Perfectionism: Good, Bad, or Growth?

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Perfectionism: Good, Bad, or Growth?
Elissa A. Lauber, Jack Bauer, Ph.D
University of Dayton

**Perfectionism**
- Setting exceptionally high standards for one's behavior
- Stringent self-evaluations

**Past Research**
- From a clinical, pathological perspective
- Intrapersonal & interpersonal measures

**Recent Research**
- Perfectionism can be either adaptive or maladaptive (e.g., Luyckx et al, 2008)

**My Approach: Perfection as a Motivation**

**Perfection as a Motivation**
- Perfection as a rigid expectation
  - Rigid expectation for behavior, for self
  - Perfection as guiding ideal for growth

**Related Research**
- Based on self-determination theory (Ryan & Deci, 1985)
  - Intrinsic v. Extrinsic motivation
  - Harmonious v. Obsessive passion (Vallerand, 2008)
- Growth Motivation (Bauer, 2012)
  - Well-being
  - Activity-engagement
  - Performance

**The Present Study**
- Previous research has primarily focused on perfectionism from a clinical perspective, which is generally studied in terms of its maladaptive components.
- The present study, however, aims to experimentally distinguish two groups of perfectionists—adaptive and maladaptive.

**Method**
- Approximately 100 university students
- Primed with either adaptive or maladaptive instructions
- Anagram task and Creativity test

**Hypothesis**

**Hypothesis 1**: Participants in the adaptive condition are expected to find more solutions on the anagram task and generate more uses for objects on the creativity test.

**Hypothesis 2**: Participants in the adaptive condition are expected to report greater intrinsic motivation, harmonious passion, and growth motivation than participants in the maladaptive condition.

**Measures**

**Perfectionism**
- Multidimensional Perfectionism Scale (Frost et al., 1990)
  - Five subscales:
    - High personal standards
    - Doubts about actions
    - Concern over mistakes
    - High parental expectations
    - Parental criticism

- 3 subscales (20-items) of the Perfectionism Inventory (Hill et al., 2008)
  - Planfulness
  - Rumination
  - Striving for Excellence

**Motivation**
- Growth Motivation Inventory (Bauer, 2012)
- Authenticity Scale (Wood, Linley, Maltby, Baliousis, & Joseph, 2008)
- Achievement Goal Questionnaire-Revised (Elliot & Murayama, 2008)
- Situational Motivational Scale (Guay, Vallerand, & Blanchard, 2000)
- Passion Scale (Vallerand et al., 2003)
- Hedonic and Eudaimonic Motives for Activities Scale (Huta & Ryan, 2010)

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For more information, contact laubere1@udayton.edu