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"A Comparative Study to Assess the Type of Imposter Syndrome Among Male and Female Adolescents at Selected College, Puducherry".

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ABSTRACT:
Introduction: *Imposter syndrome is a behavioral health phenomenon described as self-doubt of intellect, skills, or accomplishments among high-achieving individuals* ***Aim of the study:*** *This study aimed to assess the level of knowledge regarding type of imposter syndrome among male and female adolescents.* ***Methodology:*** *A quantitative, descriptive research design was employed with 100 adolescents aged 10–19 years, selected using a convenient sampling technique. Data were collected using a structured tool comprising demographic variables and a Clance imposter syndrome self-assessment tool.*
Results: *The study finding shows that there is significance association of family monthly income, type of family and number of siblings with the level of imposter syndrome among adolescent's female.* ***Conclusion:*** *The present study assessed the type of imposter syndrome among male and female adolescents at selected college, Puducherry. The study concluded that both male and female adolescents most commonly experience a moderate level of imposter syndrome, making it the predominant category in both groups. There is significance association of family monthly income and type of family with the level of imposter syndrome among male and female adolescents.*
Keyword: *Imposter syndrome, Adolescents*

I.INTRODUCTION

Imposter syndrome (also commonly-termed imposter phenomenon, fraud syndrome, impostorism, and perceived fraudulence) Imposter syndrome (IS) is a behavioural health phenomenon described as self-doubt of intellect, skills, or accomplishments among high-achieving individuals. These individuals cannot internalize their success and subsequently experience pervasive feelings of self-doubt, anxiety, depression, and/or apprehension of being exposed as a fraud in their work, despite verifiable and objective evidence of their successfulness. In the interim, since the original publication by Clance Et. Al., imposter syndrome has expanded significantly in scientific literature and formal and informal media.

Imposter syndrome is a condition that describes high-achieving individuals who, despite their objective successes, fail to internalize their accomplishments and have persistent self-doubt and fear of being exposed as a fraud or imposter1 Individuals struggling with imposter syndrome do not attribute their performance to their actual competence, instead ascribe their successes to external factors such as luck or help from others while considering setbacks as evidence of their professional inadequacy. People who struggle with imposter syndrome believe that they are undeserving of their achievements and the high esteem in which they are, in fact, generally held. They feel that they aren't as competent or intelligent as others might think and that soon enough, people will discover the truth about them. Those with imposter syndrome which is not an official diagnosis are often well accomplished; they may hold high office or have numerous academic degrees. Around 25 to 30 percent of high achievers may suffer from imposter syndrome. And around 70 percent of adults may experience impostorism at least once in their lifetime research suggests.

Imposter syndrome (IS) the feeling of fraudulence experienced by successful individuals who believe that their achievements are undeserved, despite objective evidence to the contrary. Imposter syndrome (IS) is prevalent among all health professionals including trainees, advanced practice providers, allied health professionals, and physicians. Although people with IS are successful, they consider themselves to be frauds and attribute their success to external factors such as luck, rather than ability. Based on the conviction that they are not truly deserving of, or qualified for, the success and achievements attributed to them, they live in fear of being exposed as impostors.

Statement of the problem

"A COMPARATIVE STUDY TO ASSESS THE IMPOSTER SYNDROME AMONG MALE AND FEMALE ADOLSCENTS AT SELECTED COLLEGE, PUDUCHERRY".

Objectives of the study:

- To assess the level of knowledge regarding imposter syndrome among male and female adolescents.
- To compare the level of knowledge regarding imposter syndrome among male and female adolescents.
- To Associate the level of knowledge regarding imposter syndrome among male and female adolescents at selected demographical variables.

II. Methodology

A quantitative research approach with a descriptive research design was adopted for the study, conducted at a selected college in Puducherry. The population consisted of adolescents aged 10 to 19 years. A total of 100 adolescents were selected through convenient sampling based on inclusion criteria, excluding those who are not willing to participate in the study. Data were collected using a structured tool comprising two sections: Section A captured demographic details such as age, gender, education, residence, religion, family's monthly income, occupation of father, occupation of mother, socio economic status, family history of psychiatric illness, type of family, number of siblings; Section B utilized a Clance Imposter syndrome self-assessment tool. Scoring was categorized into few, moderate, frequent and intense. Prior to data collection, formal permission from the institution and ethical clearance from SMVMCH were obtained. Informed consent was secured from participants, and confidentiality was assured. Data were analyzed using descriptive statistics (mean, standard deviation, frequency, percentage) and inferential statistics (chi-square test) to determine associations between internet addiction effects and selected demographic variables.

Inclusion criteria:

- Both male and female Adolescents.
- The adolescents - Age group of 10 to 19 years.
- The Adolescents who are available at the period of data collection.

Exclusion criteria:

- The adolescents who are not willing to participate in the study.
- The adolescents who are not available at the period of data collection.

DESCRIPTION OF RESEARCH TOOL TECHNIQUE

SECTION A – Demographic Variables

Demographic variables consist of Age in years, gender, education, residence, religion, Family's monthly income, occupation of father, occupation of mother, socio-economic status, family history of psychiatric illness, type of family, number of siblings, perception towards imposter syndrome IS.

SECTION B: Asses the type of Imposter Syndrome among male and female adolescents.

A standardized questionnaire of the Clance imposter syndrome self-assessment tool was used to assess the Imposter syndrome among male and female adolescents. It consists of 10 questions.

SCORING INTERPRETATION:

LEVEL OF IMPOSTER SYNDROME	SCORE OF INTERPRETATION
Few Imposters Syndrome	20 or less
Moderate Imposter Syndrome	21 – 30
Frequent Imposter Syndrome	31 – 40
Intense Imposter Syndrome	Over 40

III. Results

Table 1 : Association between level of knowledge regarding type of imposter syndrome among adolescent's male with selected demographic variables.

S.No	Demographic Variables	Level of Imposter Syndrome								X^2 value
		Few		Frequent		Intense		Moderate		
1	**Age**	N	(%)	N	(%)	N	(%)	N	(%)	
	a) 10 to 12 years	0	0	0	0	0	0	0	0	K
	b) 13 to 14 years	0	0	0	0	0	0	0	0	
	c) 15 to 16 years	0	0	0	0	0	0	0	0	
	d) 17 to 19 years	2	4	20	40	7	14	21	42	
2	**Gender**									
	a) Male	2	4	20	40	7	14	21	42	K
	b) Female	0	0	0	0	0	0	0	0	
	c) Transgender	0	0	0	0	0	0	0	0	
3.	**Education**									
	a) Middle school	0	0	0	0	0	0	0	0	K
	b) High school	0	0	0	0	0	0	0	0	
	c) Higher secondary school	0	0	0	0	0	0	0	0	
	d) Other	2	4	19	38	7	14	21	42	
4	**Residence**									
	a) Rural	2	4	20	40	7	14	20	40	X^2 = 1.409 Df = 3 P = 0.703 (NS)
	b) Urban	0	0	0	0	0	0	1	2	

*** Significant at P≤ 0.05 level**

The above table shows that there is no significance association of age, gender education and residence with the level of imposter syndrome among adolescents' male.

5	**Religion**									
	Hindu	2	4	19	38	6	12	20	40	X^2 = 4.326 Df = 6 P = 0.633 (NS)
	Muslim	0	0	1	2	0	0	0	0	
	a) Christian	0	0	0	0	1	2	1	2	
	b) Others	0	0	0	0	0	0	0	0	
6	**Family's Monthly Income**									
	a) Below ₹5000 per month	1	2	4	8	0	0	9	18	X^2 = 26.847 Df = 9 P = 0.001 **(S)***
	b) ₹5000 to ₹10,000 per month	1	2	14	28	6	12	8	16	
	c) More than ₹10,000 per month	0	0	2	4	1	2	4	8	
7.	**Occupation of Father**									
	a) Daily wage	1	2	15	30	6	12	14	28	X^2 = 7.993 Df = 9 P = 0.535 (NS)
	b) Private sector	0	0	2	4	1	2	0	0	
	c) Government sector	0	0	1	2	0	0	1	2	
	d) Others	1	2	2	4	0	0	6	12	

*** Significant at P≤ 0.05 level**

The above table shows that there is no significance association of religion, occupation of father and significance association of family monthly income.

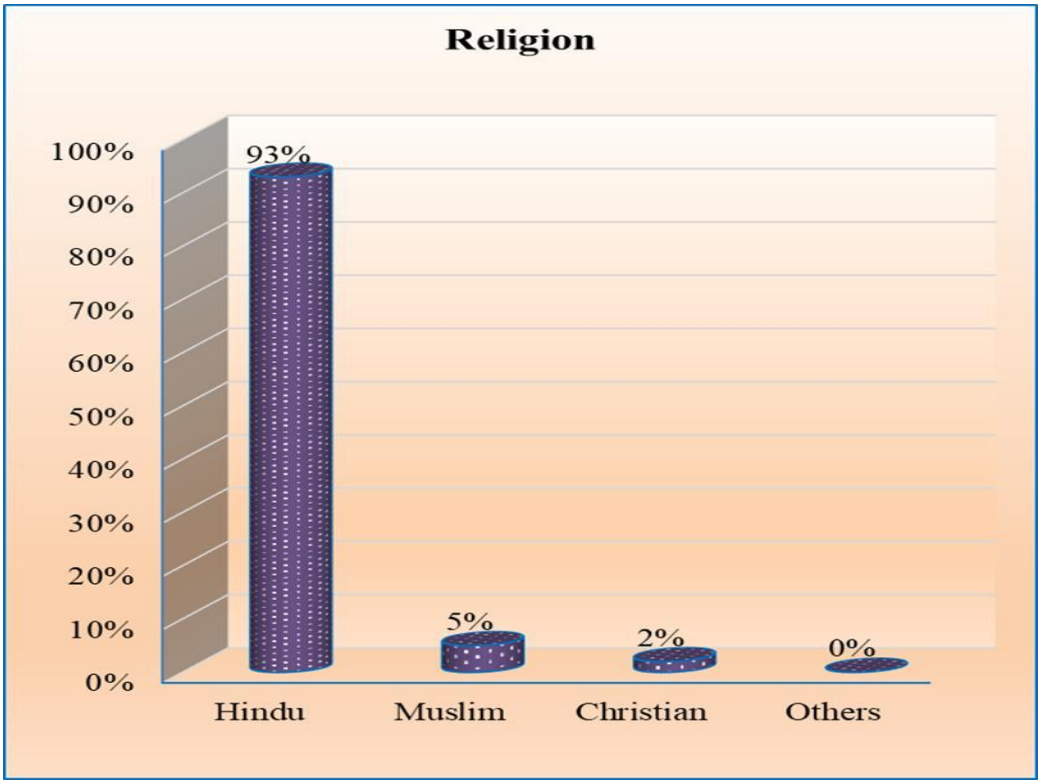

Figure 2: Bar diagram shows Percentage wise distribution of adolescent according to their religion. Regarding religion, data shows that majority 93% identified as Hindu, 5% as Muslim, and 2% as Christian.

8.	**Occupation of Mother**									
	a) Daily wage	2	4	6	12	0	0	6	12	$X^2 = 9.304$ Df = 6 P = 0.157 (NS)
	b) Private sector	0	0	1	2	0	0	2	4	
	c) Government sector	0	0	0	0	0	0	0	0	
	d) Homemaker	0	0	13	26	7	14	13	26	
9.	**Socio economic Status**									$X^2 = 2.413$ Df = 6 P = 0.878 (NS)
	a) Low socio-economic status	1	2	5	10	1	2	5	10	
	b) Middle socio-economic status	1	2	13	26	6	12	15	30	
	c) High socio-economic status	0	0	2	4	0	0	1	2	
10	**Family History of psychiatric illness**									$X^2 = 1.409$ Df = 3 P = 0.703 (NS)
	a) Yes	0	0	0	0	0	0	1	2	
	b) No	2	4	20	40	7	14	20	40	

*** Significant at P≤ 0.05 level**

The above table shows that there is no significance association of occupation of mother socio- economic status and family history of psychiatric illness with the level of imposter syndrome among adolescents' male.

11	**Type of Family**									
	a) Joint family	0	0	7	14	1	2	6	12	$X^2 = 13.896$ Df = 6 P = 0.031 **(S)**
	b) Nuclear family	0	0	11	22	6	12	9	18	
	c) Single parent family	2	4	2	4	0	0	6	12	
12.	**Number of siblings**									
	a) One	1	2	9	18	5	10	11	22	$X^2 = 9.730$ Df = 9
	b) Two	0	0	8	16	1	2	7	14	

	c) Three	0	0	2	4	1	2	2	4	P = 0.373 (NS)
	d) None	1	2	1	2	0	0	1	2	
13	**Do you have any knowledge regarding Imposter syndrome?**									$X^2 = 0.459$ Df = 3 P = 0.928 (NS)
	a) Yes	0	0	1	2	0	0	1	2	
	b) No	2	4	19	38	7	14	20	40	

*** Significant at P≤ 0.05 level**

The above table shows that there is no significance association of number of siblings ,knowledge regarding imposter syndrome and significance association of type of family with the level of imposter syndrome among adolescent's male.

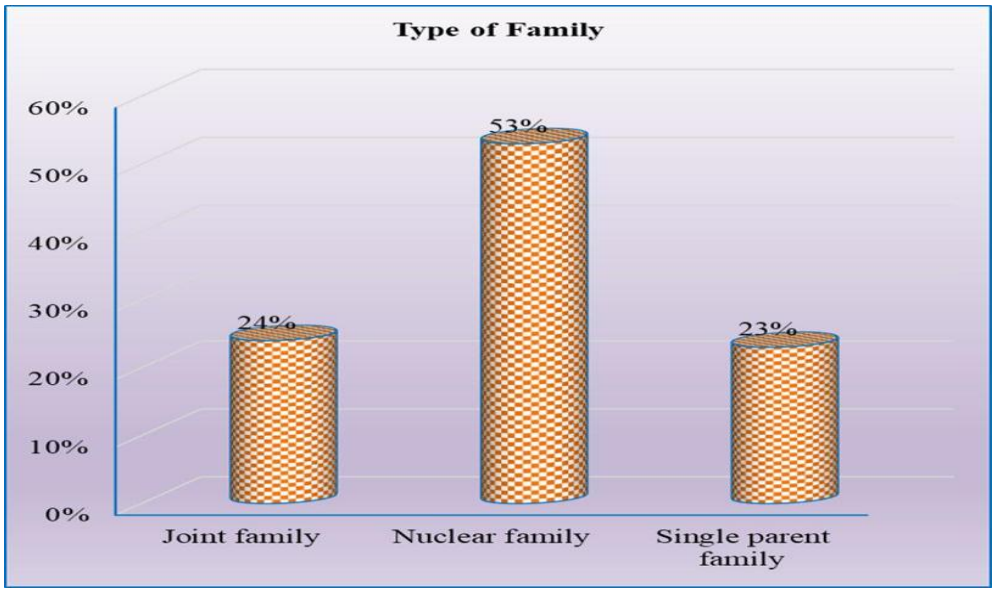

Figure 5: Bar diagram shows Percentage wise distribution of adolescents according to their type of family. Regarding family structure, 53% belonged to nuclear families, followed by 24% from joint families and 23% from single-parent families.

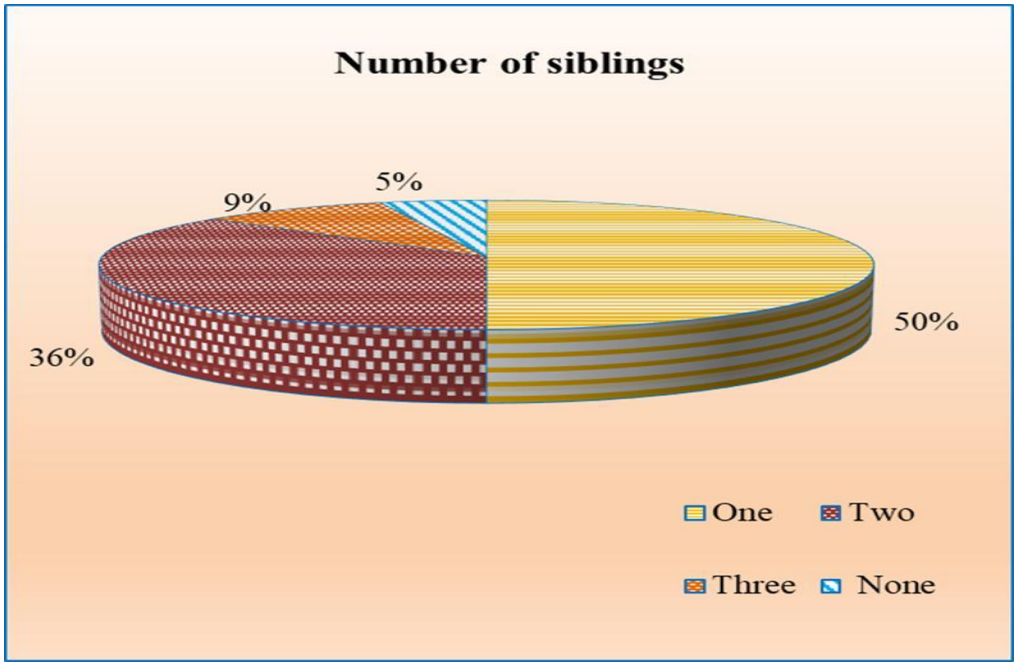

Figure 6 : Percentage wise distribution of adolescents according to their number of siblings. Most participants (50%) had one sibling, while 36% had two, 9% had three, and 5% had no siblings.

Table 2: Association between the level of knowledge regarding type of imposter syndrome among adolescent's female with selected demographic variables. **N = 50**

S.No	Demographic Variables	Level of Imposter Syndrome								X^2 value
		Few		Frequent		Intense		Moderate		
1	**Age**	N	(%)	N	(%)	N	(%)	N	(%)	
	a) 10 to 12 years	0	0	0	0	0	0	0	0	K
	b) 13 to 14 years	0	0	0	0	0	0	0	0	
	c) 15 to 16 years	0	0	0	0	0	8	0	0	
	d) 17 to 19 years	6	12	19	38	4	0	21	42	
2	**Gender**		0		0		0		0	
	a) Male	0	0	0	0	0	8	0	0	K
	b) Female	6	12	19	38	4	0	21	42	
	c) Transgender	0	0	0	0	0	0	0	0	
3.	**Education**		0		0		0		0	
	a) Middle school	0	0	0	0	0	0	0	0	
	b) High school	0	0	0	0	0	0	0	0	K
	c) Higher secondary school	0	0	0	0	0	8	0	0	
	d) Other	6	12	19	38	4	0	21	42	
4	**Residence**		0		0		8		0	
	a) Rural	5	10	14	28	4	0	21	42	X^2 = 7.220 Df = 3 P = 0.065 (NS)
	b) Urban	1	2	5	10	0	0	0	0	

*** Significant at P≤ 0.05 level**

Table 2: The above table shows that there is no significance association of age, gender, education and residence with the level of imposter syndrome among adolescent's female.

5	**Religion**		0		0		6		0	
	a) Hindu	6	12	16	32	3	2	21	42	
	b) Muslim	0	0	3	6	1	0	0	0	X^2 = 5.485 Df = 3 P = 0.140 (NS)
	c) Christian	0	0	0	0	0	0	0	0	
	d) Others	0	0	0	0	0	0	0	0	
6	**Family's Monthly Income**		0		0		0		0	
	a) Below ₹5000 per month	0	0	2	4	0	6	10	20	X^2 = 15.457 Df = 9 P = 0.047 **(S)***
	b) ₹5000 to ₹10,000 per month	4	8	13	26	3	2	6	12	

	c) More than ₹10,000 per month	2	4	4	8	1	0	5	10	
7.	**Occupation of Father**		0		0		2		0	
	a) Daily wage	2	4	2	4	1	4	3	6	X^2 = 8.264 Df = 9 P = 0.508 (NS)
	b) Private sector	1	2	6	12	2	0	4	8	
	c) Government sector	0	0	0	0	0	2	3	6	
	d) Others	3	6	11	22	1	0	11	22	

*** Significant at P⩽ 0.05 level**

Table 3: The above table shows that there is no significance of religion and occupation of father and significance association of family monthly income with the level of imposter syndrome among adolescent's female.

8.	**Occupation of Mother**		0		0		0		0	X^2 = 10.150 Df = 9 P = 0.338 (NS)
	a) Daily wage	1	2	5	10	0	0	5	10	
	b) Private sector	2	4	3	6	0	0	0	0	
	c) Government sector	0	0	0	0	0	8	1	2	
	d) Homemaker	3	6	11	22	4	0	15	30	
9.	**Socio economic Status**		0		0		0		0	X^2 = 0.157 Df = 3 P = 5.207 (NS)
	a) Low socio-economic status	0	0	3	6	0	8	0	0	
	b) Middle socio-economic status	6	12	16	32	4	0	21	42	
	c) High socio-economic status	0	0	0	0	0	0	0	0	
10	**Family History of psychiatric illness**		0		0		0		0	X^2 = 2.089 Df = 3 P = 0.554 (NS)
	a) Yes	1	2	3	6	0	8	1	2	
	b) No	5	10	16	32	4	0	20	40	

*** Significant at P⩽ 0.05 level**

The above table shows that there is no significance association of occupation of mother, socio economic status and family history of psychiatric illness with the level of imposter syndrome among adolescent's female.

11	**Type of Family**		0		0		6		0	X^2 = 14.896 Df = 6 P = 0.021 **(S)***
	a) Joint family	0	0	4	8	3	2	3	6	
	b) Nuclear family	3	6	9	18	1	0	14	28	
	c) Single parent family	3	6	6	12	0	0	4	8	
12	**Number of siblings**		0		0		6		0	X^2 = 17.155 Df = 9 P = 0.046 (NS)
	a) One	3	6	12	24	3	0	6	12	
	b) Two	3	6	6	12	0	0	11	22	
	c) Three	0	0	0	0	0	2	4	8	
	d) None	0	0	1	2	1	0	0	0	
13	**Do you have any knowledge regarding Imposter syndrome?**		0		0		0		0	X^2 = 2.827 Df = 3 P = 0.830 (NS)
	a) Yes	0	0	2	4	0	8	2	4	
	b) No	6	12	17	34	4	0	19	38	

*** Significant at P≤ 0.05 level**

The above table shows that there is significance association of type of family and number of siblings and no significance association of knowledge regarding imposter syndrome with the level of imposter syndrome among adolescent's female.

Table 4.3 : Frequency and percentage wise distribution of level of knowledge regarding type of imposter syndrome among male adolescents N=50

S. No	Level of Imposter	Adolescents' male	
		Frequency	Percentage
		f	%
1.	Few	2	4
2.	Frequent	20	40
3.	Intense	7	14
4.	Moderate	21	42

Table 4.4 : Frequency and percentage wise distribution of level of knowledge regarding type of imposter syndrome among female adolescents. N=50

S. No	Level of Imposter	Adolescents' female	
		Frequency	Percentage
		f	%
1.	Few	6	12
2.	Frequent	19	38
3.	Intense	4	8
4.	Moderate	21	42

Table 4.5 : Comparison on level of knowledge regarding type of imposter syndrome among male and female adolescents.

S. No	Level of imposter syndrome	Mean	Standard Deviation	Mean Difference
1	Male	31.24	7.116	0.144
2	Female	29.72	6.972	

Table 4.6 : Association between level of knowledge regarding type of imposter syndrome among adolescent's male with selected demographic variables.

S. No	Demographic Variables	Level of Imposter Syndrome								X^2 value
		Few		Frequent		Intense		Moderate		
1	Age	N	(%)	N	(%)	N	(%)	N	(%)	
	a) 10 to 12 years	0	0	0	0	0	0	0	0	
	b) 13 to 14 years	0	0	0	0	0	0	0	0	
	c) 15 to 16 years	0	0	0	0	0	0	0	0	K
	d) 17 to 19 years	2	4	20	40	7	14	21	42	
2	Gender									
	a) Male	2	4	20	40	7	14	21	42	
	b) Female	0	0	0	0	0	0	0	0	K
	c) Transgender	0	0	0	0	0	0	0	0	

3.	**Education**									
	a) Middle school	0	0	0	0	0	0	0	0	
	b) High school	0	0	0	0	0	0	0	0	
	c) Higher secondary school	0	0	0	0	0	0	0	0	K
	d) Other	2	4	19	38	7	14	21	42	
4	**Residence**									
	a) Rural	2	4	20	40	7	14	20	40	$X^2 = 1.409$ Df = 3 P = 0.703 (NS)
	b) Urban	0	0	0	0	0	0	1	2	
5	**Religion**									
	a) Hindu	2	4	19	38	6	12	20	40	$X^2 = 4.326$ Df = 6 P = 0.633 (NS)
	b) Muslim	0	0	1	2	0	0	0	0	
	c) Christian	0	0	0	0	1	2	1	2	
	d) Others	0	0	0	0	0	0	0	0	
6	**Family's Monthly Income**									$X^2 =$ 26.847 Df = 9 P = 0.001 **(S)***
	a) Below ₹5000 per month	1	2	4	8	0	0	9	18	
	b) ₹5000 to ₹10,000 per month	1	2	14	28	6	12	8	16	
	c) More than ₹10,000 per month	0	0	2	4	1	2	4	8	
7.	**Occupation of Father**									$X^2 = 7.993$ Df = 9 P = 0.535 (NS)
	a) Daily wage	1	2	15	30	6	12	14	28	
	b) Private sector	0	0	2	4	1	2	0	0	
	c) Government sector	0	0	1	2	0	0	1	2	
	d) Others	1	2	2	4	0	0	6	12	
8.	**Occupation of Mother**									$X^2 = 9.304$ Df = 6 P = 0.157 (NS)
	a) Daily wage	2	4	6	12	0	0	6	12	
	b) Private sector	0	0	1	2	0	0	2	4	
	c) Government sector	0	0	0	0	0	0	0	0	
	d) Homemaker	0	0	13	26	7	14	13	26	
9.	**Socio economic Status**									$X^2 = 2.413$ Df = 6 P = 0.878 (NS)
	a) Low socio- economic status	1	2	5	10	1	2	5	10	
	b) Middle socio- economic status	1	2	13	26	6	12	15	30	
	c) High socio- economic status	0	0	2	4	0	0	1	2	

10	**Family History of psychiatric illness**									$X^2 = 1.409$ Df = 3 P = 0.703 (NS)
	a) Yes	0	0	0	0	0	0	1	2	
	b) No	2	4	20	40	7	14	20	40	
11	Type of Family									$X^2 = 13.896$ Df = 6 P = 0.031 **(S)**
	a) Joint family	0	0	7	14	1	2	6	12	
	b) Nuclear family	0	0	11	22	6	12	9	18	
	c) Single parent family	2	4	2	4	0	0	6	12	
12.	Number of siblings									$X^2 = 9.730$ Df = 9 P = 0.373 (NS)
	a) One	1	2	9	18	5	10	11	22	
	b) Two	0	0	8	16	1	2	7	14	
	c) Three	0	0	2	4	1	2	2	4	
	d) None	1	2	1	2	0	0	1	2	
13	Do you have any knowledge regarding Imposter syndrome?									$X^2 = 0.459$ Df = 3 P = 0.928 (NS)
	a) Yes	0	0	1	2	0	0	1	2	
	b) No	2	4	19	38	7	14	20	40	

Table 4.7 : Association between the level of knowledge regarding type of imposter syndrome among adolescent's female with selected demographic variables.

N = 50

S.No	Demographic Variables	Level of Imposter Syndrome								X^2 value
		Few		Frequent		Intense		Moderate		
1	**Age**	N	(%)	N	(%)	N	(%)	N	(%)	
	a) 10 to 12 years	0	0	0	0	0	0	0	0	K
	b) 13 to 14 years	0	0	0	0	0	0	0	0	
	c) 15 to 16 years	0	0	0	0	0	8	0	0	
	d) 17 to 19 years	6	12	19	38	4	0	21	42	
2	**Gender**		0		0		0		0	K
	a) Male	0	0	0	0	0	8	0	0	
	b) Female	6	12	19	38	4	0	21	42	
	c) Transgender	0	0	0	0	0	0	0	0	
3.	**Education**		0		0		0		0	K
	a) Middle school	0	0	0	0	0	0	0	0	
	b) High school	0	0	0	0	0	0	0	0	
	c) Higher secondary school	0	0	0	0	0	8	0	0	
	d) Other	6	12	19	38	4	0	21	42	
4	**Residence**		0		0		8		0	$X^2 = 7.220$ Df = 3 P = 0.065 (NS)
	a) Rural	5	10	14	28	4	0	21	42	
	b) Urban	1	2	5	10	0	0	0	0	
5	**Religion**		0		0		6		0	$X^2 = 5.485$ Df = 3 P = 0.140 (NS)
	a) Hindu	6	12	16	32	3	2	21	42	
	b) Muslim	0	0	3	6	1	0	0	0	
	c) Christian	0	0	0	0	0	0	0	0	
	d) Others	0	0	0	0	0	0	0	0	
6	**Family's**		0		0		0		0	

	Monthly Income									$X^2 = 15.457$ Df = 9 P = 0.047 **(S)***
	a) Below ₹5000 per month	0	0	2	4	0	6	10	20	
	b) ₹5000 to ₹10,000 per month	4	8	13	26	3	2	6	12	
	c) More than ₹10,000 per month	2	4	4	8	1	0	5	10	
7.	**Occupation of Father**		0		0		2		0	$X^2 = 8.264$ Df = 9 P = 0.508 (NS)
	a) Daily wage	2	4	2	4	1	4	3	6	
	b) Private sector	1	2	6	12	2	0	4	8	
	c) Government sector	0	0	0	0	0	2	3	6	
	d) Others	3	6	11	22	1	0	11	22	
8.	Occupation of Mother		0		0		0		0	$X^2 = 10.150$ Df = 9 P = 0.338 (NS)
	a) Daily wage	1	2	5	10	0	0	5	10	
	b) Private sector	2	4	3	6	0	0	0	0	
	c) Government sector	0	0	0	0	0	8	1	2	
	d) Homemaker	3	6	11	22	4	0	15	30	
9.	Socio economic Status		0		0		0		0	$X^2 = 0.157$ Df = 3 P = 5.207 (NS)
	a) Low socio- economic status	0	0	3	6	0	8	0	0	
	b) Middle socio- economic status	6	12	16	32	4	0	21	42	
	c) High socio- economic status	0	0	0	0	0	0	0	0	
10	Family History of psychiatric illness		0		0		0		0	$X^2 = 2.089$ Df = 3 P = 0.554 (NS)
	a) Yes	1	2	3	6	0	8	1	2	
	b) No	5	10	16	32	4	0	20	40	

11	**Type of Family**		0		0		6		0	$X^2 =$ 14.896 Df = 6 P = 0.021 **(S)***
	a) Joint family	0	0	4	8	3	2	3	6	
	b) Nuclear family	3	6	9	18	1	0	14	28	
	c) Single parent family	3	6	6	12	0	0	4	8	
12	**Number of siblings**		0		0		6		0	$X^2 =$ 17.155 Df = 9 P = 0.046 (NS)
	a) One	3	6	12	24	3	0	6	12	
	b) Two	3	6	6	12	0	0	11	22	
	c) Three	0	0	0	0	0	2	4	8	
	d) None	0	0	1	2	1	0	0	0	
13	**Do you have any knowledge regarding Imposter syndrome?**		0		0		0		0	$X^2 = 2.827$ Df = 3 P =
	a) Yes	0	0	2	4	0	8	2	4	

	b) No	6	12	17	34	4	0	19	38	0.830 (NS)

IV. MAJOR FINDINGS OF THE STUDY

The study shows that the frequency and percentage distribution of imposter syndrome levels among adolescent females (N = 50). The majority, 42%, experience a moderate level of imposter syndrome, making it the most common category. This is followed by 38% who experience a frequent level, indicating that a significant number regularly face self-doubt. A smaller percentage, 12%, report few episodes, while 8% experience an intense level of imposter syndrome.The mean score for males is 31.24, with a standard deviation of 7.116, while for females, the mean score is 29.72, with a standard deviation of 6.972. The mean difference is 0.144, showing that males have a slightly higher level of imposter syndrome than females. However, the difference is very small, indicating that the levels of imposter syndrome are nearly the same for both groups.

The study finding shows that there is significance association of family monthly income, type of family and number of siblings with the level of imposter syndrome among adolescent's female.

V. CONCLUSION

The present study assessed the type of imposter syndrome among male and female adolescents at selected college, Puducherry. The study concluded that both male and female adolescents most commonly experience a moderate level of imposter syndrome, making it the predominant category in both groups. There is significance association of family monthly income and type of family with the level of imposter syndrome among male and female adolescents.

RECOMMENDATIONS

- A similar study conducted with a larger sample size across multiple colleges to improve the generalizability of the results.
- Further studies may examine the long-term impact of imposter syndrome on academic performance, peer relationships, career aspirations, and overall well-being in adolescents

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