



THE IMPACT OF STOICISM AND PERFECTIONISM ON TOXIC POSITIVITY

AMONG YOUNG ADULTS

A Research Project Presented to

School of Professional Psychology

Bahria University Islamabad, E-8 Campus

In Partial Fulfillment of the requirement of the Degree of Bachelor

of Science

BS. Psychology

By

Sana Jauhar

Emaan Rashid

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&

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Approved By

External Examiner

Internal Examiner

Supervisor

(Dr. Shazia Yusuf)

Principal/ Head of Department

SCHOOL OF PROFESSIONAL PSYCHOLOGY BAHRIA

UNIVERSITY - ISLAMABAD CAMPUS (E-8)

BAHRIA SCHOOL OF PROFESSIONAL PSYCHOLOGY**BAHRIA UNIVERSITY, ISLAMABAD CAMPUS (E-8)****APPROVAL SHEET****SUBMISSION OF RESEARCH PROJECT****Candidate's Names:** Sana Jauhar

Emaan Rashid

Ahmad Ali

Discipline: BS Psychology**Faculty/Department:** School of Professional Psychology

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We certify that the research work presented in this research project, to the best of my 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):

Sana Jauhar

Emaan Rashid

Ahmad Ali

DEDICATION

This thesis is whole heartedly dedicated to our parents, teachers and friends.

Thank you Hadi, for being my rock through it all-Sana.

Without their constant love and support this thesis wouldn't have been possible. Special thanks to Dr. Sanam for her unwavering support, encouragement and belief in us and who guided us every step of the way. Above all to Almighty Allah who gave us the strength, knowledge and wisdom in everything we did

ACKNOWLEDGEMENT

In name of Allah, the Most Merciful and Most Beneficial. With profound gratitude to the Almighty Allah, we find ourselves blessed to have been bestowed with the privilege of accomplishing our dreams. In this endeavour, we owe an immeasurable debt of gratitude to the Holy Prophet (PBUH) whose exemplary pursuit of knowledge has set an unparalleled benchmark for all seekers of wisdom. We would like to express our heartfelt gratitude and sincere appreciation to our supervisor, Dr. Sanam Younis, for all her unwavering patience and exceptional guidance throughout our research journey. Her expertise, dedication, and commitment to our project have been invaluable and have played a vital role in its success. Her profound knowledge in the field, as well as her willingness to share insights and provide constructive feedback, has greatly enriched our understanding and enhanced the quality of our work. Lastly, we would like to credit all the participants who took part in our study without their help this research would have been impossible.

Sana Jauhar, Emaan Rashid & Ahmad Ali

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List of Symbols and Abbreviations

- 1 M Mean
- 2 SD Standard Deviation
- 3 f Frequency
- 4 % Percentage
- 5 k Number of items
- 6 α Cronbach's Alpha Reliability
- 7 p Significance Level
- 8 β regression coefficients
- 9 CL Confidence Level
- 10 LL Lower Boundary
- 11 UL Upper Boundary
- 12 t t value
- 13 B Unstandardized Beta
- 14 SE Standard Error
- 15 η^2 eta square (effect size)
- 16 SEB Coefficient Standard Error
- 17 PW-SIS Pathak-Wieten Stoicism Ideology Scale
- 18 MPS Multidimensional Perfectionism Scale
- 19 IDR-TPTLDRLABS Toxic Positivity Test

Abstract

The present study investigates the relationship between stoicism, perfectionism, and toxic positivity among young adults in Rawalpindi and Islamabad, Pakistan. In a cultural environment that emphasizes emotional resilience and positivity, this research examines how stoic attitudes and perfectionistic tendencies contribute to the prevalence of toxic positivity—an excessive form of optimism that suppresses genuine emotional expression. To achieve the objective of the study quantitative cross-sectional design was employed where sample was based upon young adults between 20- 35 years of age. The sample ($M=1.55$, $SD=0.49$) was gender inclusive collected through convenient sampling technique ($N = 350$). Participants completed the questionnaires that includes LDR Toxic Positivity scale, Pathak-Wieten Stoicism Ideology Scale and Multidimensional Perfectionism Scale. The gathered numeric data were subjected to SPSS for statistical analysis, where inferential and descriptive analyses were run. Findings reveal significant positive correlations between maladaptive perfectionism, adaptive perfectionism, and elevated toxic positivity, with stoicism stronger predictor of toxic positivity. These results highlight the need to differentiate between healthy and unhealthy expressions of positivity and perfectionism. The study offers important implications for mental health interventions and educational practices tailored to the sociocultural context of Pakistani youth, aiming to promote psychological well-being and authentic emotional engagement. Further longitudinal studies are needed to examine temporal relationships and potential bidirectional effects.