

AN INVESTIGATION OF RELATION BETWEEN SELF COMPASSION AND PERFECTIONISM AMONG PSYCHOLOGICAL GUIDANCE AND COUNSELING STUDENTS

Yrd. Doç. Dr. Mustafa Otrar
Marmara Üniversitesi
Atatürk Eğitim Fakültesi
Eđitim Bilimleri Bölümü
İstanbul
motrar@marmara.edu.tr

Psiklg. Hatice Büyükköse Tezcan
Aydođdu Koleji
İstanbul
haticebtezcan@yahoo.com

Abstract

Aim of this study is that to determine relation between self-compassion and perfectionism among psychological guidance and counseling students in local and private universities which is located in province of Istanbul. Research subject aims to help psychological guidance and counseling students in their counseling process, and in their applying skills, benefits of their awareness, to guide them for future studies on this subject.

Study prepared in the survey model, sample group which is consist of 707 university students selected by random cluster sampling disproportionately from local and private universities, located in province of Istanbul during 2013-2014 academic year. To collect data, Self-Compassion Scale (SCS) developed by Neff (2003b), Multidimensional Perfectionism Scale (MPS) developed by Hewitt & Flett (1991), and Personal Information Form designed by researcher were used. Using the scores obtained from the scales, the relationship between perfectionism and self-compassion was found by Pearson Product Moment Correlation Coefficient. According to the findings of this study, there is significantly positive correlation between self-judgment, isolation, over identification, self-compassion and self-oriented perfectionism; between self-judgment, isolation, over identification, self-compassion and socially prescribed perfectionism; between self-judgment, isolation, over identification, self-compassion and perfectionism.

Key Words: Perfectionism, Self - Compassion, Faculties of Education.