

## **Perfectionism and marital satisfaction among graduate students: a multigroup invariance analysis by counseling help-seeking attitudes**

### **ABSTRACT**

This study aims to measure the latent mean difference in perfectionism and marital satisfaction by counseling help-seeking attitudes. The respondents were 327 married graduate students from a research university in Malaysia. An online self-administered questionnaire was used to collect the data. The respondents completed the Almost Perfect Scale Revised, Dyadic Almost Perfect Scale, Marital Satisfaction Scale, and Attitudes toward Seeking Professional Psychology Help Scale. Confirmatory factor analysis was used to examine the instruments and the results indicated that construct validity was achieved. The latent mean difference in perfectionism and marital satisfaction by counseling help-seeking attitudes were tested using multigroup invariance analysis. The respondents with negative attitudes toward counseling help-seeking ( $n = 159$ ) reported a higher latent mean in perfectionism but a lower latent mean in marital satisfaction compared to those with positive attitudes toward counseling help-seeking ( $n = 168$ ). The implications of these findings for counseling services are discussed.

**Keyword:** Perfectionism; Marital satisfaction; Counseling help-seeking attitudes; Graduate students; Latent mean analysis; Multigroup invariance analysis