
Role of Self-Efficacy and Perfectionism in Predict Of Social Adjustment

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Abstract: *The study aimed to explain the social compatibility on the basis of efficacy and Perfectionism of couples in Garmsar city. For this purpose, 250 married individuals (125 couples) were selected by using available sampling method of Garmsar city. In order to measure the variables of self-efficacy questionnaire of Shrerzhand et al was used Terry-Short and et al perfectionist and social adjustment Bell. To analyze the data were used Pearson correlation and multivariate regression. The results showed that: 1) there is a significant relationship between self-efficacy and social adjustment.) there is a significant relationship between perfectionism (positive and negative) and social adjustment. 3) Self-efficacy and positive perfectionism are able to predict changes in social adjustment.*

Keywords: *Self-efficacy, perfectionism, social adjustment*

Introduction

The family is the first and most important of social institutions which is an absolute imperative to resolve the critical needs and emotional and survival of the community. The first step to satisfy this vital and natural need is marriage. Despite the pleasant of marriage, Statistical data suggests that couples cannot be satisfied simply; as a result, the strongest bond of human means marriage which is at risk in its strongest base of family system. The important thing in marriage and Chum is marital adjustment and satisfaction of Marriage. Marital adjustment is one of the broadest concepts to determine and show the happiness and is the stability of the relationship between married couples. Marital adjustment status that the couple often feels happiness and satisfaction to each other and through mutual love arises the care of each other, acceptance, understanding each other and satisfy the requirement including the sexual needs. adaptable couple and satisfied of married life, Wives and husbands who have highly agreements, are satisfied of type and level of their relations, and

are satisfied of type and quality of leisure time and are well planned their financial problems; on the other hand incompatibility in relations between spouses causes impairing the social relationships and tendency to social deviations and decline of cultural values between the couple (Abolqasemi et al., 1386). Psychologists would like to know how humans think about each other. and how they affect to each other and get influenced. Man never lived alone and away from others; but his life is the result of relations and ties with others. If we want to achieve an understanding of him, should be known in this context. Social Adjustment is scientific disciplines that seek to understand the nature and causes of individual behavior in social situations (Sotodeh, 1380). The results of Abolqasemi and colleagues (1386) showed that negative perfectionism with psychological consequences of addicts has significant negative correlation ($p < 1\%$). annulled perfectionism make difficult for Person in the context of interpersonal relationships by shaping to expectations and unrealistic measures and evaluate their Criticize or blame themselves. This unfavorable situation causes a perfectionist person has ideal opportunity to establish a proper relationship and on the other hand lose their original position in the eyes of others. This vicious cycle is continuing factor and intensifying of self processing and psychological problems, a process that to a large extent explains the correlation between negative perfectionism and psychological consequences. Akonin and colleagues (2009) showed in their research that there is a significant relationship between work experience and self-efficacy for teens, the findings also showed that; Employment in multiple fields and gain experience get the Self efficacy (Abolqasemi, 1390)Kosluski and colleagues (2009) examined Relationship Between Self-Efficacy and group activities provide successful models and teachers, showed that there is a significant relationship between provided successful patterns and group activities teachers and their efficacy. Hesling Klein et al. (2009) investigate relations between psychological health and self-efficacy of teachers; they have shown that whatever

psychological health of teachers' get more as well as will increase their self-efficacy.

Materials and methods: This study is assessed research variables and their relationships in existing situation of study population; therefore, the method is placed in the group of descriptive research this study is placed in descriptive investigation group according to this issue. The method of data collection Due to the examined exiting situation of research variables and their relationships in the studied population, the present study is a component of investigation descriptive / correlation. The study population included all married people who are residing in city of Garmsar.to select the samplewas

used the accessible sampling method. According to the plan of research is a correlation, A total 250 married people were selected of Garmsar city (125 couples). Data collection tools in this study was self-efficacy questionnaire of Sherz et al., compatibility questionnaire Bell and the positive and negative perfectionism scale.

Results and discussion: In this part of the statistical data that is obtained the implementation of self-efficacy questionnaire, perfectionism and social adjustment in the case of the sample group, , will be analyzed. In this study, 250 married people of Garmsar city (125 couples) is the sample group that are shown separately age group in Table 1.

Table 1: Distribution of frequency and percentage of age studied groups (± SD)

age	Frequency	Percentage	The cumulative percentage
19 -25	61	24.4	24.4
26-32	123	49.2	3.6
33-39	45	18	91.6
40-46	15	6	97.6
47-53	6	2.4	100
total	250	100	

The obtained data of Table 1 shows,the most frequent is in the age group of 26-32 yearthat 123 persons (2/49 Percentage) located in this age group.The lowest frequency is related to the age group of 47-53years that6 persons (4.2%) located in

this age group.Also, as shown in Table 2-4,250 married individuals (125 couples) of Garmsar city is the sample group that is shown separately to level of education.

Table 2: Frequency distribution and percentage of Level of education studied groups

Level of education	Frequency	Percentage	The cumulative percentage
Under Diploma	34	13.6	13.6
Diploma	48	19.2	32.8
Associate Degree	20	8	40.8
BA	93	37.2	78
MA or higher	55	22	100
total	250	100	

Obtained data of Table 2 shows, the most frequent is in BA base that 93 persons (2/37 Percentage) are located in this level. The lowest Frequency is also related to academic foundation of Associate Degree, that 20 people (8%) located in this base. As

well as, shown in Table 4-3, 250 persons of married couples in Garmsar city (125 couples) are as the sample group that is shown separately duration of marriage.

Table 3: Distribution of frequency and percentage of marriage studied groups

Level of education	Frequency	Percentage	The cumulative percentage
5 years or less	112	44.8	44.8
6 to 10 years	76	30.4	75.2
11 to 15 years	40	16	91.2
More than 15 years	22	8	100
total	250	100	

Obtained data of Table 3 shows the most frequent is during the 5 years or less of marriage that 112 persons (8/44 Percentage) are located in this category. The lowest Frequency is related to duration of marriage is more than 15 years, that 12 persons (8 Percentage)

are located in this category; also, as shown in Table 4-4, 250 persons of married couples in Garmsar city (125 couples) are as the sample group that is shown separately by gender.

Table 4: Distribution of frequency and percentage of gender studied groups

marital status	Frequency	Percentage	The cumulative percentage
Male	125	50	50
Female	125	50	100
total	250	100	

As can be observed in Table 4, the total number of participants is 250 persons, the number of these 125 (50%) were male and 125 (50%) were female.

Table 5: Statistical indicators of self- efficacy, perfectionism and social adjustment

Variable	Mean	Standard deviation	Number
Self Efficacy	63.92	12.22	250
Positive perfectionism	72.23	39.18	250
Negative perfectionism	36.07	11.5	250
Social adjustment	16.98	9.2	250

In Table 5 the components statistical indicators questionnaire of Self Efficacy, perfectionism (positive and negative) and social adjustment that 250 married people have responded to it of Garmsar city, is shown. Correlation analysis is used to describe the strength and direction of a linear relationship between

two variables. Pearson correlation coefficient is designed for variables with the interval surface (continuous). Can be used this coefficient if we have a continuous variable and a categorical variable. In this study, Pearson correlation coefficient was used for the first and second hypotheses.

Table 6: The relationship between self-efficacy and social adjustment

		Self Efficacy	Social adjustment
Self Efficacy	Pearson correlation coefficient meaningful	1	-**0.502 0.000
Social adjustment	Pearson correlation coefficient Meaningful	-**0.502 0.000	1

Preliminary analysis was conducted to ensure the lack of violation, the normality assumptions, linearity and a homogeneous distribution. As can be seen in Table 6, Self Efficacy has meaningful correlation with social adjustment, thus the first hypothesis is confirmed. The relationship between self-efficacy and

social adjustment is negative, Means by increasing the scores of Self Efficacy is reduced social adjustment scores of couples. It should be noted that score high in social adjustment questionnaire, indicate distance and withdraw of social contact and are introduced the succumbing to it.

Table 7: the relationship between perfectionism with social adjustment

		Positive perfectionism	Negative perfectionism	Social adjustment
Positive perfectionism	Pearson correlation coefficient meaningful	1	-0.865** 0.000	-0.665** 0.000
Negative perfectionism	Pearson correlation coefficient meaningful	-0.865** 0.000	1	0.473** 0.000
Social adjustment	Pearson correlation coefficient meaningful	-0.665** 0.000	0.473** 0.000	1

Preliminary analysis was conducted to ensure the lack of violation, the normality assumptions, linearity and a homogeneous distribution, as seen in Table 7, perfectionism has meaningful correlation with social adjustment, and thus second hypothesis is confirmed. The relationship between positive perfectionism with social adjustment is negative, means by increasing the scores of Self Efficacy is reduced social adjustment scores of couples. As well

as the relationship between negative perfectionism and social adjustment is positive, Means by increasing the negative perfectionism, increases social adjustment scores of couples. Multivariate regression can be used to examine the relationship between a continuous dependent variable and several independent or predictor variables used. Multivariate regression is based on correlation; but may provide the more specialization of study about the interaction

between a set of variables. In this study aimed to study the third hypothesis' could predict the perfectionism, self-efficacy and social adjustment of couples "were used Stepwise multiple regression

methods. Preliminary analysis was conducted to ensure the lack of violation, the normality assumptions, linearity and a homogeneous distribution.

Table 8, meaningful results of regression model to predict social adjustment

Model	Source changes	sum of squares	Degrees of freedom	R	R ²	F	Significance level
step one (Positive perfectionism)	regression	63658.86	1	0.502	0.252	51.1	0.000
	Remaining	189347.9	152				
	Total	253006.76	153				
The second step (Positive perfectionism and Self Efficacy)	regression	143263.74	2	0.752	0.566	98.56	0.000
	Remaining	109743.01	151				
	Total	253006.76	153				

Considering that R², the percentage of sharing variance Self Efficacy and perfectionism to predict social adjustment of couples Garmsar city regression in the first step, Self-efficacy is predicted 25% of social adjustment. In the second step, perfectionism and Self Efficacy and social adjustment is predicted 50% of social adjustment variance. In Table 9 because the second step calculated significance level, is significant in F test at the 0.000 level, so the

linear regression model is significant. As a result, perfectionism and Self Efficacy has significant linear relationship. So according to the significance of the relationship between predictor variables (self-efficacy and perfectionism) and the criterion variable (social harmony) The results is presented in table format of significant regression coefficients which provided in Table 9.

Table 9: Regression coefficients to predict social adjustment

Model	Variable	B	The standard error	Beta	T-statistic	Significance level
Step one	Fixed	149.71	15.18	0.502	9.85	0.000
	Positive perfectionism	1.66	0.233		7.14	0.000
The second step	Fixed		12.06	0.315	9.54	0.000
	Positive perfectionism	115.1	0.319	0.252	3.45	0.000
	Self Efficacy	1.1	0.1		10.46	0.001
		1.04				

Considering that b is the regression coefficient of raw scores and so impressed by a measure of predictor variables; thus, were used Beta which is a regression coefficient of standard scores. Considering that in the second step t test is significant for significance of regression at less than 0.05, Efficacy and perfectionism is predicted the social adaptation of couples in Garmsar city, Beta coefficients indicate that the share of positive perfectionism (0.315) in anticipation of social adaptation is higher than self efficacy (0.252). Thus, the third hypothesis is confirmed. In response to the first hypothesis that "the Self Efficacy of couples have a meaningful relationship with social adjustment" was used Pearson correlation coefficient. The results of this hypothesis is confirmed and showed that there is a significant relationship between self-efficacy and social adjustment, the relationship between self-efficacy and social adjustment is negative, means by increasing the scores of Self Efficacy reduced social adjustment scores of couples in Garmsar city. It should be noted that high score in social adjustment questionnaire, indicate distance and withdraw of social contact and low score indicates that the enjoyment of social adjustment is desirable. Means when the couples have higher self-efficacy strengthened social adjustment. The present findings consistent with research results of Yuslilaz (2012) and TAMANAI FAR and Leith (1394). In response to the second hypothesis that "perfectionism of couples have a meaningful relationship with social adjustment" was used Pearson correlation coefficient. The obtained results of this hypothesis confirmed and showed that there is a significant relationship between positive perfectionism and social adjustment, The relationship between perfectionism is positive and social adjustment is negative, Means by increasing the positive perfectionism, reduced social adjustment scores of couples in Garmsar city. It should be noted that high score in social adjustment questionnaire, indicate distance and withdraw of social contact and low score indicates that the enjoyment of social adjustment is desirable. Means when the couples have higher self-efficacy strengthened social adjustment. The result of this research is consistent with SARVGHAD and colleagues (1390), Abdkhodai and colleagues (1390), Laine (2011), Zhang and colleagues (2007). Also results of data analysis showed that there is a significant relationship between negative perfectionism and social adjustment, the relationship between perfectionism is negative and social adjustment is positive, means by increasing the negative perfectionism increases social adjustment scores of couples in Garmsar city. It

should be noted that high score in social adjustment questionnaire indicate distance and withdraw of social contact and low score indicates that the enjoyment of social adjustment is desirable. Means when the couples have higher negative perfectionism weakened their social adjustment. The result of this research is consistent with SARVGHAD and colleagues (1390), Abdkhodai and colleagues (1390), Lin (2011), Zhang and colleagues (2007), in response to the third hypothesis that "self-efficacy and social adjustment can predict the couples Perfectionism." was used Multivariate regression. The obtained results of this hypothesis confirmed and showed that self-efficacy and positive perfectionism is predictive social adaptation of couples in Garmsar city, That the share of positive perfectionism to predict social adjustment is greater than self-efficacy. The results of this research is consistent with Zamani (1390), Ghanbari and colleagues (1389), Tarik and Majedolghaisi (2012), Lin (2011). Sirjani (1386) this study showed that those couples who had positive perfectionism, as well as had higher self-efficacy level. As well as the students who had high Self Efficacy who communicate effective communication with their environment better than their peers. In other words, social adjustment was high. The difference is significant in level $p=0.01$ between the social adjustment of students who have high self-efficacy in compared to The students who had low self-efficacy. Therefore we can say positive perfectionism strengthens a person's self-efficacy and this perception helps person to have a sense of control over the environment in position of difficulty and the pressure and considered him as formidable person against the problem and try more to achieve the optimal conditions and in reaching to his goal try to be flexibility and can be change by his environment and therefore compliant with the environment and creates a better social relations.

Research proposals

- Recommended that the study be implemented in other cities to have more generalized.
- recommended that this research can be performed by examining the cognitive and personality characteristics of the study sample.
- The selection of two male and female, to compare the results in the group of women and men and recognizing individual differences related to sex in assessing future to expanded new horizons which to be considered in this regard.

- recommended that this study conducted as the research sample about economic factors, class, education, and job.

Practical recommendations

- holding training courses for couples to their familiarity with the importance of social adjustment and effective factors on it.

- Providing educational booklets and announcements to staff administrative level and in the city to school and university students, shopkeepers and all people.

- supporting research projects, writing books in these fields.

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