

Maladaptive Perfectionism and Avoidant Coping as Predictors of Procrastination in Students


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1. Round 1

1.1. Reviewer 1

Reviewer:

In paragraph 7 of the introduction (“Despite extensive research on procrastination...”), the identified gap is broadly stated. Please elaborate on how previous research lacks integration between perfectionism and coping specifically within South African student populations. A more sharply defined research gap would better justify the study.

In paragraph 4, “Avoidant coping—characterized by denial, disengagement, and distraction...” would benefit from further elaboration. Consider discussing how this form of coping compares to emotion-focused and problem-focused coping to provide conceptual differentiation.

The correlation matrix in Table 2 shows a strong correlation between the predictors ($r = .43$). Please comment on the implications for potential multicollinearity, even if VIF values were acceptable.

In the sentence “Perfectionism may create a psychological climate marked by fear... which in turn triggers avoidance,” please avoid causal language in a correlational study. Suggest “is associated with” or “may be linked to.”

In the final paragraph, the suggestion “Academic support services should also raise awareness...” would be more impactful if you linked it to specific actionable outcomes (e.g., inclusion in first-year orientation programs, mental health screenings).

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence, “Given the unique educational challenges faced by students in South Africa...” should be followed by specific references to empirical or governmental reports that validate these claims (e.g., mental health resources, academic pressure statistics).

In paragraph 1, where you define maladaptive perfectionism (“Defined by excessive concern over mistakes, high personal standards...”), consider citing a seminal or foundational source such as Frost et al. (1990) to strengthen the conceptual framework.

The sentence “This integrated model is supported by research showing that interventions targeting self-efficacy and resilience...” should be expanded to include specific intervention examples or programs (e.g., CBT modules, mindfulness-based approaches).

Consider integrating theoretical models such as the Temporal Motivation Theory or the Cognitive-Avoidance Model of Procrastination to provide a broader framework linking perfectionism, coping, and delay behavior.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.