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## RESEARCH ARTICLE

## ROLE OF SPIRITUALITY ON PERFECTIONISM.

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In the present investigation an attempt was made to study the role of spirituality on perfectionism among graduate, post graduate and research scholars. A sample of 120 participants was drawn from Faculty of Social Science, AMU, by using convenience sampling technique. The Spirituality Attitude Scale (SAS) developed by Akbar Husain, Musaddique Jahan, Nishat, R. N. Siddiqui, and Akram (2002) Department of Psychology, Aligarh Muslim University, Aligarh and Almost Perfect Scale-Revised (APS-R) by Slaney and his colleagues (1996) was used for the data collection. For the data analysis Pearson's product moment correlation, Simple Linear Regression and One way ANOVA was administered. The findings of the present study show that spirituality and perfectionism positively and significantly correlated between all the three groups i.e. Graduate, Post Graduate and Research Scholars. It was also found that these all groups significantly differ in terms of spirituality as well as perfectionism.

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**Rational or background of the study:-**

Spirituality considered as the ability to persist and a potential of person to succeed with a task and it affects every area of human endeavor. The graduate, post graduate and research scholars are concern; they are at the crucial stage where they have to face several challenges related to their education and professional life as well. So, researcher considers these groups of the population more important for the study of their perfectionism, in effect of spirituality as compare to other age group of the individuals.

**Perfectionism:-**

Stoeber, Joachim; Childs, Julian (2010) and Flett and Hewitt (2002) indicate that perfectionism, in psychology, is a personality trait characterized by a person's striving for excellence and setting excessively high performance standards, accompanied by overly critical self-evaluations and concerns regarding others' evaluations. Yang, Hongfei; Stoeber and Joachim (2012) found that it is best conceptualized as a multidimensional characteristic, as psychologists agree that there are many positive and negative aspects. In its maladaptive form, perfectionism drives people to attempt to achieve an unattainable ideal, and their adaptive perfectionism can sometimes motivate them to reach their goals. In the end, they derive pleasure from doing so. When perfectionists do not reach their goals, they often fall into depression.

**Positive Aspects:-**

Perfectionism can drive people to accomplishments and provide the motivation to persevere in the face of discouragement and obstacles. Roedell (1984) argues: "In a positive form, perfectionism can provide the driving energy which leads to great achievement. The careful attention to detail, necessary for scientific investigation, the commitment which pushes composers to keep working until the music realizes the glorious sounds playing in the imagination, and the persistence which keeps great artists at their easels until their creation matches their conception all result from perfectionism." Brett and Bill (2012) indicates that exceptionally talented people who excel in their field sometimes show signs of perfectionism. High-achieving athletes, scientists, and artists often show signs of

perfectionism. For example, some contend that Michelangelo's perfectionism may have motivated him to painstakingly complete his masterpieces including the statue *David* and the Sistine Chapel. Scientists that intently pursue their interests in the laboratory are often considered perfectionists. This obsession with an end result may motivate them to work diligently and maintain an impressive work ethic. Famous figures have publicly admitted that they have perfectionist tendencies. Martha Stewart once described herself to Oprah Winfrey as a "maniacal perfectionist."

### **Negative Aspects:-**

Brett and Bill (2012) also suggest that in its pathological form, perfectionism can be damaging. It can take the form of procrastination when used to postpone tasks and self-deprecation when used to excuse poor performance or to seek sympathy and affirmation from other people. In general, maladaptive perfectionists feel constant pressure to meet their high standards, which creates cognitive dissonance when one cannot meet their own expectations. Perfectionism has been associated with numerous other psychological and physiological complications as well.

### **Suicide:-**

Greenspon, Thomas (2014) found that perfectionism is increasingly being seen as a risk factor for suicide that has a double edged sword. The tendency of perfectionists to have excessively high expectations of self and to be self-critical when their efforts do not meet the standard they have established combined with their tendency to show a "perfect face" to the world increases their risk of suicide ideation while decreasing the likelihood they will seek help when they should.

### **General applications:-**

A study conducted by Antony and Martin (2009) indicates that perfectionism often shows up in performance at work or school, neatness and aesthetics, organization, writing, speaking, physical appearance, health and personal cleanliness. In the workplace, perfectionism is often marked by low productivity and missed deadlines as people lose time and energy by paying attention to irrelevant details of their tasks, ranging from major projects to mundane daily activities. This can lead to depression, social alienation, and a greater risk of workplace "accidents."

Adderholdt-Elliott (1989) describes five characteristics of perfectionist students and teachers which contribute to underachievement: procrastination, fear of failure, an "all-or-nothing" mindset, paralyzed perfectionism, and work holism. According to Allen (2003), in intimate relationships, unrealistic expectations can cause significant dissatisfaction for both partners. Greenspon (2002) lists behaviors, thoughts, and feelings that typically characterize perfectionism. Perfectionists will not be content with their work until it meets their standards, which can make perfectionists less efficient in finishing projects, and they therefore will struggle to meet deadlines.

Spirituality may refer to almost any kind of meaningful activity, personal growth, or blissful experience. Traditionally, spirituality refers to a process of re-formation of the personality but there is no precise definition of spirituality or an encounter with one's own "inner dimension" (Online Etymology Dictionary, 2014).

Spirituality is one of the most important sources of strength and direction in people's lives. James (1902/1958) and Allport (1950) have considered spirituality as a proper subject for scientific study. Spirituality is a human phenomenon which exists in almost all persons.

According to Waaijman (2006), the traditional meaning of spirituality is a process of re-formation which "aims to recover the original shape of man, the image of God. To accomplish this, the re-formation is oriented at a mold, which represents the original shape: in Judaism the Torah, in Christianity there is Christ, for Buddhism, Buddha, and in Islam, Muhammad." In modern times the emphasis is on subjective experience.

### **Review of literature:-**

Perfectionists can suffer from anxiety and low self-esteem. Perfectionism is a risk factor for obsessive compulsive disorder, obsessive compulsive personality disorder, eating disorders, social anxiety, social phobia, body dimorphic disorder, workaholics, self harm, substance abuse, clinical depression as well as physical problems like chronic stress, and heart disease. In addition, studies have found that people with perfectionism have a higher mortality rate than those without perfectionism ("Being a Perfectionist Can takes toll on health" Retrieved March, 2012).

**Personality Traits**

According to Cattell and Mead (2008), people that are organized, compulsive, self-disciplined, socially precise, exacting will power, controlled, and self-sentimental are perfectionists. In the Big Five personality traits, perfectionism is an extreme manifestation of conscientiousness and can provoke increasing neuroticism as the perfectionist's expectations are not met.

Rice, Kenneth, Leever, Brooke, Noggle, Chad, et al. (2007) reported that maladaptive perfectionism is more similar to neuroticism while adaptive perfectionism is more similar to conscientiousness. The latter positively corresponds with life satisfaction, self-esteem, secure attachment, and cohesive self-development.

A fascinating study from the University of Michigan has recently revealed a correlation between perfectionism, spirituality and parental expectations. Chang *et al* examined the relationships between perfectionism and spirituality in a sample of college students. They found that students who exhibited perfectionist behaviours, such as maintaining excessively high personal standards and organizational skills, also scored highly on a spirituality scale.

**Objectives of the study:-**

- To study the relationship between different dimensions of perfectionism and spirituality among under graduate, post graduate and research scholars.
- To study the role of spirituality on perfectionism among under graduate, post graduate and research scholars.
- To study the differences of spirituality as well as perfectionism among under graduate, post graduate and research scholars.

**Hypotheses of the study:-**

- There will be no relationship between spirituality and perfectionism among under graduate, post graduate and research scholars.
- There will be no influence of spirituality on perfectionism among under graduate, post graduate and research scholars.
- There will be no difference of spirituality as well as perfectionism among under graduate, post graduate and research scholars.

**Methodology:-**

Methodology is considered as fundamental part of any research. It works as the most important element of the whole research. The absolute requirement of any type of social science research is to control, predict, describe and explain some sort of behavior. To explain the behavior we must need to observe which technique will be applied to get minute information about the behavior or phenomenon under study. Hence research should be conducted with eagerness to find out something new, and with a desire to add knowledge to the existing field, to identify the research gaps, and to analyze the findings in an unbiased manner to infer conclusion (Festinger and katz,1953; Lindzey,1954; Underwood,1957; Selltiz et al,1964; Shontz,1965; and Megargee,1966).

**Research Design:-**

Research design defines the study type, research question, hypotheses, variables, and data collection methods. Some examples of research designs include descriptive, correlational, and experimental. Another distinction can be made between quantitative and qualitative methods ("Determining the Research Design." *Boundless Sociology*. Boundless, 08 Jan. 2016).

Present study is based on *descriptive research design*. It aims to understand the role of Spirituality on Perfectionism. Primary quantitative data was generated for the purpose of the study to empirically examine the research questions/hypotheses and to meet the research objectives.

**Sample:-**

Participants: Sample of the study consisted of 120 participant their age range was 25 to 30. They were selected by convenience sampling technique from the different departments of Aligarh Muslim University, Aligarh, India.

**Measures:-****Almost Perfect Scale-Revised (APS-R):-**

Slaney and his colleagues (1996) developed the Almost Perfect Scale-Revised (APS-R) to identify perfectionists (adaptive or maladaptive) and non-perfectionists. People are classified based on their scores for High Standards, Order, and Discrepancy measures. Both adaptive and maladaptive perfectionists rate highly in High Standards and Order, but maladaptive perfectionists also rate highly in Discrepancy. Discrepancy refers to the belief that personal high standards are not being met, which is the defining negative aspect of perfectionism. Maladaptive perfectionists typically yield the highest social stress and anxiety scores, reflecting their feelings of inadequacy and low self-esteem. In general, the APS-R is a relatively easy instrument to administer, and can be used to identify perfectionist adolescents as well as adults, though it has yet to be proven useful for children. Interestingly, in one study evaluating APS-R in an adolescent population, maladaptive perfectionists obtained higher satisfaction scores than non-perfectionists. This finding suggests that adolescents' high standards may protect them from challenges to personal satisfaction when their standards are not met. Two other forms of the APS-R measure perfectionism directed towards intimate partners (Dyadic Almost Perfect Scale) and perceived perfectionism from one's family (Family Almost Perfect Scale).

**The Spirituality Attitude Scale:-**

(SAS) was designed to measure the attitude of individual towards spirituality on different dimensions. The SAS consisted of 31 items, each scored on a Likert scale ranging from 5 (Strongly Agree) to 1 (Strongly Disagree). There are two dimensions: whereas, Sense of Purpose contains 18 items and Maintenance of Discipline consisted of 13 items. Cronbach's alpha for both the factors were found to be 0.84 and 0.82 respectively. The validation techniques used were internal consistency and construct validity. The reliability coefficient reported exceeds the prescribed significance level. Thus, the preliminary form of the scale is a reliable and valid instrument for measuring attitude towards spirituality.

**Procedure:-**

The respondents were individually approached and asked to complete the questionnaire of spirituality and perfectionism they were taken 15 to 20 minutes to complete their responses. All the respondents were also told that their anonymity will be preserved and their responses will be confidential. After that questionnaires were collected from the respondents and scored manually.

**Statistical Analysis:-**

In order to meet the research objectives data was analyzed; Pearson's product moment correlation was applied to study the correlation between spirituality and perfectionism while Simple Linear Regression was administered to examine the influence of spirituality on perfectionism. Further one way ANOVA was computed for the multiple comparisons of spirituality as well as perfectionism among Graduate, Post-graduate and Research Scholars.

**Results and discussion:-**

**Table-1: shows Correlations between different dimensions of perfectionism and spirituality among Overall students.**

		<b>Perfectionism</b>	<b>Standards</b>	<b>Order</b>	<b>Discrepancy</b>
<b>Spirituality</b>	Pearson Correlation	.315**	.300**	.333**	-.027
	Sig. (2-tailed)	.000	.001	.000	.768
	N	120	120	120	120
<b>Sense of purpose</b>	Pearson Correlation	.385**	.482**	.556**	.266**
	Sig. (2-tailed)	.000	.000	.000	.003
	N	120	120	120	120
<b>Maintenance of Discipline</b>	Pearson Correlation	.330**	.676**	.496**	.233*
	Sig. (2-tailed)	.000	.000	.000	.011
	N	120	120	120	120

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

Table one indicates that spirituality significantly as well as positively correlated with perfectionism ( $r=.315$ ,  $p<.001$ ) and its two dimensions namely Standards ( $r=.30$ ,  $p<.001$ ) and Orders ( $r=.333$ ,  $p<.001$ ) while third dimensions i.e. Discrepancy, is insignificantly as well as negatively correlated with spirituality. On the other hand; both dimensions (i.e. sense of purpose and maintenance of discipline) of spirituality significantly and positively correlated with different dimensions of perfectionism (i.e. standards, order and discrepancy).

**Table: 2- show simple Linear Regression analysis, spirituality as a predictor of perfectionism among overall students.**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.315 <sup>a</sup>	.100	.092	13.388
a. Predictors: (Constant), Spirituality				

Summary table-2 provides the value of  $R$  and  $R^2$ . Whereas,  $R$  has a value of .315 and because there is only one predictor, this value represents the simple correlation between spirituality and perfectionism among overall students. The value of  $R^2$  is .100, which tells us that spirituality can account for 10% of the variation in perfectionism. This means that 90% of the variation in perfectionism cannot be explained by spirituality alone. Therefore, there must be other variables that have an influence also on perfectionism of overall students.

**Table: 3- show F-value (ANOVA table).**

ANOVA <sup>b</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2337.033	1	2337.033	13.039	.000 <sup>a</sup>
	Residual	21149.634	118	179.234		
	Total	23486.667	119			
a. Predictors: (Constant), Spirituality						
b. Dependent Variable: Perfectionism						

The ANOVA table-3 shows the various sums of squares and the degrees of freedom associated with each. From these two values, the average sum of squares (the mean squares) has been calculated by dividing the sums of squares by the associated degrees of freedom. The most important part of the table is *F-ratio*, which is calculated using equation, and associated significance value of that *F-ratio*. In this table,  $F$  is 13.03, which is significant at  $p<.001$  (because the value in the column labeled *Sig.* is less than .001) this result tells us that there is less than 0.1% chance that spirituality has no influence on perfectionism of overall students.

**Table: 4- show the Coefficients details of Self efficacy and Life satisfaction among overall students.**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	66.997	15.511		4.319	.000
	Spirituality	.580	.161	.315	3.611	.000
a. Dependent Variable: Perfectionism						

Whereas, table-4 shows that  $b_1$  value (i.e. .580) which represents 58% chances are there that when spirituality will increase perfectionism will also increase and vice versa. The Value of Beta is = .315 for which t-value ( $t=3.611$ ) is also significant at the level of .001 level of significance which indicates that Spirituality has positive and significant influence on perfectionism among overall students.

**Table-5: shows Correlations between different dimensions of perfectionism and spirituality among Graduate students.**

		Perfectionism	Standards	Order	Discrepancy
Spirituality	Pearson Correlation	.377*	-.020	.301	.221
	Sig. (2-tailed)	.016	.903	.059	.170
	N	40	40	40	40
Sense of purpose	Pearson Correlation	.498**	.341*	.502**	.004
	Sig. (2-tailed)	.001	.031	.001	.982
	N	40	40	40	40
Maintenance of Discipline	Pearson Correlation	.118	-.401*	-.017	.378*
	Sig. (2-tailed)	.469	.010	.915	.016
	N	40	40	40	40

\*\* . Correlation is significant at the 0.01 level (2-tailed).  
 \* . Correlation is significant at the 0.05 level (2-tailed).

Table two indicates that spirituality significantly as well as positively correlated with overall perfectionism ( $r=.377$ ,  $p<.01$ ) and its one dimension namely Order ( $r=.301$ ,  $p<.05$ ) while other two dimensions of perfectionism; standards ( $r= -.20$ ) and discrepancy ( $r=.221$ ) insignificantly correlated with spirituality. On the other hand; one dimension (i.e. sense of purpose) of spirituality significantly and positively correlated with two dimensions of perfectionism (i.e. standards and order) while insignificantly correlated with discrepancy. Whereas; maintenance of discipline insignificantly correlated with perfectionism itself as well as its two dimensions i.e. standards and order but insignificantly correlated with discrepancy.

**Table: 6- show simple Linear Regression analysis, spirituality as a predictor of perfectionism among Graduate students.**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.377 <sup>a</sup>	.142	.120	5.072

a. Predictors: (Constant), Spirituality

Summary table-6 provides the value of  $R$  and  $R^2$ . Whereas,  $R$  has a value of .377 and because there is only one predictor, this value represents the simple correlation between spirituality and perfectionism among graduate students. The value of  $R^2$  is .142, which tells us that spirituality can account for 14.2% of the variation in perfectionism. This means that 85.8% of the variation in perfectionism cannot be explained by spirituality alone. Therefore, there must be other variables that have an influence also on perfectionism of graduate students.

**Table: 7- show F-value (ANOVA table).**

ANOVA <sup>b</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	162.183	1	162.183	6.305	.016 <sup>a</sup>
	Residual	977.417	38	25.722		
	Total	1139.600	39			

a. Predictors: (Constant), Spirituality  
 b. Dependent Variable: Perfectionism

The ANOVA table-7 shows the various sums of squares and the degrees of freedom associated with each. From these two values, the average sum of squares (the mean squares) has been calculated by dividing the sums of squares by the associated degrees of freedom. The most important part of the table is  $F$ -ratio, which is calculated using equation, and associated significance value of that  $F$ -ratio. In this table,  $F$  is 6.305, which is significant at  $p<.01$ ) this result tells us that there is less than 0.1% chance that spirituality has no influence on perfectionism of graduate students.



**Table: 8- show the Coefficients details of Self efficacy and Life satisfaction among overall students.**

<b>Coefficients<sup>a</sup></b>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	92.715	16.103		5.758	.000
	Spirituality	.403	.160	.377	2.511	.016

a. Dependent Variable: Perfectionism

Whereas, table-8 shows that  $b_1$  value (i.e. .403) which represents 40.3% chances are there that when spirituality will increase perfectionism will also increase and vice versa. The Value of Beta is = .377 for which t-value ( $t=2.511$ ) is also significant at the level of .01 level of significance which indicates that Spirituality has positive and significant influence on perfectionism among graduate students.

**Table-9: shows Correlations between different dimensions of perfectionism and spirituality among Post Graduate students.**

		Perfectionism	Standards	Order	Discrepancy
Spirituality	Pearson Correlation	.460**	-.319*	-.022	-.215
	Sig. (2-tailed)	.003	.045	.893	.183
	N	40	40	40	40
Sense of purpose	Pearson Correlation	.629**	.260	.253	.169
	Sig. (2-tailed)	.000	.105	.115	.296
	N	40	40	40	40
Maintenance of Discipline	Pearson Correlation	-.173	-.084	-.744**	.475**
	Sig. (2-tailed)	.285	.607	.000	.002
	N	40	40	40	40

\*\* . Correlation is significant at the 0.01 level (2-tailed).  
 \* . Correlation is significant at the 0.05 level (2-tailed).

Table three indicates that spirituality significantly as well as positively correlated with overall perfectionism ( $r=.460$ ,  $p<.01$ ) and its one dimension namely Standards ( $r=.319$ ,  $p<.05$ ) while other two dimensions of perfectionism; Order ( $r= -.22$ ) and discrepancy ( $r=.215$ ) insignificantly correlated with spirituality. On the other hand; one dimension (i.e. sense of purpose) of spirituality insignificantly correlated with perfectionism. Whereas; maintenance of discipline insignificantly correlated with perfectionism itself as well as its one dimension i.e. Standards but significantly correlated with Order and discrepancy.

**Table: 10- show simple Linear Regression analysis, spirituality as a predictor of perfectionism among Post Graduate students.**

<b>Model Summary</b>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.460 <sup>a</sup>	.211	.191	5.161

a. Predictors: (Constant), Spirituality

Summary table-10 provides the value of  $R$  and  $R^2$ . Whereas,  $R$  has a value of .460 and because there is only one predictor, this value represents the simple correlation between spirituality and perfectionism among post graduate students. The value of  $R^2$  is .211, which tells us that spirituality can account for 21.1% of the variation in perfectionism. This means that 78.9% of the variation in perfectionism cannot be explained by spirituality alone. Therefore, there must be other variables that have an influence also on perfectionism of post graduate students.

**Table: 11- show F-value (ANOVA table).**

<b>ANOVA<sup>b</sup></b>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	271.407	1	271.407	10.189	.003 <sup>a</sup>
	Residual	1012.193	38	26.637		
	Total	1283.600	39			
a. Predictors: (Constant), Spirituality						
b. Dependent Variable: Perfectionism						

The ANOVA table-11 shows the various sums of squares and the degrees of freedom associated with each. From these two values, the average sum of squares (the mean squares) has been calculated by dividing the sums of squares by the associated degrees of freedom. The most important part of the table is *F-ratio*, which is calculated using equation, and associated significance value of that *F-ratio*. In this table, *F* is 10.189, which is significant at  $p < .001$ ) this result tells us that there is less than 0.1% chance that spirituality has no influence on perfectionism of post graduate students.

**Table: 12- show the Coefficients details of Self efficacy and Life satisfaction among overall students.**

<b>Coefficients<sup>a</sup></b>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	84.309	8.682		9.711	.000
	Spirituality	.282	.088	.460	3.192	.003
a. Dependent Variable: Perfectionism						

Whereas, table-12 shows that *b<sub>1</sub> value* (i.e. .282) which represents 28.2% chances are there that when spirituality will increase perfectionism will also increase and vice versa. The Value of Beta is = .377 for which t-value (t=3.192) is also significant at the level of .001 level of significance which indicates that Spirituality has positive and significant influence on perfectionism among post graduate students.

**Table-13: shows Correlations between different dimensions of perfectionism and spirituality among Research Scholars.**

		Perfectionism	Standards	Order	Discrepancy
Spirituality	Pearson Correlation	.783**	.146	.029	-.205
	Sig. (2-tailed)	.000	.367	.861	.205
	N	40	40	40	40
Sense of purpose	Pearson Correlation	.144	.033	.616**	.522**
	Sig. (2-tailed)	.375	.838	.000	.001
	N	40	40	40	40
Maintenance of Discipline	Pearson Correlation	.072	.704**	.326*	-.753**
	Sig. (2-tailed)	.658	.000	.040	.000
	N	40	40	40	40
**. Correlation is significant at the 0.01 level (2-tailed).					
*. Correlation is significant at the 0.05 level (2-tailed).					

Table four indicates that spirituality significantly as well as positively correlated with overall perfectionism ( $r=.783$ ,  $p<.001$ ) but insignificantly correlated with its different dimensions; i.e. Standards, Order and discrepancy. On the other hand; one dimension (i.e. sense of purpose) of spirituality insignificantly correlated with perfectionism itself and one dimension of it namely Standards but it is significantly correlated with other two dimensions perfectionism i.e. Order ( $r=.616$ ,  $p<.001$ ) and Discrepancy ( $r=.522$ ,  $p<.001$ ). Whereas; maintenance of discipline insignificantly correlated with overall perfectionism itself but it is significantly correlated with all three dimensions of perfectionism i.e. Standards ( $r=.704$ ,  $p<.001$ ), Order ( $r=.326$ ,  $p<.05$ ) and discrepancy ( $r=-.753$ ,  $p<.001$ ).



**Table: 14- show simple Linear Regression analysis, spirituality as a predictor of perfectionism among Post Graduate students.**

<b>Model Summary</b>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.783 <sup>a</sup>	.613	.603	11.078
a. Predictors: (Constant), Spirituality				

Summary table-14 provides the value of  $R$  and  $R^2$ . Whereas,  $R$  has a value of .783 and because there is only one predictor, this value represents the simple correlation between spirituality and perfectionism among research scholars. The value of  $R^2$  is .613, which tells us that spirituality can account for 61.3% of the variation in perfectionism. This means that 38.7% of the variation in perfectionism cannot be explained by spirituality alone. Therefore, there must be other variables that have an influence also on perfectionism of research scholars.

**Table: 15- show F-value (ANOVA table).**

<b>ANOVA<sup>b</sup></b>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7384.945	1	7384.945	60.181	.000 <sup>a</sup>
	Residual	4663.055	38	122.712		
	Total	12048.000	39			
a. Predictors: (Constant), Spirituality						
b. Dependent Variable: Perfectionism						

The ANOVA table-15 shows the various sums of squares and the degrees of freedom associated with each. From these two values, the average sum of squares (the mean squares) has been calculated by dividing the sums of squares by the associated degrees of freedom. The most important part of the table is  $F$ -ratio, which is calculated using equation, and associated significance value of that  $F$ -ratio. In this table,  $F$  is 60.181, which is significant at  $p < .001$  this result tells us that there is less than 0.1% chance that spirituality has no influence on perfectionism of research scholars.

**Table: 16- show the Coefficients details of Self efficacy and Life satisfaction among overall students.**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-225.897	45.073		-5.012	.000
	Spirituality	3.854	.497	.783	7.758	.000
a. Dependent Variable: Perfectionism						

Whereas, table-16 shows that  $b_1$  value (i.e. 3.854) which represents 38.54% chances are there that when spirituality will increase perfectionism will also increase and vice versa. The Value of Beta is = .783 for which t-value ( $t=7.758$ ) is also significant at the level of .001 level of significance which indicates that Spirituality has positive and significant influence on perfectionism among research scholars.

**Table: 17- show Multiple Comparisons of Spirituality as well as Perfectionism among overall students.**

Multiple Comparisons							
Tukey HSD							
Dependent Variable	(I) Class	(J) Class	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Spirituality	Graduate	Post Graduate	2.300	1.450	.256	-1.14	5.74
		Research Scholar	9.650*	1.450	.000	6.21	13.09
	Post Graduate	Graduate	-2.300	1.450	.256	-5.74	1.14
		Research Scholar	7.350*	1.450	.000	3.91	10.79
	Research Scholar	Graduate	-9.650*	1.450	.000	-13.09	-6.21
		Post Graduate	-7.350*	1.450	.000	-10.79	-3.91
Perfectionism	Graduate	Post Graduate	21.200*	2.487	.000	15.30	27.10
		Research Scholar	9.600*	2.487	.001	3.70	15.50
	Post Graduate	Graduate	-21.200*	2.487	.000	-27.10	-15.30
		Research Scholar	-11.600*	2.487	.000	-17.50	-5.70
	Research Scholar	Graduate	-9.600*	2.487	.001	-15.50	-3.70
		Post Graduate	11.600*	2.487	.000	5.70	17.50
*. The mean difference is significant at the 0.05 level.							

Table-17 represents multiple comparisons of Spirituality as well as Perfectionism among overall students. Finding shows that in terms of Spirituality Graduate students are significantly differ with Research Scholars at the level of .001; while insignificantly differ with the post graduate students. On the other hand in terms of Perfectionism Graduate students are significantly differ with Post graduate students at the level of .001, while with research scholars at the level of .01.

Table-17 represents multiple comparisons of Spirituality as well as Perfectionism among overall students. Finding shows that in terms of Spirituality Post Graduate students are significantly differ with Research Scholars at the level of .001; while there is insignificant difference was found with the graduate students. On the other hand in terms of Perfectionism Post Graduate students are significantly differ with graduate students as well as with the research scholars at the level of .001.

Table-17 represents multiple comparisons of Spirituality as well as Perfectionism among overall students. Finding shows that in terms of Spirituality Research Scholars are significantly differing with Graduate as well as with the Post Graduate students at the level of .001; On the other hand in terms of Perfectionism Research Scholars are also significantly differ with graduate as well as with the Post Graduate students at the level of .001.

### **Discussion:-**

As per the first objective is concerned 'To study the relationship between different dimensions of perfectionism and spirituality among under graduate, post graduate and research scholar' finding shows that excepting *Discrepancy* dimension of perfectionism, overall perfectionism itself including its remaining two dimensions i.e. *Standards and Order* significantly and positively correlated with spirituality among all students. This finding is also replicated by a fascinating study from the University of Michigan; it has recently revealed a correlation between perfectionism and spirituality. Chang et al (2015) examined the relationships between perfectionism and spirituality in a sample of college students. They also found that students who exhibited perfectionist behaviors, such as maintaining excessively high personal standards and organizational skills, also scored highly on a spirituality scale. So that the first hypothesis 'There will be no relationship between spirituality and perfectionism among under graduate, post graduate and research scholars' has been rejected.

The second objective of this study was '*To study the role of spirituality on perfectionism among under graduate, post graduate and research scholars*', it was found that spirituality as a predictor variable significantly contribute to perfectionism among overall students and its degree of contribution was noticed 10%. If you will notice, then you will found that it is a major contribution by a single variable for the perfectionism among over all students. Researcher was also found that there are 58% chances that spirituality will significantly influence perfectionism. This probability was found statistically significant at .001 levels. It means that there are less than 0.01% chance that spirituality will not influence perfectionism. Brett and Bill (2012) indicates that exceptionally talented people who excel in their field sometimes show signs of perfectionism. High-achieving athletes, scientists, and artists often show signs of perfectionism. For example, some contend that Michelangelo's perfectionism may have motivated him to painstakingly complete his masterpieces including the statue *David* and the Sistine Chapel. Scientists that intently pursue their interests in the laboratory are often considered perfectionists. This obsession with an end result may motivate them to work diligently and maintain an impressive work ethic. Famous figures have publicly admitted that they have perfectionist tendencies. Martha Stewart once described herself to Oprah Winfrey as a "maniacal perfectionist." As we know that Spirituality may refer to almost any kind of meaningful activity, personal growth, or blissful experience. Traditionally, spirituality refers to a process of re-formation of the personality but there is no precise definition of spirituality or an encounter with one's own "inner dimension" (Online Etymology Dictionary, 2014). So, we can say that the contribution of spirituality to perfectionism will bring meaningful outcome by the end. So that second hypothesis '*There will be no influence of spirituality on perfectionism among under graduate, post graduate and research scholars*' also has been rejected.

Researcher was also studied correlations between spirituality and perfectionism among all the three separate groups i.e. Graduate, Post Graduate and Research Scholars. Whereas, graduate students are concerned, the researcher was found that this group has significant and positive correlation between spirituality and perfectionism. Only one dimension of perfectionism is negatively correlated with spirituality but it is negligible while the predictor variable has its 14% contribution to criterion variable that is statistically significant at 0.01 levels. It was also noticed that there are 40% chances that spirituality will influence perfectionism in the same direction among graduate students.

Whereas, Post graduate students are concerned, the researcher was found that this group has significant and positive correlation between spirituality and perfectionism. Only one dimension of perfectionism i.e. *Standards* is significantly and negatively correlated with spirituality while the predictor variable has its 21% contribution to criterion variable that is statistically significant at 0.01 levels. It was also noticed that there are 28% chances that spirituality will influence perfectionism in the same direction among post graduate students.

The research scholar's group also has significant and positive correlation between spirituality and perfectionism. Only one dimension of perfectionism i.e. *Discrepancy* is negatively correlated with spirituality but it is negligible while Spirituality has its 61.3% contribution to perfectionism that is statistically significant at 0.001 levels. It was also noticed that there are around 39% chances that spirituality will influence perfectionism in the same direction among research scholars.

The third objective of this study was '*To study the differences of spirituality as well as perfectionism among under graduate, post graduate and research scholars*' researcher found that the multiple comparisons shows that Graduate and Post Graduate students are significantly differ in terms of perfectionism while they are not differ on spirituality. On the other hand research scholars are significantly differ from both groups i.e. Graduate as well as post Graduate students in terms of spirituality and perfectionism. So, finally third hypothesis '*There will be no difference of spirituality as well as perfectionism among under graduate, post graduate and research scholars*' also has been rejected.

### **Conclusion:-**

Consequently, it was found that spirituality has its significant and positive correlation as well as influence on perfectionism. It means that spirituality and perfectionism are strongly related to each other and one's hike may affect another and vice versa. If we notice then we will found that the level of spirituality and perfectionism are differing in all the three groups i.e. Graduate, Post Graduate and Research Scholars. It was also noticed that as age increases, with the passage of time spirituality as well as perfectionism also increases. As we know that spirituality is any kind of meaningful activity, personal growth, or blissful experience; and according to finding of this research, spirituality and perfectionism are significantly as well as positively correlated with each other. So, we can say that

the person carrying meaningful activity etc. also expected to be perfectionist. There is general consensus that the perfectionism may lead an individual towards being a great scientist, artists and so. Spirituality is one of the most important sources of strength and direction in people's lives.

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