



Predicting the Perfectionism of Immigrant Women based on Perceived Stress with the Role of Mediator of Empathy

Akram Nouri^{*1}, Hooman Namvar²

1. M.A of Clinical Psychology, Buein Zahra University, Iran.

2. Assistant Professor of Saveh Islamic Azad University, Iran.

A B S T R A C T

This study aims to predict the perfectionism of immigrant women based on the perceived stress factor with the mediating role of empathy. This research is theoretical and descriptive and is correlational in terms of research method. The statistical population is women immigrants to Iran who were randomly, purposefully and voluntarily selected from 300 people. Data collection tools include Hill Perfectionism Questionnaire (2004), Cohen et al. Perceived Stress Scale, Davis Empathy Questionnaire. The analysis was performed through descriptive and inferential statistical indicators and focused on path analysis. The result of processing the relationship between variables and calculating factor loads showed that empathy has an effect on perfectionism and perceived stress on empathy. The effect of perceived stress on the perfectionism variable is not significant; the effect of perceived stress on empathy is significant.

Keywords: Perfectionism, Perceived Empathy Stress, Immigrant Women.

INTRODUCTION

Perfectionism is one of the personality traits and plays an important role in etiology in continuing the clinical course of psychopathology. Freud (1975) attributes perfectionism to extreme activism and describes perfectionists as "stimulants" (Gol, Rostami, & Goudarzi, 2013). The key in their lives is not happiness but excellence. Stress is a state in which biological, psychological and environmental factors interact. Perceived stress is an overall assessment of the importance and severity of environmental and personal challenges. Therefore, both individual and environmental factors are important in the perception of stressors. How to perceive these environmental and individual factors provides an assessment of the situation whether it is stressful or non-stressful (M. S. Sadak, 2016; T. Sadak et al., 2017).

The word stress has different meanings for different people. Non-specialists may define stress as stress, tension, unpleasant external pressures, or emotional response. But psychologists have defined stress in different ways. New definitions of stress as external stressors as stressors (difficulty at work), a person's response to stressors as stress or anxiety (feeling stressed), and the concept of stress as something that involves biochemical, neurobiological, behavioral, and psychological changes. Is, they have noticed. Experts also distinguish between harmful and harmful stress and positive and beneficial stress. In addition,

*. Corresponding Author: Ak_nouri@yahoo.com

DOI: [In pressing](#)

To cite this article: Nouri, A., Namvar, H. (2021). Predicting the Perfectionism of Immigrant Women based on Perceived Stress with the Role of Mediator of Empathy. *Iranian Journal of Positive Psychology*, 7 (1 and 2), 42-47.

researchers distinguish between acute stress, such as that which occurs during an exam or public speaking, and chronic stress, such as job stress and poverty. The most commonly used definition is that given by Lazarus and Folkman (1984); He considered stress as an interaction between the individual and the environment and described stress as "individual-environment adaptation". When a person is confronted with potentially problematic pressures, such as an exam or a public lecture, the degree of stress he or she experiences is firstly assessed by the event (is the event stressful?) It depends (I can handle this problem?) A good adaptation will bring a little stress and a poor adaptation will create a lot of stress (Hafner, Radermacher, Frick, Dietl, & Calzia, 2014; Nor, Rashid, Mahyuddin, Azlan, & Mahmud, 2012).

METHOLOGY

This research is a theoretical research in terms of purpose. Also, this research is descriptive in terms of research method and because the relationship between variables is examined, it is of correlation and prediction type.

The statistical population of this study was immigrant women to Saveh city (in Iran). Sampling was purposeful (judgmental) and voluntary and for access, this group was selected from immigrant women referring to health centers. According to the definition of immigration (moving from one city to another for any reason for life or work and livelihood) and due to lack of access to the list of immigrants in Saveh, and on the other hand, the majority of women, including immigrants, refer to Comprehensive health centers and bases to receive services, 10 urban and rural health centers and bases from different parts of Saveh city (center and suburbs) and Saveh villages were selected, 300 questionnaires were distributed equally between these 10 centers and gradually over 1 week Questionnaires were randomly selected from the three target groups (immigrant women) as one of the three references, and if they wished to participate in the research, the questionnaire was delivered to the individual to answer.

Sample size of this research according to the regression model and the law governing the determination of sample size when we do not have the average and standard deviation of the population, we select at least 50 to 75 people for each variable; And for each variable involved in the research, 50 people were selected. In order to have a greater security margin, a total of 250 people were considered under the supervision of the tutor. To select the final sample group, according to the specific conditions of the group and the possibility of not completing the questionnaire completely or not returning the completed questionnaire, the sample size was selected more than the required amount and the questionnaire in 300 immigrant women to Saveh who volunteered to complete the questionnaire And participated in the study were distributed, finally 279 correct questionnaires were used in the analysis.

Hill Perfectionism Questionnaire (2004): The Perfectionism Questionnaire was developed by Hill et al. In 2004. The tool has 59 sentences. Participants must specify the extent to which each sentence describes them in a range of 5 options from strongly agree to strongly disagree. Regarding 1- Focusing on mistakes 2- High standards for others 3- Need for approval 4- Order and organization 5- Perception of pressure by parents 6- Purposefulness 7- Ruminant 8- Trying to be great. The validity and reliability of this questionnaire was performed on students in Shiraz by Jamshidi et al. (2009) and the reported Cronbach's alpha was between 83% and 91%.

Also in Tehran, the researcher obtained 929%. Factor analysis method was used to evaluate the validity of the structure. In this study, the face and content validity of the questionnaires have been confirmed by professors and the reliability of the questionnaire has been calculated through Cronbach's alpha and its value is equal to 911..

Perceived Stress Scale (PSS): Designed by Cohen, Kamarck, and Mermelstein (1994), and has 10 and 14 questions. In this research, Forms 4 uses the form of 14 questions. Items are scored on a Likert scale from 0 (none) to 4 (too many). The range of scores varies from 0 to 56 and the higher score of the subjects in this scale indicates the high level of perceived stress; Cohen and Williamson, (1988) validity and reliability of the perceived stress questionnaire calculated the Cronbach's alpha coefficient for this questionnaire to be 0.74, and Cohen et al. In this study, the face and content validity of the questionnaires were confirmed by professors and the reliability of the questionnaire was calculated through Cronbach's alpha. And its amount is equal to 758.

Empathy questionnaire: The Empathy Questionnaire was introduced by Davis (1983). This questionnaire consists of 21 items and examines and evaluates the level of empathy in individuals. The components of this questionnaire are empathetic concern, perspective, and personal confusion. The scoring of the questionnaire is based on a 5-point Likert scale and is scored from strongly agree to strongly disagree. The validity and reliability of the empathy questionnaire in Davis's research with Cronbach's alpha was above 70%. Also, the validity of the questionnaire was favorable through factor analysis.

RESULTS

This questionnaire has 59 questions that measure 8 dimensions of perfectionism. Dimensions of perfectionism include focusing on mistakes, high standards for others, the need for approval, order, organization, perception of parental pressure, purposefulness, rumination, and striving to be great. The central indicators of the scales and its components are calculated, the results of which are given in Tables 1:

Table 1. Descriptive indicators of perfectionism and its components

Components	Man	Std. deviation	Min.	Max.	Skewness	Kurtosis
Focus on mistakes	25.9424	5.34549	7	36	-.324	-.182
High standards for others	24.6978	4.12644	11	33	-.542	.310
Requires approval	23.0683	4.71487	9	34	-.557	.440
Order and organization	30.6223	4.40517	14	40	-.321	.054
Perception of pressure from parents	26.9137	5.03774	12	40	-.375	.195
Purposefulness	25.8237	4.06551	11	35	-.169	.257
Ruminant thought	25.2230	4.79853	7	35	-.736	1.421
Strive to be great	23.3345	3.61699	8	30	-.379	.537
Perfectionism (total)	205.6259	25.92192	106	272	-.516	.838

As the table above shows among the eight components examined for perfectionism; Order with the average (4.3) highest score and component needs to be confirmed with the average (2.6) lowest average among the components of perfectionism. The average perfectionism (total) is 205.6259. kurtosis and skewness are also obtained in the range (+2, 2-); In general, skewness

Predicting the Perfectionism of Immigrant Women based on Perceived ...

and kurtosis should be in the range (2, 2-) so that the data have a normal distribution, and in this questionnaire, both kurtosis and skewness are obtained in the range (2+, 2-), ie the distribution is normal.

Perceived Stress Questionnaire, developed by Cohen et al., 1983. This scale has 14 items with a four-point Likert scale (never too much) and each item has a value between 0 and 4. This is a one-component questionnaire. The central indicators of this questionnaire are listed in the following tables:

Table 2. Descriptive indicators of perceived stress and its dimensions

List of power trends	Frequency	Mean	Std. deviation	Min.	Max.	Skewness	Kurtosis
Perceived Stress	278	25.6367	8.04462	5	44	-.102	-.136

As the table above shows, the average of this questionnaire is 25.63. Kurtosis and skewness are also obtained in the range (+2, 2-); In general, skewness and Kurtosis should be in the range (2, 2-) so that the data have a normal distribution, and in this questionnaire, both Kurtosis and skewness are obtained in the range (2+, 2-), ie the distribution is normal

Question 1: Does empathy and its dimensions affect perfectionism in immigrant women?

In order to investigate the effect of empathy and its dimensions on perfectionism, Pearson correlation coefficient was used. The results of this analysis are presented in the table below;

Table 3: Pearson test results on the relationship between empathy and its dimensions with perfectionism

		Empathetic concern	Perspective	Personal turmoil	Empathy
Perfectionism	The correlation coefficient	0.152 *	0.306 **	0.327 **	0.299 **
	Significance level	0.011	0.001	0.001	0.001

The results show that the degree of correlation of empathy and its dimensions with the degree of perfectionism is equal to .299 **, which means a positive and significant relationship between the two variables. Also, in examining the relationship between the dimensions of empathy, the results show that there is a positive and significant relationship between all dimensions of empathy and perfectionism.

Question 2: Does perceived stress affect perfectionism in immigrant women?

A. Does perceived stress affect perfectionism in immigrant women? In order to investigate the relationship between perceived stress and perfectionism, Pearson correlation coefficient was used. The results of this analysis are presented in the table below.

Table 4: Pearson test results on the relationship between perceived stress and perfectionism

Component	Coefficient Correlation Pearson	
Perfectionism	The correlation coefficient	0.057
	Significance level	0.341

The results show that the correlation between perceived stress and perfectionism is .057, which means a positive relationship, but this relationship is not significant. In other words, the

intensity and magnitude of this relationship is not high or significant.

CONCLUSION

The results of processing the relationship between variables and calculating factor loads show that the relationship between perceived stress variable with empathy variable, distress tolerance variable with empathy variable, distress tolerance variable with perfectionism variable and empathy variable with perfectionism variable is significant. . The effect of distress tolerance variable on perfectionism variable directly and also through empathy variable is significant, but the effect of perceived stress variable directly on perfectionism variable is not significant, but the effect of perceived stress by empathy variable on perfectionism variable is significant.

The results show that empathy and its dimensions have a positive and significant correlation with perfectionism. Šter and Selič (2015), and Hojat, Gonnella, Mangione, Nasca, and Magee (2003), showed that there is a positive and significant relationship between nurses 'emotional empathy with the quality of nursing care in all dimensions with the ethical dimension of nurses' empathy. Bardone-Cone, Abramson, Vohs, Heatherton, and Joiner Jr (2006), also showed that there is a negative correlation between socially induced perfectionism and empathy. In explaining this result, it can be said that the study of bragging and colleagues regarding the executive functions of the individual showed that self-awareness and regulation of emotions and correct understanding of the views of others are effective in improving social behaviors such as empathy. The results of Rice, Leever, Christopher, and Porter (2006), consistent with the results of this study showed that individual criteria can act as a compromised dimension of perfectionism and be related to adaptive outcomes. They argued that individual criteria have a positive relationship with adaptive self-regulation skills and a negative relationship with contradictory self-assessments and self-criticism. Individual criteria also lead to a smaller gap between environmental stress and internal resource requirements. To deal with it feel. Therefore, the component of individual criteria can have a positive relationship with satisfactory interpersonal relationships as a compromised dimension of perfectionism.

If perfectionism is positive, it can motivate great progress in a person and draw attention to the details necessary for scientific research, but negative perfectionism causes people to obsessively strive to achieve impossible goals. The results show that there is a negative and significant relationship between stress tolerance and its dimensions with the degree of perfectionism. This finding can be related to the statistical population and the research sample group and can be argued as such, since setting very high standards for performance, self-criticism and worrying about mistakes are characteristics of perfectionists. Flett and Hewitt (2002), Find that automatic thoughts involved in perfectionism and interpersonal aspects of perfectionism structure are strongly associated with anxiety, so perfectionism can correlate with low distress tolerance as an important vulnerability in the development and persistence of mental disorders. Have. Self-esteem and self-confidence are also associated with distress tolerance.

The results show that perceived stress has a positive relationship with perfectionism, but this relationship is not significant. In other words, the intensity and magnitude of this relationship is not high or significant.

REFERENCES

- Bardone-Cone, Anna M, Abramson, Lyn Y, Vohs, KD, Heatherton, TF, & Joiner Jr, TE. (2006). Predicting bulimic symptoms: An interactive model of self-efficacy, perfectionism, and perceived weight status. *Behaviour research and therapy*, 44(1), 27-42.
- Cohen, Sheldon, Kamarck, Tom, & Mermelstein, Robin. (1994). Perceived stress scale. *Measuring stress: A guide for health and social scientists*, 10, 1-2.
- Davis, Mark H. (1983). The effects of dispositional empathy on emotional reactions and helping: A multidimensional approach. *Journal of personality*, 51(2), 167-184.
- Flett, Gordon L., & Hewitt, Paul L. (2002). Perfectionism and maladjustment: An overview of theoretical, definitional, and treatment issues *Perfectionism: Theory, research, and treatment*. (pp. 5-31). Washington, DC, US: American Psychological Association.
- Gol, Hayedeh Cheraghali, Rostami, Amir Masood, & Goudarzi, Mahdi. (2013). Prediction of marital satisfaction based on perfectionism. *Procedia-social and behavioral sciences*, 89, 567-571.
- Hafner, Sebastian, Radermacher, Peter, Frick, Manfred, Dietl, Paul, & Calzia, Enrico. (2014). Hyperglycemia, oxidative stress, and the diaphragm: a link between chronic co-morbidity and acute stress? *Critical care*, 18(3), 1-3.
- Hojat, Mohammadreza, Gonnella, Joseph S, Mangione, Salvatore, Nasca, Thomas J, & Magee, Mike. (2003). *Physician empathy in medical education and practice: experience with the Jefferson Scale of Physician Empathy*. Paper presented at the Seminars in Integrative Medicine.
- Lazarus, Richard S, & Folkman, Susan. (1984). *Stress, appraisal, and coping*: Springer publishing company.
- Nor, Mohd Azizi Muhammad, Rashid, Helmi, Mahyuddin, Wan Mohd Faizul Wan, Azlan, Mohd Azuan Mohd, & Mahmud, Jamaluddin. (2012). Stress analysis of a low loader chassis. *Procedia Engineering*, 41, 995-1001.
- Rice, Kenneth G, Leever, Brooke A, Christopher, John, & Porter, J Diane. (2006). Perfectionism, stress, and social (dis) connection: A short-term study of hopelessness, depression, and academic adjustment among honors students. *Journal of Counseling Psychology*, 53(4), 524.
- Sadak, Mervat Sh. (2016). Physiological role of signal molecules in improving plant tolerance under abiotic stress. *Inter J Chem Tech Res*, 9(7), 46-60.
- Sadak, Tatiana, Korpak, Anna, Wright, Jacob D, Lee, Mee Kyung, Noel, Margaret, Buckwalter, Kathleen, & Borson, Soo. (2017). Psychometric evaluation of Kingston caregiver stress scale. *Clinical gerontologist*, 40(4), 268-280.
- Šter, Marija Petek, & Selič, Polona. (2015). Assessing empathic attitudes in medical students: the re-validation of the jefferson scale of empathy-student version report. *Slovenian Journal of Public Health*, 54(4), 282.