

## Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study

Ms. Ashima Agarwal<sup>1\*</sup>, Ms. Vishakha Rathore<sup>2</sup>

### ABSTRACT

The major objectives of the present study were to assess the relationship among perfectionism, fear of failure, self-handicapping behaviour and locus of control. A sample of 88 people aged between 15-70 years was collected using the purposive sampling technique, and distributed via google forms. The sample included 57 males and 31 females. Rotter's locus of control scale, The Performance Failure Appraisal Inventory (PFAI), Multidimensional perfectionism scale by Hewitt and Flett's, 45-item inventory (Hewitt & Flett, 1991, 2004) and self-handicapping scale were used to assess internal locus of control, fear of failure, perfectionism and self-handicapping behaviour. The obtained data was analysed using the general statistical techniques of mean, standard deviation, and Pearson correlation. Some noteworthy results were obtained and it was concluded that there is a significant relationship between perfectionism, fear of failure, locus of control and self-handicapping behaviour. The following correlations among the variables were also found: (a) A positive correlation between perfectionism and self-handicapping behaviour. (b) A negative correlation between internal locus of control and self-handicapping behaviour (c) A positive correlation between fear of failure and self-handicapping behaviour. (d) A negative correlation between internal locus of control and fear of failure. (e) A negative correlation between fear of failure and perfectionism.

**Keywords:** *Perfectionism, Locus of Control, Fear of Failure, Self-Handicapping Behaviour*

Perfectionism is most often described as the desire to be perfect or to seem to appear perfect or to assume that perfection can be achieved. Generally, it is considered a positive and not a defect. Man may use the term "healthy perfectionism" to express or validate perfectionism.

Brown (1967), a researcher as well as writer at both the Graduate College of Social Work, University of Houston, differentiates between perfectionism and good behaviour. She's telling, "Perfection is not exclusive to as the best effort. It is not good achievement and development but is about perfection." She states that we use perfectionism as a defence to fight guilt, judgement and disgrace.

<sup>1</sup>B.A in Psychology, Manipal University, Jaipur, Rajasthan, India

<sup>2</sup>B.A in Psychology, Manipal University, Jaipur, Rajasthan, India

\*Corresponding Author

Received: April 26, 2021; Revision Received: June 17, 2021; Accepted: June 30, 2021

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

The characteristics of perfectionism are functional or healthy as they encourage the pursuit of quality. And that kind of perfectionism is called "natural perfectionism." People whose aspirations are usually high but who have standards without being embroiled in negative self-realization are called "natural" perfectionists, whereas some with high quality standards are called "neurotic" perfectionists and yet are caught in negative self-realization, such as self-doubting and errors. Negative high achievers have unreasonable expectations and objectives, so their efforts are largely unrealistic and often contribute to anxiety, frustration and insufficient feelings.

### ***Psychological Implications of perfectionism***

Price (2001) called perfectionists as 'ones'. Perfectionists rely on personal honesty and will look for facts wisely, discerningly and inspiringly. They are often more likely to isolate from their faults or what they think are faults or shortcomings (like depressive emotions) and to be dishonest or hypercritical of others, trying to disclose their own vices in an idea of morality.

In many psychiatric disorders, such as depression, anxiety, alimentary disorders and personality problems, most scientists are now investigating the influence of perfectionism. Both of the three tests on the MPS continuum have different degrees for every condition. Socially defined perfectionism in young females has indeed been linked with greater discontent with the self-image, and avoidance of weights and personal appearance social circumstances.

The book on self-assistance *Too perfect*: Jeanette Dewyze and Allan Mallinger claim that perfectionists have obsessive personality types while they are under control. Obsessive type of personality is distinct from OCD, since OCD is a mental condition correlated with a complex ritualised form of behaviour or ideas. Perfectionists become obsessive people who also must excessively regulate themselves to safeguard themselves and their security as well as well-being.

They will guarantee that they not only fail to deception or reproach but also guard against unintended environmental problems by constantly being highly diligent and trying extremely hard. The surveillance of news, weather and financial markets often means continuous tracking and examination.

There has also been a detailed analysis of the relationship between perfectionist traits and stress management method. One new research in California has shown that college students are more inclined to use active or problem-focused coping with adaptive perfectionist traits such as fixing goals or high success expectations.

Those with improper, improper trends like ruminations about previous experiences or fixations on errors tended to use more passive or evasive coping. While the two parties appeared to use themselves as a means of coping, they did not do so. These are associated with ideas that understand the criticism of perfectionism as just a core feature.

There are 3 main dimensions of perfectionism that have been developed:

1. Self orient
2. Other orient
3. Social prescribed

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

Self-orientation type is an organisational component attributed to the high determination to always be ideal, to create and strive for unreal expectations, to dwell on faults and to make standards more generalised. Self-oriented perfectionism can also entail an ideal self-esteem well expressed. Other-oriented type involves a number of similar conducts but such conduct is aimed at others rather than at oneself. Social perfectionism implies the assumption that people have the perfectionist desires and reasons for themselves.

As a positive term, Perfectionism will show the pushing energy in a good way, which eventually leads to better results. The very thorough attention for detail that is required for science research, the engagement that drives composers into their labour, before the music realizes the glorious sounds that are played through fantastic creativity, and the persistence that is always the consequence of great artists until their output suits their idea as they are.

Perfectionism can be particularly harmful in pathological nature. If it's used to defer or prolong activities and self-depreciation to justify bad results and to gain other people's compassion and assurance, it can be defiled. There are not enough, entirely or separately, tactics that perfectionists could use to defend and protect their sense of autonomy. Generally speaking, the maladaptive perfectionists face intense and persistent strain to reach their extremes, which cause cognitive dissonance if their demands cannot be fulfilled. Numerous other psychological and physiological aspects were closely related to perfectionism

### ***Self-handicapping***

Self-disability is a philosophical approach that avoids efforts to prevent possible inability to harm self-esteem. Autonomous handicap is a way of maintaining self-esteem, and it could also be utilized to strengthen one's own self and also to control other people's experiences. This preservation or increase in self-esteem is attributed to various improvements in causal attributes, or to the progress and lack of self-handicap. There can be two approaches to self-disability: behavioural and self-disability. People also withhold their contribution or build hurdles to success so that public and self-imagination can be maintained.

Self-disability is a phenomenon that has been universally common among humans in a wide range of cultural traditions and most of the regions. For example, learners also partake or engage in self-harm behaviour in order to avoid to feel worse of themselves after doing poorly in the classroom. Even the corporate community has been seeing a behaviour that is self-disabled. The consequences of self-disability can be both great and slight and can be seen in almost any setting in which people practice or perform a task.

Self-impaired behaviour helps people to externalize shortcomings not to seek inward accomplishment, while acknowledging successes while providing reasons for disappointment. The student who spends the night before a significant exam party rather than research is an example of self-handicap. The student worries that he will not be able to pass his examination. The pupil had to take part in the entire night before the test and subsequently increased the probability of bad examination results.

In the case of defeat, the student will, as reasonable excuses, be fatigued and fatigued rather than incapacitated. Moreover, if the student receives a positive response on his test, the success of his student despite the apparent disability would enhance his achievement.

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

### ***Individual's difference in displaying the self-handicapping behaviour***

The personal boundaries vary, and most studies of human dissimilarity have used the self-handicap scale (SHS). The SHS has been assessed as a method of assessing the propensity of people to use reasons or produce disabilities as a way of protecting self-esteem. To present, research has shown that the SHS is valid enough. For example, people with high SHS efforts make less effort and exercise less because they are uncertain about their ability to do well in a particular job. They also have the potential to mention obstacles or external factors which could slow down or halt its success before results, rather than those who have low autonomy (LSH)

A lot of characteristics lead to self-disablement (e.g., hypochondriasis) & researchers argue that people more likely to be self-disabled may be more motivated than people who do not rely on those defence tactics. A fear of disappointment, increased or increased vulnerability to guilt and humiliation of failure, for example, energizes behaviour that is self-disabled. Children that have fear of disappointment are more likely to achieve success objectives in a classroom or to strive for skill or the prevention of incompetence; aims that enhance one's failures reactivity.

For example, a school student should approach courses in order not to perform terribly, since it suggests a lack of skill or potential. The respondent does not plan properly for the test to prevent attribution of skills and the disgrace of defeat. Although short-term relief can be given, it makes one's concept of capacity more insecure and unbalanced, leading to more self-handicaps.

### ***Differences in Gender***

Although several findings have shown that women and men have uniformly used self-handicaps, other trials have shown that variations are important. Although study on the gap in self-discrimination recorded has revealed/reported no sex or higher self-discrimination amongst women the huge numbers or a significant number of studies say males are more likely to be developmentally self-disabled. The various values men and women attribute to the idea of effort are to a great degree clarified by these distinctions.

### ***Locus of control***

In psychology of personality, place of influence is the level in which persons think that they control, as opposed to external factors beyond their control, the result of events in their lives. The "locus" of an individual is described as an inner (believes that you really can manage your own futures) or outer force (a belief that life is controlled by outside external factors which the person cannot influence, or that chance or fate regulates the lives). Persons who have a stronger internal control locus feel that events in their lives stem mostly from their own actions: for example, individuals with an internal control locus appear to praise or criticize themselves and their capabilities or ability after awaiting test results. People who have an external high influence locus appear to commend or blame outside forces like the instructor or examiner.

### ***The different types of locus of control***

#### **1. Internal LOC**

If a person feels he or she is able to take the lead in maximising the chance of positive results and reducing the likelihood of poor results, he or she can be claimed to represent an internal control locus.

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

## **2. External LOC**

People who live for the luck, the destiny, the uncontrollability of the natural force and the helplessness of those who still want to accept blame for their wretched outcomes and success in life, it is said that their place of authority is external.

In this connection, there are many individual variations. Many individuals are composed such that some outside power is still blamed for their defeat, while others are not. The measurements of the control locus were suggested there (Hotter, 1975). However according to Rotter's personality theory an individual expects the behaviour to result in a strengthening and the expectation of meaning that he or she puts in some special reinforcement.

### ***Beliefs about the Locus of Control***

People aim to maximize valuable benefits and reduce intense dissatisfaction. Based on childhood learning and experiences, certain people build an internal faith structure that can prosper through honesty, sheer determination & intelligent comprehension of its environment. While from the other hand, certain people believe that success or loss is decided by opportunity, fate and other mysterious causes in an individual and other significant events in his life.

Rotter (1966) has established a control locus scale. Accounting of the personality factor, as envisaged by Rotter, maladjustment was shown to be linked to either end of this dimension of personality. One might suffer from being totally powerless or unauthorized or from pretending he is completely in control of the events of life. Nevertheless, (Roger & Venables, 1992) research has shown that internality is more positive than externality because schoolchildren with an external identity are neurotic, impulsive even hyperactive. Research has shown that the external component of individuality is more positive.

Research carried out on populations from the United States, India and Hong King has repeatedly shown that externally-oriented people with external influences are distinguished by behaviour of self-destruction, such as consumption, smoke and drunkenness in an unhealthy and much more depressed manner. Findings reported that behaviour in competitive environments is connected to variations in the locus of influence. Persons of internal guidance work externally as they compete, but in a cooperative environment do not differ.

As an alternative, competitive expectations lead to the abandonment of others with an outward focus. Inside the experimenters do not adhere and avoid pressures and try to act in ways that are counter to expectations. Furthermore, internals seem to be mostly less likely than others to report to their fellow members or bosses without doubt. They seem to be less inclined. Internals take care to monitor the results of their social relationships. From within, focused female university students use more makeup than external drives. Internal relations are positively linked to school results and performance success.

It is observed that internal conditions work harder and provide a relatively greater satisfaction than their external counterparts in real working situations.

### ***Fear of Failure***

Fear of failure is the deep concern as you consider all the horrific things that could occur if you could not accomplish an objective. The extreme concern raises the probability of

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

retention or abandonment. Success largely depends on the ability to harness terror. Popular failure quotes and proverbs such as “If, at first, you don’t succeed, try, try again” are easy to remember and repeat, but mustering the determination and power to actually overcome defeat can be strongly challenging. Whether it’s flunking an exam, being scolded and chewed out by a boss, or getting turned down by a romantic interest, no one takes delight in feeling like a failure. And for some people, this sense of dread can become so great they give up entirely on attempting to achieve their dreams in the first place.

### ***Why we develop a fear of failure***

Most people with amychophobia find it hard to face the failure due to a deficiency in self-confidence in their abilities. They believe that if there’s a chance of failing at something, there’s no point in even trying to do it. Yet this attitude isn’t an inherent trait. According to some psychologists, a fear of failure may develop for various different reasons, ranging from being parented by hypercritical parents to being victimized by a bully or experiencing a traumatic or damaging event during childhood. If you’ve ever failed at something and wound up feeling humiliated or upset, these emotions may have stayed with you far beyond the initial incident. And, if left unchecked, this self-doubt can develop into an immobilizing force that ultimately undermines your efforts to achieve your goals and leads you to miss out on invaluable opportunities in life.

“Failure is a feeling long before it becomes an actual result. It’s vulnerability that breeds with self-doubt and then is escalated, often deliberately, by fear.” Michelle Obama, *Becoming*.

In Carol Dweck’s *Mindset: The New Technology of Success*, the author states how failure has dramatic repercussions for people who don’t really believe they can learn from their mistakes. Dweck explains how this kind of fixed mindset may lead someone to allow a single failure to outweigh all of their previous accomplishments. This is because such individuals see themselves as finished products rather than works in progress. Yet, at the other end of the spectrum, people with growth mindsets perceive such setbacks as opportunities to advance.

The five adverse effects of the deficiency measured are: (a) guilt and embarrassment; (b) devaluation of the self-esteem; (c) uncertain future; (d) loss of attraction to others and (e) disturbance to others of importance. FF has (a) elevated worry rate, somatic stress, emotional disturbance and sporting anxiety and (b) poor optimism levels. Basic FF was indifferent to presumed skill or fear of performance.

“Your conception of failure might not be too far removed from the average person’s idea of success.” J.K. Rowling.

Fear is a natural instinct that our species owes its survival to, but a fear of failure, however, is oftentimes irrational and can lead some people to refrain from following their dreams. And equally destructive is a fear of success, which similarly prevents people from transforming their aspirations into reality yet for a completely different reason. Yet while failure can be so detrimental to some, it can also provide invaluable motivation to others. Indeed, many of the world’s most admired individuals have experienced profound failures before later going on to accomplish incredible feats.

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

## **LITERATURE REVIEW**

Fear of failure and perfectionism: Analyses of performance incentive theories show "fear of failure is an intent to prevent failure on the basis of anticipatory guilt over failure in assessing circumstances" (Atkinson, 1957; McClelland, 1953). It is better to define fear of failure as one fear that can prevent failure, as this can lead to feelings of mortification, disgrace and embarrassment. Persons believe they will lose and are then shamed, so avoiding the problem is the only possible solution. Fearing the failure means that people are not able to take part in activities relating to success.

Fear means evaluating the danger in failing assessment cases. These scenarios turn on our brain's prefrontal systems, which represent troubling effects of loss and failure (Conroy, 2004).

In an analysis the association between perfection and self-disability is analysed. Maladaptive perfectionism addresses the setting of high quality, however sees itself as never achieving the very highest aspirations (Pacht, 1984). Academic self-disability refers to the use of obstacles to successful academic achievement. Many experts believe that people with self-disabilities should defend themselves from detrimental consequences of failure.

There have been no studied variations between the sexes as well in the usage of self-handicapping behaviour. The similarities between the variables revealed that self-impairs were strongly linked to perfectionism & negative academic achievements when the entire survey was taken. This is consistent with past research findings (Kieffer, & Knee, 1998). The relation among those two structures is not completely unpredictable as they each address people's concerns about standards, skill levels & how the other people are understood and valued.

Researchers consider that self-handicapping is started by feelings of uncertainty and unpredictability about future performance, it especially happens when others have high expectations of success. Self-handicapping materializes to be one's protective mechanism, shielding their self-esteem from the potentially dangerous effects of failure while improving the attributions for success. If one fails, a self-handicapper can hold responsible failure on external causes and can thus sustain and protect self-esteem. If one achieves success, a self-handicapper can take acknowledgment for succeeding despite external hurdles, elevating the self-esteem.

According to the researchers Sagar and Stoeber (2009), in their studies, the coexists a similarity between perfectionism and fof. "Perfectionism is a personality disposition identified by striving for flawlessness and setting exceptionally high standards of performance and presentation accompanied by overly judgmental appraisals of one's behavior" (Frost et al., 1990; Hewitt & Flett, 1991). In his personality, perfectionism is perceived as constantly existing. That is how the individual interacts with the problem or sees it. Persons with the highest degree of perfectionism are also aimed at avoiding some sort of error. Their actions and successes are evaluated. They set themselves unrealistically high levels of success without space for errors and assessments. Three kinds of perfectionism exist according to Hewitt et al. (1991) "self-oriented perfectionism (i.e., unrealistic standards and perfectionistic motivation for the self), other-oriented perfectionism (i.e., unrealistic standards and perfectionistic motivations for others), and

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

socially prescribed perfectionism (i.e., the attitude that significant others expect oneself to be perfect)".

Perfectionism and fear of failure are connected with inspiration and represent it. Whenever a person is excited to do something, he wants to be better with all that he does. The personality could also have an intrinsic fear of success loss with desire to succeed and achieve a goal. This paranoia could not be destructive, but might help to achieve perfection for individuals. The fear of failure is largely related to social perfectionism (Conroy et al., 2007). With the emphasis on the relationship between two variables considered in previous research, the current thesis focuses on analysis.

Self-handicap has become a feature which debility success and is consistently linked to negative outcomes such as academic failures and poor pathological adjustment between student populations. Perfectionism, control locus and self-efficacy have not historically been studied and evaluated in a single coherent context and are linked to themselves. In one study, perfectionism and control locus predicted self-impaired; and perfectionism, but not external control locus, predicted poor self-efficiency. The analyses of the mediation did not show any support for auto efficiency as the mediator for the relationship between perfectionism and LOC.

These results advocate that more research and exploration of the topic is needed for the relationship between maladaptive social cognitive structures correlated with self-handicapping.

Bandura (1997) defined Self-efficacy as a personal judgement of one capability to carry out tasks at designated levels. According to him, the people regulate their level and equal distribution of effort in agreement with the effects they expect their actions to have. Consequently, their actual behaviour is better predicted from their beliefs than from the actual repercussions of their actions.

Studies have shown that persons with high auto efficiency set exceedingly higher targets and do better than people with lower self-efficiency, mostly based on social cognitive theory (Wood & Bandura, 1989).

Individuals are found necessary to motivate them to see whatever they can to achieve with the other beliefs on their skills, in particular in special areas (Hawthorne, 2004). Self-efficacy is described as "trust in the ability to execute such tasks successfully." Self-efficacy is linked only with standards of success and does not depend entirely on the importance given to the job (Hawthorne, 2004 & Bandura, 1997) states that a high level of autonomy is something which is not especially relevant or reverse in nature.

This can be explained because the more predictive the precise and knowledge-related self-efficacy estimation is, it would definitely be for success performance. The introduction of the Locus of control principle is encouraged by Julian Rotter. The thesis of Albert Bandura, who has been developing social learning theory, has been helped in great part by him. Rotter describes that people will perceive situations as a function of behaviour or external causes themselves.

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

He further argues that regardless of whether people think that a circumstance or incident is beyond their own control, it will affect their expectations of compensation and their behaviour. Locus of control seems to be a structure that addresses and understands personal beliefs in strengthening behaviour (Rotter, 1966). While the construction initially was founded on clinical psychology, it has now been studied in different areas, such as education, wellness as well as other clinical practice, to monitor people and forecast potential behaviour in order to make potential references.

One of the psychological attributes used often for predicting entrepreneurship is an internal locus of control (Perry 1990, Walsh, 1995). The effect of the Locus of control on perceptive alertness (i.e., capacity to see environmental opportunities) explores the effect of the control locus on humans. Gilad theories that it has been researched that about 30 years of study reliably demonstrate that the internals are attentive to possibilities and examine their environment in order to find the knowledge they need to develop the best solution.

The literature shows that the internal locus control is actually more advantageous than an external one because the former interconnects with improved mental stability and well-being. More often than not people of higher self-esteem remain self-orient (Fish & Karabenick, 1971). locus of control is the view of an observer on the triggers of his or her environmental experience and the factors leading to the failure or success (Njus & Brockway, 1999). It may be external or internal (Rotter, 1966). When an individual has an internal control locus, the person gives his own efforts and capabilities performance. In this situation, the behaviour of self-handicapping is very small. An individual that hopes to excel would be more inspired and therefore will learn. That individual will search for learning and share healthy research habits with constructive academic behaviour. They see loss as an incentive for learning and prospering throughout the future. An individual with an external locus of control on the other side was much less inclined to understand because he or she credits chance or destiny to his or her achievement. Their loss and defeat tend to focus and they don't see the bright side through their misfortune. they felt governed by the world and not responsible for themselves.

Researchers observed that perhaps the internal locus of control raw scores was considerably greater than that of non-perfectionists in adaptive perfectors and maladaptive perfectioners, and that control-powerful others had considerably higher external sites than adaptive non perfectionists & perfectionists.

Many may view perfectionism from an optimistic viewpoint, but some do not. In reality, perfectionism is a personality trait, both negative and positive. While it's adaptive impacts of perfectionism have positive results in people's lives (for example to achieve their personal targets, to raise levels of living, order, self-sufficiency, self-esteem, etc) (such as; stress, anxiety, procrastination, tension, violent behaviour, aggressiveness etc.) Indeed, a number of experiments showing adaptive and maladaptive effects have been conducted (chang, 1976; beck, 1998; Besser, Flett, Davies (& Hewitt; 2003; Stoeber and Rambli, 2006; Stoeber & Rennert, 2008; Özer & Altun, 2011; Dunkley, & Berg, 2011 vb. gibi). Perfectionism is also an idea that includes integrity, defectiveness and efficiency (Kabori, Stoeber & Tano, 2010). A individual must actively learn these values to achieve them. Depending on the perception of perfectionism, more than the best is still possible. Searching for the best can change others, but it can challenge you. As a consequence, he/she can have issues with his/her physical or mental health.

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

Since the first analyses in perfectionism were begun in 1956 by Adler in the second half of the 20th century; 1962 by Ellis; 1963 by Missildine; 1980 by Burns; in particular, Marten, Frost, Lahart, Marten & Rosenblate in 1990; 1991 by Hewitt & Flett over the final half throughout the 20th century.

Orthodox points of view agree that perfectionism has become a negative and a one-dimensional approach (Burns, 1980; Pacht, 1984). This perspective pathologically examines perfectionism. Indeed, one-dimensional view is self-oriented, personal consciousness (Halgin & Leahy, 1989; Broday, 1988; Blatt, 1995).

Although it was unidimensional in prior research on perfectionism, recent findings have multidimensional and multifacetedly evaluated perfectionism. Six measurements were suggested by Frost & The others (1990) (1) personal values perfection, (2) mistake concerns, (3) behaviour doubts, (4) parent desires, (5) parent - child criticism, and (6) perfectionist understanding. Another researcher Stoeber (1998) proposed that the multimensional scale of Frost & others (1990) could be managed with four dimensions —parenting expectations and criticisms, improvement of personal values, and order, respectively. consideration for errors, doubts in behaviour, perfectionistic norms, order, and inconsistency, analysed perfectionism in three dimensions. Hamachek, (1978), however, analysed perfectionism both in the neurotic as well as the natural aspects. The researchers Slade & Owens (1998) examined the positive and negative dimensions of the two processed models. As per the researchers, perfectionist tendencies normal, positive, adaptive or healthy aspects include perfectionistic tendencies, self centred perfectionism, significant individual expectations, as well as many others centered perfectionism etc. contribute to positive features and procedures and effects. The adverse, neurotic, extremely unhealthy as well as maladaptive aspects of perfectionism include worry for failures, doubts about actions and performance, other socially prescribed optimisms and perceived pressures, the conflicting emotions among unrealistic standards and results, negative reactions towards imperfection etc.

### **METHODOLOGY**

#### ***Rationale***

This particular study has been done to estimate the level of perfectionism as well as fear of failure in people on daily basis which often lead to self-handicapping behaviour and lowered self-efficacy and locus of control. There have been emergence of a number of studies in over a past decade that point out that people who are high on perfectionism have difficulty finishing their tasks on time because of the self-criticism and avoidance of completion of work at hand. They tend to procrastinate excessively.

#### ***Objective***

The objectivity of the current research was for assessing the levels of perfectionism and fear of failure among people.

#### ***Sample***

The research was conducted on 88 people with age group 16-65.

#### ***Hypothesis***

The hypotheses generated were as follows-

1. There is a positive correlation among perfectionism & self-handicapping behavior.

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

2. There is a negative correlation among internal locus of control & self-handicapping behaviour
3. There will be positive correlation among fear of failure & self-handicapping behaviour.
4. There will be negative correlation among internal locus of control & fear of failure.
5. There will be negative correlation among fear failure and perfectionism.

***Procedure***

The data was collected through forms as well as manually. Participants were selected and basic purpose was explained. Consent was taken and then the forms were filled. When the forms were taken, they were checked.

***Tools***

The measurements used in this study were Performance Failure Appraisal Inventory, Multidimensional Perfectionism Scale, Rotter Locus of Control & Self Handicapping Scale.

1. The PFAI is a multidimensional measurement for cognitive motivational/relational assessment linked to fear of loss the performance failure assessment inventory (FF). For evaluating 5 tests in a higher order faculty system, the original form employs 25 item analyses, which showed tight cross-validity in the second half of the sample. A five-item short form also demonstrated tight cross-validity. The 5 item short form is used in this research which measures general fear of failure. Individuals respond each item on a scale of 1 to 5, in order to describe what statements, they can or cannot relate to. "1 =do not believe at all and 5=believe 100% of the time. The remaining are the degree to which how strongly they feel the statement to be true." The calculation of total score is done by summing the all the scores of each and every statement, if the total score is high, it is indicating higher level of fear of failure an individual has and fall in the severe category.

2. Locus of control was a Scale given by Rotter 13 item questionnaire (1966). the test assesses generalised internal and external reinforcement expectations. Persons who have an internal locus of control claim how their personal behaviours are the incentives that they get, whereas those with an external locus of control believe in their own actions, but also that life rewards usually do not matter and cannot be controlled. every object uses a series of 'a' or 'b' alternatives. Individually, the person chooses the one assertion (just one) of each pair that they firmly consider to be the case. Each item must be answered independently and cannot be affected by past decisions There is clearly no correct or incorrect response to this measurement of personal opinion. A low score points to an internal control and a greater score to something like an external control. Complete response values for each item are added to scoring.

3. The scale of self-handicapping, in psychology research, the scale of 25 items is the most frequently utilized self-report measurement. It was designed to recognize self-disabled trends as an overall function (Rhodewalt, 1990). While to date, findings show that the SHS can be factorially complex, there was no consensus on the factor structure that best stands for self-disability (as examined by the SHS). Both responses are provided to show the extent of auto sufficiency, a high number suggesting a greater frequency of auto sufficiency. Both unidimensional and multifactorial structures have been found. People taking this test can evaluate each statement with a 6-point scale. "0 = disagree very much 1 = disagree pretty

## Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study

much 2 = disagree a little 3 = agree a little 4 = agree pretty much 5 = agree very much". Scoring is done by adding scores of each item.

4. Multidimensional perfectionism the 45-point inventory (Hewitt & Flett, 1991, 2004) of Hewitt and Flett has become a commonly used tool for evaluating self-oriented or culturally perfectionism. It is not excessively long with 45 objects, and measures one person in 3 different fields. Each thing is answered on a scale of 7 points. "1=strongly disagree, 2=disagree, 3=slightly disagree, 4=undecided, 5=slightly agree, 6=agree, 7=strongly agree." The scoring is done by summing up the scores of three different dimensions together to get the perfectionism scores.

### **Operational Definition**

Perfectionism- is known in tendency for setting up extremely grand standards for yourself or others. Like any personality aspect, perfectionism including a whole span of characteristics, some positive while some are negative, that differ from individual to individual.

- Locus of control- construct that illustrates the extent a person feels in charge of what occurs with them and how they can influence their lives as well as their results as individuals.
- Fear of failure - it is our extreme concern or panic to consider all of the awful situations which might occur, if we did not reach an objective and fulfilled the goals. The constant tension and concern raise the chances of restraint or abandonment. Progress depends largely on our capacity and strength to resist terror.
- Self-handicap involves a mechanism that explains our behaviour or words to prevent effort or blame for possible mistakes that may affect our self-esteem as well as confidence. This is much more shameful and riskier for us to strive and lose than to make ourselves handicapped and excuses and defend why we did not succeed.

### **Research Design**

In the current study correlation research design was used.

### **Statistical Analysis**

Statistical analysis of data was done using SPSS 21. Variables selected for the current study were calculated using methods such as descriptive statistics, Pearson correlation and regression.

## **RESULTS AND DISCUSSION**

### **Results**

The aim in the current study was to measure the perfectionism and fear of failure in adults and for finding out the relationship between the two and how negative perfectionists & external locus of control could lead towards handicapping behaviour.

**Table 1: The descriptive statistics for perfectionism, performance failure, locus of control & self-handicapping behaviour**

Variables	Mean	SD
Performance Failure Appraisal	14.5909	4.14018
Locus of control	19.0795	2.28549

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

<b>Variables</b>	<b>Mean</b>	<b>SD</b>
Self-handicapping behaviour	66.4773	10.87862
Perfectionism	219.2500	36.36572

The above table represents a descriptive statistic of all the variables considered for the study. The result table signifies the standard and mean for perfectionism of the sample comes out to be 219.2500 and 36.36572 respectively. The standard deviation and mean for self-handicapping in sample comes out to be 66.4773 and 10.87862 respectively. The mean & standard deviation for locus of control is 19.0795 and 2.28549 respectively. The mean & standard deviation for the performance failure appraisal comes out to be 14.5909 and 4.14018 respectively.

**Table 2: The Correlation among the variables**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Fear of Failure</b>	1	-0.176	0.077	-0.010
<b>Locus of control</b>		1	-0.183	0.035
<b>Self-handicapping behaviour</b>			1	0.238*
<b>Perfectionism</b>				1

A test of Pearson correlation is used to acknowledge the relation among the variables. Fear failure had a negative correlation with internal locus control. The correlation among fear of failure with Self handicap behaviour is positive. Fear of failure has negative correlation with perfectionism. Internal Locus of control was negatively correlated with self-handicapping behaviour. Subsequently, self-handicapping behaviour is positively correlated with perfectionism.

## **DISCUSSION**

The purpose of the study was for examining relationships among perfectionism, LOC, performance failure and handicapping behaviour among people.

It is hypothesised that there's a positive correlation among perfectionism & handicapping behaviour. It is therefore hypothesised that the internal locus of control and self-handicapping behaviour would indeed be negatively correlated. Successively, a strong association between the lack of success and self-disadvantaged behaviour was also hypothesized and there would be a negative correlation between the management locus and the failures. The relationship between failure in performance and perfectionism would also be negative.

Research indicates that pursuing perfection was not always wrong, but if your journey to look for perfection has taken away your own appreciation then your perfectionism is definitely disadvantaged as a result of not doing a number of duties, perfectionists frequently lose their self-confidence steadily. The universe in which we live is not flawless and as a consequence certain thing cannot perfectly be completed and then so perfectionism often

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

becomes a flaw and not a positive feature. Whenever any perfectionist struggles on doing a job, he may believe it's not worthy because, in his opinion, a work which wasn't "perfectly finished" is not a task which was "rightly done." This is within which a person is criticised as soon as he begins to believe himself or herself is not strong enough to do something and then begins to procrastinate. Observers have proposed how auto-disability may be attributed to a self-serving prejudicial, in which individuals take personal responsibility towards success whereas blame external factors for loss. This was another external control locus source.

The present research also concluded that both aspects underlying perfectionism might also predict self-handicapping. Positive perfectionism however includes a negative association as well as a positive and meaningful relationship to self-handicap. Such observations correspond to scientific beliefs and the results of previous studies. Because perfectionists, particularly negative perfectionists, advocate unreal expectations which promote stringent expectations that seem to be generally beyond actual resources nor capacities this can lead to fears of disappointment and distress that can lead to or prevent such challenge. Optimistic perfectionists which were extremely inspired, have an inward emphasis and have the capacity for achievement under specific circumstances that comply with strict, self-selected expectations. Of course, perfectionism coincides favorably with self-disability in certain contexts.

Self-disability is regarded as an upheaval that blocks personal growth. A person monitors the assessment of his/her effectiveness and potential through recourse towards self-handicapping. The results of this research found that self-disability is substantially linked with academic stress, self-efficacy, including perfectionism.

The internal locus of control and self-handicapping was shown to be negatively correlated. Locus of control was also shown to have been linked with self-handicapping. The location of power is how often people feel like they control outcomes. Persons with an inner locus of control are more likely to assign results to their own capacity and self-initiated improvement while persons who have an external control centre feel the outcomes are dictated by external forces and are outside their control (rotter, 1996). High-level individuals with self-handicapping have been shown to assign real life experiences to external and not internal causes and erratic and far less likely to assign results to their potential.

“The higher the standard of success, the less likely it is that a successful result will be perceived as a probable outcome” (Burns, 1980). Various studies had shown as there has been a positive relation between external LOC and self-handicapping behaviour & external LOC should account in a crucial proportion in difference of self-handicapping.

The truth is, if people are insecure about their abilities to excel and risk disappointment, people intentionally impair ones individual performances. One such self-handicapping mechanism includes externalisation approaches so that a person can justify defeat as well as internalisation (accepting credit) (Johnson, Pulford, & Awaida, in 2005). Often people can pretend to be sick to this end, have an unfounded reason just before doing a difficult job, or minimize their ability to achieve a competitive achievement to cover up their competence (Kee, Chen, LinWu, & Shui, 2009). Even though self-handicapping can provide relatively brief compensation for one's value, research shows that there are significant long-term individual costs and losses to internal LOC. Longitudinal research by Zuckerman and Tsai

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

(2005) have shown that self-disability lead to poor health including well-being, low satisfaction of performance, less inherent enthusiasm, more frequently psychological distress as well as conditions, and greater self-reported utilization of different substances (Chen et al., 2009). A full variety of detrimental effects of self-handicapping have also been reported in several other studies. Persons having internal LOC make a lot of initiative than those with external control locus because they consider themselves to be able to control outputs. Persons with an intrinsic locus of authority are also proud of their accomplishments and yet often are honoured by their failures (Hans, 2000; Mearns, 2006).

Satisfaction in the internal LOC studied, Bowling, and Wang (2010) were usually more closely linked to working criterion (– for example career fulfilment, affective assurance including emotional exhaustion) than external LOC. Moreover, the results of the study demonstrated that perhaps the apprehension of disappointment is a strong yet optimistic indicator in self-handicapping. Evidence indicates that individuals who are afraid of failure can use cognitive approaches such as self-handicap to endure failure. This crushing motivational arrangements strongly restrict life achievement. Furthermore, those higher in FOF are also important in many other provisions including self-aware negative feelings of guilt and humiliation in situations of self-impaired failure. Increasing fear of incompetence, participants showed more negative emotional reactions than some of those lower on FF. The dynamic links between fears about failure as well as self-handicapping would continue to be resolved in future motivating studies.

The result corresponds to earlier results and is socio-cognitively justifiable. This is in agreement with previous reports in which people are influenced not only from the community, but also through mental processes. Consequently, people have always had an important part to play. The main mechanism for the person's agency is self-efficacy, according to Bandura. The loss of self-confidence and greater anxiety, in combination with the poor risk-taking skills, leads to a lack of self-esteem and a direct connection with fear for failure, according to some researchers. The fear of failure has been said to be quite linked to self-esteem.

Bandura argues that perhaps the understanding of students about their own abilities affects their selected tasks, their sense of self in the activities they conduct as well as their perseverance. Consequently, in order to handle this threat, individuals can follow strategies to protect their self-esteem if self-establishment and thus the self-efficacy becomes compromised in a specific field. One of these tactics is self-handicapping. This happens due to reason that fear of failure leads to reduced self-efficacy and therefore, increasing self-handicapping behaviour. If people are ridden with fear of failure and negative beliefs about performance failure, they will start to believe that they cannot do it at all. That they shouldn't do it at all. They will start to indulge in self handicapping behaviour and procrastinate and try to put off doing work most of the times. This will in turn decrease their creativity levels and self-esteem.

One researcher Lazarus explains this view by suggesting that perhaps the FoF and its resulting failure in performance require an assessment of the risk of achieving major personal objectives. This evaluation instigates aversionary cognitive biases and patterns linked to the effects of loss or lack of expected performance, thus triggering anxiety as well as an effort towards self-handicapping.

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

The researchers described five convictions linked to threats evaluation weakness that, in their opinion, are the foundation of five FoFs: guilt and embarrassment; other relevant convictions that lose interest; devaluation of oneself, uncertainty over an unknown future as well as other upsetting or even distressing ones.

Results say that many people with evaluative environments become anxious and fearful because their loss is associated with aversive effects and therefore exhibit a higher self-handicapping behaviour. The degree or intensity of conviction about the likelihood of aversive effects associated with loss varies among people as will the level of anxiety and self-disability.

Furthermore, the effects of losing fear and apprehension have caused a number of negative psychological and physical effects, involving anxiety, concern, disgrace, depression as well as eating disorders like bulimia or anorexia, which are also necessary to undertake high-level activities. In addition, the internal LOC and fear of failure would be correlated negatively. Fear of failure indicates that those with internal LOC are individuals who have control upon themselves throughout their circumstances. We conclude, however, that those with an internal control locus are less likely to have fear of disappointment and pessimistic views. People who believe that they are the reason for their failure or success and don't lose motivation or confidence after failing, believe that sometimes it's okay to fail and there's always a next time to make a better analysis of the situation for better results and better chances of succeeding, they are usually low on the fear of failure. They indulge in self-evaluation and doesn't take failure as a source of negative consequences. They believe that failure is temporary and can be easily reversed. They tend to focus more on the learning part of it rather than indulging in self-criticism and embarrassment which failure brings them. Internal LOC was being linked to active coping and independent decision-making. One common component of problem-focused coping is information seeking. If we actively strive to understand a predicament, we may discover ways to solve it and at the same time reduce feelings of insecurity and the fears associated with performance failure.

We find an instance of this among low-income citizens, where those who most often searched for health information on the internet have shown a tendency to be self-efficacious with low levels of internal LOC. They struggled more to become highly informed about health issues, and made decisions regarding their health based on what they found out (Laflamme, 2003). They considered and thought of it to be their own burden instead of passing it to others. In a food-safety context that was shown how people with the internal control used a wide range of information sources regarding safety issues, believed that they were well informed and trusted that they could influence their health through their own behaviour. For individuals having external LOC, however, food-safety information had little importance, and consequently they saw no purpose in searching for it (Kornelis et al., 2007). Those having external LOC feel fatalistically & place little trust in their ability to influence their own physical condition; they repeatedly feel powerless and dependent upon other people. Them having an internal LOC, in contrast, would rather actively take in charge of their health and conquer the fear by themselves. They regard it as their own duty to prevent disease and foster their well-being by private choices and proactive behaviour.

People who have an internal control are not only working in collecting information, but also well organized in their selection and use of it.

## **Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study**

In psychology, influence is based on the expectations of the person about the future and who or what is able, whether it is a success or a failure, to control future events. People have an internal locus of control as they feel that they can control workplace activities as well as the atmosphere and alter them, if possible. They believe even the decisions, behaviour, perceptions and values ultimately bring on what happens to them and that it is entirely beyond their ability to make required improvements. The prospects and chance of loss by them are not feared in the future. By comparison, people have been shown to have an external locus of influence because they feel but beyond or outside their own influences or entities control their destiny and climate. They are also more frightened by failure. Such external capacity could be other persons or might be thought of as fortune, luck or destiny (i.e. as people who are strong enough to influence how future unfolds for others).

Numerous experiments have found that individuals become more likely to be afraid of loss when their influence is poorer, because they're more likely to presume that external powers have the ability to direct the future. In other words, a measure of that same fear of failure in humans was located in the experience of the control locus.

Fear of failure has also been found to be in adverse relation to perfectionism. Perfectionism, up to a certain degree is positive. It is not an entirely negative concept. Pessimistic perfectionism says that someone who is scared of failure and still concerned with the job you want to deal with, increases depression, anxiety which makes one ultimately less satisfied. Rather than think having to do it correctly, and the concern that is caused by failure (all stressful and pessimistic ideas), see if there are any facets of the job you are enjoying, or if you should change the mentality and choose another lens in comparison to perform this task is a stepping stone in visualization of positive perfectionism where the task at hand is accompanied by critical thinking and betterment of the task itself rather than negative thoughts which only lead to development and expansion of fear of failing it completely and not doing the work at all.

The results show that the risk of embarrassment and shame has been mainly a key to the connection among perfectionism as well as the FOF and that professional misjudgments are elements in perfectionism which forecast the fear of disgrace & humiliation.

Flawlessness and expectations of loss forecast advantages and disadvantages following planned successes and failures. Findings indicate a negative relationship/correlation of fear of loss, guilt and humiliation and a strong connection with the positive after-effect. In addition, fear of humiliation and disappointment brought the bond among perfectionism and defeat completely together. We do not go on or move forward when we engage in a rut and cannot launch a project or waste hours worrying about that information. The time is always ticking and the deadlines are close. Positive thought like "I'll be using this part of the project today to work and to do this job." In such negative conditions, it can be very good to think. The Perfectionism can cripple as well as paralysis. It will make a big difference to avoid negative feelings of disappointment and guilt, rather than spent valuable hours choosing what to do or how to do a job. It will make the trick and make a decision. Because even though you realise that in your target setting, they were much too optimistic or did not achieve the outcomes we expected - it's all good, as that is a chance to grow and progress. Optimistic perfectionists claim that training keeps individuals' happy boosts energy, increases their productivity and improves their quality of life. More resources must be poured into vigorous physical exercise in order to stay out of bed. And if you're just walking

## Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study

or in the environment – both have proven that they improve the level of imagination and solve problems. An interesting research has shown that training often per week will also help with depression.

### CONCLUSION

It is concluded that this hypothesis is supported by results. In the research, it is found, there is (a) a positive correlation among perfectionism and self-handicapping behaviour. (b) the internal locus of control is correlated negatively with the self-handicapping behaviour. (c) the self-handicapping behaviour is positively correlated with fear of failure (d) fear of failure is negatively correlated with internal locus of control and (e) FOF is negatively correlate with perfectionism.

The advancement of the world and the enhancement of materialism leads to various mental health problems. Thus, it is essential to focus on positive attributes that develop spirituality and promotes well-being.

### REFERENCES

- Atkinson, J. W. (1957). Motivational determinant of risk-taking behaviour. *Psychological Review*.
- Adler, A. (1956). Striving for Superiority. In H. L. Ansbacher and R. R. Ansbacher (Eds.). *The individual psychology of Alfred Adler*
- Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ: Prentice-Hall.
- Badger, J. M. (1996). CE Credit: How to Conquer the Fear of Codes. *The American journal of nursing*.
- Beck, A. R. (1976) *Cognitive therapy and the emotional disorders*. New York: International Universities Pres.
- Broday, S. F. (1988). Perfectionism and millon basic personelity patterns. *Psychological report*.
- Bandura, A. (2010). Self-efficacy. *The Corsini encyclopaedia of psychology*.
- Burns, D. D. (1980). The perfectionist's script for self-defeat. *Psychology Today*.
- Conroy, D. E., Willow, J. P., & Metzler, J. N. (2002). Multidimensional fear of failure measurement: The performance failure appraisal inventory. *Journal of applied sport psychology*.
- Conroy, D. E. (2004). The unique psychological meanings of multidimensional fears of failing. *Journal of Sport and Exercise Psychology*.
- Conroy, D. E., Kaye, M. P., & Fifer, A. M. (2007). Cognitive links between fear of failure and perfectionism. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*.
- Conroy, D. E., Willow, J. P., & Metzler, J. N. (2002). Multidimensional fear of failure measurement: The performance failure appraisal inventory. *Journal of applied sport psychology*.
- Conroy, D. E. (2003). *The Performance Failure Appraisal Inventory. Brief User's Manual*.
- Dietrich, D. (1995). Gender differences in self-handicapping: Regardless of academic or social competence implications. *Social Behavior and Personality: an international journal*.
- Elison, J., & Partridge, J. A. (2012). Relationships between shame-coping, fear of failure, and perfectionism in college athletes. *Journal of sport behavior*.
- Elliot, A. J., & Murayama, K. (2008). On the measurement of achievement goals: Critique, illustration, and application. *Journal of Educational Psychology*.

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

- Flett, G. L., Heisel, M. J., & Hewitt, P. L. (2014). The destructiveness of perfectionism revisited: Implications for the assessment of suicide risk and the prevention of suicide. *Review of General Psychology*
- Hamachek, D. E. (1978). "Psychodynamics of normal and neurotic perfectionism". *Psychology: A Journal of Human Behavior*.
- Hewitt, P. L., & Flett, G. L. (1991). Perfectionism in the self and social contexts: Conceptualization, assessment, and association with psychopathology. *Journal of personality and social psychology*.
- Hewitt, P. L., & Flett, G. L. (1996). The multidimensional perfectionism scales. *Toronto: Multi-Health Systems Inc.*
- Halgin, R. P., and Leahy, P. M. (1989). *Understanding and treating perfectionistic college students. Journal of counseling and development*.
- Hewitt, P. L., Flett, G. L., Besser, A., Sherry, S. B., & McGee, B. (2003). Perfectionism Is Multidimensional: a reply to. *Behaviour research and therapy*.
- Karner-Huțuleac, A. (2014). Perfectionism and self-handicapping in adult education. *Procedia-Social and Behavioral Sciences*.
- Rettner, R. (2010, July 11). The dark side of perfectionism revealed.
- Szymanski, J. (2011, October 3). Perfectionism: Healthy or hurtful? Retrieved from [http://blogs.hbr.org/cs/2011/10/is\\_perfectionism\\_helping\\_or\\_hu.html](http://blogs.hbr.org/cs/2011/10/is_perfectionism_helping_or_hu.html)
- Prapavessis, H., & Grove, J. R. (1998). Self-handicapping and self-esteem. *Journal of Applied Sport Psychology*.
- Rhodewalt, F., Hill, S. K. (1995). "Self-handicapping in the classroom: The effects of claimed self-handicaps on responses to academic failure". *Basic and Applied Social Psychology*.
- Lavallee, D., Sagar, S. S., & Spray, C. M. (2009). Coping with the effects of fear of failure in young elite athletes. *Journal of Clinical Sport Psychology*.
- Wigert, B., Reiter-Palmon, R., Kaufman, J. C., & Silvia, P. J. (2012). Perfectionism: The good, the bad, and the creative. *Journal of Research in Personality*.
- Conroy, D. E., Willow, J. P., & Metzler, J. N. (2002). Multidimensional fear of failure measurement: The Performance Failure Appraisal Inventory. *Journal of Applied Sport Psychology*,
- Parsons, O. A., & Schneider, J. M. (1974). Locus of control in university students from Eastern and Western societies. *Journal of Consulting and Clinical Psychology*.
- Shepherd, S., Owen, D., Fitch, T. J., & Marshall, J. L. (2006). Locus of control and academic achievement in high school students. *Psychological reports*.
- Prapavessis, H., & Grove, J. R. (1998). Self-handicapping and self-esteem. *Journal of Applied Sport Psychology*, 10(2), 175-184.
- Rotter, J. B. (1966). Generalized expectancies for internal versus external control of reinforcement. *Psychological monographs: General and applied*.
- Frost, R. O., Marten, P., Lahart, C., and Rosenblate, R. (1990). The dimensions of perfectionism. *cognitive therapy and research*.
- Sagar, S. S., Lavallee, D., & Spray, C. M. (2007). Why young elite athletes fear failure
- Stöber, J. (1998). The Frost Multidimensional Perfectionism Scale: More perfect with four (instead of six) dimensions. *Personality and Individual Differences*.
- Stoeber, J., & Otto, K. (2006). Positive conceptions of perfectionism: Approaches, evidence, challenges. *Personality and Social Psychology Review*.
- Hawthorne, S. (2008). Students' beliefs about barriers to engagement with writing in secondary school English: A focus group study. *Australian Journal of Language and Literacy*

**Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour:  
A Correlational Study**

- Missildine, W. H. (1963). *Your inner child of the past*. Simon and Schuster. New York.
- Perry, C. (1990), After further sightings of the heffalump. *Journal of Managerial Psychology*.
- Pacht, A. R. (1984). *Reflections on perfection*. *American psychologist*.
- Slade, P. D. and Owens, R. G. (1998). A dual process model of perfectionism based on reinforcement theory. *Behavior modification*.

***Acknowledgement***

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

***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Agarwal A & Rathore V (2021). Perfectionism, Locus of Control, Fear of Failure and Self-Handicapping Behaviour: A Correlational Study. *International Journal of Indian Psychology*, 9(2), 1815-1834. DIP:18.01.181.20210902, DOI:10.25215/0902.181