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[\[PDF \(333K\)\]](#) [\[References\]](#)**Self-oriented Perfectionism, Aggression, and Self-directed Aggression:
A Mediation Analysis of Depression and Negative Rumination**[Michiko Saito](#)¹⁾, [Tatsuo Sawazaki](#)²⁾ and [Hiroyuki Konno](#)²⁾

1) Graduate School of Psychology, Mejiro University

2) Faculty of Human Sciences, Mejiro University

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This study investigated the relationship of self-oriented perfectionism, which had four factors of desire for perfection, personal standard, concern over mistakes, and doubt of actions, with four factors of aggression: physical aggression, anger, hostility, and verbal aggression, and two factors of self-directed aggression: self-directed physical aggression and hostility. Four hundred and forty four (444) university students completed a questionnaire. Results showed that personal standard was positively related to verbal aggression; concern over mistake to anger, hostility, self-directed physical aggression, and self-directed hostility; and doubt of action to hostility and self-directed hostility. Also, causal models were examined of self-oriented perfectionism, aggression, self-directed aggression, depression and negative rumination. Results of covariance structure analysis were as follows: Maladaptive perfectionism enhanced cognitive-affective aggression, which in turn enhanced self-directed hostility. Maladaptive perfectionism enhanced negative rumination and depression, which in turn increased cognitive-affective aggression, and then self-directed aggression. The results were discussed in terms of their implications for intervention.

Keywords: [self-oriented perfectionism](#), [aggression](#), [self-directed aggression](#), [depression](#), [negative rumination](#)

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