

Abstract

The present study investigated effect of perfectionism, rumination, and worry on burnout in university students. Further, mediating role of rumination and worry was also explored along with various demographic variables (like gender, satisfaction with life etc.). A sample of 515 students was approached from various government and private universities of Lahore. The instruments used were Almost Perfect Scale-Revised (Slaney, Rice, Mobley, Trippi, & Ashby, 2001), Rumination Response Scale (Treynor, Gonzalez, & Nolen-Hoeksema, 2003), Penn State Worry Questionnaire (Penn State Worry Questionnaire), and Indigenous Burnout Scale (Ijaz & Khan, 2012). Various analyses that were carried out included Pearson Product Moment Correlation, Independent Sample t-test, linear Regression analysis, and MANOVA. A significant positive relationship was found between perfectionism (standard/order), and worry. A positive relationship among perfectionist (discrepancy), rumination, worry and burnout was found out. In addition to this, rumination and worry were found to completely mediate the relationship between perfectionism and burnout. Life satisfaction moderated the relationship between worry and destructive behaviors. And life satisfaction also moderated relationship between perfectionism and worry. A significant moderating role was played by gender in relationship between perfectionism and depression-related symptoms. Also, burnout and perfectionism were greater in females as compared to males. Study further highlighted the need to give awareness regarding perfections along with teaching effective strategies for efficient functioning in various domains of life.

Keywords: perfectionism, rumination, worry, burnout, university students.