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**THE RELATIONSHIP BETWEEN PERFECTIONISM AND HARDINESS ENTRANCE
EXAMINATION VOLUNTEERS WITH STRESS**

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ABSTRACT

In this research, "The relationship between perfectionism and hardiness candidates with the exam stress" has been studied and developed so the question is whether we can under perfectionism and hardiness , stress volunteers in the exams to enter university predicted ? Research, is descriptive of the field – seeking. All of the study volunteers that make up the 1393 entrance examination at a university in Tehran attended grade school; in this study, 120 patients - for example, using a multi-stage random sampling method, were selected. Also, the three tools as perfectionism questionnaire of Hill, McCrae and Kobasa hardiness questionnaire Rezakhani stress questionnaire was used with good validity and reliability . Finally, univariate and multivariate regression model to test the research questions were studied and the findings of the study showed that the correlation between total score of "perfectionism" and "stress" was not observed, while a negative relationship between the "hardiness "with" stress "was observed. It means that with the increase of "hardiness", "stress" is reduced by reducing the "stress" increases. Also, the components of perfectionism, components' high standards for others "and the hardiness components, component" commitment "a significant positive correlation with the" stress "showed that by increasing the" high standards for others "and" commitment "," Stress "They increase and decrease," stress "reduces.

Keywords: Perfectionism, Hardiness, Stress

INTRODUCTION

To be able to understand the concept of stress management, you must first be a significant stress. Stress is a negative emotional experience changes in body, mind, and ultimately with the person's behavior. It's important to stress that the outcome of the special occasion. For example, suppose that you walk in a deserted alley [1]. Different factors, the influence of stress is determined. Personal characteristics and assessment process is an important factor in this regard. Perhaps in this way the character of the person who helps manage stress, noted. People who do not lose their sense of control, greater optimism in dealing with their problems, in the face of adversity can have a sense of humor in dealing with stress more consistent and follow a specific purpose or meaning in Management stress is more successful [2].

Perfectionism of traits that generally lauded, but it should be noted that other means could be that perfectionism is the fact that we have gained things, is never satisfied. In fact, since nothing can all be considered sufficient, perfectionism can be obtained more or less incomplete and therefore there is a feeling of satisfaction. As a result, perfectionism can cause serious stress factors [3]. Hardiness, the

tendency is that personality is important in relation to stress and consists of a set of characteristics did not allow the reactions of people to potentially stressful events, conditions or prevent the. The personality traits of three control features are tied together, commitment and militancy (challenge) is formed which can act as a shield against the effects of stress and the destructive effects of stress on physical and mental health of individuals prevent [4]. On the other hand, perfectionism exam candidates will be on the path to achieving our vision exam to see, perfection seeking positive and negative sides. Janet (1898) perfectionism knew someone with solid ideas and, therefore, hard and inflexible ideas were one of the first features that was introduced about perfectionism. In other words, perfection - oriented person as a stable tendency to impose unattainable standards and efforts to realize their full self- critical evaluation of individual performance is defined. The results of studies show that people with high levels of perfectionism perfectionist parents have been. The parent - child relationship, especially when they are of the same sex (mother and daughter) seems stronger [5].

Research suggests that between perfectionism and academic achievement among students there. Although both perfectionism (healthy and unhealthy) for academic achievement try, but unhealthy perfectionism and negative effect on academic achievement and perfectionism have a positive effect on the academic achievement of students is healthy and positive. Abnormal and unhealthy perfectionism motivated by fear of failure, which in turn, have a negative effect on their progress [5].

METHODOLOGY

In research planning as the most appropriate survey method was used and the use of the correlation confirm the claim. Therefore, the method according to the purpose of this study was to describe the kind of solidarity and practical. The current research on all candidates for the entrance examination in 2014 up to pre-university school class in Tehran (with the Ministry of Education) are trained and given access to all members of society can and be counted all members of society, hence , population fall within local communities. 120 subjects were selected by multistage random sampling method.

Assess the dimensions of perfectionism

Hill: The questionnaire contains 59 questions and eight different dimensions of

perfectionism is measured. The manner of questions in Likert 5 to 8 option on mistakes, high standards for others, requires discipline and organization, perceived pressure from parents, purpose, champ trying to make excellent measurements a [6].

McCrae and Kobasa hardiness

questionnaire : a person has 50 scales views of the participants in the matter, based on the extent to which this Article applies to him, his response in a four -point scale from zero (not true at all) to three (completely true) specifies . The test has three main components of challenge, commitment and control that each respectively 17, 16 and 17 had the matter. 39 scores of the test is considered as backward[7].

Inventory of stress: Stress Assessment Questionnaire self- understanding from the book is a valid questionnaire and again its reliability and validity have been studied in Iran and outside of Iran studies indicate that the test is valid and acceptable reliability[7].

RESULTS

Secondary hypothesis 1: Volunteers exam stress on the components of perfectionism is predictable.

According to the regression coefficients obtained, it is concluded that the positive relationship between “high standards for

others” and "stress”, observed. It means that with the increase of “high standards for others ”,” stress" increases and decreases, the "stress" also decreases.

Secondary hypothesis 2: the amount of stress on the components hardiness exam candidates predictable.

Table 1: Multivariate regression to predict the "stress" of the components of “perfectionism”

Criterion variables	Variables Predictive	Beta	t	Sig.
Stress	High standards for others	.32	2.28	0.027

Table 2: Multivariate regression to predict the "stress" of the components of “hardiness”

Criterion variables	Variables Predictive	Beta	t	Sig.
Stress	Hardiness commitment	.34	2.55	0.014

According to the regression coefficients obtained here is a positive correlation between “Hardiness” and "stress”, observed. By increasing the “Hardiness ”,” stress" increases and decreases, the "stress" also decreases.

CONCLUSION

Given the importance of stress and its relationship with other variables, such as perfectionism and hard surface, in this study based on the relationship between these variables, we have tried to research question addressed in this study. Thus, unilabiate and multivariate regression model to examine the relationship between perfectionism and hardiness candidates with exam stress that research findings are discussed with respect to

the research questions, the result is as follows:To test this hypothesis, a statistical model was used unilabiate regression results showed that the relationship between “perfectionism “and "stress" level $5. = \alpha$ there. In other words, the anticipated "stress" through “perfectionism " does not exist. Also, a negative relationship between "hard surface “with "stress”, observed; it means that with the increase of “hardiness ”,” stress" is reduced by reducing the "stress" increases.

Hypothesis 1: The stress of exam candidates based on predictable components of perfectionism. To test the hypothesis, the multivariate regression model was used. The results showed that a positive relationship between “high standards for others” and

"stress", observed. It means that with the increase of "high standards for others ", "stress" increases and decreases, the "stress" also decreases.

Hypothesis 2: The stress on the components hardiness exam candidates cannot predict. To test the hypothesis, the multivariate regression models were used. Results showed a significant positive correlation between "commitment" and "stress", observed. It means that with the increase of "commitment", "stress" increases and decreases, the "stress" also decreases.

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