



TO ASSESS THE IMPOSTER PHENOMENON AMONG COLLEGE STUDENTS IN SELECTED COLLEGES OF SILVASSA, DNH.

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ABSTRACT

Background of the Study: Imposter syndrome is a psychological phenomenon that makes you feel like you don't deserve your success. Students having Imposter Phenomenon can feel unqualified and Incomplete. Students with Imposter Phenomenon having often tendencies to compare themselves to other classmates, have feelings of academic unpreparedness and question their admission. This internal feeling can cause students to experience self-doubt and therefore directly hurt their academic performance. Self-doubt brought on by elevated expectations and a fear of failure them as intellectual phonies or frauds because they think others will discover their true lack of ability or intelligence. **Aim:** The aim of the study is to assess the Imposter Phenomenon among college students.

Objectives:

- 1) To assess the Imposter Phenomenon among college students.
- 2) To find out association between imposter phenomenon and selected demographic variables at 0.05 level of significance.

Method: A Non-Experimental Survey Design was adopted to assess the Imposter Phenomenon among 300 respondents (College Student) at APJ College Silvassa. The data was collected by non-probability convenience sampling technique. The study used Clance Imposter Phenomenon Scale to assess the Imposter Phenomenon among college student the result was analyzed by using descriptive and inferential statistics. **Result:** The findings of the study revealed that 65% student were female, 35% were male. Regarding the course of study, 46.67% respondents were Commerce students, 29.33% were Arts and 24% were studying Science. It is found that 57.33% respondents had moderate Imposter Phenomenon, 37% had frequently Imposter Phenomenon and only 5.67% had few Imposter Phenomenon.

KEYWORDS : Imposter Phenomenon, College student and Clance Imposter Phenomenon Scale (CIPS).

INTRODUCTION

Imposter Phenomenon is characterized by chronic feelings of self-doubt despite evidence of abilities, those suffering from imposter syndrome are unable to internalize a sense of accomplishment, competence, or skill. Overall, they believe themselves to be less intelligent and competent than others perceive them.¹

Individuals with Imposter Phenomenon often maintain a belief that they are not deserving of their achievements. This feeling of inadequacy can significantly impact various aspects of life, including academic performance, career advancement, and personal relationships.²

Need Of The Study:

Individuals who are experiencing Imposter Phenomenon have a lack of confidence about their abilities when confronted with new situations. When they are dealing with new challenges, they will react in maladaptive ways such as perfectionism and procrastination which is the important characteristic of Imposter Phenomenon.³

Impostorism interferes with a person's ability to accept and enjoy their abilities and achievements and has a negative impact on their psychological well-being.⁵

The Impostor Phenomenon also has negative effect on the mental health of the individuals. Their feelings of doubt fear and the Impostor Phenomenon weaken their self- esteem. It is stated that young people who are suffering from Impostor Phenomenon continues to doubt the ability and have feeling of fear anxiety which effects their upcoming achievements.⁶

Impostor feelings can be reduced through friends, family, parents and teacher's support. The support provided by the teachers help to reduce the feelings of Impostor Phenomenon. Whereas in case of males only friend support help to reduce the feeling of Impostorism.⁷ Further, the feelings of the Impostorism can be reduced through proper mentorship and having support from family. It is influencing students 'academic performance selected newly admitted student for this study.'⁸

Objectives

- 1) To assess the Imposter Phenomenon among college students.
- 2) To find out association between Imposter Phenomenon and selected demographic variables at 0.05 level of significance.

Operational Definition:

Assess: To evaluate the Imposter Phenomenon among college student.

Imposter Phenomenon: Imposter syndrome is the feeling of incompetence despite existing evidence of competence. Individuals who are experiencing IP have lack of confidence about their abilities when confronted with new situations.

College Student: First year college students of undergraduate program like Arts, Commerce and Science Colleges of Silvassa, Dadra and Nagar Haveli.

HYPOTHESES:

H1- There will be significant association between imposter phenomenon and selected demographic variables at 0.05 level of significance.

Assumption:

- The students may have feeling of Imposter Phenomenon.

Research Design:

Non-Experimental Survey design were used.

Research Variable: Imposter Phenomenon

POPULATION: First year college students of undergraduate program for the research.

Sample Size: 300 college students

Sampling Technique: In this study, non-probability convenience sampling was used.

Inclusive Criteria:

- 1) First year colleges students of undergraduate program like Arts, Commerce and Science Colleges of Silvassa, DNH.
- 2) Who can read and understand Hindi/Gujrati/English

Exclusion Criteria:

- 1) Student who were absent at a time of data collection
- 2) Who are not willing to participate in this study.

Tools Used For Data Collection

Section I: Demographic Variables

Age, gender, course of study, types of family, residence, education status of parents, percentage of higher secondary, religion, monthly income of parents.

Section II: Clance Imposter Phenomenon Scale.

The Ethical Committee Clearance: Ethical Committee Clearance Certificate was obtained. Institutional Ethical committee and

administration permission was obtained from the Director of DMHS, DNH & DD. The feasibility of conducting the study was ensured

RESULT:

Section A: Description Of Socio Demographic Variables

The graphical representation of selected demographic variable are as follows:



Figure 1: Percentage wise distribution of Imposter Phenomenon among college students according to their Age.

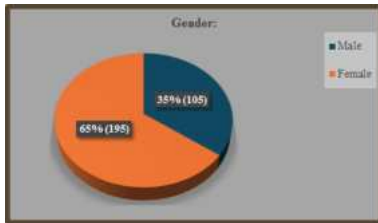


Figure 2: Percentage wise distribution of Imposter Phenomenon among college students according to their gender.

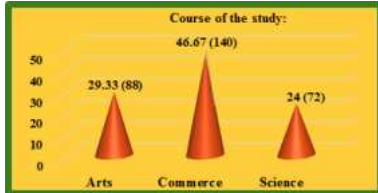


Figure 3: Percentage wise distribution of Imposter Phenomenon among college students according to their Course of the study.

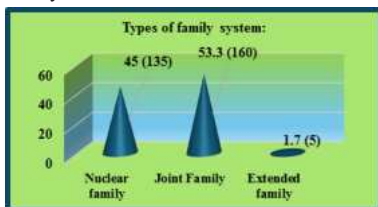


Figure 4: Percentage wise distribution of Imposter Phenomenon among college students according to their types of family system.



Figure 5: Percentage wise distribution of Imposter Phenomenon among college students according to their Residence.

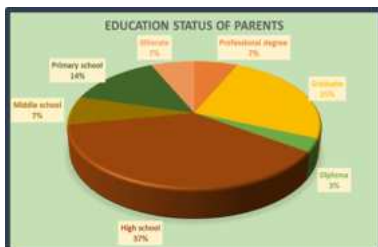


Figure 6: Percentage wise distribution of Imposter Phenomenon among college students according to their Education status of parents.

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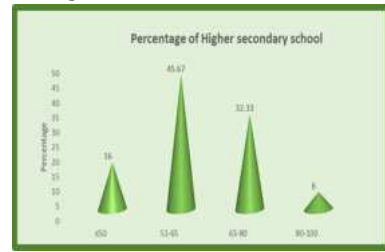


Figure 7: Percentage wise distribution of Imposter Phenomenon among college students according to their percentage of higher secondary school.

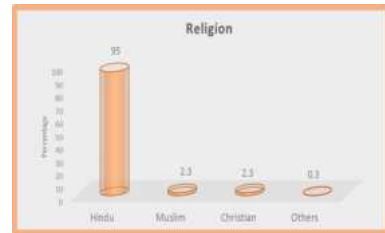


Figure 8: Percentage wise distribution of Imposter Phenomenon among college students according to their Religion.



Figure 9: Percentage wise distribution of Imposter Phenomenon among college students according to their Monthly income of the family.

Section B: Mean, SD, Mean% to assess the Imposter Phenomenon among college students in selected colleges of Silvassa, DNH.

Table 1.2: Mean, SD, Mean% to assess the Imposter Phenomenon among college students in selected colleges of Silvassa, DNH. (n=300)

Level of Imposter Phenomenon	Max score	Score		
		Mean	SD	Mean%
Overall	100	56.98	9.91	57

The above table despite that mean score of level imposter phenomenon among college students was 56.98% and standard deviation was 9.91 with 57 mean %.

Section C: Frequency and percentage wise distribution of sample as per level of Imposter Phenomenon among college students in selected colleges of Silvassa, DNH.

Table 1.3: Frequency and percentage wise distribution of sample as per level of Imposter Phenomenon among college students in selected colleges of Silvassa, DNH. (n=300)

level of Imposter Phenomenon	Imposter Phenomenon	
	F	%
Few IP	17	5.67
Moderate IP	172	57.33
Frequently IP	111	37
Intense IP	0	0
Overall	300	100

Section D: Association for level of Imposter Phenomenon and selected demographic data.

Table 4: Association for level of Imposter Phenomenon and selected demographic data. (n=300)

Demographic variable	Chi square value	Df	p-Value
1.Age in years	2.55	4	0.636 NS

2. Gender	3.89	2	0.143 NS
3. Course of the study	11.27	4	0.024* S
4. Types of family system	17.04	4	0.002** HS
5. Residence	3.78	2	0.151 NS
6. Education status of parents	17.90	12	0.119 NS
7. Percentage of Higher Secondary school	7.42	6	0.284 NS
8. Religion	4.97	6	0.547 NS
9. Monthly income of the family	11.77	12	0.464 NS

*p<0.05 significant, ** p<0.01 & ***p<0.001 Highly significant.

CONCLUSION

This study conducted to assess the Imposter Phenomenon among college students at of Dadra and Nagar Haveli. This study found that 57.33% respondents had moderate Imposter Phenomenon, 37% had frequently Imposter Phenomenon and only 5.67% had few Imposter Phenomenon. In this research study course of the study was association with Imposter Phenomenon.

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