Perfectionism, Creative Confidence, Self-Evaluation & Burnout in Young Artists

Kainat Imtiaz

03-275232-023

A thesis submitted in fulfillment of the requirements for the award of the degree of

Master of Science (Clinical Psychology)

Supervisor:

Dr Samia Rani

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

2025

Acknowledgement

First and foremost, I am deeply grateful to Allah Almighty for granting me the strength, patience, and perseverance to complete this research journey. Without His blessings and guidance, this achievement would not have been possible.

I would like to express my sincere appreciation to my supervisor Dr Samia Rani for her invaluable guidance, constructive feedback, and constant encouragement throughout the course of this thesis. Her expertise and support have been instrumental in shaping my academic growth and in refining the quality of this work.

My deepest gratitude goes to my parents, whose lifelong hard work and sacrifices laid the foundation for my education. Their unwavering trust, faith, and dedication, along with the resources they devoted to my dreams, have been the driving force behind this accomplishment.

I am also thankful to my sisters for their continuous motivation and encouragement, which inspired me to remain determined during difficult times. Additionally, I am grateful to my friends for their support, understanding, and reminders to keep striving, which helped me persevere through the challenges of this journey.

This work is a reflection of the prayers, sacrifices, and faith of all those who stood by me, and I dedicate it to them with hear

felt gratitude.

Kainat Imtiaz

Dedication

This thesis is lovingly dedicated to my dearest Father Imtiaz Ahmed and my mother Rukhsana Parveen, who have spent their entire lives working tirelessly to give me the best of everything, from my earliest childhood to this very day. No matter how much or how little they had, they always placed my needs and dreams above their own, ensuring that I never felt deprived of any opportunity. Their unconditional love, endless sacrifices, and unwavering faith in me are the greatest blessings of my life, and every accomplishment of mine is a reflection of their devotion and prayers.



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Registration Number 87674

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
FMPS	Frost Multidimensional Perfectionism Scale
SCSS	Short Creative Self-Scale
SCS	Self-Compassion Scale
CBI	Copenhagen Burnout Inventory

List of Symbols

Symbols	Definitions
α	Cronbach's index of internal consistency
k	Number of items
f	Frequency
n	Total sample
t	Ratio
M	Mean
SD	Standard Deviation
%	Percentage
p	Significance Value
R	Correlation Coefficient
R^2	Coefficient of Determination
β	Standardized Beta
B	Unstandardized Beta
SE	Standard Error
Z	Standard Score
CI	Confidence Interval

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Abstract

Young artists face multiple pressures, including creating original work, financial uncertainty, and frequent evaluations from teachers and peers, which can increase stress and risk of burnout. This study examined 132 Pakistani artists aged 18 to 35, focusing on perfectionism, creative confidence, self-evaluation, and burnout. Participants scored an average of 112.32 (SD = 21.62, range = 35–175) on the Frost Multidimensional Perfectionism Scale. Self-comparison averaged 38.05 (SD = 8.34, range = 12–60), and creative confidence averaged 43.17 (SD = 9.43, range = 11–55). Burnout was moderate to high (M = 56.70, SD = 16.57, range = 19–95).

Perfectionism, Self-Compassion Scale (SCS), Short Scale of Creative Self (SSCS), and Copenhagen Burnout Inventory (CBI). Analyses included descriptive statistics, correlation, and regression. Higher perfectionism was linked with creative confidence and self-evaluation, while negative perfectionism was associated with self-criticism. Burnout was not significantly related to these traits, and regression explained only 1% of its variance.

These findings suggest burnout may be driven more by external pressures, such as academic workload, family expectations, or financial stress, than by personal traits alone.

Keywords: perfectionism, creative confidence, self-evaluation, burnout, young artists, Pakistani

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