



PERFECTIONISM AND STUDENTS STRESS LEVEL

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Abstract: *This article about how perfectionism can affect stress among students. In this modern academic world, students always feel strong pressure to achieve high results. Numerous students want to do everything perfectly, but trying too hard can make stress worse and affect mental health. One important fact is that increases student stress is perfectionism. The study also examines the challenges and stress that can result from setting very high standards. In addition, it considers that how personal motivation and social pressure influence perfectionist tendencies. While trying to do well can be positive, but excessive perfectionism sometimes creates more problems than benefits. The article explains how perfectionist habits can increase stress and why it is important to keep a balance between work and personal well-being. Overall, it provides insight into the complex relationship between expectations, performance, and personal satisfaction.*

Key words: *Perfectionism, student stress, mental health, academic pressure, university students*

Introduction

Student life is already stressful. Students have exams, self-study tasks, deadlines, presentations, and many responsibilities at the same time. Besides studying, we also think a lot about our future career, which adds more pressure. In my opinion, university life is not only about learning subjects, but also about dealing with stress and expectations. One important source of stress is the high expectations



from teachers and family members. They want students to achieve good results and succeed in life. Although this support is important, it can sometimes make students feel pressured. From my experience, trying to meet everyone's expectations is not always easy and can be emotionally tiring.

In my opinion, one of the main reasons for this stress is perfectionism. Wanting to do well is normal, but trying to do everything perfectly all the time creates unnecessary pressure. I have noticed that when I aim for perfection, I become more anxious and less confident. Even simple tasks start to feel difficult because I am afraid of making mistakes. From my experience as a student, perfectionism often makes studying more stressful instead of helpful. I sometimes spend too much time on one task, overthink small details, and still feel unsatisfied with the result. In my opinion, this shows that perfectionism can reduce motivation and increase stress levels among students.

Perfectionism can be described as setting very high standards for yourself and feeling disappointed or upset when these standards are not met. In my opinion, perfectionism is not only about wanting good results, but also about being too strict with oneself. Students who are perfectionists often believe that they must do everything perfectly in order to feel satisfied. Students with perfectionism usually worry a lot about making mistakes. Even small errors can make them feel anxious or frustrated. They may think that anything less than perfect is a failure, which creates negative thinking. From my experience, this way of thinking makes students focus more on mistakes than on their achievements.

Student life can be stressful due to exams, deadlines, presentations, and constant thoughts about the future. Many students try to balance studying, personal life, and responsibilities at the same time, which can increase stress. In my opinion, university life often feels fast-paced, and students rarely get enough time to rest or relax. Perfectionism makes these challenges even more difficult. Students who want everything to be perfect usually spend too much time on assignments and projects. From my experience, this often leads to late nights, lack of sleep, and physical



tiredness. Even after putting in a lot of effort, students may still feel unhappy or dissatisfied with their work.

The Impact of Perfectionism on Stress Perfectionist students often compare themselves with classmates. This comparison can make them feel stressed and not good enough. Fear of failure and constant self-criticism can make students feel exhausted or burned out. Over time, stress can affect both mental and physical health.

Positive and Negative Sides of Perfectionism

However, it is important to mention that not all types of perfectionism are harmful. In my opinion, perfectionism can have both positive and negative sides, depending on how it is managed. When perfectionism is healthy, it can motivate students to work harder and achieve their goals.

Healthy perfectionism helps students set clear goals, stay organized, and take responsibility for their work. Students with this type of perfectionism usually try to improve themselves and learn from their mistakes. In my opinion, this kind of attitude can lead to personal growth and better academic performance without causing too much stress. The problem begins when perfectionism becomes extreme and unrealistic. Unhealthy perfectionism makes students set impossible standards and feel dissatisfied no matter how much effort they put in. From my experience, this type of perfectionism creates constant pressure, fear of failure, and emotional exhaustion.

Conclusion

In conclusion, perfectionism and student stress levels are closely connected. Trying to do your best is important, but expecting perfection in every task can create unnecessary pressure and emotional exhaustion. Students often forget that mistakes are a natural and important part of the learning process. In my opinion, accepting mistakes helps students grow both academically and personally. This mindset reduces fear of failure and builds confidence. From my experience, when students focus on progress rather than perfect results, stress levels decrease and studying



becomes less overwhelming. Maintaining a healthy balance between effort and self-care allows students to protect their well-being and enjoy the learning process.

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