

*LEVEL OF PERFECTIONISM AND ACADEMIC PROCRASTINATION  
OF SELECTED COLLEGE STUDENTS IN  
CAVITE STATE UNIVERSITY*

*Thesis*

*Lorena M. Co*

*College of Arts and Sciences  
CAVITE STATE UNIVERSITY  
Indang, Cavite*

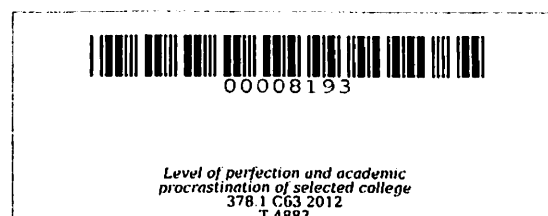
*April 2012*



<sup>0</sup>  
**LEVEL OF PERFECTIONISM AND ACADEMIC PROCRASTINATION  
OF SELECTED COLLEGE STUDENTS IN  
CAVITE STATE UNIVERSITY**

Undergraduate Thesis  
Submitted to the Faculty of the  
College of Arts and Sciences  
Cavite State University  
Indang, Cavite

In partial fulfillment of the  
requirements for the degree  
Bachelor of Science in Psychology



**LORENA M. CO**  
April 2012

## **ABSTRACT**

**CO, LORENA. M. Level of Perfectionism and Academic Procrastination of Selected College Students in Cavite State University.** Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University. April 2012. Thesis Adviser: Ms. Vivian D. Rogando.

Procrastination is a habit that is prevalent among students. It is also a popular topic among researchers. Though a number of researches had been conducted with regard to procrastination and its consequences, only a few researches explored factors which may influence one's procrastinatory tendencies. In this study, perfectionism was introduced as a variable which may be related to academic procrastination. The research was conducted to 1) determine the respondents' level of perfectionism in terms of high standards, order, and discrepancy; 2) determine the respondents' level of academic procrastination in terms of general procrastination, fear of failure, and lack of motivation; and 3) determine if a significant correlation exists between perfectionism and academic procrastination.

The study involved 378 students from the nine colleges in Cavite State University. The respondents were selected using stratified random sampling. Proportionate sampling was also used to determine the number of respondents that were taken from each course. To measure the level of perfectionism and academic procrastination of the respondents, two tests were administered: the Almost Perfect Scale-Revised, and the Academic Procrastination State Inventory.

Results revealed that the respondents are high-level perfectionists and that they possess high levels of high standards, discrepancy, and preference for order. The respondents were also found to be low-level procrastinators who perform general procrastination on a moderate level, has moderate fear of failure, and possess a low level of lack of motivation. The Spearman Rank Correlation Coefficient test further showed that the discrepancy dimension of perfectionism was significantly related to overall academic procrastination, as well as to its three dimensions – general procrastination, fear of failure, and lack of motivation. The order dimension of perfectionism was also found to be related to lack of motivation. The study also revealed that a significant relationship exists between overall perfectionism and overall procrastination. This translates to the conclusion that perfectionism, in terms of discrepancy and order, is an underlying factor in the procrastinatory habits of students.

## TABLE OF CONTENTS

	Page
APPROVAL SHEET .....	ii
BIOGRAPHICAL DATA .....	iii
ACKNOWLEDGEMENT .....	iv
ABSTRACT .....	vi
TABLE OF CONTENTS .....	viii
LIST OF TABLES .....	xi
LIST OF FIGURES .....	xii
LIST OF APPENDICES .....	xiii
INTRODUCTION .....	1
Statement of the Problem .....	4
Objectives of the Study .....	5
Hypothesis of the Study .....	5
Significance of the Study .....	5
Scope and Limitations of the Study .....	7
Time and Place of the Study .....	7
Theoretical Framework .....	7
Conceptual Framework .....	9
Definition of Terms .....	10

REVIEW OF RELATED LITERATURE .....	12
Synthesis .....	27
METHODOLOGY .....	30
Research Design .....	30
Sampling Technique .....	30
Respondents .....	32
Data Gathering .....	32
Research Instrument .....	33
Statistical Analysis .....	39
RESULTS AND DISCUSSION .....	40
SUMMARY, CONCLUSION AND RECOMMENDATION .....	69
Summary .....	69
Conclusions .....	70
Recommendations .....	72
REFERENCES .....	74
APPENDICES .....	85

## LIST OF TABLES

Table		Page
1	Frequency distribution of the respondents, level of perfectionism in terms of high standards .....	41
2	Frequency distribution of the respondents, level of perfectionism in terms of order .....	42
3	Frequency distribution of the respondents, level of perfectionism in terms of discrepancy .....	44
4	Frequency distribution of the respondents, level of overall perfectionism .....	46
5	Frequency distribution of the respondents, level of academic procrastination in terms of general procrastination .....	48
6	Frequency distribution of the respondents, level of academic procrastination in terms of fear of failure .....	50
7	Frequency distribution of the respondents, level of academic procrastination in terms of lack of motivation .....	52
8	Frequency distribution of the respondents, level of overall academic procrastination .....	53
9	Relationship between level of perfectionism and level of academic procrastination in terms of general procrastination .....	58
10	Relationship between level of perfectionism and level of academic procrastination in terms of fear of failure .....	61
11	Frequency distribution of the respondents, level of perfectionism in terms of high standards .....	63
12	Relationship between level of perfectionism and level of overall academic procrastination .....	66

## LIST OF FIGURES

Figure		Page
1	Relationship Between Level Of Perfectionism and Level of Academic Procrastination of Selected College Students in Cavite State University.....	9



## LIST OF APPENDICES

Appendix		Page
A	Certificate of Completion .....	86
B	Certificate from the English Critic .....	88
C	Certificate from the Statistician.....	89
D	Letter of Request .....	91
E	Program of Work .....	93
F	Budgetary Estimate .....	97
G	Routing Slip .....	100
H	Acknowledgment Receipt of Manuscript .....	102
I	Curriculum Vitae .....	104

:

# **LEVEL OF PERFECTIONISM AND ACADEMIC PROCRASTINATION OF SELECTED COLLEGE STUDENTS IN CAVITE STATE UNIVERSITY**

**LORENA M. CO**

---

An undergraduate thesis manuscript presented to the faculty of the Department of Social Sciences and Humanities, College of Arts and Sciences, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for graduation with degree Bachelor of Science in Psychology, with Contribution No. <sup>CAS 2011-2012</sup>~~048~~, prepared under the supervision of Ms. Vivian D. Rogando.

---

## **INTRODUCTION**

For centuries, humankind has been fueled with the desire for excellence. The advancements in various fields of study are achieved in an attempt to improve the quality of life. Though it is a basic human need to strive to be better, excessive and uncontrolled amounts of this need may lead to perfectionism.

Catell (2008) identified perfectionism as a personality type. Some scientists say it's a personality trait. Either type or trait connotes that perfectionism is deeply-ingrained and is not as easy to turn off or turn on. To identify whether an individual is a perfectionist or not, it is not enough to rely on simple observations, as perfectionism is a personality trait (or a personality type) and thus, needs to be assessed as part of a behavior pattern.