

Bölüm 2

KÜLTÜRLERARASI BİR KARŞILAŞTIRMA: MÜKEMMELİYETÇİLİK TUTUMLARI VE KENDİNİ ENGELLEMENİN CİNSİYET, AİLE BEKLENTİSİ VE BAŞARI HİSSİNE GÖRE KARŞILAŞTIRILMASI

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MÜKEMMELİYETÇİLİĞİN GENEL TANIMI VE ÇOK BOYUTLU YAPISI

Mükemmeliyetçilik, bireyin kendisi ve diğerleri için yüksek standartlar koyarak bunu sürekli korumaya çalışması (Hill, Zrull ve Turlington, 1997; Rice, Ashby ve Slaney, 1998) ve kusursuz olmak için çaba sarf etmesi (Flett ve Hewitt, 2002) olarak tanımlanabilir. Bu kavram ilk olarak kişilik kuramcıları (Freud, 1959; Hamachek, 1978; Hollender, 1965; Pacht, 1984), daha sonra da çağdaş araştırmacılar (örn., Frost, Marten, Lahart ve Rosenblate, 1990; Hewitt ve Flett, 1991; 1993; 2002; Hill, Zrull ve Turlington, 1997; Shea, Slaney ve Rice, 2006; Slaney, Rice, Mobley, Trippi ve Ashby, 2001) tarafından detaylı biçimde incelenmiştir.

Mükemmeliyetçilik üzerine yürütülen ilk çalışmalar, Freud'un (1959) Psikoanalitik Yaklaşımı temelinde gerçekleştirilmiş ve mükemmeliyetçilik nevrotik bir eğilim olarak düşünülmüştür. Freud'a göre mükemmeliyetçilik, aşırı şeylerin başarılmasını isteyen ve üstün başarı arzusunu sürekli kılan abartılmış süperegonun bir işlevidir. Hollander (1965) ise, mükemmeliyetçiliği çocuklukta öğrenilmiş olumsuz bir kişilik özelliği olarak değerlendirmektedir. Ancak, mükemmeliyetçiliği tek boyutlu olumsuz bir kişilik değişkeni olarak görmenin yanlış olacağı düşüncesini taşıyan bazı araştırmacılar mükemmeliyetçiliğin olumlu ve olumsuz çok boyutlu özellik taşıdığını vurgulamaktadır (Slaney ve diğ., 2001; Rice ve Preusser, 2002). Çok boyutlu yaklaşım, mükemmeliyetçilik yapısının kişisel ve sosyal yönlerinin (Frost ve diğ., 1990; Hewitt ve Flett, 1990; 1991) yanı sıra hem olumlu hem de olumsuz (Slaney ve diğ., 2001) özellikleri içerdiği görüşündedir. Mükemmeliyetçilik, çeşitli çalışmalarla normal-nevrotik (Hamachek, 1978), olumlu-olumsuz (Terry-Short, Owens, Sladei ve Dewey, 1995), etkin-edilgen (Adkins ve Parker, 1996) olarak ayrıştırılmış ve böylece mükemmeliyetçilik çok boyutlu bir kavram

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