The Relationship between Perfectionism and Perceived Stress among Undergraduates: The Role of Mindset

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ABSTRACT

Everywhere in the world, there is growing stress among undergraduates, Malaysia is of no exception. The high level of perceived stress will badly affect every aspect of students’ life. Previous studies have well-established the relationship between perfectionism and stress. Perfectionism is associated with mindset, meanwhile, mindset may also be capable of changing in response to stress, which indicates a potential mediating role of mindset. Therefore, this study examined the relationship between the multidimensional perspective of perfectionism, perceived stress, and mindset; mediation role of mindset between perfectionism and perceived stress among the undergraduates from two public universities in Klang Valley, Malaysia. A total of 410 participants were involved in the current study. Data were analysed through SPSS. Spearman correlation analysis indicates maladaptive perfectionism is significantly related to lower growth mindset and perceived stress, while adaptive perfectionism is related to higher growth mindset, and not significantly associated with perceived stress. Also, mediation analysis was done through Bootstrap in SPSS. It was inferred that the suppressing effect was found between adaptive perfectionism and perceived stress through growth mindset, which can be seen as mediation effect in a broad sense. Thus, it can be concluded that maladaptive perfectionists will suffer more stress and possess lower growth mindset, while adaptive perfectionists have more growth mindset and lower perceived stress.

Keywords: Correlation; Educational Psychology; Malaysia; Mediation; Suppressing effect