

Abstract

The current research was focused on identifying relationship between perfectionism, coping styles and mental health functioning among university students. Initially to develop an indigenous coping scale, 30 male and female university students were interviewed to explore the expression and manifestation of coping styles. The final list of 68 items Coping Scale for University Students (CSUS) along with Demographic Performa, adapted version of Almost Perfect Scale-Revised and Student Problem Checklist was given to 444 university students (97 male; 347 female). Principle component Factor analysis of CSUS resulted into five coping styles namely Solution Focused Coping, Emotion Focused Coping, Avoidance Coping, Seeking Help Coping and Spirituality Coping. Multiple regression analysis revealed that adaptive perfectionism was found to be a positive predictor of solution focused coping and maladaptive perfectionism was found to be a positive predictor of emotion focused coping. Multiple Regression analysis also revealed that emotion focused coping and maladaptive perfectionism were positive predictor of mental health functioning among university students. The results were discussed in relationship of age, gender, parental education, class and family system differences and its implications in cultural context.