

## Perfectionism in Contemporary Life: Psychological Mechanisms and Practical Implications

### Перфекціонізм у сучасному житті: психологічні механізми та практичні імплікації

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### ABSTRACT

**The aim of the article.** *The article is aimed at conceptually understanding perfectionism as a complex and structurally organized psychological construct, outlining its content dimensions, determinants of its formation and features of manifestation in modern sociocultural conditions, as well as determining applied guidelines for the practice of psychological counseling and psychoprophylactic work.*

**Methods.** *A set of theoretical methods was used: theoretical analysis and synthesis to generalize scientific approaches to the interpretation of perfectionism; comparative analysis to compare unidimensional and multidimensional models; systematization and generalization of scientific sources to structure data on the impact of perfectionistic attitudes on psychological well-being; logical-structural analysis to determine applied vectors of psychological assistance.*

**The results of the research.** *The results of the study showed the departure of modern psychology from the unitary interpretation of perfectionism as an exclusively maladaptive trait and the affirmation of its ambivalent understanding. The feasibility of distinguishing adaptive perfectionist aspirations and maladaptive perfectionist concerns is substantiated. It is shown that the former can perform a resource function and correlate with personal growth and achievements, while the latter are predictors of anxiety, depressive symptoms, emotional burn-out and decreased psychological well-being. Modern approaches to psychological assistance focused on the transformation of maladaptive cognitive-emotional patterns and the preservation of the motivational potential of high standards are summarized.*

**Conclusion.** *Perfectionism should be considered as a structurally differentiated and contextually determined phenomenon, the impact of which on psychological functioning is determined by the ratio of its components. Effective psychological support strategies should be based on an individualized assessment of adaptive and maladaptive aspects of perfectionism and their targeted correction.*

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**Key words:** *perfectionism, multidimensionality of perfectionism, adaptive perfectionism, maladaptive perfectionism, perfectionistic aspirations, perfectionistic concerns, psychological well-being, psychological distress, emotional burnout, psychological counseling.*

## Introduction

Within the framework of the modern sociocultural paradigm, perfectionism is interpreted as a multidimensional psychological phenomenon associated with the regulation of personal activity, psychological well-being and the effectiveness of professional activity. Dynamic transformations of lifestyle, increased competitiveness, growing social expectations, as well as the spread of digital technologies and a culture of achievement actualize high standards of self-regulation and self-presentation, which are often accompanied by excessive self-criticism, fear of making mistakes and emotional exhaustion.

Modern empirical research indicates the ambivalence of perfectionism, which can serve as both a resource for personal growth and self-realization, and a factor of psychological maladjustment associated with anxiety, depressive disorders, professional burnout, and a decrease in the level of subjective well-being. In this regard, a differentiated analysis of the psychological mechanisms of the formation and functioning of various forms of perfectionism in the context of modern life is of particular importance.

The relevance of the study is also due to the need of practical psychology for scientifically based models of understanding perfectionism, which allow not only to explain its internal determinants, but also to outline effective areas of psychological prevention and correction of perfectionistic tendencies in various life and professional spheres.

A review of the current scientific literature has made it possible to outline key areas of research on perfectionism, its various manifestations, and its links to psychological distress, functional dysfunction, and emotional well-being.

Thus, domestic dissertation research has highlighted various aspects of perfectionism as a personal and motivational characteristic. In particular, I. Hulias investigated perfectionist attitudes as a factor in the professional readiness of future practical psychologists, emphasizing their importance in the formation of competence and self-regulation (Гуляс, 2007). L. Danylevych considered perfectionism as a personal factor in the academic giftedness of students, determining its connection with high academic achievements and motivational characteristics (Данилевич, 2007). Т. Zavada focused on the motivational factors of perfectionism of student youth, emphasizing the relationship between the desire for perfection and goal-oriented motivation (Завада, 2017). О. Loza investigated the features of perfectionism of civil servants, revealing the specifics of its manifestations in a professional context (Люза, 2015). N. Luki-na analyzed the psychological characteristics of the goal orientation of the perfectionist personality, focusing on cognitive and motivational mechanisms (Лукіна, 2020). G. Cherpurna studied the socio-psychological features of youth perfectionism, emphasizing its connection with interpersonal adaptation and social expectations (Чепурна, 2013). In general, these dissertations demonstrate a multidimensional approach to the study of perfectionism in Ukraine and outline its impact on the educational, professional and social spheres of personality development.

In addition to dissertations, the issue of perfectionism is also presented in separate scientific publications that expand the theoretical understanding of this phenomenon. Thus, Т. Hrubі carried out a theoretical analysis of the genesis of perfectionism, tracing its formation as a personality trait and outlining the psychological mechanisms of formation (Грубі, 2016). А. Kononenko and О. Kononenko examined perfectionism through the prism of the ratio of norm and pathology, focusing on the boundaries between adaptive manifestations of the desire for perfection and its maladaptive forms (Кононенко А., & Кононенко О., 2017). Thus, along with dissertation studies, individual articles by do-

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mestic authors also contribute to the deepening of the theoretical and methodological analysis of perfectionism and the clarification of its psychological content.

Let us consider the main modern theoretical approaches and empirical findings of the study of perfectionism in foreign literature.

In particular, G. Flett et al. consider perfectionism to be a multidimensional personality construct, among the main components of which socially imposed perfectionism occupies a special place – perceived social pressure and expectations of perfection (Flett et al., 2022). This dimension is considered as a chronic source of psychological stress, which causes feelings of helplessness and hopelessness and is associated with negative consequences for mental and physical health, interpersonal adaptation and general well-being. The generalization of empirical data indicates its unique contribution to distress, dysfunction and impairment, which is not reducible to other aspects of perfectionism. Scientists emphasize the complex nature of socially imposed perfectionism, expand its conceptualization and emphasize the need for preventive and intervention measures, considering it as a significant public health problem (Flett et al., 2022).

Researchers S. Casale et al. study the phenomenon of extreme perfectionism as a factor of psychological distress and dysfunction. The developed "Big Three" Perfectionism Scale covers three superordinary traits – rigid, self-critical and narcissistic perfectionism (Casale et al., 2020). A study with the participation of 602 students confirmed the appropriate psychometric characteristics of the method and found that all three dimensions are associated with social anxiety and depression. At the same time, perfectionistic cognitions and self-presentation explain additional unique variance in distress over and above the BTPS factors, which indicates their independent role in the structure of perfectionism (Casale et al., 2020).

P. Hewitt's article, based on a paper presented at the annual conference of the Canadian Psychological Association on the oc-

casation of the Donald O. Hebb Award, summarizes many years of theoretical, empirical, and clinical work on perfectionism as a key factor in personal vulnerability (Hewitt, 2020). In collaboration with colleagues, P. Hewitt examined perfectionism from a psychodynamic-interpersonal perspective as a factor associated with a wide range of difficulties – psychological, physical, interpersonal, and achievement. Within the framework of this research program, the nature of perfectionism, its links to distress and disorders, mechanisms of development and functioning, and a dynamic-relational psychotherapeutic approach to the treatment of perfectionistic behavior are outlined. P. Hewitt summarized the achievements of this area and noted the contribution of Canadian researchers to the development of the modern understanding of perfectionism (Hewitt, 2020).

An interesting longitudinal study by A. Hill et al., conducted with the participation of 143 student musicians, tested whether perfectionistic self-presentation (rather than perfectionism as a trait) predicts emotional experiences throughout the academic year (Hill et al., 2020). Analysis of the data showed that self-promotion of perfection at the beginning of the year predicted a decrease in positive affect at the middle of the year, and non-disclosure of imperfections at the middle of the year predicted a lower level of positive emotions at the end of the year; at the same time, negative affect was associated with a further increase in the tendency to hide shortcomings. The results suggest that the strategy of maintaining an image of perfection can contribute to a decrease in the positive emotional background of student musicians (Hill et al., 2020).

A. Meade & S. Craig highlighted the problem of data quality in anonymous online surveys and proposed approaches to identify careless responses, which are of key importance for ensuring the reliability of the results. In two studies, scientists compared different approaches to identifying careless respondents: instructional checkpoints, response consistency indices, multivariate outlier analysis, response time and self-reported thorough-

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ness. Two models of careless responses were identified – random and non-random – for the detection of which different indices are required; it was found that about 10-12% of students in long surveys show signs of carelessness. Data modeling with given random response patterns confirmed that the effectiveness of indicators depends significantly on the structure of the data. It is recommended to use identified responses, include instructional checkpoints and apply consistency indices together with multivariate outlier analysis to improve data quality (Meade, & Craig, 2012).

An analysis by S. Sherry et al. of 45 studies ( $n = 11.747$ ) clarified the significance of perfectionism in suicidality against the background of conflicting previous results and insufficient statistical power of individual works (Sherry et al., 2016). Random effects models showed that perfectionistic concerns (in particular, socially assigned perfectionism, fear of mistakes, doubts about actions, feelings of inadequacy), as well as perfectionistic aspirations (self-oriented perfectionism, high personal standards), parental criticism and expectations demonstrate insignificant to moderate positive associations with suicidal ideation. Socially assigned perfectionism predicted their consistent increase, while perfectionistic concerns and parental factors had a weak positive association with suicide attempts. The obtained data confirm that both self-generated and socially conditioned pressure for perfection are components of the vulnerable personality configuration associated with suicidality and question the notion of the unconditional adaptability of perfectionistic aspirations (Sherry et al., 2016).

Despite a significant number of scientific works devoted to the study of perfectionism, a number of conceptual and applied contradictions persist in modern psychology regarding the understanding of its psychological nature, structural organization, and functional role in the life of the individual. In particular, approaches to distinguishing adaptive and maladaptive forms of perfectionism, as well as to determining the psychologi-

cal mechanisms through which perfectionist attitudes influence the emotional-volitional regulation, motivational sphere, and behavioral strategies of the subject, remain insufficiently coordinated.

The issue of transforming perfectionism in the face of modern social challenges, in particular under the influence of chronic stress, uncertainty, and increased demands for personal effectiveness, remains problematic. This complicates the development of holistic, practice-oriented approaches to psychological support for individuals with pronounced perfectionist tendencies.

In this regard, there is a need for a comprehensive study of perfectionism as a multidimensional phenomenon of modern life, with an emphasis on the analysis of its psychological mechanisms and substantiation of practical implications for the activities of a psychologist aimed at supporting mental health, personal development, and improving the quality of life.

### **The aim of the article**

The purpose of the article is a theoretical analysis of perfectionism as a psychological phenomenon of modern life, revealing its mechanisms and forms of manifestation, as well as substantiating practical implications for psychological counseling and psychoprophylaxis. From this follows the tasks of the proposed scientific investigation: 1. To analyze the main theoretical approaches to understanding perfectionism in modern psychology. 2. To reveal the psychological mechanisms and forms of manifestation of perfectionism in the context of modern life. 3. To determine the role of perfectionism in psychological well-being and functioning of the individual. 4. To outline the practical implications of the study of perfectionism for psychological counseling and psychoprophylaxis.

### **Methods of the research**

To achieve the goal and implement the tasks set, the article uses theoretical methods of scientific research, in particular:

theoretical analysis and synthesis – in order to generalize scientific approaches to understanding perfectionism, identify its content characteristics, mechanisms of formation and functioning; comparative analysis – to compare different concepts of perfectionism, identify common and distinctive features in the interpretation of its forms and types in modern psychological research; systematization and generalization of scientific sources – in order to structure the existing theoretical and applied developments regarding the influence of perfectionism on the psychological well-being of the individual; logical-structural analysis – to substantiate the practical implications of the research results in the field of psychological counseling and psychophylaxis.

The use of these methods made it possible to carry out a comprehensive examination of the phenomenon of perfectionism, determine its role in the psychological functioning of the individual, and formulate practically significant guidelines in the activities of a practical psychologist.

### **Results and their discussion**

The results of the analysis of foreign scientific sources indicate a departure of modern psychology from the unitary understanding of perfectionism as a uniquely maladaptive personality trait. Since the end of the twentieth century, perfectionism has increasingly been viewed as a structurally complex phenomenon that can have both adaptive and maladaptive manifestations in the psychological functioning of the individual.

One of the first researchers to propose a differentiated approach to perfectionism was D. Hamachek. The researcher distinguished between normal and neurotic perfectionism. According to the scientist, adaptive perfectionism correlates with high, but realistic standards and intrinsic motivation to achieve, while neurotic perfectionism correlates with rigidity of requirements, fear of error and chronic dissatisfaction with the results of activity (Hamachek, 1978).

Further development of the ideas of multidimensionality of perfectionism is presented in the works of R. Frost and his colleagues, who proposed one of the most influential models of perfectionism (Frost et al., 1990). Within the framework of this concept, perfectionism includes such components as: excessively high personal standards, fear of error, doubts about one's own actions, parental criticism and parental expectations. Researchers have demonstrated that it is the components associated with fear of error and self-criticism that have the closest links with anxiety, depressive symptoms and reduced psychological well-being.

A significant contribution to the understanding of the social dimension of perfectionism was made by P. Hewitt & G. Flett, who developed a three-factor model that includes self-oriented perfectionism, other-oriented perfectionism, and socially attributed perfectionism (Hewitt, & Flett, 1991). Socially attributed perfectionism deserves special attention in the context of practical psychology, which, according to the results of a number of empirical studies, is consistently associated with psychological distress, feelings of helplessness, and emotional burnout.

In modern research (Stoeber, 2011; Stoeber, & Otto, 2006), perfectionism is increasingly analyzed through the prism of two basic dimensions – perfectionistic aspirations and perfectionistic concerns. The first is associated with motivation for high achievements and can perform an adaptive function, while the second is associated with the fear of not meeting expectations and is a predictor of negative emotional states. The outlined approach allows for a more differentiated assessment of the role of perfectionism in the psychological well-being of an individual, which has important practical implications for psychological counseling.

Thus, the results of the theoretical analysis of foreign studies confirm the feasibility of considering perfectionism as an ambivalent psychological phenomenon, the impact of which on the functioning of the personality is determined by the struc-

ture, dominant components and social context. In the discussion field of practical psychology, this creates a basis for abandoning unified interpretations of perfectionism and moving to individualized strategies of psychological assistance.

An in-depth analysis of foreign studies suggests that the relationship between perfectionism and psychological well-being is nonlinear and contextually determined. Within the framework of modern psychology of well-being, perfectionism is viewed not as a unified risk factor, but as a structurally differentiated predictor of adaptive and maladaptive consequences.

C. Ryff's research on the concept of psychological well-being provided a theoretical basis for analyzing how perfectionistic attitudes can influence such components as self-acceptance, autonomy, life purpose, and positive relationships (Ryff, 2014). Subsequently, further works showed that perfectionistic aspirations can be positively correlated with a sense of competence and personal growth, while perfectionistic concerns demonstrate stable negative relationships with the vast majority of well-being indicators (Stoeber, & Otto, 2006; Stoeber, 2011).

Continuing the previous context, P. Hewitt & G. Flett convincingly proved that socially attributed perfectionism is one of the most powerful predictors of psychological distress (Hewitt, & Flett, 2002; 2007). Individuals with a high level of labeled perfectionism tend to perceive the social environment as a source of constant evaluation and criticism, which contributes to the formation of chronic tension, anxiety and a sense of helplessness. In this plane, perfectionism ceases to be an internal motivational resource and is transformed into a stressogenic cognitive-emotional pattern.

The relationship between perfectionism and psychological distress has been extensively analyzed in the works of R. Enns & B. Cox, who found that maladaptive forms of perfectionism are statistically significantly correlated with depressive symptoms, suicidal thoughts, and low levels of emotional regulation (Enns, & Cox, 2002). Scientists emphasize that a key mechanism in this

connection is chronic self-criticism, which reinforces negative cognitive schemas and reduces tolerance for errors.

A separate area of foreign research is devoted to the analysis of perfectionism as a factor in emotional burnout, especially in professions of the “person-to-person” type. The works of T. Hill & A. Curran show that it is perfectionistic concerns, and not high standards as such, that are a stable predictor of emotional exhaustion and depersonalization (Hill, & Curran, 2016). Scientists emphasize that perfectionistic aspirations can perform a protective function, while the combination of high standards with the fear of not meeting expectations creates conditions for the gradual depletion of mental resources.

Similar conclusions were obtained in the study by J. Limburg et al., where perfectionism was considered as a transdiagnostic factor in the development of psychological distress (Limburg et al., 2017). The authors proved that perfectionistic cognitive styles contribute to rigid thinking, avoidance, and maladaptive stress coping strategies, which, in turn, increases vulnerability to emotional burnout and psychosomatic disorders.

In the discussion field of modern practical psychology, the position is gaining more and more support, according to which the key task of psychological help is not to “eliminate” perfectionism, but to transform its maladaptive components (Egan, Wade, & Shafran, 2011). Such an approach makes it possible to maintain the motivational potential of high standards, while at the same time reducing the level of self-criticism and emotional exhaustion.

Thus, the results of the analysis of foreign studies confirm the duality of perfectionism in the psychological well-being of an individual: on the one hand, it can serve as a resource for development and achievements, and on the other, a factor in chronic distress and emotional burnout, which necessitates a differentiated approach to understanding and psychological support for individuals with perfectionistic tendencies.

In modern foreign practice of psychological counseling, it is emphasized that effective intervention in perfectionism should

be based on a differentiated assessment of its components – adaptive aspirations and maladaptive concerns (Stoeber, & Otto, 2006; Egan, Wade, & Shafran, 2011). Accordingly, psychological assistance is aimed not at the complete elimination of perfectionism, but at the transformation of maladaptive cognitive-emotional patterns and support of the motivational potential of high standards.

The most developed and researched model is cognitive behavioral therapy, adapted for perfectionism (Egan et al., 2014). The labeled model is built on the following principles: identification and modification of maladaptive beliefs (“I have to be perfect,” “Mistakes are unacceptable”); reduction of the fear of failure and excessive self-criticism through structured exposure exercises; development of realistic standards and self-compassion skills; gradual involvement in practice of situations where high standards are met with failures, in order to reduce anxiety associated with avoidance.

According to empirical research, the use of cognitive behavioral therapy interventions statistically significantly reduces the level of perfectionistic concerns and associated symptoms of anxiety and depression (Egan et al., 2014).

In cases where perfectionism is accompanied by high self-criticism and shame, an effective approach is therapy focused on developing self-compassion. P. Gilbert emphasizes that the latter is aimed at: regulating emotional stress and internal criticism; developing skills for a kind attitude towards oneself; reducing anxiety, depressive symptoms and emotional burnout associated with maladaptive perfectionism (Gilbert, 2009).

Clinical research results confirm that the use of compassion-focused therapy techniques in cognitive-behavioral programs significantly increases the effectiveness of therapy in patients with high levels of self-criticism (Gilbert, & Procter, 2006).

Acceptance and Responsibility Therapy is considered another promising approach to work with perfectionism (Crosby, Nafziger, & Twohig, 2010). Its main principles in this context

are: acceptance of internal thoughts and emotions, including the fear of failure; defusion from perfectionistic cognitive schemas so that they do not guide behavior; and an emphasis on value-oriented actions, which reduces controlled anxiety and avoidance behavior patterns. Research suggests that acceptance and responsibility therapy interventions reduce perfectionistic concerns and increase psychological well-being, while maintaining the desire for achievement.

In foreign practice, cognitive-behavioral therapy, therapy focused on the development of self-compassion, and acceptance and responsibility therapy are often integrated, which allows you to simultaneously: work with maladaptive cognitive schemes, reduce self-criticism and shame, and develop skills of acceptance and value-oriented behavior. According to scientists (Egan, Wade, & Shafran, 2011), it is the combination of cognitive-behavioral, emotionally focused, and acceptance-value techniques that provides the most comprehensive effect and makes it possible to preserve the adaptive aspects of perfectionism.

Thus, foreign models of psychological care focus on the transformation of maladaptive components of perfectionism, while maintaining adaptive aspirations. Key effective approaches are: cognitive-behavioral therapy, therapy focused on the development of self-compassion, acceptance and responsibility therapy, as well as integration programs. Psychological intervention should be individualized, focused on the structural differentiation of perfectionistic traits and contextual assessment of their impact on well-being, distress and burnout.

In recent years, domestic psychological science has increasingly paid attention to the adaptation of the outlined approaches to the local socio-cultural context, as well as to the development of methods for assessing perfectionist attitudes and their impact on psychological well-being. Ukrainian scientists mostly use adapted versions of foreign psychodiagnostic methods. At the same time, their own tools are already appearing, presented in domestic scientific works. In particular, I. Hulias created a

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questionnaire aimed at studying the level of reflection, its content characteristics, factors of formation and manifestations of perfectionism in the professional activities of future psychologists (Гуляс, 2010: 120-134). O. Loza developed the questionnaire «Perfectionism Scale», within which four typological groups are distinguished: hypoperfectionists, constructive perfectionists, hyperperfectionists, and destructive perfectionists (Лоза, 2015).

### Conclusions

The generalization of the results of the theoretical and empirical analysis of the outlined issues provides grounds for formulating the following conclusions.

1. Theoretical and methodological analysis of foreign studies has shown the evolution of scientific ideas about perfectionism – from its interpretation as a unitary maladaptive trait to understanding as a structurally multidimensional and ambivalent psychological phenomenon. Modern conceptual models convincingly prove that the influence of perfectionism on the functioning of the personality is mediated by the ratio of its adaptive (perfectionist aspirations, high standards) and maladaptive (perfectionist concerns, self-criticism, fear of making mistakes) components.

2. It has been established that the relationship between perfectionism and psychological well-being is nonlinear and contextually conditioned. Perfectionist aspirations can be correlated with personal growth, a sense of competence and purposefulness, while perfectionist concerns are stable predictors of psychological distress, anxiety and depressive symptoms, emotional burnout and decreased self-acceptance. A special role in the genesis of distress is played by socially attributed perfectionism, which shapes the perception of the social environment as a source of constant assessment and criticism.

3. The generalization of empirical data allows us to consider maladaptive forms of perfectionism as a transdiagnostic factor

of psychoemotional vulnerability, associated with the rigidity of cognitive schemes, chronic self-criticism, maladaptive coping strategies, and decreased emotional regulation. At the same time, adaptive aspects of perfectionism can serve as a resource for professional development and achievements, provided that there is no dominance of concerns and fear of non-compliance with expectations.

4. In the field of practical psychology, the feasibility of a differentiated approach to psychological assistance to individuals with perfectionist tendencies is substantiated. Modern intervention models are not aimed at reducing perfectionism as such, but at transforming its maladaptive cognitive-emotional components and preserving the motivational potential of high standards. The most empirically validated approaches are cognitive-behavioral therapy, therapy focused on the development of self-compassion, acceptance and responsibility therapy, as well as integrative programs that combine cognitive, emotionally focused, and acceptance-value techniques.

5. Analysis of the domestic scientific field indicates the gradual institutionalization of research on perfectionism in Ukrainian psychology. Despite the dominance of adapted foreign psychodiagnostic tools, there is a tendency to develop our own methods that take into account the professional-role and socio-cultural features of the Ukrainian context. This creates a basis for further empirical research aimed at identifying the specifics of the functioning of perfectionistic attitudes in different samples and developing culturally sensitive models of psychological support.

Therefore, the results of the study confirm the need for a structurally differentiated and contextualized approach to the study of perfectionism as a factor of psychological well-being and distress, and also outline the prospects for further theoretical and applied developments in this area.

Further empirical research aimed at clarifying the mechanisms of influence of adaptive and maladaptive components of

perfectionism on the psychological well-being of an individual, as well as the development of differentiated intervention models within the framework of modern psychotherapeutic practice, is promising.

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**Гуляс Інеса, Онуфрієва Ліана. Перфекціонізм у сучасному житті: психологічні механізми та практичні імплікації.**

**Мета статті.** Статтю спрямовано на концептуальне осмислення перфекціонізму як складного та структурно організованого психологічного конструкту, окреслення його змістових вимірів, детермінант становлення й особливостей прояву в сучасних соціокультурних умовах, а також на визначення прикладних орієнтирів для практики

психологічного консультування та психопрофілактичної роботи.

**Методи дослідження.** Використано комплекс теоретичних методів: теоретичний аналіз і синтез для узагальнення наукових підходів до інтерпретації перфекціонізму; порівняльний аналіз для зіставлення одновимірних і полівимірних моделей; систематизацію та узагальнення наукових джерел з метою структурування даних щодо впливу перфекціоністських установок на психологічне благополуччя; логіко-структурний аналіз для визначення прикладних векторів психологічної допомоги.

**Результати дослідження** засвідчили відхід сучасної психології від унітарного трактування перфекціонізму як виключно дезадаптивної риси та утвердження його амбівалентного розуміння. Обґрунтовано доцільність розмежування адаптивних перфекціоністських прагнень і дезадаптивних перфекціоністських занепокоєнь. Показано, що перші можуть виконувати ресурсну функцію та корелювати з особистісним зростанням і досягненнями, тоді як другі є предикторами тривожності, депресивних симптомів, емоційного вигорання й зниження психологічного благополуччя. Узагальнено сучасні підходи до психологічної допомоги, орієнтовані на трансформацію дезадаптивних когнітивно-емоційних патернів і збереження мотиваційного потенціалу високих стандартів.

**Висновок.** Перфекціонізм доцільно розглядати як структурно диференційований і контекстуально зумовлений феномен, вплив якого на психологічне функціонування визначається співвідношенням його компонентів. Ефективні стратегії психологічного супроводу мають ґрунтуватися на індивідуалізованій оцінці адаптивних і дезадаптивних аспектів перфекціонізму та їхній цілеспрямованій корекції.

**Ключові слова:** перфекціонізм, полівимірність перфекціонізму, адаптивний перфекціонізм, дезадаптивний перфекціонізм, перфекціоністські прагнення, перфекціоністські занепокоєння, психологічне благополуччя, психологічний дистрес, емоційне вигорання, психологічне консультування.

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