

Perfectionism and Test Performance Anxiety in University Students

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DECLARATION

I, Ms. Sabrina Asim ID: 13003146033, student of **MS** in the subject of **Clinical Psychology** in the **session (2013-2015)**, hereby declare that the matter printed in the research titled “Perfectionism and Test Performance Anxiety in University Students” is entirely my own work that has not been printed or published as any research, thesis or publication in any form, in any institution in Pakistan or abroad.

Dated _____

Certificate of Approval

Accepted by the Faculty of the Institute of Clinical Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS Clinical Psychology.

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DEDICATION

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Abstract

The study intended to explore the relationship between Perfectionism and Test Performance Anxiety in university students. The study was divided in 4 phases. The first phase included exploring the phenomenology of Test anxiety on 40 participants, and carrying out an empirical validation for the cultural relevance of the scale in the second phase. The third phase included conducting a pilot study on 30 participants for identifying the comprehensibility of the scales, while the fourth phase involved establishing the psychometric properties of the scale and carrying out the main study. The main study was carried out on 300 participants (48% males & 52% females) using stratified random sampling between the age of 18-24 years. The participants were given a demographic performa, the indigenous Test Anxiety Scale as well as the Multidimensional Perfectionism Scale (Hewitt & Flett, 1990) and the results were analysed through various descriptive and inferential analyses. The correlational analysis revealed a significant positive relationship between Perfectionism and the Test Performance Anxiety of students.

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Appendix F

Perfectionism Inventory (Pilot Study)

Please indicate to what extent do the following statements reflect Perfectionist Behavior in our Culture.

1 2 3 4 5

**Strongly Disagree Disagree Somewhat Neither Agree Agree Somewhat Strongly Agree
Nor Disagree**

1. My work needs to be perfect, in order for me to be satisfied. _____
2. I am over-sensitive to the comments of others. _____
3. I usually let people know when their work isn't up to my standards. _____
4. I am well-organized. _____
5. I think through my options carefully before making a decision. _____
6. If I make mistakes, people might think less of me. _____
7. I've always felt pressure from my parent(s) to be the best. _____
8. If I do something less than perfectly, I have a hard time getting over it. _____
9. All my energy is put into achieving a flawless result. _____
10. I compare my work to others and often feel inadequate. _____
11. I get upset when other people don't maintain the same standards I do. _____
12. I think things should be put away in their place. _____
13. I find myself planning many of my decisions. _____
14. I am particularly embarrassed by failure. _____
15. My parents hold me to high standards. _____
16. I spend a lot of time worrying about things I've done, or things I need to do. _____

17. I can't stand to do something halfway. ____
18. I am sensitive to how others respond to my work. ____
19. I'm not very patient with people's excuses for poor work. ____
20. I would characterize myself as an orderly person. ____
21. Most of my decisions are made after I have had time to think about them. ____
22. I over-react to making mistakes. ____
23. My parent(s) are difficult to please. ____
24. If I make a mistake, my whole day is ruined. ____
25. I have to be the best in every assignment I do. ____
26. I'm concerned with whether or not other people approve of my actions. ____
27. I'm often critical of others. ____
28. I like to always be organized and disciplined. ____
29. I usually need to think things through before I know what I want. ____
30. If someone points out a mistake I've made, I feel like I've lost that person's respect in some way. ____
31. My parent(s) have high expectations for achievement. ____
32. If I say or do something dumb I tend to think about it for the rest of the day. ____
33. I drive myself rigorously to achieve high standards. ____
34. I often don't say anything, because I'm scared I might say the wrong thing. ____
35. I am frequently aggravated by the lazy or sloppy work of others. ____
36. I clean my home often. ____
37. I need time to think up a plan before I take action. ____
38. If I mess up on one thing, people might start questioning everything I do. ____

39. Growing up, I felt a lot of pressure to do everything right. ____
40. When I make an error, I generally can't stop thinking about it. ____
41. I must achieve excellence in everything I do. ____
42. I am self-conscious about what others think of me. ____
43. I have little tolerance for other people's careless mistakes. ____
44. I make sure to put things away as soon as I'm done using them. ____
45. I tend to deliberate before making up my mind. ____
46. To me, a mistake equals failure. ____
47. My parent(s) put a lot of pressure on me to succeed. ____
48. I often obsess over some of the things I have done. ____
49. I am often concerned that people will take what I say the wrong way. ____
50. I often get frustrated over other people's mistakes. ____
51. My closet is neat and organized. ____
52. I usually don't make decisions on the spot. ____
53. Making mistakes is a sign of stupidity. ____
54. I always felt that my parent(s) wanted me to be perfect. ____
55. After I turn a project in, I can't stop thinking of how it could have been better ____
56. My workspace is generally organized. ____
57. If I make a serious mistake, I feel like I'm less of a person. ____
58. My parent(s) have expected nothing but my best. ____
59. I spend a great deal of time worrying about other people's opinion of me. ____

Appendix G
Perfectionism Inventory

Please use the following options to rate how much you generally agree with each statement.

- | | | | | | |
|----|--|-------------------|----------------------|-------------------------------|-----------|
| 1. | My work needs to be perfect, in order for me to be satisfied | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 2. | I am over-sensitive to the comments of others. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 3. | I usually let people know when their work isn't up to my standards. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 4. | I am well-organized. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 5. | I think through my options carefully before making a decision. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 6. | My parent(s) have high expectations for achievement. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 7. | I like to always be organized and disciplined. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 8. | If I do something less than perfectly, I have a hard time getting over it. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |
| 9. | All my energy is put into achieving a flawless result. | Strongly Disagree | Disagree
Somewhat | Neither Agree Nor
Disagree | Agree Som |

Appendix E
Westside Test Anxiety Scale

Please read the following statements carefully and indicate how much each statement applies to you, by ticking one of the possible options. Please answer all the items.

		Always True	Usually True	Moderately True	Slightly True
1.	The closer I am to a major exam, the harder it is for me to concentrate on the material.				
2.	When I study, I worry that I will not remember the material on the exam.	Always True	Usually True	Moderately True	Slightly True
3.	During important exams, I think that I am doing awful or that I may fail.	Always True	Usually True	Moderately True	Slightly True
4.	I lose focus on important exams, and I cannot remember material that I knew before the exam.	Always True	Usually True	Moderately True	Slightly True
5.	I finally remember the answer to exam questions after the exam is already over.	Always True	Usually True	Moderately True	Slightly True
6.	I worry so much before a major exam that I am too worn out to do my best on the exam.	Always True	Usually True	Moderately True	Slightly True
7.	I feel out of sorts or not really myself when I take important exams.	Always True	Usually True	Moderately True	Slightly True
8.	I find that my mind sometimes wanders when I am	Always True	Usually True	Moderately True	Slightly True

	taking important exams.				
9.	After an exam, I worry about whether I did well enough.	Always True	Usually True	Moderately True	Slightly
10.	I struggle with writing assignments, or avoid them as long as I can. I feel that whatever I do will not be good enough.	Always True	Usually True	Moderately True	Slightly