

## **Gender Differences in Perfectionism and Resilience**

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### **Abstract**

The differences between the behavior and general thought system of males and females are evident across many spheres, and are not just considered to be determined by hereditary predispositions but also taken as an evidence of differentiated socialization and upbringing, being provided by social and familial milieu. The society and parents play a significant role in even setting standards in life, facing the hazardous situations, coping with hardships and overcoming adversities. The present study focuses on gender differences in perfectionism and resilience. For the purpose of the study the Multidimensional Perfectionism Scale and the Resiliency scale for children and adolescents were used to assess perfectionism and resilience in male and female adolescents. The study was conducted on a sample comprising of 100 males and 100 females taken randomly within the age range of 15-18years. It was hypothesized that males and females would differ on their perfectionist tendencies and as well as in their level of resilience; and perfectionism and resilience would be negatively related. The results showed that on the whole there were no significant gender differences on perfectionism, but gender differences were evident on some subscales; particularly, females were significantly higher on parental expectations as compared to males. Further female adolescents were found to be more resilient than male adolescents. In the current sample, no associations were found between perfectionism and resilience.

**Keywords** : Perfectionism, resilience, gender differences

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