



**PERFECTIONISM, FEAR OF NEGATIVE EVALUATION AND
PROCRASTINATION IN UNIVERSITY STUDENTS**

A Research Project

Presented to

Bahria School of Professional Psychology

Bahria University Islamabad Campus (E-8)

In partial fulfilment

Of the Requirements for the degree

Of Bachelor of Sciences

BS Psychology

By

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Submitted to:

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Approval Sheet

SUBMISSION OF RESEARCH PROJECT

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I hereby certify that the above candidates work including the research project has been completed to my satisfaction and that the research project is in a format of an editorial standard recognized by the faculty/department as appropriate for examination.

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Principal Supervisor:

Date:

The undersigned signifies that:

1. The candidate presented at a pre-completion seminar, an overview, and synthesis of major findings of the thesis and that this research is of a standard and extent appropriate for submission as a research project.
2. I have checked the candidates' research project and its scope and formal. Editorial standards are recognized by the faculty/department as appropriate.

Signature(s):

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Date:

DECLARATION OF AUTHENTICATION

We certify that the research work presented in this research project, to the best of our knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

Signature (s):

ACKNOWLEDGEMENT

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Hiba Muneeb and Amna Noor

THESIS REVISION CERTIFICATE

It is to clarify that Hiba Muneeb and Amna Noor, Enrolment No, 01-171212-091 and 01-171212-008 respectively, session spring 2025 from School of Professional Psychology, Bahria University Islamabad Campus (E-8) conducted their undergraduate thesis entitled "Perfectionism, Fear of Negative Evaluation and Procrastination in University students" under my supervision. They have revised their thesis in the light of the examiner's suggestions, and to my satisfaction and to the best of my belief, its standard is appropriate for acceptance. Moreover, this thesis is an excellent work in terms of scope and quality for the award of the degree of BS psychology.

Supervisor:

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ABBREVIATIONS

FNE	Fear of Negative Evaluation
BFNE-S	Brief Fear of Negative Evaluation Scale
BTPS-SF	Big Three Perfectionism Scale–Short Form
GPS	General Procrastination Scale

Abstract

This research aimed to examine the relationship between fear of negative evaluation (FNE), perfectionism, and procrastination among university students, while exploring gender differences and the predictive role of perfectionism and fear of negative evaluation on procrastination. Utilizing a quantitative, correlational design, data was collected via purposive sampling from 300 students aged 18–25 from the universities of Islamabad and Rawalpindi. Standardized instruments were employed, including the General Procrastination Scale (GPS-9), Brief Fear of Negative Evaluation Scale (BFNE-S), and the Big Three Perfectionism Scale–Short Form (BTPS-SF). Statistical analyses were conducted using SPSS version 25, including Pearson correlations, linear regression, t-tests, and ANOVA. Results indicated a positively significant correlation between procrastination and FNE, supporting hypothesis that higher FNE leads to increased procrastination. Likewise, perfectionism was positively correlated with FNE. However, contrary to expectations, no significant relationship was found between overall perfectionism and procrastination. Regression analysis confirmed that FNE significantly positively predicted procrastination, while perfectionism did not. Gender-based differences were found females scored higher in perfectionism, whereas males scored higher in procrastination. No significant differences were observed across living arrangements or academic fields. Age and GPA were also not significantly related to any of the variables. These findings partially supported the hypotheses and revealed a clear link between FNE and procrastination. The absence of a direct relationship between perfectionism and procrastination suggests the need for further research. These results imply that interventions targeting social evaluative fears may be more effective than focusing solely on perfectionism in reducing academic procrastination.

Keywords: procrastination, fear of negative evaluation, perfectionism