

PERFECTIONISM, COPING, ADJUSTMENT AND  
ACHIEVEMENT IN TAIWANESE CULTURE

Reid Trotter

Dr. P. Paul Heppner  
Advisor

ABSTRACT

The present study examined the relationship among components of adaptive and maladaptive perfectionism, situation-specific collectivist coping, and both psychological and achievement functioning (i.e. depression, anxiety, self-esteem, and grade point average) among a sample of 225 Taiwanese undergraduate students. A series of path analyses indicated that models of perfectionism, coping, and human functioning that have been empirically supported within European American samples were not supported among this Taiwanese sample. However, congruent with the Taiwanese cultural context, avoidance and detachment coping predicted maladaptive perfectionism which in turn predicted impaired psychological functioning. Moreover, path models indicated that standards predicted acceptance, reframing, and striving, which in turn predicted improved psychological functioning. Finally, cultural and clinical implications of this study's findings are discussed.