

A Correlational Analysis of Mindset and Dimensional Perfectionism

by Callie J. Hale

Research has indicated that people's beliefs about how their abilities change and their level of perfectionism is critical to how they navigate the complexities of their environments and social lives. Dweck (2006) describes some people as having a growth mindset, where they view their traits and qualities as elements that can be cultivated and expanded upon over time. Dweck also describes some people as having a fixed mindset, where they view traits and qualities as fixed and predetermined. With goal attainment, mindset is important in deciding whether an individual feels compelled to meet or excel beyond a particular goal (Song, Lee, and Kim, 2019). Perfectionism has been found to be a trait that can either have positive or negative effects (Smith, Saklofske, Stoeber, and Sherry, 2016). Positive manifestations of perfectionism can increase one's ability for goal attainment and success, whereas negative manifestations can be debilitating, preventing effective behavior. Existing literature has investigated the correlation between mindset and type of perfectionism in children when it comes to educational attainment. These studies indicate high correlations between fixed mindset and maladaptive perfectionism, and growth mindset and adaptive perfectionism (Mofield and Peters, 2019). Seldom research has investigated this link within the adult population outside of the educational goal attainment niche, thus this research aims to investigate that gap. It was hypothesized that there would be a correlation between fixed mindset and maladaptive dimensions of perfectionism, and a correlation between growth mindset and adaptive dimensions of perfectionism within the adult population. This body of work will contribute to the existing literature on mindset and dimensional perfectionism and will help to satisfy the current gaps in research.