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Perfectionism: Good, Bad, or Growth?

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# Perfectionism: Good, Bad, or Growth?

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<table>
<thead>
<tr>
<th><strong>Perfectionism</strong></th>
<th><strong>The Present Study</strong></th>
<th><strong>Measures</strong></th>
</tr>
</thead>
</table>
| **Perfectionism**  | • 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. | **Perfectionism**  
• Multidimensional Perfectionism Scale (Frost et al., 1990)  
• Five subscales:  
  • High personal standards  
  • Doubts about actions  
  • Concern over mistakes  
  • High parental expectations  
  • Parental criticism  

**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 |

**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.  

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