

**Association between Perfectionism, Memory Deficits, and Generalized Anxiety in  
Computer Programmers**

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### Research Completion Certificate

It is certified that the research work contained in this thesis entitled “**Association between Perfectionism, Memory Deficits and Generalized Anxiety in Computer Programmers**” has been carried out and completed by **Mr. Muhammad Awais**, Student ID: **FA19-BPY-053**: Student of BS Psychology, session 2019– 2023. This study is an independent research work carried out under the given instructions and consideration.

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### **Declaration**

I, Mr. Muhammad Awais, Student ID: FA19-BPY-053, student of BS in Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled “**Association between Perfectionism, Memory Deficits and Generalized Anxiety in Computer Programmers**” is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

Signature: \_\_\_\_\_

### **Dedication**

With the name of Allah, the Most Gracious and the Most Merciful. My sincere gratefulness goes to my beloved parents, my dearest siblings, my respected supervisor, my respected seniors, and my closest friends for their endless support and encouragement.

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### List of Abbreviations

$\alpha$  = Alpha

$\beta$  = Beta

$K$  = Kurtosis

$S$  = Skewness

$SD$  = Standard Deviation

$SE$  = Standard Error

$M$  = Mean

$n$  = Number of Items

$N$  = Number of Participants

$p$  = Significance Value

$G$  = Gratitude

$r$  = Correlation

## L

### **Abstract**

The current research study focuses on and aims to check the association or link between perfectionism, memory deficits, and generalized anxiety in computer programmers of Pakistan. The findings and results of the study show that there is a significant association or link between generalized anxiety and memory deficits and perfectionism acts as the significant moderator of generalized anxiety and memory deficits. Since the association between these variable of the study is the main and basic interest of the study and research, 457 computer programmers from different institutes were taken as the sample of the study. They all were young adults and working programmers having at least one or two-year of experiences in the field. The data was gathered through a convenient and snowball sampling technique. Generalized anxiety has a significant and negative association or link with memory deficits and perfectionism act as the moderator in generalized anxiety and memory deficits. Three assessment scales were used to check perfectionism, memory deficits, and generalized anxiety in computer programmers. The scales are the Big Three Perfectionism Scale-Short form, Generalized Anxiety Disorder, and Memory Deficits scale. This research study highlights the inverse relationship between

perfectionism and generalized anxiety among Pakistani computer programmers, suggesting that perfectionism may serve as a protective factor against stress in this demographic.

***Keywords:*** *Perfectionism, Memory Deficits, Generalized Anxiety, Computer Programmer*