of perfectionism and health status among undergraduates.

Table 4: Frequency, percentage and mean & standard deviation distribution of undergraduates as per their level of positive perfectionism

N=204

Levels	Score	f%	Mean $\pm$ SD
Low	0-64	28(13.7)	61.57 $\pm$ 3.23
Average	65-76	124(60.8)	70.25 $\pm$ 3.13
High	77-100	52(25.5)	79.67 $\pm$ 2.89

Overall Mean $\pm$ SD= 71.32 $\pm$ 6.33

Minimum Score- 20

Maximum Score- 100

Table 4 depicts that majority 124(60.8%) of the undergraduates had average level of positive perfectionism followed by 52(25.5%) high level of positive perfectionism whereas only 28(13.7%) had low level of positive perfectionism.

Hence, it can be concluded that majority of undergraduates had average level of positive perfectionism.

Table 4(a): Frequency, percentage and mean & standard deviation distribution of undergraduates as per their level of negative perfectionism.

N=204

Levels	Score	f%	Mean $\pm$ SD
Low	0-41	30(14.7)	36.23 $\pm$ 3.90
Average	42-59	128(62.7)	50.38 $\pm$ 4.97
High	60-100	46(22.5)	64.10 $\pm$ 3.70

Overall Mean $\pm$ SD= 51.39 $\pm$ 9.58

Minimum Score- 20

Maximum Score- 100

Table 4(a) depicts that majority 128(62.7%) of the undergraduates had average level of negative perfectionism followed by 46(22.5%) high negative level of perfectionism whereas 30(14.7%) had low level of negative perfectionism.

Hence, it can be concluded that majority of undergraduates had average level of negative perfectionism.

Table 4 (b): Mean and Standard deviation of undergraduates as per their health status.

N=204

Domains of health status	Range of Score	Mean $\pm$ S.D
Physical functioning	0-1000	673.16 $\pm$ 185.94
Role limitation due to physical health	0- 400	224.26 $\pm$ 141.63
Role limitation due to emotional problems	0-300	167.15 $\pm$ 115.96
Energy/fatigue	0-400	216.96 $\pm$ 73.52
Emotional well being	0-500	289.77 $\pm$ 93.13
Social functioning	0-200	118.23 $\pm$ 43.84
Pain	0-200	134.11 $\pm$ 42.47
General health	0-500	304.77 $\pm$ 83.25

Overall Mean $\pm$ SD=2181.39 $\pm$ 507.35

Table 4(b) illustrates that undergraduates obtained highest mean score (673.16 $\pm$ 185.94) in the domain of physical functioning of health status as compared to general health (304.77 $\pm$ 83.25), emotional well-being (28.96 $\pm$ 93.13), role limitation due to physical health (224.26 $\pm$ 141.63),

(216.96±73.52) energy/fatigue, (167.15±115.96) role limitation due to emotional problems, (134.11±42.47) pain, and social functioning (118.23±43.84).

Hence, it can be concluded that physical functioning was high among undergraduates as compare to other domains of health status.

Objective 2. To find out the relationship between perfectionism and health status among undergraduates.

Table 5: Correlation between Perfectionism and Health status among undergraduates

N=204

Correlation between:	Mean ±SD	r (p)
Positive perfectionism & Health status	71.32± 6.33	-0.064(0.366) ^{NS}
	2181.39 ± 507.35	
Negative perfectionism & Health status	51.39 ± 9.58	0.08(0.344) ^{NS}
	2181.39 ± 507.35	

***Highly significant $p < 0.01$ level*

**Significant $p < 0.05$ level*

NS (Non-significant)

Table 5 depicts that positive perfectionism had weak negative correlation with health status which was statistically non-significant.

Hence, it can be narrated that as positive perfectionism increases health status decreases.

Similarly, findings revealed that negative perfectionism and health status had very weak positive correlation but difference in mean found to be statistically non-significant.

Hence, it shows that as negative perfectionism increases health status also increases.

Hence, it can be concluded that positive as well negative perfectionism affects health status of undergraduates.

DISCUSSION

The analysis of socio demographic profile of undergraduates revealed that majority of undergraduates 133(65.2%) were in age group of 19-20 years, 184(90.2%) were female, 131(64.2%) were Sikh. Majority of undergraduates 144(70.6%) belonged to nuclear family and 108(52.9%) were of 1st birth order. Majority of them 160(78.4%) were staying in hostel and majority 113(55.4%) of their father and majority 109(53.4%) mother were graduate and above graduate and also most of the fathers of undergraduates were working whereas mothers were not working. Only 1(1.5%) undergraduates had personal history of psychiatric illness and 2(1.0%) had family history of psychiatric illness. Majority 109(53.4%) of the undergraduates belonged to upper middle class.

The findings of the following studies support the major findings of the present study

Latif J, Bashir R and Akaram B (2020) assessed the level of perfectionism, psychological distress and procrastination among 380 students of Art and Design. Findings revealed that majority of undergraduates 168(44.2%) were in age group of 21-23 years, 229(60.3%) were females, maximum 226(59.5%) were from nuclear family and majority 292(76.8%) of them belonged to middle class family.⁴

Hicdurmaz D and Aydin A (2017) a study on 195 nursing students was conducted to determine the relationship between nursing students' self-compassion and multidimensional perfectionism levels and the factors that influence them. Findings revealed that majority 105(53.8%) were from age group 21-23 years, majority 184(94.4%) were females, 108(55.4%) were residing in dormitory, 159(81.5%) were from urban area, and 53(27.2%) were having two siblings.²⁰

Naggar R, Bobryshev Y and Alabsi M (2013) determined the relationship between perfectionism and social anxiety among university students. Sample was 250 students. Results indicated that majority 174(69.6%) were females, 131(52.4%) were from <21 years of age group, 160(64.4%) fathers of university students were secondary educated and 204(81.6%) mothers of students were secondary educated.²⁷

Objective 1: To assess the level of perfectionism and health status among undergraduates.

- The present study revealed that majority 124(60.8%) undergraduates had an average level of negative perfectionism as compared positive level of perfectionism respectively. Mean score (673.16 ± 185.94) of physical functioning was found higher as compare to other domains of health status among undergraduates.

The findings of the following studies are congruent to the findings of the present study

Butt F.M (2024) investigated the role of perfectionism in psychological health among adolescents in Pakistan. The sample size was 323 students. Findings revealed that overall perfectionism had a significant positive relationship with psychological distress and non-significant negative relationship with psychological well-being.²²

Latif J, Bashir R and Akaram B (2020) investigated the level of perfectionism, psychological distress and procrastination among 380 students of Art and Design. Results revealed that female students had higher perfectionism and there was a significant positive relationship of perfectionism with psychological distress at ($p < .005$) level and also it was seen that there was a significant positive relationship of perfectionism with psychological distress and procrastination in students of each department.⁴

Fillpkowski B, Nordstrom A, Pham T, Floren M and Massey S (2021) performed a longitudinal study to determine the impact of perfectionism on mental, social and physical health of graduate students in the health sciences. Total 92 students participated. Findings stated that adaptive perfectionism was related to better mental health, quality of life, and social functioning; maladaptive perfectionism was related to worse outcomes. However, did not statistically differ in general physical health. ANOVA revealed that adaptive perfectionists were significantly higher in quality of life than maladaptive perfectionists at ($p < .003$) level and higher than marginal non-perfectionists at ($p < .069$) level. There was marginal difference between the three groups in regards to social functioning but there was no significant difference in general physical health between three groups of perfectionists.²

Koutra K, Mouatsou C and Psoma S (2023) conducted a study to assess the influence of positive and negative aspects of perfectionism on psychological distress in emerging adulthood. The sample consisted of 410 university students (47.6% males and 52.4% females) with mean age of 20.61 ± 1.88 years. Results indicated that self-compassion mediated the association between positive and negative aspects of perfectionism and different dimensions of psychological distress (i.e., somatic symptoms, anxiety/ insomnia, social dysfunction, and

severe depression). Major finding was mean scores (27.38 ± 3.89) of APS-R subscales, suggesting a significant presence of perfectionism.¹⁸

Objective 2: To find out the relationship between perfectionism and health status among undergraduates.

- Findings of the present study revealed that positive perfectionism and health status had ($r = -0.064$) weak negative correlation and it was statistically non-significant. Similarly, negative perfectionism and health status had very ($r = 0.08$) weak positive correlation and was also statistically non-significant.

The findings of the following studies were similar to the findings of the present study

Shekhawat V and Chaturvedi R (2023) conducted a study to assess the effect of perfectionism on the mental health of university students. Sample consisted 110 students. The findings showed that there was a positive correlation between mental health and Perfectionism of University students.²⁴

Swathi. G and Upadhyay Dubey A (2023) carried out a correlational study to assess Perfectionism and Psychological Well-being among emerging adults. The sample included 62 emerging adults (31 men and 31 women). Results showed that there was a low negative correlation ($r = -.237$) between Perfectionism and Psychological Well-being among emerging adults which was statistically significant at ($p > 0.01$) level.²³

Fallahchahi R, Fallahi M, Jami A (2019) evaluated the effect of adaptive and maladaptive perfectionism on psychological well-being in undergraduate and graduate university students. Findings revealed that adaptive perfectionist mean score (97.84 ± 11.34) was higher than the maladaptive perfectionist (81.50 ± 12.11) and (81.60 ± 13.61) non-perfectionist. The statistically significant difference was found at ($p < 0.001$) level. Hence, it can be said that adaptive perfectionist was accompanied by better and higher performance and consequently lead to a higher psychological well-being.²⁶

Objective 3: To determine the association of perfectionism and health status among undergraduates with their selected socio– demographic variables.

- Present study revealed that positive perfectionism was found to be statistically significantly associated with working status of father at ($p < 0.018$) level, whereas negative perfectionism was found to be statistically significantly associated with age at ($p < 0.007$) level and birth

order at ($p < 0.047$) level. But no association was found between health status and socio-demographic variables of the subjects.

The findings of the following studies are congruent to the findings of the present study

Livazovic G and Kuzmanovic (2022) carried out a study predicting adolescent perfectionism: the role of socio-demographic traits, personal relationship, and media on 203 students. Results showed that age and gender were significant predictor of perfectionism, age and gender were associated with perfectionism and was statistically significant at ($p < 0.001$) level.³⁵

Wardani R, Adelina I, and Santoso J (2021) carried out research on Predicting Academic Procrastination in Students: Perfectionism, general self-efficacy, and sociodemographic factors, 208 participants using the snowball sampling technique. Result showed that sociodemographic profile only gender affected academic procrastination. However, it was not yet known whether male or female showed a significant effect. male participants tended to procrastinate more frequently than female participants at ($p < .000$) male (3.01 ± 0.51) and in female mean score was (2.72 ± 0.52).

Gil T, Obando D, Martin G and Reyes J (2023) executed a study on perfectionism, academic stress, rumination and worry associated with increased levels of anxiety and depressive symptoms. Sample size was of 403 students between age 18-29 years with mean age (20.6 ± 2.42) among 61% females. Findings reported that there was positive association between perfectionism and academic stress.

Juwono L, Kun B, Demetrovics Z and Urban R (2022) conducted a study to assess the healthy and unhealthy dimensions of perfectionism: perfectionism and mental health in Hungarian 4,340 adults. Finding concluded that different domains of perfectionism were associated to mental health indices differently with level of significance ($p < 0.001$), indicating that socially prescribed perfectionism may be the harmful component of perfectionism.³⁰

Conclusion

The present study concluded that majority of the undergraduates had average level of negative perfectionism as compare to positive perfectionism and the mean score of physical functioning was higher of health status. It was also concluded that there was weak negative correlation between positive perfectionism and health status, similarly there was very weak positive

correlation between negative perfectionism and health status. It can be said that both positive as well as negative perfectionism affects health status of undergraduates.

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