

Perfectionism and its Impact on Body Image in Emerging Adults

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Abstract : This study explores the complex relationship between perfectionism and body image among young adults, focusing on self-oriented, socially prescribed, and other-oriented dimensions of perfectionism. Using the Multidimensional Perfectionism Scale (MPS) and the Body Image Scale (BIS), data from 200 participants revealed moderate levels of perfectionism and body image concerns, with both scales showing significant deviations from normality. Gender comparisons indicated no significant difference in body image perceptions, suggesting comparable societal pressures across genders, but a significant difference in perfectionism scores, with women showing higher socially influenced perfectionism tendencies. Correlation analysis found no significant associations between self-oriented or socially prescribed perfectionism and body image perceptions; however, a weak yet significant negative correlation emerged between other-oriented perfectionism and body dissatisfaction, indicating that heightened expectations of others may relate to greater body image concerns. These findings emphasize the multidimensional nature of perfectionism and its nuanced relationship with body image, highlighting the need for gender-sensitive interventions and further exploration of mediating factors like self-esteem and coping strategies in future research.

Keywords : perfectionism, body image, self-oriented, socially prescribed, other-oriented

Conference Title : ICPP 2025 : International Conference on Psychiatry and Psychology

Conference Location : Bengaluru, India

Conference Dates : January 30-31, 2025