

# Orientation towards adaptive perfection among university students

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## Abstract

The human soul is in constant pursuit of perfection, and therefore it is not satisfied with anything but that it searches for it and searches for it materially and morally. Humans are still in constant development, and if humans had not had this advantage, we would not have witnessed this enormous scientific and technological progress, the urban leap, and the continuous search for the fastest, easiest and most complete. The current research is limited to Wasit University students of both sexes (males, females) and two majors (scientific, human) in the academic year (2020-2021), and the current research sample consists of (400) students selected by a stratified random method. With a proportional distribution. To achieve the objectives of the current research, the researcher prepared a scale to measure the tendency towards adaptive perfection in this research based on the theory (Hewitt & Flett, 2002) and presented it to a group of specialized experts for judgment. The validity of its varieties where the number of its varieties in its initial form is (38) types. . However, the psychometric properties (validity and reliability) of the scale have been confirmed. Reliability is by using Alf Cronbach's equation (0.87) and using retest (0.90), and the scale in its final form consists of (26) items. The researcher used the appropriate statistical means to analyze the data using the Statistical Package for Human Sciences (SPSS), and the research results showed the following: College students have a high degree of adaptive perfection.

**Keywords:** orientation towards adaptive perfection, university students

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psychological aspects of their personality (Ali, 2016: 2- 3). Perfectionism is a personality trait that forms early in life, and the psychological nature of personality structure tends to develop as a sustainable and attempt to achieve high standards (Ghadiri, 2014:59). As the personality of the individual and the characteristics he possesses play a role in finding a solution to the problems he faces, when the individual deals with these problems in an effective manner, he reaches a state of psychological balance, but if he takes them ineffective. The ways in which the effects would be negative (Abara and Rahal, 2016: 127) Theorists have differed among themselves in the field of perfection, by the fact that this variable is one-dimensional or multi-dimensional, describing it as a personality trait. Traits, perfectionism was

## Introduction and research problem

There are many nicknames that describe our age we live in, the age of God, anxiety, atom and computer age. His life and the house of this contemporary life and the difficulty of keeping pace with its requirements. Man and the rest of the creatures are characterized by their need for perfection and the mechanism of tendency, and this can be reflected in setting high standards of performance and striving to achieve this. Excellence, in order to obtain its distinguished position in society, especially dominated the competition, but in the event that the individual is not able to these standards and organizations, he will resort to methods and methods and they may be negative, and this affects the social and

the self and some external to the environment surrounding the individual, represented by the environment. (80).

### **Third :Research objectives.**

The current research aims to identify the degree of orientation towards adaptive perfection among university students.

### **Fourth: The limits of the research.**

The current research is limited to Wasit University students of both sexes (males - females) and majors (scientific - humanities) for the academic year (2020-2021)

### **Fifth: Defining Terms**

Adaptive perfection: Adaptive perfection

It was previously known:

Hamachek 1978

The pursuit of reasonable and realistic standards that lead to a sense of contentment and self-esteem (Hamachek, 1978: 28)

Frost et al. (Frost et al., 1990)

Tendency to be overly preoccupied with criticism and self-evaluation. (Frost, et al, 1990: 14)

Hewitt and Fleet (Hewitt and Fleet, 2002: 33)

A personality trait characterized by striving to avoid flaws and setting high expectations for performance (Hewitt &Flett, 2002: 33)

### **Theoretical definition**

The researcher adopted Hewitt &Flett's definition (2002) of the theoretical definition of adaptive perfection in the current research because it agrees with the theory adopted in the current research, which is the theory of Flett and Hoyt.

initially adopted as a one-dimensionality From the perspective of factors affecting cognition, when the individual is in the emergence of a tendency towards perfection, as Alice (Ellis) sees that the individual has irrational beliefs that lead to the growth of the tendency towards unnatural perfection, so these theories identify the reason for this tendency towards perfection of the individual without regard The social aspect effect (ts) (Hewitt&Flett, 2002: 15)

### **Second: The importance of research:**

Personality is a dynamic organization consisting of a set of elements that interact with each other, which are intangible elements, but they are interpretations and manifestations that accompany this human behavior on the one hand, but on the other hand the study of behavior reflects the dynamic personality of the individual (Mushauh 2005: 5). Psychologists and personality theorists believe that the classification of individuals depends on the availability of certain traits in them, and that each trait represents a certain aspect of a person's traits that predisposes to a tendency toward perfection in the characteristics of human personality and is considered a constant element. The trait (Bukhari, 2004: 3), the concept of perfectionism has received increasing attention in the psychological heritage over the last two decades of the twentieth century, and for this reason has been the subject of controversy among researchers, in addition. Exerting a lot of effort to distinguish between the beneficial and harmful aspects of perfection. Despite this, every business should suffer from flaws or shortcomings, regardless of human effort, because mistakes are human nature and perfect performance is rarely achieved. (Abda, 1996: 306). As the orientation towards adaptive perfection is an essential element in self-development and the reasons for this orientation are many and varied some internal stemming from

the concept of perfection based on schools and the background of the theory through which (Flechl&Hewill, 2002: 3) and see Horney (Horney) that the tendency towards perfection is that one needs to The core stick, which the individual called the need for perfection and the security of the absolute, and considers that the self - consisting of the self and the self - is ideal and ideal for the self - then it is a natural extension of realism with the natural individual neurotic idealism of the individual an escape from the real self (Boeree, 2006: 26). Baggett points out. and hamachek. And (Hamachek - Pacht - Burns) perfection has historical origins associated with clinical studies, but each of these studies has a different view of perfection, but they studied perfection as part of clinical pathology in individuals who received psychotherapy (Ali, 2016): 28-29. The term perfection is also included in the psychiatric nomenclature of the 9th International Classification of Diseases (CiM-9) (1977), but although psychologists are drawn to the articulation of perfection, E is not NH has not caught the attention of psychiatrists. (Porrás, 2017:53) .From my point of view, it is my ideal personality trait. While the word may seem like a simple label to classify an individual's work ethic, the term includes many distinguishing features. Flett& Hewitt (Flett& Hewitt, 2006) assert that the term perfect should not only fit to describe people who "strictly hold to their standard even in situations that do not require perfection, and who continue to give importance to the logical order of attaining impossible highs not only in one area, But in several areas. Despite this belief that the pursuit of perfection and perfection should be used wisely, the definition has been interpreted and applied in multiple ways (Flett& Hewitt, 2006: 476). in this time. Although individuals differ in the concept of perfection, this trait is a high degree of work to obtainAcceptance of others (Al-Sharafat and Al-Ali, 2015: 147). Borinac points out to Borynack (2004) that the Kamali mussel brings to mind several synonyms or

### **Procedural definition**

It is the overall score obtained by the respondent on the adaptive perfection scale adopted in the current research

### **The theory does not fly**

First: Orientation towards adaptive perfection: adaptive perfection

The concept of orientation towards adaptive perfection \* with several historical

It is derived from v as perfect (per verb) which means perfect and is filled with the Latin word perfectio that follows per. The oldest definition of perfection goes back to the time of Aristotle (Aristotle) in his book (Delta Metaphysics), where he clarified three meanings of the word perfection:

1. It is complete, that is, it contains all the necessary parts.
2. The best in his work.
3. Which performs its objectives (En-Wikipedia, 2008: 3)

It was accurate, and the original image of the concept of perfection was Andal-Qarrif of the well-known principle (a healthy mind in a healthy body) or the growth of the forces of consistent mental and physical development (Ismail 2007: 15). Aristotle was the first to lay the foundations of the theory of this idea as he held that everything has a special function to be performed. As for the philosopher Plato (Plato) he was able to express action (good) means good in his philosophy about perfection, he was considered an approach that the thought of perfection makes him perfect people. The philosopher Stolx (Stolx) pointed out to perfection that the harmony between nature and the mind, this perfect harmony, is easily accessible to any individual. a. What else in psychology has chosen psychological theories, especially psychologists, and the personal orientation of psychology towards

positive struggle voracious and feared bad evaluation A and active and passive perfection This can be said that perfection includes two main dimensions perfectionism struggle and fears of luxury and its associated struggle for perfection has positive aspects, while Perfectionism fears are associated with negative aspects.(Ott, 2006: 98)

### **Theories that dealt with the orientation towards adaptive perfection with interpretation**

Hewitt - Flett-2002

With the beginning of the trends that looked at the tendency towards perfection at the hands of your marginalized, many theories emerged that explained perfection according to adaptive and non-adaptive dimensions, and among these theories were Hoyt and Fleet's theory of perfectionism. Fleet believes that the tendency towards perfection represents the traits through which an individual desires to succeed and shine. Thus, there are two structures of perfectionism (adaptive - positive, and maladaptive - negative), and therefore, the individual is either positive or negative. And that the tendency towards perfectionism may not be without negativity, and there may be excessive levels of performance criteria (Hewitt &Flett, 2017: 93). It can have an impact on and related to the life profile of the professional with the highest score, since the wholeness of their view of the two dimensions is composed, the first non-adaptive dimension is evaluated, and the second dimension represents the interests of positive pursuit. Adjusted rating indicates doubts about actions T relate to errors, and is associated with high levels of anxiety, insomnia, and depression, while fears and indicates pursuit of positive personality standards, is negatively associated with mental disorders. And that these two dimensions seek in the prohibition to create (modification) and the intended factor can have an impact through the orientation towards perfection on performance as if a . , as a predator that tends to underestimate the

adjectives describing this person. Be the absolute best (Borynack: 2004 "551)." Those with Will and Self - AlatefanAa without perfectionists (Burhans&Dweck, 1995: 1738).

### **The difference between adaptive perfection and non-adaptive perfection**

Early notions of perfection have modeled perfection on a one-dimensional structure harmful to both having this property, Aa d HameshkHamacheck (1987. He was the first to point out that there are two types of perfection, namely natural perfection. NarmalPeouiss) and neurotic perfectionism (Perfctiouist) as that Category of individuals on SAS Predator Stray Natural Perfectionist Aspiring to Natural Perfection To reach perfection without self-deprecating Self-esteem Perfectionists either pursue and feel unrealistic goals. Dissatisfaction and their inability to achieve (Hamacheck, 1987: 26-30) this view of two opposing types of perfection has been confirmed by Stober and JanssonStoerber& Janssen (2011). Perfection is associated with high levels of extroversion, endurance, and social achievement, and this is supported by the electronic orientation towards positive perfection. (531, 2011: Stoerber& Janssen.) While the central concept of high standards is common to both concepts, there are several traits that distinguish adaptive from maladaptive perfection. Adaptive perfectionists set high standards for themselves, but feel free to be less precise when doing tasks, because they are realistic in their own expectations and aware of their strengths and limitations. Perfect adaptors also recognize that presentations with errors can be considered successful, allowing them to experience a sense of satisfaction with presentations, even if they are not flawless (Chan, 2016:9) These two main types are agreed by many researchers From the difference of perfection they are categorized differently and AA to whichever is sometimes a

perfection and the individual will only be acceptable when he fulfills these demands (Hewitt & Flett, 1991: 99). See Hewitt and Flett as a self-directed dimension as the NH after adaptation, an individual in this dimension characterized by Palmron of a goal-oriented often identified as Taats in Mountqa of fact offset by investigation and simple error of mean Z to failure of NH, which is directive Highly idealistic directed towards others and a specific social community, so see them that their two dimensions are Swaine (non-TKevin), a goal-setter created by individuals for others is high - disproportionate to their abilities, oohs from ed. which they have achieved (Joiner & Schmidt, 1995: 248). Then (Hewitt - Fleet) developed a theory where they posit that there are many factors that can exert pressure on the individual to move towards perfection, and these factors are (parenting - childhood - the environment) and it is assumed that there are certain mechanisms for dealing with these pressures is (inclusion - Directing - rejecting such pressure) (Hewitt - Fleet - 2002-109)

### **First: Research Methodology: Research Methodology**

The researcher T used the descriptive approach, which is based on observing the phenomenon and interpreting it as an appropriate approach to the nature of the objectives of the current research. Analysis, as it helps in forming a future picture on the basis of current indicators (Van Dalen, 1985: 312)

### **Second: the scientific research community**

It means that the society searches for all individuals or elements that share one or more characteristics that distinguish it from the rest of the societies in which the researcher T. Through the publication of the results of the study by (Jabri and Sabri 2013: 178). The research community also identifies current students at Wasit University,

social support of those around them (Claudia, 2017:384). Adaptive idealism develops abilities and enhances creative thinking, while maladaptive perfectionism is associated with undesirable psychological outcomes such as despair and depression (Cnika, 2012)

Hoyt and Fleet's theory consists of three main dimensions, and the following is an explanation of these dimensions:

### **The first dimension: self-perfection**

Is this yet after the inner individual includes perfection-oriented behaviors that are stimulated by self-direction and positive a. There are multiple aspects of Lhz and it is a dimension that includes a strong drive for the same drive towards perfection and self-affirmation - unrealistic expectations of his last Z to failure, a self-evaluation that focuses strictly on one's faults and imperfections This dimension associated with disorders can be aSymptoms include eating disorders (Hewitt & Flett, 1991:98)

### **The second dimension: perfection is directed towards others**

In this type of perfection, the individual perfection of the wanted-the social dimension of others, the lynch and the self and individuals in this dimension have expectations that it is unrealistic for their metabolites to be evaluated so rigidly toward "others" that the individual in this dimension asks of a complete sober prohibition of others In the functional last domains, i.e. it is not necessary to associate subjective disorders with but less satisfaction and difficulties occur (Joiner & Schmidt, 1995: 247)

### **The third dimension: social perfection**

Containment of this dimension of demands can be achieved through Nha's orientation to "others" toward the self. They are motivated towards

(53.23%), scientific (6321) and (49.58%), humanitarian (7763) and (50.41%) distributed among (15) colleges and table (3) explains this

both genders (males - females) and specialization (scientific - human) in the academic year (20 20 21 20) with a total of (14084) students, at a rate of (6587). Males (46.76%) and (7497) females

Table (3) Number of Wasit University Students by Faculties and Specializations (Research Community)

Total	Sex		Specialization	College Name	NS
	female	male			
116	50	66	scientific	Veterinary Medicine	1
638	392	246	scientific	Medicine	2
423	301	122	scientific	dentist	3
1087	516	571	scientific	Education for pure sciences	4
567	285	282	scientific	Engineering	5
1397	772	625	scientific	basic education	6
1059	649	410	scientific	Sciences	7
554	302	252	scientific	Computer and information technology	8
480	225	255	scientific	Farming	9
594	151	443	scientific	Physical education	10
				and sports science	
982	575	407	Humanitarian	Of the literature	11
2060	949	1111	scientific	Administration and	12

				Economics	
2826	1601	1225	Humanitarian	Education for the Humanities	13
793	368	425	Humanitarian	Law	14
508	361	147	scientific	Fine arts	15 <sup>th</sup>

event that it is difficult to study all these units (Kandilji, 113: 1993). The researcher T selected a research sample from it in a stratified manner, a random sample from the relative distribution. The psychometric literature indicates that it is preferable to choose a sample of no less than (400) individuals. (23:, 1988 Anastasi), and in light of this sample, the search was for 400 students, out of the total number of students in the community (14,084) students, with (6587) males and (46.76%) and (7497) females, (53.23%) and scientific (6321) with (49.58%), human (7763) and (50.41%), distributed over (15) colleges

The researcher obtained the data of the research community from the Department of Studies and Planning - Presidency of Wasit University under the order of facilitating the mission of the number .(1119Supplement No.1 .

**Third: the research sample: Research Sample**

The sample is a model comprising a part and representative of the indigenous community units involved in the research and study. The selection of the sample is necessary because it helps the researcher to study all the units of the original community and its vocabulary, especially in the

Table No. (4) Illustrates this. Statistical analysis sample numbers and final application, distributed by specialty and gender

the sex			Specialization	NS
Total	female	male		
6321	213	187	scientific	1
7763	220	180	Humanitarian	2
400	7497	6587	Total	

towards adaptive perfection and not T. It was a large-scale approach to adaptive perfection

**Fourth: Research tools**

After reviewing previous studies and reviewing the psychological literature that dealt with the trend

**Seventh - Validity of the scale items - Validity of the scale items**

Ebel points out that the best way to ensure the validity of paragraphs is for a number of specialized experts to decide their suitability for measuring the quality for which they were developed. (1972: 555 Ebel) and for the purpose of achieving this, the paragraphs were presented in their introductory form No. (38) to a number of arbitrators specialized in the field of education and psychology (Appendix / 2) to issue their judgments on the extent of their validity, the soundness of their formulation and their suitability for the purpose for which they were developed, As well as the validity of the alternatives used to answer the opinions of experts on the elements of the scale and their analysis. Find out which items obtained the approval of the arbitrators, and each item was considered valid when the percentage obtained was higher than (80)

Adopting Hought and Welt's (Hewitt-Flett, 2002) theoretical definition of moving toward adaptive perfection.

Adopting his theory (Hewitt-Flett, 2002)

Drafting the paragraphs of the scale

**Fifth - Preparing the instructions for the scale**

The scale's instructions are a guide that guides the examinee as he responds to the scale's items, so simplicity and clarity have been taken when preparing them. The respondent was asked to put a tick ( ) under the appropriate alternative in front of each paragraph that truly expresses his position and feelings, emphasizing the importance of accuracy and frankness.

**Sixth: Scale correction**

The researcher, T, adopted the Likert method, which is one of the scientific methods used in building psychological scales, because of the advantages and advantages of this method.

Table (6) Percentages of judges' opinions about the validity of the adaptive mastery scale items

Indication	degree	disapproves	Agrees	Paragraph numbers	No
Function	%100	zero	22	16 , 5 , 30. 1,2,3,4,9	1
Non –Function	%45, 40	18	3	7.12.17.20.37.10.25.11	2
Function	%90,90	2	20	22.26.27.28.29 ,6,8,15	3
Function	%86.36	3	19	18,19,23,24	4

extent to which the topics of the paragraphs of the scale and its alternatives are understood, and to identify the difficulties they face in answering. And the time taken to answer, so the researcher applied the scale to a random sample of 40 female students at Wasit University, half of whom are female

**Experience the clarity of instructions and paragraphs of the scale:**

The objective of this experiment is to determine the clarity of the instructions and paragraphs of the scale in terms of language and meaning and the

adoption of the highest and lowest percentage (27%) achieved for the researcher, two groups that obtained the best possible size and differentiation (Ebel, 1972: 358), meaning that the number of shapes that were subject to statistical analysis reached (216) forms.

- The researcher T applied t-test ((t-test for two independent samples to test the significance difference between the upper and lower groups, because the calculated value of T represents the discriminatory power of the paragraph between the two promised groups T-value is an indicator to distinguish each paragraph by comparing the tabular value (1.96 on Level) 0.05), and the degree of freedom (214) (all paragraphs are considered distinct except for paragraphs 6-8-13-14).

### **B - Relationship of the degree of the paragraph with the total degree of the scale (internal consistency)**

The owners of psychometrics point out the importance of the availability of honesty in the paragraphs of psychological measures, because the validity of the measure depends to a large extent on the validity of its paragraphs, such as the honesty that is calculated by the method of the relationship of the degree of the paragraph with the total degree of the scale (Al-Kinani, 1995: 145). It represents the total score of the scale as real-time spoken (instant) measurements through its relationship to the score of individuals in the paragraphs, then the correlation of the paragraph score with the total score of the scale means that the paragraph measures the same concept that was measured in the total score, and in light of this indicator, the paragraphs that are considered coefficients. The correlation of the score with the total score of the scale is statistically significant. (Anastasi, 1976: 154: The researcher used the Pearson-Broadst

scientists and the other half are human, and Table No. (7) Shows this where it is necessary. To check the extent to which the target sample understands the scale instructions and the scale instructions whose paragraphs are clear to them (Faraj, 1980: 160).

### **Conducting a statistical analysis of the elements of the adaptive mastery scale**

The statistical analysis of the items is an important and necessary step in building educational and psychological standards because it reveals the extent to which the paragraphs are able to measure what they were prepared for measurement, and it also facilitates the selection of items with good characteristics, as the accuracy of the scale depends on the accuracy of its paragraphs (Abd al-Rahman, 1998: 227). Whereas, the statistical analysis of the paragraphs will be more important than the logical analysis of it, because the latter reveals the suitability of the paragraph to the attribute to be measured, while the statistical analysis is more honest and stable (returns 1998 387 - 388). Paragraphs were used in researcher T.H for this purpose.

### **A- Two-group approach**

#### **To do this, the researcher did the following**

- Determining the total score for each of the adaptive perfection scale models that were applied to the paragraph analysis sample.
- Arrange the models from the highest score to the lowest score (descending).
- (27%) of the models with the highest scores were selected, followed by a higher group, and (27%) of the models with the lowest scores, followed by the group with the lowest percentage, where the number of numbers in each of them represents the group (108) models as confirmed. (IPEbel) and (MehrensMehrens) The

judge the validity of the test items to measure the characteristic to be measured, in order to make the researcher feel assured of their opinions and receive judgments that most of them agree on, or by (80) % or more (Al Kubaisi, 2010: 265). This type of honesty was achieved by presenting the scale items to a group of arbitrators specialized in the field of psychology to assess the validity of each item for the field for which it was developed, and as shown on page (80)

## **2-Building validity (construction)**

Constructive validity is called hypothetical configuration validity or concept validity, and it means the extent to which the scale measures a particular hypothesis. (1976: 151 Anastasi) It is the homogeneity of the items of the scale and the ability to distinguish the coefficients primarily related to the overall indicators of construct validity (Faraj, 1980: 81). It is the extent to which we can determine that the scale measures a specific theoretical structure or property, and this type of validity has been achieved through the following indicators:

- The relationship of the paragraph's score with the overall score of the scale: It refers to the Lindcost (Lindquist) that the correlation coefficient of the score of each item with the total score of the scale is one of the indicators of construct validity, because the total score of the scale is considered instant spoken measurements through its correlation with the scores of people in the items, and from Then the correlation of the paragraph's score with the total score of the scale means that the paragraph measures the same concept that is measured by the total score (Al-Kubaisi, 2010: 267)
- The discriminatory strength of the items: The construct validity of this scale is provided by an index to distinguish

relationship - the moment of association to extract the correlation between the score of each paragraph in the scale and the overall score of the scale and the form used as it was. It was analyzed in light of the two excluded groups 0.16) and the table (9) shows that, and in light of that it was accept all items of scale (26).

## **C. Psychometric properties of the 0. Adaptive Perfection Guidance Scale**

Psychologists review comparing the need to verify some normative characteristics in the numbers of scales, regardless of the purpose of their use (Allam, 1986: 209). Such as honesty and constancy, two of the most important psychometric properties, as is the accuracy of the information provided by psychology. Actions depend on it (Abd al-Rahman, 1983: 159). This is why honesty and stability are important normative characteristics that must be present in the scale in order for it to be considered valid (Faraj, 1980: 275)

### **A- Honesty and Validity**

Honesty is one of the important characteristics that should be taken care of in constructing psychological scales (Anastasi& Urban, 1988: 139). The reference to Oppenheim (Oppenheim) refers to this honesty to the paragraphs' measurement of what they are supposed to measure. (Oppenheim, 1973: 69 - 70) There are several methods for estimating instrument validity, in which a quantitative estimate can be obtained, and in other cases a qualitative estimate is obtained (Farraj 1980: 360). Indicators for measuring the sincerity of the orientation towards adaptive perfection are two:

#### **1-Apparent honesty (the validity of the face)**

The best way to calculate hypothetical honesty, the measurement items are presented before they are applied to a group of specialized arbitrators who are distinguished by experience, enabling them to

from the first. Application. (Adams, 1964: 58) The stability of the scale has been reached (0, 90) and this is the appropriate stability when compared with the standards set by the literature on psychometrics, which indicated that the reliability coefficient should range between (0.76 - 0). 90) (Esawy, 1985: 85)

**Statistical indicators of the scale of orientation towards adaptive perfection**

One of the statistical indicators that must be characterized by any measure is to determine the nature of the distribution of moderation, which can be determined by two main indicators: the arithmetic mean and the standard deviation. The convergence of the values of the distribution degrees (Al-Bayati and Athanasius 1998: 728)Also, skewness and kurtosis are characteristics of frequency distributions, where the skew coefficient indicates the degree of concentration of frequencies at different distribution values, and the kurtosis coefficient indicates how concentrated frequencies are in a region of a normal distribution (Awdeh and Khalili, 87: 7988)The researcher used the statistical package (SPSS) to extract these indicators, and Table No. (12) Illustrates this and Figure No. (3)

Table No. (12)

worth	Pointer	NS	worth	pointer	No
0.09	Skewness	5	96.30	average Meaning	1
-0.60	flatness Kurtosis	6	96	Mediator Median	2
59	lower degree Minimum	7	95	mode Mode	3
130	highest score Maximum	8	14.76	standard deviation Std.Dev	4

Figure (3) shows the average distribution of the scores of the sample members on the scale of orientation towards adaptive perfection

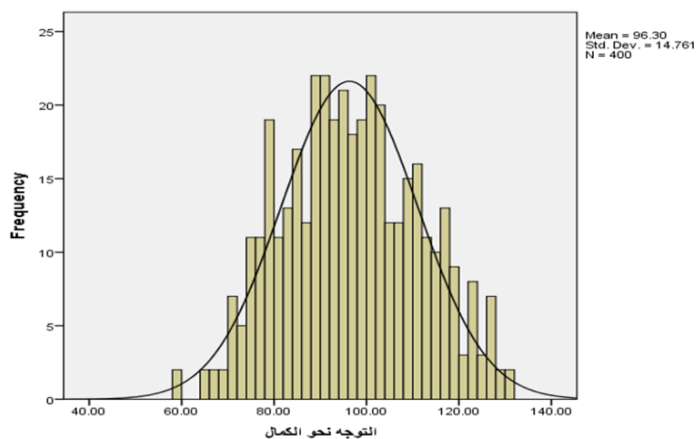
between the higher group with high scores for the trait and the lower group with low scores for it. , 2012: 79-80)

**B- Credibility of stability**

The stability of the adaptive perfection tendency scale was calculated in two ways

1-Cronbach's alpha coefficient (internal consistency)Internal consistency coefficientThis method is based on the consistency of an individual's performance from one item to another and is based on the standard deviation of the test and the standard deviation of the assessed item (Thorndike and Heijn, 1989: 79)

2-Retest method (stability factor over time)Test-retest method for external consistencyThis method reveals the stability of the results when the test is applied to a sample of individuals more than once during a specified period of time (Aziz and Abdel Rahman, 1990: 122). The scale was re-applied to (60) male and female students from the University of Wasit, the research community. Table No. (10) Shows that, and the time between the first and second application was (15) days, and Adams (Adams) also sees that re-application of the scale to determine its stability does not exceed two weeks



The first objective: to identify the degree of orientation towards adaptive perfection among university students. To this end, the researcher T to build a measure of orientation towards adaptive perfection has observed the steps built in the third chapter (research methodology and procedures) and applied to the research sample (traveling 400) students, then T calculates the arithmetic mean and standard deviation of all respondents for the purpose of cleared in the rural hypothesis (78). The results showed that their mean score on the scale was (96.30) degrees and standard deviation (14.76) degrees, and when this mean is balanced with the default mean (1) of the scale and adults' score (78) using t. The one-sample t-test shows a statistically significant difference in favor of the arithmetic mean, with the calculated T value over the tabulated T value of (1.96 degree of freedom 399) and the significance level (0.05) and Table (21) illustrates this

The average distribution of the sample members' scores on the Adaptive Perfection Orientation Scale

**Describe and correct the adaptive perfection tendency scale and calculate the total score in its final form**

After completing the psychometric procedure, the characteristics of the adaptive perfection tendency scale, which consists of the end of (26) items, and five alternatives are placed in front of each item: (not quite applicable to me), corresponding to a grading scale of (5, 4, 3, 2, 1) respectively. In this way, the total score for each examinee is calculated by algebraic summation of the scores of his answer to all the paragraphs, so that the highest possible score obtained by the respondent is (130) and the lowest score is (26)

**Presentation, interpretation and discussion of the results**

Table (21) T-test for the difference between the sample mean and the default mean of the adaptive perfection tendency scale

Indication level	degree of freedom	Table T-value	Calculated T-value	hypothetical mean	The A standard	SMA	Sample volume
D	399	1.96	24.80	78	14.76	96.30	400

2. Paying attention to university students and maintaining a high level of performance and keeping them away from the tendency or tendency towards neurotic perfection and negativity idealism.
3. Encouraging university students to participate in scientific and cultural programs and activities that keep pace with what modern technology imposes to push students to explore and knowledge and open up more experiences, ideas, information and new values.
4. Scientific seminars and conferences that contribute to guiding students who need to open up to the outside world without losing their personalities.

### Suggestions

To complete the aspects related to this research, the following studies were proposed

1. Conducting a similar research on high school and college students.
2. Conducting more studies that study the relationship between the trend towards adaptive perfection and other variables such as (metacognitive thinking, creativity, critical thinking).

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The result of Table (17) indicates that the two research samples tend towards perfection at a high level.

This result indicates a higher level of orientation towards adaptive perfection among university students, and this result can be explained in light of Flett And Hewitt (2002) theory that college students are affected by Baldg and environment i, including their peers who influence the development of perfection in ways Different that reflect the importance of these peers in terms of expectations and standards and the importance of obtaining social approval to create a competitive environment that influences social comparisons with usual standards, which is what individuals focus on (Flett& Hewitt, 2002)

### Conclusions

In light of what the researcher found through data analysis and discussion, the researcher concluded that T.

1- University students have a high level of adaptive perfection orientation, whether in males or females, or in the scientific and humanistic specialization through their enjoyment of high levels of adaptive perfection orientation elements in addition to their higher academic level. Which enhanced their positive performance in dealing with different life situations and events.

### Recommendations

**Based on the results of the current research, researcher T**

1. Educating parents, through effective media, programs and seminars, about the correct and sound ways to raise children on the correct methods of educational attainment, especially that the purpose of education is learning and knowledge, not just achievement.

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  22. Extracting a medium-sized hypothesis (adaptive perfection and acceleration) by summing the alternatives of weight for a scale of five and dividing it by the number, then multiplying the number of pain vertebrae, oh Yas (26) items.