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MEASURING THE LEVELS OF PERFECTIONISM AMONG MUSLIM GIFTED AND TALENTED STUDENTS

Mengukur Tahap Keinginsempurnaan Dalam Kalangan Murid Pintar Dan Berkabak Muslim

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Abstract

In Psychology, perfectionism is a broad personality trait characterized by a person's concern with striving for flawlessness and try to be the best in every field the venture into. The main purpose of this study is to identify the levels of perfectionism among gifted and talented Muslim students at PERMATA Insan College (KPI). This study is important to avoid the negative effect of perfectionism among students because some studies conducted with gifted students have revealed that perfectionism breeds harsh self-criticism, self-doubt, and a fear of failure, all of which are associated with an increased propensity for suicidal thoughts and actions. The level of perfectionism are determined with the assistance of Frost Multidimensional Perfectionism Scale by Frost (1990). There are low, medium and high-level perfectionists. Previous studies have proven several factors that influence the levels of perfectionism such as surroundings and other people's expectations. The scale consists of 35 questions which contain six constructs. 83 students has taken part in this study. This quantitative study shows that majority of PERMATA Insan College's students perfectionism level is at medium-level. Some suggestions were made to get a better understanding and help students with perfectionism and at the same time increase their level of thinking styles in the quest of producing future gifted and talented Islamic scholar.

Keywords: Perfectionism, Gifted and Talented, Muslim Student.

Abstrak

Dalam Psikologi, keinginsempurnaan ialah sifat keperibadian yang luas yang dicirikan oleh keprihatinan seseorang dengan berusaha untuk tidak cacat dan cuba menjadi yang terbaik dalam setiap bidang yang diceburi. Tujuan utama kajian ini adalah untuk mengenal pasti tahap kesempurnaan dalam kalangan murid pintar dan berbakat muslim di Kolej PERMATA Insan (KPI). Kajian ini penting untuk mengelakkan kesan negatif keinginsempurnaan dalam kalangan murid kerana beberapa kajian yang dijalankan terhadap murid berbakat telah mendedahkan bahawa keinginsempurnaan melahirkan kritikan diri yang kuat, keraguan diri, dan ketakutan terhadap kegagalan, yang semuanya dikaitkan dengan peningkatan kecenderungan untuk pemikiran dan tindakan membunuh diri. Tahap kesempurnaan ditentukan dengan bantuan Frost Multidimensional Perfectionism Scale daripada Frost (1990). Terdapat tahap kesempurnaan seseorang iaitu rendah, sederhana dan tinggi. Kajian terdahulu telah membuktikan beberapa faktor yang mempengaruhi tahap kesempurnaan seperti persekitaran dan jangkakan orang lain. Skala ini mengandungi 35 soalan yang mengandungi enam konstruk. Seramai 83 orang murid telah mengambil bahagian dalam kajian ini. Kajian kuantitatif ini menunjukkan majoriti murid Kolej PERMATA Insan tahap kesempurnaan berada pada tahap sederhana. Beberapa cadangan telah dikemukakan untuk mendapatkan pemahaman yang lebih baik dan membantu murid yang mempunyai sifat kesempurnaan dan pada masa yang sama meningkatkan tahap gaya berfikir mereka dalam usaha melahirkan sarjana Islam yang berbakat dan berbakat pada masa hadapan.

Kata kunci: Keinginsempurnaan, Pintar dan Berbakat, Murid Muslim.

INTRODUCTION

PERMATA Insan College, located on the campus of Universiti Sains Islam Malaysia (USIM), provides gifted and talented Muslim students with a secondary education. The institution offers a continuing education curriculum that challenges students with difficult coursework in order to meet the high calibre of the student's thinking. With the help of this programme, children may pursue learning that has been expedited, sustained, and enhanced in a way that is appropriate for gifted and talented students.

According to Amnah et al. (2017), students who are gifted and talented are regarded as gifted people with strong intellectual capacity and problem-solving skills. According to Gagne (2009), gifted students are those with innate potential or abilities that may be enhanced by external circumstances and other elements to become talents. Abu et al. (2010) stated that it is important to recognise the potential for greatness that these gifted and talented students may provide. Talented and gifted students are a valuable resource that should be developed and taught so that they may elevate Malaysia's standing internationally. Developing these students to become future

Islamic scholars is the goal of this college. These gifted and talented students have several requirements that must be acknowledged, and perfectionism is one of those requirements. Perfectionist students set high goals for themselves in life, and if they don't meet them, they'll give up quickly, put the blame on themselves, and hide from their peers.

Silverman (2007) stated that perfectionism is an energy that, depending on one's knowledge, may be employed either productively or badly. If the objective is not met, it may lead to underachievement syndrome. It is crucial to provide this student with emotional and psychological care in order to keep this gifted and intelligent student from dropping out. According to Nadia et al. (2023), it shows that adaptive perfectionism tends to relate in fear of negative evaluation more than adaptive perfectionist. Maladaptive also tends to relate in fear of negative evaluation more than adaptive perfectionist. Singh (2023) stated that the basis of perfectionism is a deeply held conviction that their self-worth exclusively depends on their accomplishments. This is made worse by the fact that perfection is what standard perfectionists aim for. As a result, one never feels satisfied.

Rozental (2020) stated that perfectionism can result in negative consequences for those who set unattainable goals and repeatedly strive to achieve high standards. Relying on inflexible behaviours and building one's self-worth around success can become problematic and affect performance, interpersonal relationships, and cause mental distress. According to Fang et al. (2022), Perfectionism is a personality trait that strives for high standards of performance and is accompanied by a tendency to critically evaluate oneself, which is closely related to individual mental health and has a profound impact on individuals' work, study and life. Perfectionism is a multidimensional personality disposition characterized by striving for flawlessness and setting exceedingly high standards of performance accompanied by overly critical evaluations of one's behaviour. Perfectionism is a complex characteristic. It comes in different forms and has various aspects by Stoeber (2017).

According to Frost Multidimensional Perfectionism Scale (FMPS), setting excessively high standards is the most prominent feature of perfectionism, accompanied by tendencies for overly critical evaluations of one's own behaviour, expressed in concern for mistakes and uncertainty regarding actions and beliefs. Perfectionistic beliefs are an important underlying cause of a range of psychopathologies. A perfectionist is someone who has a personality that strives for flawlessness. This is often accomplished through fixating on imperfections, trying to control situations, working hard, or being critical of the self or others.

METHODOLOGY

A) Questionnaire Based on Quantitative Study

This study is conducted by a questionnaire using Frost Multidimensional Perfectionism Scale (FMPS), consisting of 35 questions. The questions were divided

into six subthemes which are parental expectations, organization, worry about making mistakes, individual standard, parental criticism and hesitant to take action and order. All students are scaled using Likert scale. Students are needed to answer whether they strongly agree, agree, neutral, disagree, or strongly disagree. A Likert scale is a unidimensional scale that researchers use to collect respondents' attitudes and opinions. This is to understand the views and perspectives towards this topic.

B) Distribution of Questionnaire

This questionnaire has been distributed and answered by 83 students of PERMATA Insan College, Universiti Sains Islam Malaysia, 33 male and 50 female students. All students answered the survey within 45 minutes to one hour.

C) Interpreting Data

The results of this questionnaires then are interpreted using Statistical Package for the Social Sciences (SPSS). TechTarget Contributor (2018) stated that SPSS is a software package used for the analysis of statistical data specifically for psychological study. SPSS also provides data analysis for descriptive and bivariate statistics, numeral outcome predictions and predictions for identifying groups. These data are also interpreted in a pie chart form based on the survey. The pie chart shows the result in percentage from the Likert scale.

RESULTS AND DISCUSSION

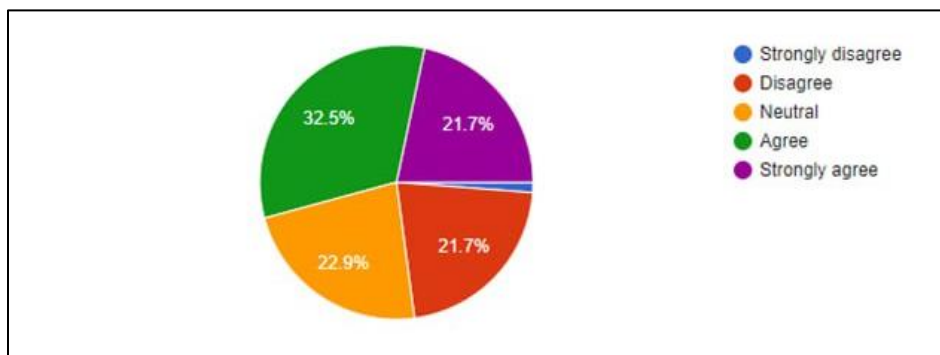
The Frost Multidimensional Perfectionism Scale, developed by Frost (1990), is a questionnaire instrument used in the research studies. The scale divides the values of student's perfectionism levels into three categories, high-level perfectionism (129–175), medium-level perfectionism (82–128), and low-level perfectionism (35–81). The study's results stated in the Table 1 indicate that gifted and talented student's mean score for perfectionism is 122.11. This shows that PERMATA Insan's College's students is at medium-level perfectionism (82-128) and indicated that the perfectionism level is still in the control range.

Table 1. PERMATA Insan's College's Students Results of Perfectionism

N	Valid	83
Missing		0
Mean		122.11
Std. Deviation		17.654
Sum		10135

As stated in the introduction, the study uses the six subthemes from the FMPS. Figure 1 to Figure 6 shows the percentage of Likert scale for one question for each subtheme.

Figure 1: Parental Expectation (My Parents Want me to be the Best at Everything)



Parental expectation is a very important thing to be satisfied as all children expect to make their parents proud. From Figure 1, the result shows that most KPI students agree that their parents want them to be the best at everything.

Figure 2: Organization (Organization is Very Important to me)

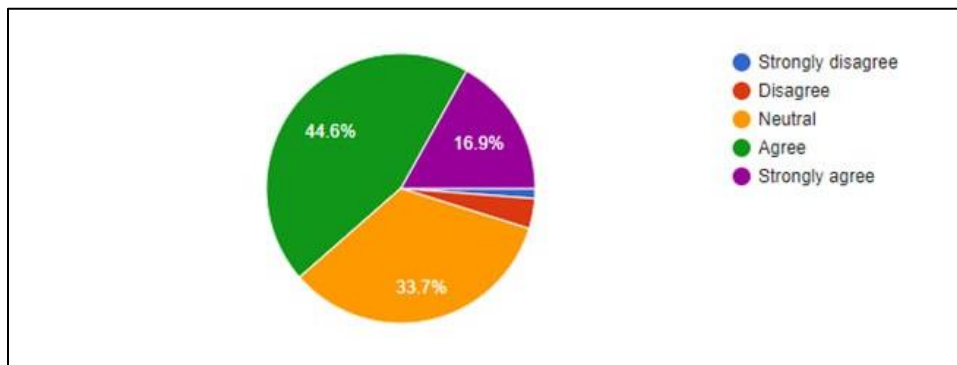
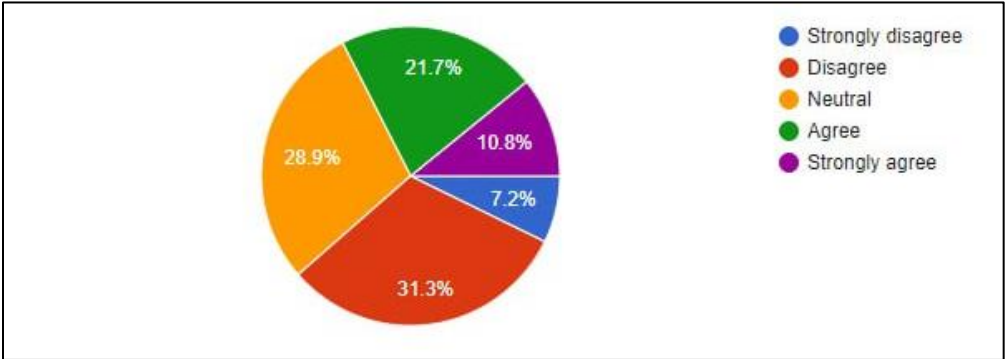


Figure 2 shows that 44.6% of students agree that organization is very important. This is very true as each individual in KPI have a very packed schedule. Therefore, proper organization of study table, co-curriculum, programs and self-life should be done to have a stable and balance life in the college.

Figure 3: Worry About Making Mistakes (if I Fail Partly, it is as Bad as Being a Complete Failure)



In subthemes three which is worry about making mistakes is very close to those who are perfectionists as they dream for flawlessness and perfections. However, it is important to know that every human is imperfect. As a human, instead of expecting to reach for perfection, it is better for students to aim to do the best. From Figure 3, most of students disagree that even if they fail partly, it is as bad a being a complete failure.

Figure 4: Individual Standard (If I Fail at Work/School, I am a Failure as a Person)

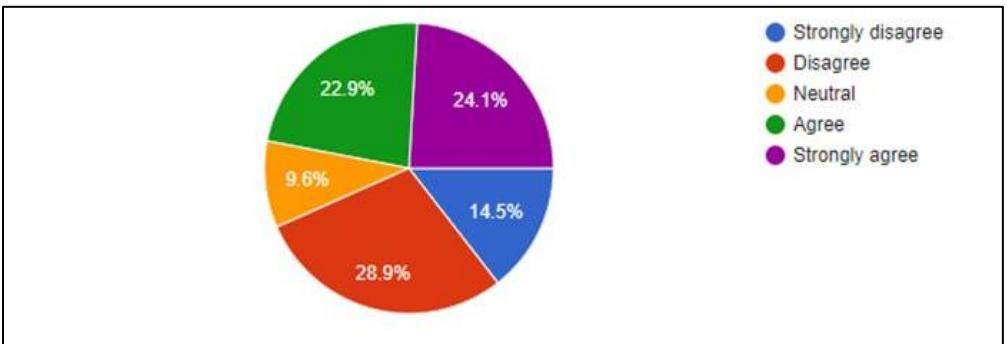
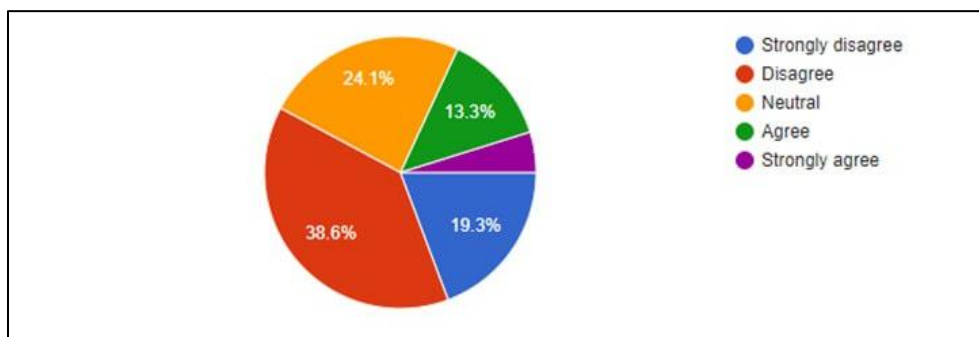


Figure 4 shows the results of 28.9% of KPI students are majority disagree for this question. Everyone has their own individual standards. For perfectionists, if they do reach their standard, they will be stressed and think that they are a failure.

Figure 5: Parental Criticism (My Parents Never Tried to Understand my Mistakes)



Based on Figure 5 (parental criticism), most of the students disagree that their parents never tried to understand their mistakes. This shows that most parents of KPI students accept their child in no matter situation. Parental criticism gives a very big impact to children either positively or negatively.

Figure 6: Hesitant to Take Action and Order (Even when I Do Something Very Carefully, I Often Feel That It Is Not Quite Right)

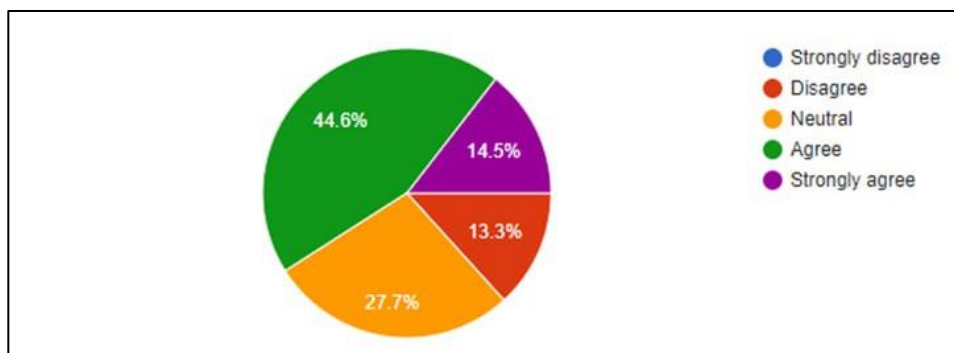


Figure 6 stated that 44.6% which shows that majority of the students agree that even if they do something very carefully, they often feel that it's still not the best. The subthemes six specified hesitant to take action and order. Hesitancy is a normal human feeling. However, it can be dangerous if this feeling is too serious till it make the person feel uncomfortable. Therefore, hesitancy need to be controlled.

This research found that the students' perfectionism level is at medium-level. Some suggestions were made to get a better understanding and help students with

perfectionism and at the same time increase their level of thinking styles in the quest of being a better student. There are few suggestions to overcome perfectionism. Every individual should leave the negative talk behind, be comfortable with imperfection and allow themselves to make mistakes. Parents with perfectionist children need to encourage them high standards, not perfection. They should be an example of someone who is not perfect and let them to recognize negative thoughts. Staffs and lecturers should challenge the student's flawed belief, make expectations clear and use a divide and conquer strategy for long assignments. The school should remind students that it is okay to have lower grades, reward students when they achieve something and never contrast students.

CONCLUSION

With the use of this survey, students can determine their level of perfectionism and take more suitable action to address their issues based on that level. The study's findings indicate that most PERMATA Insan College's students are at medium-level. Students who are gifted and talented typically face tremendous pressure from others around them, which can lead to a maladaptive perfectionist mindset. Maladaptive perfectionism is unusual among students; instead, it often harms their mental health. Since their influence can affect the students, parents and lecturers are encouraged to participate in supporting the students in some way.

There is evidence in the Qur'an stating that humans are gifts with various advantages, among which is the advantage of reason. These advantages are not given by God to other creatures other than humans and have also caused them to gain His glory: "Indeed, We have honoured the children of Adam, carried them on land and sea, granted them good and lawful provisions, and privileged them far above many of Our creatures." (Al-Quran. Al-Isra': 70)

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