



Fra Selskabets bibliotek - forskningsnyt 1

Healthy Perfectionism?

Forfattere: Ashby, J. S. & Huffmann, J.

Titel: Religious orientation and multidimensional perfectionism: Relationships and implications

Bragt i: Counseling and Values, 43, 1999, p.178-188

Ashby and Huffmann report on the relationship between religiosity and perfectionism. They found that the more highly religious persons scored higher than those who were not religious on measures of perfectionism that is adaptive or what they refer to as related to "high personal standards" (these higher standards are associated with higher levels of self-esteem and self-confidence). Among those who were religious, those who were intrinsically religious (these are people who value religion in and of itself) scored higher on the personal standards dimension of perfectionism than those who were extrinsically religious (that is, those who viewed religion as a means to an end). Those who were extrinsically religious also had scores on a measure of maladaptive interpersonal relationships. The researchers took this as evidence that those who see religion as a means to an end may apply this principle to relationships and consequently have difficulty forming meaningful, intimate relationships. The researchers conclude that religious persons may be perfectionistic in adaptive ways and suggest that counselors avoid stereotyping religious persons as being perfectionistic in a negative or maladaptive way.