

EFFECTS OF PERFECTIONISM ON WORK FATIGUE AMONG FOURTH YEAR BREAD WINNERS ON ACADEMIC PERFORMANCE

ABSTRACT

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KEYWORDS

*work fatigue; academic
performance; mental health
support; perfectionism;
breadwinning students;
college students*

ARTICLE ID

AASGBCPJMRA-B26609

This study explored the relationship between perfectionism and work fatigue among fourth-year breadwinning college students enrolled in BS Psychology, BS Education, and BS Information Technology programs. Breadwinning students, who bear financial responsibilities for their families while pursuing academic goals, often encounter heightened levels of stress, exhaustion, and emotional strain. The study aimed to determine how perfectionist tendencies contribute to work-related fatigue and how this, in turn, affects academic performance. The study employed a purposive sampling method involving 51 breadwinning fourth-year college students. A Likert-scale questionnaire was used to collect data on students' academic performance, work hours, levels of fatigue, and perfectionist behaviors. Most participants were found to be working full-time, often exceeding eight hours per day, which significantly contributed to both physical and emotional exhaustion. Students with high levels of perfectionism reported increased fatigue as they continually pushed themselves to meet personal and academic standards. The data revealed a strong correlation between work fatigue and declining academic performance, indicating that high perfectionist tendencies exacerbate burnout and reduce overall learning effectiveness. The results underscore the critical challenges faced by breadwinning students, particularly those with perfectionist traits. The findings suggested that work fatigue, intensified by perfectionism, negatively impacts academic performance. As these students strive to maintain high standards in both work and academics, they are more prone to physical exhaustion and psychological strain. These outcomes indicate the need for institutional support systems that address the unique needs of working students, including mental health services and academic flexibility. The findings suggest that work fatigue is a significant issue among fourth-year college students who are also breadwinners, especially those with a strong inclination toward perfectionism. Extended work hours lead to physical and mental fatigue, which is further intensified by the pressure to meet high academic standards. These findings highlight the importance of academic institutions implementing flexible workload policies, providing counseling services, and offering seminars on stress and time management. Such interventions could mitigate the adverse effects of perfectionism and work-related fatigue, ultimately supporting students' academic success and well-being.

RECOMMENDED CITATION

Garo, B. K., Matabia, M. J., Mingullo, A., Nisnisan, A., & Pajarillo, J. A. (2025). Effects of Perfectionism on Work Fatigue Among Fourth Year Bread Winners on Academic Performance. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(5), 168.