

Perfectionism, Loneliness and Life Satisfaction in Engineering Students

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This research intended to explore the relationship of socially-prescribed perfectionism, self-oriented perfectionism and loneliness with students' life satisfaction. The sample comprised of 143 male students (M age= 21.43, SD = 1.03) from the top five departments of University of Engineering and Technology, Lahore which were selected owing to their ranking based on merit. Assessment measures included the Frost Multidimensional Perfectionism Scale Life (Frost, Marten, Lahart, & Rosenblate, 1990), the UCLA Loneliness Scale-Version 3 (Russel, 1996), the Brief Multidimensional Student Life Satisfaction Scale (Huebner, 1997) and a demographic questionnaire. Results of the hierarchical regression analysis showed that the more the students were self-oriented perfectionists the more they were satisfied with their life. However socially-prescribed perfectionism was not related to life satisfaction of the students. The results were same for both groups of students who felt more and less lonely.

Key words: perfectionism, loneliness, life satisfaction