

THE RELATIONSHIP BETWEEN ASSERTIVENESS AND PERFECTIONISM

ABSTRACT: The aim of this paper was to examine whether there is a connection between assertiveness and perfectionism and whether there are gender differences in expressing assertiveness and perfectionism. The study was conducted on 201 respondents aged 20 to 50. The Assertiveness Assessment Scale (Tovilović, Okanović, and Krstić, 2009) consists of 27 items, which measure the degrees of assertiveness, ranging from Extremely low assertiveness, Low assertiveness, Average assertiveness, High assertiveness, to Extremely high assertiveness. The Perfectionism Inventory (PI, Hill, Huelsman, Furr, Kibler, Vicente & Kennedy, 2004) consists of 59 items divided into eight dimensions for measuring perfectionism: Concern over Mistakes, High Standards for Others, Need for Approval, Organization, Perceived Parental Pressure, Planfulness, Rumination, Striving for excellence. The research results have shown that there is a significant negative correlation between assertiveness and the overall score on the perfectionism scale ($r=-.28$, $p<.01$). Furthermore, there is a significant negative correlation between assertiveness with the following dimensions of perfectionism: concern over mistakes ($r=-.49$, $p<.01$), need for approval ($r=-.53$, $p<.01$), negative attitude and thinking ($r=-.42$, $p<.01$). On the other hand, assertiveness positively correlates with the organization dimension ($r=.29$, $p<.01$). When it comes to gender differences, making mistakes present the greatest concern for men ($t=2.47$, $p<.05$), while organization presents the greatest concern for women ($t=3.44$, $p<.01$).

KEY WORDS: assertiveness, perfectionism, gender