

## The Relationship between General Self-Efficacy, Perfectionism and Trait Anxiety: A Study among Gifted Students

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**Abstract :** The aim of this study is to investigate the relationship between general self-efficacy, perfectionism, and gifted students' trait anxiety. One hundred fifty three students, who were all selected and enrolled at the Center for Talented Youth (CTY) - Greece summer program, participated in the study. The sample consisted of 78 males (51%) and 75 females (49%), with a mean age of 14.96 years (SD = 1.16 years). Three self-report questionnaires were used for the purposes of the current study, the Frost Multidimensional Perfectionism scale, the State-Trait anxiety inventory and the General Self-Efficacy scale. The results revealed a significant correlation between trait anxiety, general self-efficacy and the four sub-scales of perfectionism (concern over mistakes and doubts about actions, excessive concern with parents' expectations and evaluation, excessively high personal standards and concern with precision, order, and organization). It was also found that the female CTY students experience greater levels of trait anxiety compared to the male CTYers. Moreover, a multiple regression analysis was conducted in order to determine the possible predictors of gifted students' trait anxiety. The analysis showed that general self-efficacy and the concern over mistakes and doubts about actions significantly predicted the trait anxiety of the gifted children that we examined. Avenues of further research and implications for the development of interventions to help gifted students promote their general self-efficacy, reduce their concern over their actions and develop strategies in order to cope with their anxiety are discussed.

**Keywords :** general self-efficacy, gifted students, perfectionism, trait anxiety

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