

Perfectionism: A Double-Edged Sword

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Abstract

Perfectionism is a personality trait in which a person holds a belief that one can achieve perfection and should aim for it. Perfectionist is described as “Tyranny of Should” by Karen Horney in 1950 in which we bounce between what we are and what we should be. Perfectionism has both positive and negative effects. It has psychological, genetic, and social causes. It was first introduced as a unidimensional trait, now it is accepted as a multidimensional trait. This trait is beneficial when positive and if it is negative, it should be reframed into a positive one which is a healthy, adaptive one. With all these factors in mind, researchers have conducted various studies to explore various factors related to perfectionism. In this paper, investigators have discussed dimensions, causes, impact, and various ways to combat perfectionism. This is a qualitative study. This study is purely based on qualitative data. The data for this paper is collected from various articles, journals, books, and websites.

Keywords: Perfectionism, Unidimensional, Multidimensional, Combat perfectionism.

Introduction

Perfectionism is the persistent pursuit of exceedingly high standards that place a great deal of pressure on the individual. Perfectionism is described as "the practice of demanding of oneself or others a higher quality of performance than is required by the situation" (English & English, 1958, p.). Perfectionism is viewed as a personality trait characterised by excessive self-criticism related to high personal standards, uncertainty about the efficacy of one's actions, and concern about meeting social expectations. According to Shafran et al. (2002), perfectionism is evident when personally demanding standards are pursued despite significant adverse consequences. According to Hollander (1978), perfectionism is a personality style that is characterised by having higher expectations for oneself or others than are reasonable in a certain circumstance. Perfectionism was described as "the pursuit of flawlessness" by Flett and Hewitt in 2002. Aspiring to and expecting exceptionally high results are two characteristics of perfectionism that are connected to high personal standards. People who are overly pessimistic, exaggerative, and self-critical are frequently characterised as perfectionists. Perfectionists, according to Burns (1980), are those who strain compulsively and unceasingly towards impossibly lofty goals and who measure their own worth entirely in terms of productivity and accomplishment. A perfectionist is someone who, from a cognitive perspective, selectively focuses on and overgeneralizes failure, and who has a propensity to think in all-or-none terms, where only total success or total failure are possible outcomes.

Perfection has been portrayed in several ways in personality theories as well. Psychoanalytic psychologists believe that perfectionism represented a striving against a sense of reliance and helplessness and that the pursuit of excellence allows one to achieve control over their own and others' conduct to the fullest extent of their skills and to show social care for others. The humanistic school of psychology believe that perfectionism is the pursuit of self-actualization through the application of one's potential. Perfectionism is a tool for self-development and does not indicate maladjustment.

Perfectionism has undergone various typologies and classifications, starting with its initial presentation as a unidimensional construct and progressing to the development of several multidimensional conceptualizations. Perfectionism-related behaviours are Procrastinating, Avoidance,

overcompensating, repeating, and correcting; excessive organisation and list-making; difficulty making judgements; giving up too quickly; inability to know when to quit; excessive checking; seeking reassurance; and failing to delegate.

Evidence suggests that perfectionism is a complex trait with both good and bad components and that its more constructive features can actually be quite helpful to students (Stoeber & Otto, 2006). However, the out-of-control perfectionistic tendencies need to be checked because it leads to severe psychological disorders. Perfectionism is a multidimensional personality disposition characterized by striving for flawlessness and setting exceedingly high standards of performance accompanied by overly critical evaluations of one's behaviour. Perfectionism is an excessive or extreme striving for perfection in one's work. Perfectionists are typically thought of as persons who always strive to reach extremely high standards for their performance. A perfectionist sets high personal standards as well as has a tendency to be overly critical of oneself when fails to meet those standards. Perfectionism is the desire to accomplish idealistic goals without failing. Hewitt and Flett (1991) define "Perfectionism as a broad and multifaceted personality construct that involves the requirement of perfection or the appearance of perfection for the self or for others".

According to Shumaker and Rodebaugh (2009), "We frequently create expectations for ourselves and other people (family, friends, partners, and society), and the extent to which those standards are satisfied determines how valuable we are. When standards are unreasonably high, rigid, or, in some situations, difficult to express to individuals in your sphere, they can become troublesome." To strive for excellence rather than being a perfectionist should be preferred and if any negative thoughts exist in our mind it should be replaced by positive ones.

Objectives of the study:

The investigators have carried out this study with the following objectives.

1. To study perfectionism from a one-dimensional to multidimensional perspective.
2. To discuss the causes and impact of perfectionism.
3. To discuss the ways to combat perfectionism.

Methodology:

This article uses secondary data. The data is collected from research papers, articles, newspapers, books and websites concerning the variable under question. A review of existing theories and relevant literature is undertaken to throw light on various aspects of perfectionism.

Perfectionism from a one-dimensional to a multidimensional perspective

Since the beginning of the study of perfectionism, academics have sought to pinpoint several meanings of the concept as well as its various manifestations. Perfectionism has been portrayed by some researchers as a one-dimensional construct consisting of a single element, while others believe it to have multiple facets. The idea of perfectionism has drawn a lot of attention as an essential idiosyncratic trait but at first, it was thought of as a one-dimensional variable with solely negative characteristics.

There was a distinct, one-dimensional perception of perfectionism in the 1980s: it was a neurotic and dysfunctional trait that prevented perfectionists from feeling pride and satisfaction in their achievements. Perfectionists, according to researchers, are destined to experience frustration since they seldom, if ever, fulfil their unreasonably high standards. Studies on perfectionism were typically focused on its associations with anxiety, obsessive-compulsive disorder, and eating disorders. As a result, empirical findings supported this one-dimensional view of perfectionism. The relationship between perfectionism and suicide among talented teenagers has also been the subject of several studies.

Hamachek was one of the first researchers to propose that there are two types of perfectionism. In addition to the well-known negative form of perfectionism known as "neurotic perfectionism," "normal perfectionism" is another type which has positive effects. (Hamachek 1978). Normal perfectionism was defined as striving for reasonable standards that lead to a sense of self-satisfaction and excellent self-esteem. While neurotic perfectionism was defined as having excessively high standards and being driven by a fear of failing and a desire to not let other people down, Normal perfectionism had good performance-enhancing expectations, and it didn't damage one's self-esteem if those expectations weren't satisfied.

Contrarily, in neurotic perfectionism, self-esteem was unstable and poor even when the high criteria were attained.

Beginning in the 1990s, it was shown that perfectionism is in fact multifaceted in character, including both interpersonal and personal elements. Depending on the context in which such criteria have been studied, perfectionism is typically conceptualised as having high, unrealistic personal expectations. Researchers like Frost, Marten, Lahart, and Rosenblate (1990) and Hewitt and Flett (1991) have concentrated on the multidimensional aspect of perfectionism, wherein perfectionism consists of individual, social, and interpersonal dimensions. The multidimensional perfectionism paradigm put out by Hewitt and Flett (1991) is one that has undergone extensive research. This model gave three dimensions of perfectionism on the basis of source of perfectionism. This Multidimensional Perfectionism mode (MPS) focused on the causes of perfectionism and identified three types of perfectionism that also included interpersonal aspects: self-oriented perfectionism, or having high standards for oneself; socially prescribed perfectionism, or believing others have high standards for them despite the veracity of these perceptions; and other-oriented perfectionism that is focused on others or individuals who have high standards for others. These three dimensions are explained as under:

1. Self-Oriented Perfectionism:

This perfectionism involves actions like holding oneself to high standards, holding expectations from themselves which are unrealistic and rigorously assessing and criticising one's own actions. Self-oriented perfectionists place disproportionate value on perfection, have high standards for themselves, and are harsh in their self-evaluations.

Self-oriented perfectionism is the most obvious to identify in students since they reject anything that isn't flawless, which frequently results in disappointment. Perfectionism centred on oneself might sometimes be very subtle. Students who skip class by not turning in assignments on time, failing to complete assignments, and appearing not to care about the material are frequently covert perfectionists. These pupils conceal their imperfections in order to avoid acknowledging them.

2. Socially prescribed perfectionism:

In this type of perfectionism a person thinks that others have unrealistic expectations of him and expect him to be perfect (Hewit & Flett, 1991, 2004). Such perfectionists think their social environment is overly demanding, that others are harsh in their judgement of them, and that they must exhibit perfection to get others' acceptance.

Students who experience a lot of pressure from their parents or other caretakers may exhibit socially mandated perfectionism because they fear that a bad outcome would cause them to feel angry or disappointed. The relationship nowadays teachers have with students can also contribute to this sort of perfectionism, so it's critical for teachers to realise this. If a student feels they have disappointed you by doing poorly or not grasping the material, they may act out in class.

3. Other – Oriented perfectionism:

In this type of perfectionism an individual holds unrealistic expectations for others. Such perfectionists have unreasonable standards for others around them and judge others harshly.

Students who rapidly lose patience while working in groups on practical assignments because they want their team to do everything right are showing signs of other-oriented perfectionism. They regularly inquire and seek clarity before going back to their team and telling them, "I told you so." Adults are also prone to this kind of perfectionism, which manifests as the irritation a teacher can experience when a class doesn't grasp something.

Another multidimensional perfectionism approach distinguishes between "adaptive" and "maladaptive" perfectionism. "Adaptive" or Positive Perfectionism aids in achieving desired outcomes whereas "Maladaptive" or Negative Perfectionism prevents one from experiencing undesirable outcomes. Similar to normal perfectionism, adaptive perfectionism is characterised by a person's high expectations for themselves combined with an acceptance of failure if those expectations are not realised. Unlike Maladaptive Perfectionists, Adaptive Perfectionists never let their inability to accomplish goals affect their perception of their worth.

Positive and Negative perfectionism were the two categories of perfectionism discussed by Slade and Owens in 1998. Positive perfectionism, defined as having high personal

standards, high levels of organisation, and self-directed perfectionism, is fundamentally healthy and one that makes the individual accomplishment driven. While "Negative Perfectionism" is unhealthy and linked to high levels of maladaptive self-evaluation, disappointment, neuroticism, and socially prescribed perfectionism, it is also a mental disorder. According to the Skinner hypothesis, which states that Positive Perfectionism shows the drive to strive for achievement and is controlled by Positive Reinforcement, they have described as Positive and Negative Perfectionism while Negative Perfectionism contains unfavourable mental habits and a propensity to avoid mistakes.

Causes and Impact of Perfectionism

Experiences teach us how to become perfect. It is genetically inherited. Perfectionism may be influenced by biological factors like heredity, and psychological factors like rewards, modelling, and information and instruction.

- a) **Genetic Influences:** Numerous research studies have found that genetics play an important role in the development of personality traits and recent evidence suggests that perfectionism is no exception.
- b) **Reward and reinforcement:** Society frequently rewards students who perform at a high level. Parents and professors compliment students who earn high grades, and they are also admitted to reputable universities. Being rewarded for being a perfectionist might lead to the assumption that if one is not, their effort will be compromised and their end output will be inferior.
- c) **Punishment:** A second learning experience that has the potential to change a person's behaviour is punishment. It is punishment to receive criticism from others. A person's mind-set can change towards a perfectionistic one after receiving poor exam results, being insulted on small mistakes and being teased by peers.
- d) **Modelling:** Perfectionism develops by observing the perfectionistic behaviour of surrounding people. When a student observes his parents, siblings, and peers who expect him to be flawless and he tries to be flawless he develops a perfectionistic attitude.
- e) **Information and Instruction:** Being told by parents and teachers that our society values and appreciates those

who are perfect develops our tendency to become perfectionists. The way of thinking as well as the way how others behave around us may contribute to the development of excessively high standards.

According to the researchers, a number of variables, such as the use of social media and competition for admission to the finest universities or high-paying employment, may be contributing to the rise in perfectionism. Social psychologist Thomas Curran, the study's lead author from the University of Bath in the United Kingdom, said in a statement that the results "suggest that recent generations of college students have higher expectations of themselves and others than previous generations." "Young people today compete with one another to meet societal pressures to succeed, and they feel that perfectionism is necessary to feel safe, socially connected, and worthy," the author writes. For instance, some evidence indicates that social media, which enables users to offer a pristine image of themselves, may cause young adults to feel more unhappy with their bodies or socially alienated when they compare themselves to these "perfect" photos, the researchers said. More study is necessary, they said, to prove this. Curran and Hill noted that young people also face fierce competition to enrol in the best colleges and advance up the social and economic ladder which is one prominent cause of perfectionism.

Perfectionism has typically been perceived negatively as a fault in character or a burdensome personality trait. Perfectionism has been identified as a barrier to optimal emotional and intellectual adjustment for college students. Perfectionism in the classroom has garnered much attention in the past few decades. It is a trait that is much more complicated than simply desiring to be perfect at everything. Perfectionism comes in many dimensions, can be maladaptive and adaptive, and can therefore have a positive or negative relationship with academic achievement in students of all ages. Recently, there has been a lot of discussion about perfectionism in the classroom. It is a quality that goes far beyond merely aiming to excel at everything; it is much more nuanced. Perfectionism has many different manifestations, can be both adaptive and maladaptive, and can therefore increase or decrease the academic performance of students. Recent research has revealed that perfectionism has a much more complex effect on students than previously thought. Evidence suggests that

perfectionism is a complex trait with both good and bad components and that its more constructive aspects can actually be quite helpful to students. Academic advisers must learn how to spot the symptoms of both healthy and unhealthy perfectionism in students in order to support student achievement. They should also learn how to foster healthy, adaptive perfectionism while assisting students with a maladaptive perfectionistic perspective. According to current studies, perfectionism not only has beneficial but also negative consequences, i.e., some of its characteristics are healthy while others may cause pathology. Perfectionists have a tendency to place a greater emphasis on achieving their goals and are extremely sensitive to how other people will react to their performance. Since perfectionists are extremely organised in their work and working in an organised manner is at the foundation of perfectionism. Perfectionism helps the individual to pay attention to nuances that typically other people fail to notice. Additionally, studies have shown that perfectionism increases the risk of eating disorders, depression, anxiety, and poor psychological adjustment.

Positive impact of Perfectionism

The desire for perfection can occasionally serve as a form of personal motivation, pushing a person to pursue their objectives. It is a good thing up to the point where the person realises that the objective they have set for themselves is extraordinarily high and that failing to achieve it will not diminish their sense of worth. It's motivating up until the person recognises that the goal they've set for themselves is really lofty and that falling short of it won't make them feel less valuable. Perfectionists also benefit from saving time on error correction because of their tendency to double-check everything. Because of this, people regularly accomplish things better than others, even though they occasionally think their work is subpar. They tend to make fewer errors as a result and subsequently require less time to correct them because of this inclination to double-check. Another benefit of perfectionism is that its adherents have considerably higher standards than the average person, and in order to meet those standards and maintain the calibre of their work, they always correct their errors before asking others to do so (Elizabeth Scott, 2018). Adaptive, "healthy" perfectionists work to meet their objectives and expectations and feel pleased with themselves when they do. They have better time management abilities,

and higher levels of self-efficacy, and are effective at employing metacognitive and cognitive learning skills.

Negative Impact of Perfectionism

Perfectionism is linked to both positive and negative traits. Perfectionism's harmful effects include a variety of psychopathologies, including depression, eating disorders, and obsessive-compulsive disorder. Perfectionism can affect a person's self-esteem and self-efficacy, further diminishing their confidence, decision-making ability, and propensity for taking risks. Due to their propensity to obsess over their irrational goals and their increased worry and frustration over achieving those goals perfectionists do experience issues with insomnia and sleep disturbances. Maladaptive perfectionists set high goals for themselves and are highly critical of themselves when they are not met. They are driven by a fear of failure and worry about what other people will think if they fall short of their standards. In addition, they delay more because they avoid specific circumstances, such as not responding until they are certain of their response.

According to earlier research by Slaney and Ashby (1996), if perfectionism is exercised to an unhealthy degree, it can lead to delaying behaviour, in which the person generally wastes their time on pointless activities that provide a very poor output. According to Adderholt-Elliott (1989), underachievement is a product of perfectionism's negative traits, which include procrastination, a fear of failure, an all-or-nothing mentality, and job holism. Perfectionism can occasionally also lead to self-defeating attitudes and behaviours, establishing unrealistic objectives, being overly critical of oneself, and overgeneralizing one's failures to their self-worth. Perfectionists constantly worry about making mistakes and gauge their self-worth in terms of their output and accomplishments, which has pathological effects. Negative attributes of Perfectionism highlighted by (Sahana, 2012) are:

Rumination on blunders:

Perfectionists have the propensity to dwell excessively on their blunders. Typically, they find it difficult to simply forget the past.

Unreasonable expectations:

Perfectionists frequently hold themselves and others to extremely high standards that are unreasonable, and when these standards or expectations are not reached, they lead to disappointment. Additionally, they believe that people have great expectations of them. Although these high expectations benefit people in certain ways by raising their personal standards, if this inclination persists, it might harm their well-being and personality. According to Shumaker and Rodebaugh (2009), we frequently create expectations for ourselves and other people (family, friends, partners, and society), and the extent to which those standards are satisfied determines how valuable we are. When standards are too high, rigid, or in certain situations, difficult to express to individuals in your sphere, they can become troublesome.

Constant Confirmation:

Perfectionists typically have low self-esteem. They typically look for acceptance from their parents, professors, bosses, and other important people in their lives. To raise their sense of worth and self-worth, they constantly seek to anticipate positive responses.

Competition:

Perfectionists are fierce competitors—not just with one another but also with themselves. Unmet personal and professional standards are difficult for them to tolerate.

Greenspon (1999), highlighting the negative effects of perfectionism, claimed that it is never healthy because perfectionists are people who have excess desire to perform well in order to boost their low self-esteem, as opposed to people who strive for excellence, who have "strong desires to do well, to master a task, to challenge themselves, to know as much as possible, or to be the best".

Ways to Combat Perfectionism

Humans are inherently imperfect, perfectionism makes life a discouraging burden. The pursuit of perfection makes life a depressing burden because people are inherently flawed. Perfectionism is an unhealthy habit. You put it into practice each day. Another habit is the constructive pursuit of greatness. You put it into practice each day. Change your practises if you want to transition from one to the other. The

potential for ongoing progress is made possible by striving for perfection. Continual growth is made possible by striving for excellence, which is energising and revitalising. While perfectionism is deadening and can cause feelings of helplessness and personal failure, it is also a deadening force (Thomas S. Greenspon, Ph.D.). A rising amount of evidence points to the potential benefits of healthy, adaptable perfectionism for college students. Studies have found that students who continuously set high standards for themselves and maintain optimism in the face of failure are more likely than their non-perfectionist counterparts to achieve in both their academic and social lives. Students who exhibit high levels of adaptive perfectionism may be less likely to procrastinate and more likely to adopt proactive and effective problem-focused coping mechanisms when faced with setbacks in their academic careers, according to studies. Compassion, Inspiration, Self-Assessment, Courage to Be Imperfect. It begins with awareness of the expectations we have established for ourselves (and others), learning to lower them, and figuring out how to think more flexibly (Flett & Hewitt, 2002). According to Curran, as individuals, the most effective thing we can do is recognise the system's shortcomings, embrace who we are as individuals rather than valuing what we have or have accomplished, and hold on to the notion that "good enough" exists. Life is, after all, not ideal.

The ambitious goals we set for our pupils must be attainable, even though we must motivate them. Realising that perfectionism can occasionally be a valuable tool for learning is the key to overcoming it. When goals are hazy or impossible to attain, negative perfectionism frequently develops. Instead of telling their pupils to quit being perfectionists and simply do it, teachers must appreciate both their students' strengths and flaws and support their efforts. You could encourage students to harness perfectionism's positive features by redefining it. It can be upsetting to discover students who struggle academically yet do so not due to a lack of intelligence or skill but rather due to unrealistically low expectations for themselves. While some children may need to be softly and delicately reminded to "dream big," other pupils might need more forceful prodding to take more responsibility for their accomplishments. Being persistent in our pursuit of greatness is something we advisors are aware is crucial to the success of our students. There may be some of our students who might benefit from hearing this message repeated more frequently

and emphatically. Children who frequently express defeatism, self-doubt, or rumination in their comments may benefit from teachers' assistance in developing more positive, balanced attitudes towards both failure and success. For instance, through positive reframing, students can accept failures as learning opportunities and focus on what has been accomplished rather than fixating on flaws. Some of the ways to overcome perfectionism are:

a) **Recognise negative thoughts and reframe them:**

The first step in overcoming negative perfectionism is to recognise the circumstances that led to it. If you can foresee these circumstances, it may be helpful to set realistic expectations in order to assist students more effectively. The teacher must identify the perfectionists. After identifying the catalyst or cause, apply the ABCDE model. The steps of the **ABCDE MODEL** are:

1. **Activating Event:** The teacher should identify the events that initiate a particular habit of a student.
2. **Belief:** In this step, the teacher should try to get what false belief is held by a student.
3. **Consequences:** The teacher tries to understand what will be the effect of false beliefs held by a student.
4. **Dispute refutation:** How can we reword or clarify the student's expectations?
5. **Effective Way Forward:** In this step, the teacher should encourage the students to take forward students to come out of this false belief and stick to the thought of excellence.

b) **Change the way of presenting feedback to students:**

The teacher should do the gradeless marking and replace grades by DIRT Sheet –Dedicated Improvement and Reflection Time. Mark's system induces negative thoughts and undue comparison. This sheet includes "**Challenge Yourself**" questions which make a student think that there is always room to learn and improve.

c) **Set achievable objectives:**

To urge students to make the most of their time, especially when it comes to revision, it is essential to encourage them to develop SMART (Specific, Measurable, Achievable, Realistic, and Timely) objectives.

d) **Think about breaking up your workload.**

You can find that your thoughts spiral into a negative loop that only makes you feel worse if you have an all-or-

nothing mentality and a tendency to think in extremes. To get past this way of thinking, try dividing your chores into smaller, simpler ones. One task at a time may be more satisfying than feeling overwhelmed or like you've failed.

e) **See if anyone notices if you do work that isn't perfect.**

In this scenario, simply keep certain "imperfections" in work that you usually notice and remove rather than doing things imperfectly on purpose. Even so, does your supervisor recognize that your memo is a little less thorough than usual? Does your teacher notice that you did not rewrite equations to make your assignment perfect?

f) **Take "should" out of your lexicon.**

Perfectionists focus on what they "should" be doing rather than what they are actually doing, or on what they "should" never do. Absolutes of this nature guarantee failure. Try telling yourself, "I'll do my best and look carefully to avoid silly mistakes," rather than, "I should get every question on this test right."

g) **Stop speaking in absolutes.**

The only outcomes that can occur in settings created by perfectionists are "perfection" or "failure," with no room for a third option. Due to this there is less possibility to finish a work without a few unavoidable mistakes and develops in you a feeling of "loser" even when you finish a work to satisfy others. Use words like "acceptable" and "good enough" while evaluating your task.

h) **Don't always think negatively.**

Perfectionists frequently imagine the worst-case scenario when anything goes wrong. They'll use words like "If I don't do this task right, everyone will hate me," or "Everyone will see that I'm not cut out for this job.

"When you feel like this, make an effort to put things in perspective by thinking about some best-case situations. "Probability overestimation," or overplaying the likelihood of failure or unfavourable outcomes, is a component of catastrophic thinking. Consider the genuine "odds" and attempt to see the issue objectively.

i) **List your accomplishment on a daily basis.**

Even if it's just something simple like, "**I completed the first topic of my science assignment,**" note at least one accomplishment each evening. Repeat the action daily so that you become aware of how much you have attained rather than focusing on failure.

j) Determine your worst-case situation and then ask, "So what?"

"You can think that doing less perfect work will lead you to bad results and discover that even after that happens you will be still in good condition. Our anxiety may be reduced and you may feel more relaxed as a result. Try examining the situation and following potential consequences to their logical conclusion by repeatedly asking ". If I score less on exams, my parents and teacher may scold me, then what I will work hard next time.

k) You should honestly and equitably compare your effort to that of others.

When interacting with others, perfectionists frequently struggle with one or both of the following issues: they place a much higher standard on themselves than they do on others, or they can't rely on others to perform a job that is "perfect" enough and must do it themselves.

l) List the things you have to give up in order to achieve excellence.

It takes a lot of time and effort to try to be perfect at everything. Therefore, take some time to make a list of the things you miss out on as a result of your constant quest for perfection.

- Do you miss out on spending time with your loved ones or friends?
- Have you given up (or never begun) a truly enjoyable hobby?
- Have you ended any potential love relationships?
- Are you skipping out on enough rest, exercise, meals, or "me time"?
- Utilise the list you make to think about your priorities and decide whether running after perfection is worth the sacrifices it will cause.

m) If your perfectionism has become an unmanageable problem, seek outside assistance.

At its worst, perfectionism can lead to OCD and other psychological and physical disorders. One should consult a qualified mental health practitioner if you encounter one or more of the following:

- Everything must be "perfect" because if it's not, terrible things will occur.
- If anything is "not perfect," you get really anxious.
- Your perfectionism is seriously interfering with your daily life since it is so repeated.

- If you feel like you should punish yourself for your "failures," get assistance right immediately.

n) **Self-forgiveness is the key here.**

Everyone has virtues and faults, and nobody is flawless. Not that you shouldn't make an effort to develop, though. There are times when you'll have to stick with what you currently know and make the best decisions possible based on that, but you may always strive to learn something new or better. Stop worrying about the things you can't (yet) do.

o) **Set a goal for the job at hand.**

Keep your attention on what is most important. Is getting something done more important than trying to be flawless or generate a perfect result? What actually counts? Understanding exactly what your task is do not only keep you on the right track, but it also helps you to understand if you have completed your task or not. Perfectionism may frequently result in the opposite of a timely outcome since the ambiguity that it brings about causes procrastination.

p) **Aim for the outcomes that will benefit you the most.**

Do not let your fear of people's opinions control how productive you are. Accept excellence in a broader sense rather than perfection as it is commonly understood. When a perfectionist is overly preoccupied with how others might view a flaw, it can be damaging to oneself. Rather than studying to achieve perfection, study to learn.

q) **Think back on your mistakes.**

Think about what you can gain from your mistakes and how doing so will enable you to perform better in the future. Without making mistakes, learning is impossible. Appreciate the benefits and beauty of imperfection. In music, dissonant harmonics may provide drama and tension. The roots of plants are insulated by leaves that have been left on the ground, and as they disintegrate, they feed the soil.

Conclusion

In today's modern competitive world, people strive to become a perfectionist. With each passing hour, the percentage of youngsters running after the goal of perfectionism is increasing. Maintaining a faultless appearance while pursuing the ideal existence may be harmful to your mental and physical health. The reason behind this is the education system, a culture where more importance is given to ranks attained

rather than enjoying the work. Teachers and parents should raise the child in such a way that they learn to learn not to compete unnecessarily with others. If people let go of the comparison trap, they can do more. People who are fixated on perfectionism may find life stressful in today's culture. We contrast ourselves with others not just because we are superior to them but also because we aspire to excel in all areas and surpass them in success. However, as a result, worry, annoyance, and even melancholy may strike. It's important to keep in mind that perfectionism is neither something we can achieve nor something that might cause us anguish. Detaching oneself from perfectionism requires acceptance. So the best way to come out of this mind web of perfectionism is to accept yourself and others with flaws and faults and always keep in mind there is always room to learn in one's life.

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