

Psychological Resilience in Adolescents: The Effect of Perfectionism

Yagmur Çerkez

*Near East University, Ataturk Faculty of Education,
Department of Psychological Counseling and Guidance, Turkey
Telephone: +90 392 6802000 –5110, E-mail: yagmur.cerkez@neu.edu.tr*

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ABSTRACT The aim of this study is to examine the level of psychological resilience through different variables and the relation between psychological resilience and perfectionism in adolescents. Two hundred and ninety five (295) students from secondary education and freshmen students from universities in Cyprus participated in this study. The data was collected through “Personal Information Forms” (PIF) to specify students’ demographic structure, “Psychological Resilience Scale” (PRS) to specify the level of resilience, and “Perfectionism Scale for Child and Adult” (PSCA) to specify their level of perfectionism. The findings were obtained through a t-test, ANOVA, and multiple regression analysis. When students’ outdoor activities are considered, the ones spending more time doing sports, have a higher level of psychological resilience compared to the ones who spend time on the internet or social media. It was also found that there is a significant relation between psychological resilience and self-perfectionism and perfectionism created by social sources. In addition, the sub-dimensions of both perfectionisms have a significant effect on psychological resilience.