

Abstract

The present research was carried out to assess the relationship between perfectionism and mental health as predictors of life satisfaction among young adults. It was hypothesized that there is likely to be a relationship in perfectionism, mental health and life satisfaction; perfectionism and mental health likely to predict life satisfaction and there is likely to be gender and family system differences in perfectionism and mental health as predictors of life satisfaction among young adults. Correlational research design that included sample of 200 university Students (N=200) whose age range was 18 to 33 years collected via purposive sampling. Research instruments included Positive and Negative Perfectionism Scale (Terry-short, Owens, Slade & Dewey, 1995), Mental Health Inventory (Beshrat, 2006) and Satisfaction With Life Scale (Diener, 1985). Results showed that perfectionism have a strong and positive correlation with mental Health and negative correlation with Life Satisfaction. Results also indicate that perfectionism and mental health predict life satisfaction. Mean based comparisons revealed that there was not a significant gender and family system differences in perfectionism and mental health as a predictor of life satisfaction among young adults. This research would be helpful for students to cope with mental health and to improve psychological abilities and enhancing satisfaction with life. And this study will be of extensive benefit to researchers.

Key words: Perfectionism, Mental Health, Life Satisfaction, Young Adults