Imperfect Perfectionism: Associations Between Perfectionist Types and Romantic Beliefs in Single Individuals

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INTRODUCTION

- A large amount of research has examined how implicit romantic beliefs (IRB’s) and perfectionism (P) may influence an individuals thoughts, feeling, and behaviors towards romantic relationships. However, the extent to which these entities may be associated with one another is unknown.

- Robert Knee describes an individuals implicit romantic beliefs as two separate theories, destiny and perfectionism. In addition, these IRB’s may have different relationships with each other, or society’s standards, and many other forms.

- Hypothesis: While there are many types of perfectionism, levels of IRB’s (destiny and growth) may be associated with certain types of perfectionism. In addition, these IRB’s may have differences in many other variables, such as measures related to romantic beliefs.

- The present study observed the correlations between the IRB theories and eight perfectionism types, in addition to variables that may be associated IRB’s and perfectionism types.

MEASURES

- Implicit Romantic Beliefs (Knee, 2003)
  - Growth
  - Destiny
- Romantic Beliefs
  - 18 SUBSCALES
    - Finance, Trust, Communication, Family, Respect, Support, Equity, Compromise, Important Others, Friendship, Coping
- Multidimensional Perfectionism Scale (Hewitt & Flett)
  - Self Oriented P
  - Other Oriented P
  - Socially Prescribed P
  - Almost Perfect Scale Revised

RESULTS

- Correlations Towards DESTINY Theory (vs. Destiny Theory):
  - Correlations were found to be more POSITIVELY correlated with: Socially Prescribed P, Discrepancy (Maladaptive P), P of Self Presentation, Benevolent Sexism, Finance, Children, Important Others, Reading a Romance Book, & Watching a Romance Theme Movie.
  - Correlations were found to be more NEGATIVELY correlated with: Self Efficacy.

- Correlations Towards GROWTH Theory (vs. Destiny Theory):
  - Correlations were found to be more POSITIVELY correlated with: Self Oriented P, Standards and Order (Adaptive P), Self Efficacy, Need for Power, Desirability for Control, Life Satisfaction, Self-Esteem, Extraversion, Conscientiousness, Communication, Trust, Independence, Equity, Compromise, Friendship, Respect, Time Spent on Social Media, & Time Spent Alone.
  - Correlations were found to be more NEGATIVELY correlated with: Fear of Intimacy, & State Loneliness.

- Correlations Towards PERFECTIONISM Type:
  - Other Oriented P: (+) Self-Efficacy, Sexism, Power, Comm., Trust. (+) Fear of Intimacy.
  - Relationship P: (+) Sexism, Control, Loneliness, Comm., Trust Finance. (-) Self-Efficacy, Self-Esteem.

TABLES: Statistically Significant Correlations

**Correlation is significant at the 0.01 level (2-tailed). **Correlation is significant at the 0.05 level (2-tailed).

**TABLE ONE: Significant Correlations Between IRB’s and Other Variables**

** TABLE TWO: Significant Correlations Between P Types and Other Variables**

** Significant Positive Correlations on a .05 Level ** Significant Positive Correlations on a .01 Level ** Significant Negative Correlations on a .05 Level

CONCLUSIONS & FUTURE IMPLICATIONS

- These correlations seem to indicate that Destiny and Growth theorists have significantly different association with perfectionism type and many relationship beliefs.

- Destiny theorists were associated with maladaptive perfectionism as well as socially prescribed P, benevolent sexism, and many traditional relationship belief values.

- Growth theorists were associated with adaptive perfectionism as well as self oriented P, self-esteem, conscientiousness, desirability for control and need for power.

- When observed separately, P types that correlated to growth and destiny theory also correlated with romantic beliefs at levels similar to IRB correlations.

Future Research:

- A following study will be conducted in an attempt to determine the direction of these correlations.

- In addition, because destiny theorists had higher levels of romantic movie and book exposure, it would be of great interest to determine how this may reinforce a single individuals orientation towards growth theory.

  - The study following this experiment is to evaluate if media exposure acts as a reinforce for IRB’s.

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