

To study perfectionism and self-compassion in dancers

Kamya Shah^{1*}

ABSTRACT

India is a country where all forms of dance are practiced and performed. The knowledge that we gain is very interesting and useful and is respected over a period of years. As years passed importance to dancing was appreciated and accepted. Researches about dancers and their dancing have been traced over a long period of time. It has become common to see dancers making an independent career in dancing. The present study was an attempt to study the perfectionism and self-compassion in dancers. Self-compassion entails being kind and understanding toward oneself in instances of pain or failure instead of being harshly self-critical. It is an attitude of unconditional kindness towards oneself, whereas perfectionism is often seen as a positive trait that increases your chances of success, but it can result in self-defeating thoughts or behaviour that make it harder to realize goals. Standardized scales of perfectionism and compassion in dancers were measured. Participants ranging the age from 20 to 40 were measured. The results have shown that there is no significant relation between perfectionism and self-compassion.

Keywords: *perfectionism, compassion, dancers.*

*"Dance as if you are alone, and no one will ever see,
As this is your chance, to see what you could be."*

– Catherine Pulsifer.

India is a land of diverse cultures. Dance is not just performed on stage for the audience, but it is also a part of any celebration- be it a wedding or birth of a child. Every Indian state has its own form of dance, for example, Kuchupudi in Andhra Pradesh, Lavani in Maharashtra, or Bhangra in Punjab. Dance is considered to be a dynamic performing art or manifestation of music, following a set of rhythms, with a sequence of rhythmic and moves knowing an artist's emotions and thoughts.

The emergence of dance started with "Natyashastra", an oldest surviving Indian treatise on performing arts which is a magnificent complication of what is western performing arts would include dance, music, poetry, and theatre. Dance is a popular form of physical exercise which helps us to stay fit, can also help to release stress, make us learn new steps or moves leading to its perfectionism and self-compassion toward it. One factor which helps to work on dance moves or perfectionism is motivation. In India 5000 years ago, dance was performed before deities as a form of "bhakti" and appeared as a way of communication between humans and gods, revealing values and beliefs.

¹B.A in psychology, Mumbai, India

*[Responding Author](#)

Received: September 25, 2020; Revision Received: November 15, 2020; Accepted: November 22, 2020

To study perfectionism and self-compassion in dancers

Practice and dancing help a dancer to make their moves perfect and smooth. Dancers tend to have extremely high expectations of achieving perfectionism. This means that they are not satisfied by self and it could lead to failure, depression, or other problems affecting health.

It is seen that dancers who believe in healthy perfectionism take efforts to work on moves, reach, and find out reasonable goals and mentally prepare themselves for coming challenges. On the other side, unhealthy perfectionism leads to negative thought, fewer efforts, and always thought to win.

People unable to achieve or who are high in perfectionism may have an impact on health and mood too. As dancers advance to higher levels of competition, there are pressures to maintain a level of excellence in comparison to other dancers as well as complete them in competition. As they progress through their careers, the expectation to perform better than they did in previous times continues to build both internally and externally.

Perfectionism

Perfectionism is a personality trait that symbolizes an individual's commitment, high standards of personal performance as well as their degree of self and socially-focused concern over the consequences of failing to achieve those goals (Frost, Marten, Lahart, & Rosenblate, 1990; Hewitt & Flett, 1991).

Perfectionism is generally considered a personality trait. (Skvarla, 2015). Classic descriptions of perfectionism include setting very high and exacting standards and various forms of concern or doubt regarding actions and achievements. The studies that examined the relationship between perfectionism and psychosomatic symptoms have found that perfectionism is a risk factor for experiencing psychosomatic symptoms (Flett, Molnar, Nepon, & Hewitt, 2012; Sumi & Kanda, 2002). The person who are more perfectionistic report low levels of self-esteem and confidence, higher levels of anxiety, and higher rates of disordered eating.

Individuals with elevated levels of maladaptive perfectionism have an increased incidence of disordered eating, are less likely to seek help, and have a more difficult time making progress in therapy (Blatt, Quinlan, Pilkonis, & Shea, 1995; Goldner, Cockell, & Srikameswaran, 2002).

The relationships between perfectionism and low self-confidence and their findings show that holding oneself to aspirations of perfection will nearly always mean falling short of one's goals. Always feeling inferior to where one wants to be, logically diminishes self-confidence. If a dancer's identity is tied up in dancing as the single most important activity in life and there is a belief one must do well as a dancer to be a good person, then the more fundamental construct of self-esteem is at serious risk. This is particularly important during times of stress. For a dancer with low self-esteem and high-stress levels, chances are high that goals of perfect performance become overly demanding and upcoming shows feel like impending doom rather than exciting challenges.

Frost et al, (1990) and Hewitt and Flett (1991), the two independent research groups recognized that perfectionism is multidimensional. Stoeber and Otto (2007) identified two main dimensions: perfectionistic strivings and perfectionistic concerns. Perfectionistic strivings reflect tendencies to set high standards for personal performance and self-oriented

To study perfectionism and self-compassion in dancers

strivings for perfection; have concern for their moves and have a fear that no one judges them.

Perfectionism and perfectionistic thinking have been found to bring a range of psychological and physiological problems, including depression, low self-esteem, eating disorders, anxiety, increased exposure to injury, which often leads to suicide. Perfectionism has also been linked to such psychological outcomes as feelings of failure, guilt, indecisiveness, procrastination, and shame

Self-compassion

Self-compassion is the belief that one must be compassionate toward oneself, as one is toward others. (Neff, 2003).

According to Neff (2003), self-compassion has three components as well as their opposites: self-kindness versus self-judgment, common-humanity versus self-isolation, and mindfulness versus over-identification.

The research papers have found that Self-compassion was found to predict self-efficacy. It is researched that self-compassion is - being open to and moved by one's own suffering, experiencing feelings of caring, and kindness toward oneself, taking an understanding, non-judgmental attitude toward one's insufficiencies and failures, and recognizing that one's own experience is part of the common human experience.

Self-compassion was found to be associated with psychological health and the processing of self-related emotions (Neff, Kirkpatrick, & Rude, 2007; Dam, Sheppard, Forsyth, & Earleywine, 2011). Self-compassion is helpful in processing stress and promotes emotion regulation (Neely, Schallert, Mohammed, Roberts, & Chen, 2009).

Self-compassion entails being kind and understanding toward oneself in instances of pain or failure instead of being harshly self-critical. Self-compassion is helpful in processing stress and promotes emotion regulation (Neely, Schallert, Mohammed, Roberts, & Chen, 2009). Self-compassion has been shown to have numerous benefits and is associated with less anger, anxiety, depression, rumination, self-consciousness, self-esteem instability, social comparison, and self-worth based on external standards (Neff, 2003; Neff, Kirkpatrick, & Rude, 2007; Neff & Vonk, 2009). Evaluating compassion toward the self also reduces negative reactions to unpleasant life events.

Hypothesis

There will be no significant relationship between perfectionism and self-compassion in dancers.

Purpose

The purpose is to study perfectionism and self-compassion in dancers.

METHODOLOGY

Sample

The sample consisted of 30 females from India, age ranging from 20 to 40.

Measures

- 1. THE BIG THREE PERFECTIONISM SCALE(BTPS):** BTPS is a 45 item self-report measure of perfectionism that was developed by Smith, 2016. Respondents

To study perfectionism and self-compassion in dancers

were asked to rate each item on a 5-point scale ranging from 1 (strongly disagree) 2(disagree) 3(neither agree nor disagree) 4 (agree) 5 (strongly agree). Items were summed to obtain a total score ranging from 1 to 45.

- 2. SELF COMPASSION SCALE (SCS):** SCS is a 12 item self-report measure of self-compassion that was developed by Neff, 2011. Respondents were asked to rate each item on a 5-point scale ranging from 1(almost never) to 5(almost always). Items were summed to obtain a total score ranging from 1 to 12.

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled through google forms. The participants were assured of the confidentiality of the information to elicit their honest responses without any fear. Standardized scales are used to fill the form.

RESULTS

Table 1 given below shows the data collected and tested in form of statistics. Mean and standard deviation was found. Table 2 shows the correlation between perfectionism (BTPS) and self-compassion (SCS). N=30

Table 1: Statistics

	Perfectionism value	Self-compassion value
MEAN	104.47	39.73
STANDARD DEVIATION	15.518	4.266

Table 2: Correlations

PERFECTIONISM	SELF-COMPASSION
	-.111

Correlation is significant at 0.01 level (2 tailed)

DISCUSSION OF RESULTS

The results of this study support the hypothesis that there is no relation between perfectionism and self-compassion. The results of the current study are to find the relation between perfectionism and self-compassion in dancers. The number of females was N= (30). It is analysed that there is no significant correlation between perfectionism and self-compassion. The mean to be found in perfection value is 104.47 and in self-compassion, it is 39.73. The standard deviation for perfection value is 15.518 and self-compassion is 4.266. It is researched that one method to relieve emotional distress brought about by anxiety and perfectionism is by the ability to feel compassion for oneself (Neff, 2003). For some dancers, the search for the “perfect performance” can be a challenging and exciting attempt, underpinned by intrinsic motivation and accompanied by psychological well-being (Quested & Duda, 2009).

CONCLUSION

The data was collected from 30 female dancers and the results found was that there is no significant relation between perfectionism and self-compassion. Going through the current research, it is to be analysed that how many people are high relating perfection and how do they react to it. The nature and creativity of a dancer help us to know about the variable self-compassion. People who are susceptible to pressures to be perfect have a habit of reacting to it either in an emotional, cognitive, or behavioural way. The factor of interest and

To study perfectionism and self-compassion in dancers

importance of perfectionism also depends upon the age and gender. Learning to face the mistakes and work on it can lead to positive approval or a close step to perfection. Sometimes, not meeting their expectation can lead them to stress.

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To study perfectionism and self-compassion in dancers

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Acknowledgement

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Shah K. (2020). To study perfectionism and self-compassion in dancers. *International Journal of Indian Psychology*, 8(4), 517-522. DIP:18.01.065/20200804, DOI:10.25215/0804.065