MODERATING EFFECT OF PERFECTIONISM ON THE RELATIONSHIPS BETWEEN PERSONALITY TRAITS WITH LIFE SATISFACTION AND PSYCHOLOGICAL WELL-BEING

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Abstract. The current study is aimed to determine the moderating effect of perfectionism on the relationships between personality traits with life satisfaction and psychological well-being. Research population was all undergraduate students of Islamic Azad University of Tehran that 140 students were selected through multi-level clustering sampling. Data collected through psychological well-being questionnaire, perfectionism list of Hill, short form questionnaire of personality traits of NEO and life satisfaction questionnaire and were analyzed in descriptive and inferential sections. The results showed that personality traits and perfectionism has significant statistical relationship P<0.01 with psychological well-being and only the variables of neuroticism, extroversion, and conscientiousness were the aspects of personality traits.

Key words: psychological well-being, life satisfaction, perfectionism, personality trait

1 Introduction

For a long time that question that what a good life is, had been drawing the attention of human being. Ancient Greek philosophers believed that good life will be obtained from virtue. In ancient China also, Confucian has considered good life as doing roles and responsibilities of people appropriately and utilitarian such as Jeremy Bentham believed that a life can be the good one which is full of happiness and joy and a good society is the one which all people in it are good. Although seeking consisting factors of good has its roots in very distance past, despite this, empirical studies have been done in recent years in the field of the constituent factors of good life and happiness (Diener and Suh, 2000). Some of researchers have raised some questions in recent years that have created great development in the field of health psychology especially health definition. Questions such as what the happiness is. Why do different people have different levels of happiness? Who experience higher level of happiness? Perhaps the most important reason of wide attention to study of subjective well-being and responding raised questions is derived from its extraordinary importance according to people. For example Diener and Oshie (2003) showed in a study that most of people agree with this opinion that being happy is their ultimate aim. Their studies have also showed that according to people being happy is more important than good health, high income, high attractiveness and experiencing love and meaning in life.

Subjective well-being is a multi-dimensional and hieratical concept which consists of two emotional and cognitive aspects. The component of life satisfaction is cognitive aspect and components of positive affect and absence of negative affect are its emotional aspect (Diener, Sue, Lucas, & Smith, 2000). Diener, et al., (1998) have included having low levels of unpleasant emotions like depression and anxiety also in subjective well-being definitions. Generally based on Diener, Oishi and Lucas (2003) subjective well-being is what, ordinary people call it satisfaction or happiness.

Initial studies about psychological well-being focused on experiencing positive and negative emotions, psychological well-being and life satisfaction which have been formed from Greek word of "Eudemonia" which has been defined as happiness (Ryff, 1989). They have defined happiness as the balance between positive and negative emotions. Providing

many scales which were built in order to assessing life satisfaction and were used in wide researches, was based on this subjective and abstract concept of satisfaction (Feicht et al, 2013).

Shafran (2002) was the first cognitive-behavioral theorist who explained perfectionism. He defined perfectionism as one of twelve irrational underlying beliefs that leads to psychological distress. He believed that perfectionism is acceptance of this belief in person that he has to be completely worthy, deserving, intelligent. Shafran defined perfectionists as people with the main goal of progress and success in life. According to perfectionists incompetence is an index of incompetence and worthless of person. He also said that by perfectionism we mean having this belief that there is always an accurate, complete and correct response for human problems and if this solution isn't found, that will be disaster. He considered self-dissatisfaction and low self-esteem as key characteristics of perfectionism.

Multi-dimensional model of Ryff et al., (1989) is one of the most important psychological well-being models. Ryff considers psychological well-being as person's attempt for realizing his real potential ability. If in an assessment a person is satisfied with his talents, abilities and activities, he will have good mental function. Psychological well-being is a multi-component concept that can be interrelated with numerous factors. One of factors that can be related to psychological well-being is perfectionism. Positive perfectionism predicts psychological well-being positively and negative perfectionism also affects psychological well-being negatively.

Different personality traits can have great role on the manner of impression and the relationship of the individual with his environment (Sapington, 2008). The personality of each person consists of his desires and dislikes, fears and privileges and capabilities and traits. These features differentiate people from each other. Personality is visible aspects of individual behavior which affect others. It also includes social, mental and emotional characteristics of person. Personality is also a set of durable and unique features that might be different in responding to different situations. People have deep traits that consist of fundamental components of their personality. Personality recognition requires accurate description of this component.

Fist (2002) introduced three personality aspects. Each one of these personality aspects includes numerous adjectives. These personality aspects include extroversion, neuroticism and psychopathic. He believed that these personality aspects can predict behavior. Fist (2002) believed that because of ignoring personality aspects, many psychological researches have ended up wrong conclusions.

Personality is the most important tool for biases and life guidance. On one hand it determines the aim and on the other hand provides the facilities for achieving the goal. The feature of requiring success can be used as an example here which is either goal determiner or provider power for achieving that goal based on the five factor theory of Fedewa et al., (2005).

A person's personality traits seem to be effective on his personality perfectionism and well-being and cause person's satisfaction or dissatisfaction from his life (Besharat, Habibnejad and Geranmayepur, 2009).

Diener (2003) believes that individual life satisfaction origins from his general assessment and attitudes toward his total life or some aspects of life such as family life, occupation, income, free time and so on.

Life satisfaction is in fact reflection of the distance between the person ideals and his current situation and whatever the gap

between person's ideals and his current situation is more, his satisfaction will decrease (Zaki, 2007). Considering life satisfaction is the reflection of balance between person's wishes and his current situation (Nasiri Jokar, 2008; quoted by Hosseini et al., 2011) and since perfectionists always look for various goals, life satisfaction seems to be less in people with high perfectionism than other people and researches have shown that perfectionists will be more confused by goal setting (Hashemi and Latifian, 2009).

Numerous researches have investigated the relationship between perfectionism with numerous factors. What seems to be investigated less is the moderating effect of perfectionism on relationships between personality traits, life satisfaction and psychological well-being that in current study researcher looks for if perfectionism can work as a moderator variable on relationships among personality traits, life satisfaction with psychological well-being.

2 Methodology

The methodology is descriptive, the type of correlation models because researcher is going to predict criterion variable based on predictor variables. Statistical population of current study is the undergraduate students of Islamic Azad University of Tehran Research that were 13000 during study. Through multi-level clustering sampling method and considering Julie Plant formula (2009), N> 50+8M, 140 students considering fallings were selected out of mentioned population and answered questionnaires.

2.1 Measurement tools

Ryff Psychological well-being scale (RSPWB-18): psychological well-being is a multi-component concept and includes below cases:

Self-acceptance, positive relation with others, autonomy, environment mastery, purpose in life

For measuring these structures, Ryff designed psychological well-being scales such as 20 phrase, 14 phrase, 9 phrase and 3 phrase questionnaires. After initial investigations, the original version of psychological well-being scales that has 84 phrases was provided (1989). Then 54 phrase versions and 18 phrase short forms were designed as well. The short version of this questionnaire assesses 6 main components of psychological well-being pattern and therefore has 6 sub-scales (each sub-scale includes 3 phrases).

2.2 Method of scoring

In this questionnaire which is designed for adults, participant has to identifies in a 6 degree Likert scale (1= absolutely disagree to 6-absolutely agree) that in what extent he agrees or disagrees phrases. For computing the related score to each sub-scale, the scores of related phrases to mentioned sub-scale have to be added to each other. The score of psychological well-being will be also obtained through total scores of 18 phrases. Related phrases to each sub-scale:

Self-acceptance sub-scale: 2-8-10, positive relation with others: 3-11-13, autonomy: 9-12-18, environment mastery: 1-4-6, purpose in life: 5-14-16, individual growth: 7-15-17

The phrases of 3-4-5-9-10-13-16-17 are scored reversely.

The internal consistency coefficient of psychological well-being scales short forms sub-scales and also internal consistency coefficient of whole test have been reported as 0.50. Cronbach's alpha in current research has been computed as 0.73.

Related evidences to convergent validity of psychological well-being tests represent that 6 factors of mental well-being have

positive relationship with life satisfaction, self-esteem and creativity and negative relationship with depression, chance and external control source.

2.3 Perfectionism scale

Persian version of perfectionism list with 58 phrases and 6 adaptive sub-scales includes purposefulness, order and organization, strive for excellence and non-adaptive includes: interpersonal sensitivity, perceived parental pressure, high standards for others that was normed and validated from Houman and Samei in 2010 in an Iranian sample.

Scoring method of this scale has been validated and reliable based on 4 degree Likert scale of absolutely disagree=1, disagree=2, agree-3 and absolutely agree=4. Sub-scales and items related to each one of them are reported as follows:

Interpersonal sensitivity: 25-58-17-45-39-59-29-23-2-9-13-31-48-15-5-47-37-38-33-52

Strive for excellence: 32-40-24-1-7-8-16 order and organize: 50-35-19-55-43-27-11

Perceived pressure by parents: 30-46-6-57-53-22-14 purposefulness 28-20-4-44-36-54-12-51

High standards for others 42-26-18-34-49-21-10-41-3

Cronbach's alpha or retest estimating method was used for Validation of this set. Cronbach's alpha of total set which is an index for questionnaire validity was equal to 0.926 and validity coefficient of perfectionism list through retest after final performance was performed again on 50 people within 2 -6 weeks (averagely 4 weeks). The value of calculated Pearson correlation between these two performances was equal to 0.736. This value has been significant statistically in level of less than 0.001. Perfectionism list retest validity represents the stability of its fundamental structures. The reliability of perfectionism sub-scales through Cronbach's method was respectively calculated in this study as 0.65, 0.72, 0.81, 0.58, 0.73, and 0.78. Face and content validity: for investigating face and content validity the idea of experts were considered in the field of psychology and face and content validity of perfectionism list was confirmed.

2.4 Life satisfaction questionnaire (SWLS)

The scale of life satisfaction has been developed by Diener et al., 1985 in order to assess life satisfaction. This scale is a self-reporting tool which consists of 5 phrases. The phrases of this test measure subjective well-being cognition components, scoring will be done as completely agree (7) to completely disagree (1). Diener et al., (1999) evaluated life satisfaction in a sample consisting of 176 undergraduate students. The mean and standard deviation of students' scores were respectively 23.5 and 6.43 and correlation coefficient of scores retesting after two months was 0.82 and Cronbach's alpha was 0.87. In Iran, Biani et al., (2007) performed life satisfaction scale on 109 university students in order to normalization. The reliability of this test using Cronbach's alpha was 0.83 and through retesting was 0.69. The reliability of life satisfaction questionnaire was computed as 0.83 through Cronbach's alpha. The validity of life satisfaction scale structure was estimated through convergent validity using Oxford happiness index and Beck depression index. This scale has positive correlation with Oxford happiness index and negative correlation with Beck depression index.

2.5 Neo five personality factor questionnaire (NEO-FF-I)

NEO test was proposed by Fedewa et al., (2005). Three main scales which were neuroticism (N), extroversion (E) and openness to experience (O) that was investigated widely were considered for the first time. The indexes of agreement (A), conscientiousness (C) were evaluated in this test briefly and generally. The test of NEO PI-R was later developed because of

that and the indexes of agreement (A) and conscientiousness (C) were included also with their related scales in initial test (Haghshenas, 2009).

Translation and adaptation of this test into Persian started in 1997. After a preliminary study and its implementation on a limited group of patients referred to the psychology clinic and people with no problem and difficulty (mentally) the ultimate form was provided and then was normalized on a sample with random selection in Shiraz and the results of this normalization were published in 2008 (HAghshenas, 2008). Short form of NEO has been used in this study. This test includes five scales of C, A, O, E, N and 12 questions have been raised in each scale. Participant is asked to identify the compliance of provided phrases with his comments on a Likert scale from absolutely agree to absolutely disagree. The questions are scored as absolutely disagree (1) to absolutely agree (5).

Reported alpha coefficient by Fedewa et al., (2005) has been variable between 0.75 and 0.89 with the mean of 0.81. In a research which was done by Bouchard et al in 1999, alpha coefficient for neuroticism 0.85, extroversion 0.72, for openness 0.68, for agreement 0.69 and for conscientiousness was obtained as 0.79. (Bouchard et al., 1999)

Correlation coefficient among the scores of indexes NEO-FF-I with NEO-PI-R for indexes E, N, C, A, O was respectively calculated as 0.92, 0.90, 0.91, 0.77 and 0.87 (Haghshenas, 2006).

Reliability coefficient of retesting for an Iranian sample group including 208 students within 3 month time gap were respectively obtained as 0.79, 0.79, 0.80, 0.75, 0.83 for neuroticism, extroversion, openness and conscientiousness (Ibid). The reliability of personality test through Cronbach's alpha in current research was respectively calculated as 0.68, 0.78, 0.91, 0.78 and 0.71.

3 Findings

The sample of research was 140 students including 62 boys and 78 girls in an age range of 18-30 years old. In this sample 24 people were married and 116 people were single (table 1).

3.1 Describing data

Table 1 Measure of central tendency and dispersion based on the scores of Psychological well-being, perfectionism, personality traits and their sub-scales and life satisfaction

Dependent variable	Number	Mean	Standard deviation	Minimum	Maximum
Self-acceptance	140	12.67	3.23	5	18
Positive relations with others	140	12.59	2.84	7	18
Autonomy	140	10.14	2.21	6	16
Environment mastery	140	12.62	2.97	7	17
Purpose in life	140	12.55	2.76	8	23
Individual growth	140	13.36	2.81	8	18
Psychological wellbeing	140	79.76	9.92	55	96
Interpersonal sensitivities	140	47.79	9.6	1	70
Being excellent	140	20.81	4.11	2	29
Order and organizing	140	18.80	4.78	0	28
Perceived pressure	140	18.82	3.72	0	28
purposefulness	140	22.79	3.95	0	31
High standards	140	21.99	4.21	4	32
Neuroticism	140	36.26	8.85	0	55
Extroversion	140	38.16	7.60	0	53
Openness	140	30.66	6.39	0	44
Agreement	140	39.81	6.94	0	59
conscientiousness	140	41.08	8.81	0	57
Life satisfaction	140	21.39	7.07	0	33

In table 2, related results to Kolmogorov and Smirnov test about scores distribution normality have been proposed.

Table 2 the results of variables scores distribution normality test

Variables	Z	Sig	Variables	Z	sig
Self-acceptance	1.75	0.004	Perceived pressure	1.31	0.059
Positive relations with others	1.34	0.054	purposefulness	1.28	0.079
Autonomy	1.31	0.063	High standards	1.32	0.058
Environment mastery	1.36	0.051	Neuroticism	1.32	0.058
Purpose in life	1.34	0.062	Extroversion	1.16	0.132
Individual growth	2.20	0.002	Openness	0.962	0.313
Psychological wellbeing	0.817	0.516	Agreement	1.257	0.085
Interpersonal sensitivities	1.29	0.070	conscientiousness	1.338	0.056
Being excellent	1.10	0.172			
Order and organizing	1.17	0.129			

The normalization of scores distribution has been reported in table 2. As it can be seen in table 2, the only distributions which aren't normalized are self-acceptance and individual growth. Considering that modification was performed.

3.2 Inferential findings

In this part for testing the research hypotheses and responding research questions, statistical method of stepwise multiple regression has been used.

3.3 Research hypothesis

Perfectionism moderates the relationship between personality traits and psychological well-being.

For testing this hypothesis, multi-variable regression analysis assumptions including normality, linearity and multiple linearity and remained independence were investigated.

Considering establishing test assumptions of multi-variable regression analysis, the results of stepwise multi-variable regression have been reported in table 3.

Table 3 the summary of regression model and variance analysis for predicting psychological well-being based on personality traits and perfectionism

Model	Variables	R	Chi-R	F	Sig	Durbin-Watson
Step 1	Neuroticism	0.336	0.113	17.59	0.001	
Step 2	Neuroticism, extraversion	0.393	0.154	12.50	0.001	
Step 3	Neuroticism, extraversion, openness	0.402	0.162	8.74	0.001	
Step 4	Neuroticism, extraversion, openness, agreeableness	0.435	0.189	7.88	0.001	
Step 5	Neuroticism, extraversion, openness, agreeableness, conscientiousness	0.565	0.320	12.58	0.001	1.629
Step 6	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, perfection, purposefulness	0.600	0.360	9.20	0.001	
Step 7	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, excellence, purposefulness and high standards, interpersonal sensitivity, perceived pressure	0.661	0.437	9.01	0.001	

As the results of table 3 show, personality traits and perfectionism has significant statistical relationship with psychological well-being P<0.01 and F (11 and 128) = 9.01. These variables can totally predict 44 percent of psychological well-being. Considering the value of coefficient of determination it can also be stated that personality traits predict 32 percent of psychological well-being that through coming perfectionism and its sub-scales this value increased to 44 percent. Therefore it can

be concluded that perfectionism is mediator between personality traits and psychological well-being or has moderating effect on the relationship.

For investigating regression coefficients of psychological well-being, the coefficients of their effects were calculated from every single one of predictor variables. The effect coefficients of personality traits and perfectionism have been shown in table 4.

Table 4 stepwise regression coefficients for predicting psychological well-being based on predictor variables

Step	Variable	Beta	t	Sig	Tolerance	VIF
1	Neuroticism	-0.336	-4.19	0.001	1	1
2	Neuroticism, extraversion	-0.294	-3.65	0.001	0.958	1.04
		-0.207	2.58	0.011	0.958	1.04
3	Neuroticism, extraversion, openness	-0.318	-3.81	0.001	0.889	1.125
		-0.175	2.03	0.044	0.838	1.19
		0.093	1.08	0.278	0.844	1.18
4	Neuroticism, extraversion, openness, agreeableness	-0.335	-4.05	0.001	0.880	1.13
		0.068	0.691	0.491	0.623	1.60
		0.058	0.679	0.499	0.814	1.22
		0.206	2.14	0.034	0.655	1.52
5	Neuroticism, extraversion, openness, agreeableness, conscientiousness	-0.298	-3.90	0.001	0.872	1.14
		-0.032	-0.344	0.731	0.595	1.68
		-0.013	-0.160	0.873	0.789	1.26
		-0.003	-0.035	0.972	0.537	1.86
		0.478	5.06	0.001	0.571	1.75
6	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, perfection, purposefulness	-0.318	-4.06	0.001	0.801	1.24
		-0.033	-0.366	0.715	0.584	1.71
		-0.024	-0.300	0.764	0.779	1.28
		-0.025	-0.255	0.799	0.526	1.90
		0.440	4.125	0.001	0.429	2.32
		-0.219	-1.86	0.064	0.355	2.82
		0.064	0.617	0.539	0.459	2.17
		0.264	2.71	0.007	0.519	1.92
7	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, excellence, purposefulness and high standards, interpersonal sensitivity, perceived pressure	-0.143	-1.64	0.103	0.582	1.71
		-0.69	-0.775	0.440	0.552	1.81
		-0.026	0.347	0.730	0.759	1.31
		-0.087	-0.931	0.356	0.505	1.97
		0.470	4.13	0.001	0.340	2.94
		-0.081	-0.692	0.491	0.322	3.11
		0.093	0.930	0.354	0.442	2.26
		0.360	3.58	0.001	0.437	2.28
		-0.272	-2.28	0.024	0.310	3.22
		-0.053	-0.602	0.548	0.578	1.72
		-0.168	-1.99	0.048	0.622	1.60

Considering t statistics, from the aspects of perfectionism and personality traits only neuroticism, extroversion, agreement and conscientiousness, from the aspects of personality traits and purposefulness, high standards and perceived pressure are the aspects of predictor perfectionism of psychological well-being. The aspects of personality traits predict 32 percent and the aspects of perfectionism also predict 14 percent of psychological well-being.

3.4 Research hypothesis

Perfectionism moderates the relationship between personality traits and life satisfaction.

For testing this hypothesis, multi-variable regression analysis assumptions including normality, linearity and multiple linearity and remained independence were investigated.

Considering establishing test assumptions of multi-variable regression analysis, the results of stepwise multi-variable regression have been reported in table 5.

Table 5 the summary of regression model and variance analysis for predicting life satisfaction based on personality traits and perfectionism

Model	Variables	R	Chi R	F	sig	Watson-Durbin
Step 1	Neuroticism	0.225	0.065	9.61	0.002	
Step 2	Neuroticism, extraversion	0.453	0.205	17.71	0.001	
Step 3	Neuroticism, extraversion, openness	0.459	0.210	12.07	0.001	
Step 4	Neuroticism, extraversion, openness, agreeableness	0.475	0.226	9.84	0.001	
Step 5	Neuroticism, extraversion, openness, agreeableness, conscientiousness	0.481	0.231	8.04	0.001	1.82
Step 6	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, perfection, purposefulness	0.512	0.262	5.82	0.001	
Step 7	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, excellence, purposefulness and high standards, interpersonal sensitivity, perceived pressure	0.570	0.325	5.59	0.001	

As the results of table 5 show, personality traits and perfectionism has significant statistical relationship with life satisfaction P<0.01 and F (11 and 128) = 5.59. These variables can totally predict 33 percent of life satisfaction. Considering the value of coefficient of determination it can also be stated that personality traits predict 23 percent of life satisfaction that through coming perfectionism and its sub-scales this value increased to 33 percent. Therefore it can be concluded that

perfectionism is mediator between personality traits and life satisfaction or has moderating effect on the relationship.

For investigating regression coefficients of life satisfaction, the coefficients of their effects were calculated from every single one of predictor variables. The effect coefficients of personality traits and perfectionism have been shown in table 6.

Table 6 stepwise regression coefficients for predicting psychological well-being based on predictor variables

Step	Variable	Beta	t	sig	tolerance	VIF
1	Neuroticism	-0.255	-3.10	0.002	1	1
2	Neuroticism, extraversion	-0.177	-2.26	0.025	0.958	1.04
		0.383	4.91	0.001	0.958	1.04
3	Neuroticism, extraversion, openness	-0.196	-2.43	0.016	0.889	1.12
		0.356	4.27	0.001	0.838	1.19
		0.076	0.916	0.361	0.844	1.18
4	Neuroticism, extraversion, openness, agreeableness	0.209	-2.59	0.011	0.880	1.13
		0.276	2.88	0.005	0.623	1.60
		0.050	0.597	0.552	0.814	1.22
		0.153	1.63	0.104	0.655	1.52
5	Neuroticism, extraversion, openness, agreeableness, conscientiousness	-0.202	-2.48	0.014	0.872	1.14
		0.256	2.61	0.010	0.595	1.68
		0.036	0.420	0.675	0.789	1.26
		0.111	1.07	0.283	0.537	1.86
		0.096	0.955	0.341	0.572	1.75
6	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, perfection, purposefulness	-0.209	-2.49	0.014	0.801	1.24
		0.263	2.68	0.008	0.584	1.71
		0.020	0.239	0.811	0.779	1.28
		0.078	0.757	0.450	0.526	1.90
		-0.021	-0.184	0.854	0.429	2.32
		-0.044	-0.353	0.725	0.355	2.82
		0.181	1.63	0.105	0.459	2.17
		0.124	1.19	0.234	0.519	1.92
7	Neuroticism, extraversion, openness, agreeableness, conscientiousness, discipline, excellence, purposefulness and high standards, interpersonal sensitivity, perceived pressure	-0.039	-0.415	0.679	0.582	1.71
		0.264	2.69	0.008	0.552	1.81
		0.061	0.733	0.465	0.759	1.31
		0.011	0.106	0.916	0.505	1.97
		-0.031	-0.247	0.806	0.340	2.94
		0.089	0.693	0.489	0.322	3.11
		0.204	1.86	0.064	0.442	2.26
		0.244	2.22	0.028	0.437	2.28
		-0.367	-2.81	0.006	0.310	3.22
		-0.020	-0.206	0.827	0.578	1.72
		-0.023	-0.252	0.802	0.622	1.60

Considering t statistics, from the aspects of perfectionism and personality traits only neuroticism, extroversion, from the aspects of personality traits and interpersonal sensitivity and being excellent are the aspects of predictor perfectionism of life satisfaction. The aspects of personality traits predict 23 percent and the aspects of perfectionism also predict 11 percent of life satisfaction.

3.5 Research hypothesis

There is a relationship between life satisfaction and psychological well-being.

For testing this hypothesis, Pearson correlation coefficient has been used that its results have been shown in table 7.

Table 7 the results of Pearson test among the aspects of psychological well-being and life satisfaction

Variable	Life satisfaction	Self-acceptance	Positive relations with others	Autonomy	Environment mastery	Purpose in life	Individual growth	Well-being total score
Life satisfaction	1	0.385**	0.160	-0.004	0.259**	0.119	0.079	0.322**
Self-acceptance		1	0.314**	-0.012	0.553**	0.136	0.357**	0.713**
Positive relation with others			1	0.047	0.240**	0.119	0.228**	0.579**
autonomy				1	0.132	0.189**	-0.008	0.258**
Environment mastery					1	0.139	0.448**	0.689**
Purpose in life						1	0.060	0.471**
Individual growth							1	0.629**
Well-being total score								1

P<0.01**P<0.05*

The results of table 7 show that there is a significant statistical relationship among life satisfaction, self-acceptance and well-being total score and there isn't significant statistical relationship among life satisfaction and other aspects of psychological well-being.

4 Discussion

In current research, the moderating effect of perfectionism has been investigated on relationships between personality traits with life satisfaction and psychological well-being.

Psychological well-being implies on positive mental health (Edwardes, 2005). Psychological well-being is a various multi-dimensional concept (McLude and More, 2000, Ryff, 1989; Wising and One and Eden, 2002) that as result the combination of emotion regulation, personality traits, identity and life experiences will be created (Dehlan-E- Malek et al., 2010).

Psychological well-being these days is not only the lack of mental damages it is also the presence of positive aspects of performance such as positive mood, purpose in life and social cooperation (Case, 2007; quoted by Khodabakhsh and Kiani, 2013). Preliminary studies on the psychological well-being were first concentrated on experiencing positive and negative emotions, psychological well-being and life satisfaction which has been formed based on a Greek word of "Eudemonia" (Ryff, 1989; quoted by Edwardes, 2007). They defined happiness as the balance between positive and negative emotions. Providing many scales that in order to assessing life satisfaction were made and used in many researches were based on this initial and abstract concept of satisfaction (Fichet et al., 2013). Psychological well-being can be stated based on human flourishing and understanding the challenges of life. In spite of this, psychological well-being can be operationalized in different ways; it only depends on theorizing on which one of life aspects (Wood and Josef, 2010).

Most of people have considered happiness as a basis for having an ideal life and try for acquiring satisfaction in their life (King Vanp, 1998). Chang and Stuart (2003) about the importance of life satisfaction, considered it as the ultimate goal of human growth. The importance of life satisfaction and generally mental well-being have been also emphasized by Sickzent Mihali, 2000; quoted by Hiobner, 2004). He states that mental well-being not only is one of important aspects of life, but also is life. Considering the importance of subject, many psychologists have been working about life satisfaction and stated their ideas.

Diener (2000) is one of the researchers who have investigated the importance of this subject.

According to Park (2004) cognitional aspect of mental-wellbeing is life satisfaction; this structure plays an important role as a predictor, mediator and product index in positive growth. People experience high life satisfaction when the conditions of their lives are matched with the criteria which have been determined by them (Diener, 2000).

Personality five factor pattern of a hieratical organization of personality traits that have been developed based on five main aspects of dejected orientation (neuroticism), extroversion, openness, agreeableness and conscientiousness (Sholtes, 2007). Preliminary therapists and philosophers have considered perfectionism as an important aspect of human behavior. The first person who considered perfectionism was Janet (1898). He described perfectionists as people who have stable thoughts. Therefor flexibility is one of the first raised traits about perfectionism. In preliminary definitions, perfectionism has been considered as a negative trait related to psychopathology but Hemachick (1978) was the first researcher who took a different attitude and differentiates different kinds of perfectionism. He stated that perfectionists are in two kinds of normal type (adaptive) and neurotic (non-adaptive). Normal perfectionists can accept personal limitations and environmental barriers which inhibit them from realizing ideal performance while they see the environment supportive in terms of social assessment and neurotic perfectionists aren't flexible enough so they aren't satisfied with their performance although it is admirable by others, they are always affected by fear and worrisome of failure and because of that see environment non-supportive and threatening in terms of social assessment, neurotic perfectionists don't have the right of making mistake that much, they are critics in evaluating their performances (Ferasat et al., 1990).

5. Conclusion

In summary, it can be stated that in most of past conceptualizations, this structure has been described as a personality trait (Hemacheck, 2978) or cognitive style (Bronze, 1980; Pech, 1984). Moreover about that perfectionism reveals itself through non-adaptive behaviors, all of previous researchers (except Hemacheck) agreed.

Current research was aimed to investigate if perfectionism plays a moderating role related to personality traits with life satisfaction and cognitive well-being in students.

The first hypothesis: perfectionism moderates the relationship between personality traits and psychological well-being.

The result showed that personality traits and perfectionism has significant statistical relationship with psychological well-being P<0.01 and F (11 and 128) =9.01. These variables can totally predict 44 percent of psychological well-being. Considering the value of coefficient of determination it can also be stated that personality traits predict 32 percent of psychological well-being that through coming perfectionism and its sub-scales this value increased to 44 percent. Therefore it can be concluded that perfectionism is mediator between personality traits and psychological well-being or has moderating effect on the relationship.

Considering t statistics, from the aspects of perfectionism and personality traits only neuroticism, extroversion, agreement and conscientiousness, from the aspects of personality traits and purposefulness, high standards and perceived pressure are the aspects of predictor perfectionism of psychological well-being. The aspects of personality traits predict 32 percent and the aspects of perfectionism also predict 14 percent of psychological well-being.

Researchers didn't find a study based on that perfectionism moderates the relationship between personality traits with psychological well-being but to explain the findings of this hypothesis, some points need to be mentioned here; because perfectionism is one of personality traits has an important role in etiology, pathology and clinical course of mental colonialism (Shaferan et al., 2002) it can have moderating role on psychological well-being. Hoyt and Felt (2002) believe that compared to non-perfectionists, perfectionists face more stress considering their non-realistic attitudes toward life. In addition to common stressing factors for normal ones, perfectionists create pressures because they want to be perfect in many areas. A perfectionist behavior which is derived from perfectionist tendencies for evaluating self and others seriously, concentrating on negative aspects of performance and experiencing low satisfaction, can make stress. Perfectionism can increase negative effects of stress and this subject itself can affect mental well-being that is increasing negative perfectionism causes increasing stress and decreasing psychological well-being.

Second hypothesis: Perfectionism moderates the relationship between personality traits and life satisfaction.

The result showed that personality traits and perfectionism has significant statistical relationship with life satisfaction P<0.01 and F (11 and 128) = 5.59. These variables can totally predict 33 percent of life satisfaction. Considering the value of coefficient of determination it can also be stated that personality traits predict 23 percent of life satisfaction that through coming perfectionism and its sub-scales this value increased to 33 percent. Therefore it can be concluded that perfectionism is mediator between personality traits and life satisfaction or has moderating effect on the relationship.

Considering t statistics, from the aspects of perfectionism and personality traits only neuroticism, extroversion, from the aspects of personality traits and interpersonal sensitivity and being excellent are the aspects of predictor perfectionism of life satisfaction. The aspects of personality traits predict 23 percent and the aspects of perfectionism also predict 11 percent of life satisfaction. Researcher didn't access to a research investigated perfectionism as a moderating factor between personality traits with life satisfaction but to explain this subject, Wang, Ion and Esleni research (2009) can be mentioned that represented there is a correlation between perfectionism aspects and life satisfaction. In this study, adaptive perfectionism compared to non-adaptive ones and non-perfectionists had higher scores in life satisfaction (Wang, Ion and Esleni research (2009)). People with adaptive perfectionism seem to experience more life satisfaction because they are less stressed for achieving theirs goals.

Anjet (2009) also investigated the role of perfectionism on life satisfaction of Turkish teenagers. The result showed that having high regularity and criteria predict life satisfaction while disparities between the personal standards and actual performance of person were negative predictor of life satisfaction.

A person who has psychological well-being considers his positive aspects adequately and realistically. Such these people step in their natural area and ultimately accept the responsibility of their behavior and thought honestly (Clark et al., 2014). Naderi (2012) investigated the relationship of perfectionism and social compatibility with psychological well-being in students. The result of this research showed that the relationship of perfectionism and social compatibility is positive, it can be concluded that whatever the rate of positive perfectionism and social compatibility is more; the frequency of psychological well-being will be more as well. In a research namely "investigating the relationship of perfectionism and personality traits in Tehran University students" concluded that there is a positive and significant correlation between perfectionism aspects and neuroticism (such as depression and anxiety).

Third hypothesis: There is a relationship between life satisfaction and psychological well-being.

The results showed that there is a significant statistical relationship among life satisfaction, self-acceptance and well-being total score and there isn't significant statistical relationship among life satisfaction and other aspects of psychological well-being. Considering that life satisfaction is one of cognitive components of mental well-being and one of the aspects of life quality (Diener 2000) psychological well-being refers to a general assessment from thoughts, emotions, attitudes and life satisfaction (Diener 2003). Since the concept of mental well-being isn't adequate for an appropriate life but results show that this structure is considered as an important index for having a good life (Diener, Sapta and Sah, 1999). People with high psychological well-being, evaluate the events and conditions of life positively. On the other hand people, who aren't happy in their lives, consider the events of life as berries for achieving their goals. According to Golman et al., (2005) life satisfaction is the comparison between the current conditions of person's life with criteria which he had determined for himself. People experience high rate of life satisfaction when their life conditions are matched to what they have determined for themselves (Diener, 2000). Satisfaction feeling in different areas of life is one of the components of people's positive attitude toward the world where they live. Life satisfaction has a close but complicated relationship with values and the criteria which people assess them based on their mental perception of luckiness are different.

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