

The relationship between Cinderella complex syndrome and self-esteem among working married women and non-working married women.

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ABSTRACT

Women's reluctance to be independent is a covert wish to be looked after by others. One of the factors that causes unhealthy relationships and leads to women's misery and inability to find a mate and fulfil themselves as a couple through a healthy and balanced relationship is this unconscious yearning.

Objectives:- To find out the relationship between Cinderella complex and self-esteem among working married women and non-working married women.

Sample and Tools:- The sample comprised 100 working married women and 100 nonworking married women. The sample's age ranged from 18 years to 59 years old. Cinderella Complex scale was developed by Saha and Safri (2017) and Rosenberg's Self-Esteem Scale was developed by Rosenberg (1965).

Results and Discussion:- The statistics analysis Pearson Correlation was applied for finding out the relationship of Working married women and non-working married women on Cinderella Complex and self-esteem. The results depicted that Working married women have a negative correlation between self-esteem and all components of the Cinderella complex. Further, The results revealed that two components of the Cinderella complex and self-esteem are slightly positive and two are slightly negative. But there is a positive correlation among all components of the Cinderella complex scale to each other among non-working women.

Key Words:- Cinderella Complex, Self-esteem, Working married and Non-working married women.

INTRODUCTION

The scenario of gender is going to vary in the 21st Century. Berta Sullivan(2015) wrote, "The battle of the sexes is on and men had better beware" in her article entitled, "The winds of change are blowing. In the modern world, the role of women can be called an epitome or phenomenon. She is the queen of the house, as well as an interior designer of culture and country". Further, Women have been socialized to see men as their primary sources of support. Women may be wealthier and enjoy all the trappings of success in today's world, but deep down, they feel they can't survive alone. Although the men in these women's lives may be earning more money and moving up the job ladder than these women, men nonetheless dominate the dating game.

The story of 'Cinderella' is the best and most famous tale of all the fairy tales.

"Cinderella Complex" finds its name from the fairy tale princess Cinderella, waiting for her prince charming to rescue her from the evil stepmother and stepsisters. The think-tankers and scholars have

been trying to explore the concept of “Cinderella” enormously from different perspectives in various subjects such as Psychology, History, Feminist Studies, and Literary and Cultural Studies. All subject experts tender the issues that find within many women.

This concept of “The Cinderella Complex” or “Cinderella Syndrome” was propounded by Colette Dowling American Therapist in 1981 in her well-known book ‘The Cinderella Complex: Women's Hidden Fear of Independence’ in which she delineates and believes that any charming prince or any male will come for being saved from danger or difficulty. and this syndrome or complex leads women to admit that they are ‘damsels in distress and she waits for a male suitor who will take over control of their lives and provide prosperity and happiness in the future.

Colette Dowling (1981) defined it as women's fear of independence, as an unconscious desire to be taken care of by others”. This unconscious desire is one of the reasons that lead to dysfunctional relationships and women become miserable and unable to find a lover and fulfil themselves as a couple through a healthy and balanced relationship. These such types of phobias, attitudes, and feelings create an atmosphere in their cognition to deny, that the oppressor does have not enough self-confidence. Such women do not trust their real skills, qualities, and values, moreover, they wait for someone from outside to build up, highlight, and help them from such current annoying situations. So, this type of belief becomes a destructive weakness in their personality, and they often feel sad, uncomfortable, awkward, and maladroit, even when they are surrounded by people who care and love them. This is being happened due to inconsistency between what they want to imagine and what happens in their life. They do not notice the best opportunities which are offered already to them in their life and they are only entombed in imagination. ‘A phenomenon like this indirectly shows there is a kind of dependency of women on men. Marriage is taken as a solution to the problem that women are experiencing. Women are assumed to get acknowledgment and honor after being “saved” by men (Su & Xue 2010).

Most Cinderella stories have a number of elements. First off, there must be a beautiful heroine who has fallen from grace in the majority of Cinderella tales. The heroine should, at the very least, have one set of cruel parents and siblings. The heroine is also being helped by a mystical force. The heroine's standing either needs to be raised even more or restored to its former, lesser position, as the fourth need (Bettelheim, 1977).

In addition, the heroine must possess the qualities of a good housewife in order for the prince to willingly sweep her up onto his white horse and allow her to live happily ever after. In every Cinderella fairy tale, the prince and Cinderella marry and go on to live happily ever after. In these Cinderella stories, the men—in this case, the prince—are seen as the heroes. The prince protects Cinderella from the cruelty of her family and from her tedious, daily household responsibilities of cooking and cleaning by marrying her (Kelley 1994, 87-92).

According to Dowling (1981), “psychological effects of Cinderella Complex are lack of confidence, lack of self-esteem, stress, and ineptitude to function in the workplace”. The main reason for this Cinderella complex or Syndrome in the women is dependency and low self-esteem. Saha and Safri (2016) said, “Dependency issues may result from extremely overprotective parenting. These parents may have escalated normal protective behavior into abusive controlling, in some cases even punishing the child for displaying signs of independence”.

The term "self-esteem" was first coined by William James in 1890. Self-esteem is not self-concept, although self-esteem may be a part of self-concept. The term ‘Self-esteem’ describes a person's overall subjective emotional evaluation of his or her worth. In other words, it is used to explain a person's overall sense of self-worth or personal value. Morris Rosenberg

(1965) defined, self-esteem as quite simply one’s attitude toward oneself. It is considered as a favorable or unfavorable attitude towards the self”. A lot of opinions and beliefs about yourself are called self-esteem such as the appraisal of your appearance, beliefs, emotions, and behaviors.

Confidence, the ability to say no, a Positive outlook, the Ability to see overall strengths and weaknesses and accept them, the Negative experiences don't impact your overall perspective,

Ability to express your needs are the signs of healthy self-esteem. The negative outlook, Lack of confidence, Inability to express your needs, Focus on your weaknesses, Excessive feelings of shame, depression, or anxiety, Belief that others are better than you, Trouble accepting positive feedback, and Intense fear of failure are the signs of low esteem.

Peus et al. (2015) state that working women face several challenges, starting from family or even the workplace. Individual factors for women with confidence as well as showing lower self-interest compared to men can slow women down in reaching a higher position. Apart from that, there is also a lack of public figure that supports women to be more aggressive in chasing careers (interpersonal factor). Padma (2007) concludes that the Cinderella complex tendency in married working women is lower than in married women who do not work. This is because work provides many benefits for participants such as earning their income, filling in their spare time, and wanting to increase knowledge/achievement.

An unmarried participant who works as an employee is surrendered in a career, in the sense of doing their recent career and accepting the existing circumstances because of anxiety and doubt to maximize their abilities Cinderella complex in participants is very varied because the background of the participants was quite diverse. The dependence of participants on men is less visible in some participants. This is caused by lower psychological pressure on working women than housewives (Gove& Tudor 1973).

Chastine & Darmasetiawan (2019) concluded that Cinderella Complex on working women has varying causes, appearances, and effects. The cause of the Cinderella Complex on working married women is the parenting pattern. Parents become role models for married participants in conquering their household life and work. Married participants who are working with their partners stated that parents teach and give them the advice to work with husbands because the result will be much better.

According to Dowling, the Cinderella complex always happens on girls of sixteen or seventeen. Eager to be saved and taken care of, these girls, instead of going into colleges, hasten themselves into early marriages (64). There are some characteristics shared in the Cinderella complex.

1. Females have been educated that they are subservient and inferior to males.
2. Outwardly, many females keep a bravado image; inwardly, they lack of self-confidence and do not know how to deal with the ambivalence about their lives.
3. Unconsciously, these females long for a “prince” to save them and take care of them.
4. These females intend to idolize their fathers and desperately seek for males attention.
5. These females define their identity in terms of their men’s identity.(Newfields 2003).

These female students with the Cinderella complex have ingrained gender preconceptions in their minds. Since childhood, stereotyped gender images have been a constant presence in romance novels and other popular media. (Dubino 1993; CheypatorThomson, You, and Hardin 2000).

OBJECTIVES

The objectives of this study are as follows:

1. To find out the relationship between Cinderella complex and self-esteem among working married women.
2. To find out the relationship between Cinderella complex and self-esteem among non-working married women.

HYPOTHESIS

1. There will not be a significant relationship between Cinderella complex and self-esteem among non-working married women.
2. There will not be a significant relationship between Cinderella complex and self-esteem among rural working married women.

METHOD

Sample: -To carry out the present investigation, the sample comprised 100 working married women and 100 non-working married women. The sample's age ranged from 18 years to 59 years old. The data of working married women were collected from schools and colleges of Malerkotla Punjab India and the data of nonworking married women were collected from surrounding areas of Malerkotla. The groups were matched on variables of educational qualification, socio-economic status, family structure, and religion.

MATERIALS AND SCORING

1. **Cinderella Complex scale:** - This scale was developed by Saha and Safri (2017). This scale was originally developed with 51 items. These items were drafted and modified according to the definitions given by Collette Dowling in her book "Cinderella Complex". 11 items were eliminated from this originally developed scale. The final scale consisted of 40 items with a 'Yes' or 'No' answer. Each 'Yes', the response is given 1 mark, and each 'No' is given 0 mark. The scale has been purposefully divided into three dimensions to analyze different types of dependency that women direct towards themselves. The items of the scale are 1,3,9,10,23,25,27,29,30,36,39,40 related to first dimension 'Society stimulated dependency'. The items of the scale are 2, 4, 6, 7, 8,15,16,17,19, 20, 24, 28, 31,33,34, 35 related to second dimension 'Psychological dependency'. The items of the scale are 5, 11, 12, 13, 14, 18, 21, 22, 26, 32,37,38 related to third dimension 'Men oriented dependency'. A higher 'yes' answer suggests high women dependency syndrome. A low 'yes' answer suggests low women's dependency.
2. **Rosenberg's Self-Esteem Scale:** - This scale was developed by Rosenberg (1965). A 10item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be unidimensional. It is a ten-item Likert-type scale with items answered on a four-point scale—from strongly agree to strongly disagree. Five of the items 1,2,4,6,7 have positively worded statements and five of items 3,5,8,9,10 have negatively worded ones. The scale ranges from 0-to 30. Scores between 15 and 25 are within the normal range; scores below 15 suggest low self-esteem.

PROCEDURE

The investigator has taken the permission from Principals of schools and colleges to collect the data from teachers and assistant professors and contacted the participants personally and rapport was established with each participant. The investigator has taken their consent from them. The purpose of this study was explained to them, and clear instructions were given to them before the administration of each questionnaire and its response categories.

Confidentiality was assured to them. The testing schedules were undertaken in two sessions. In the first session, the teachers and assistant professors were administered a brief questionnaire to obtain demographic information regarding locality, socio-economic status, religion, and the subjects were administered a Cinderella complex scale. In the second session, Rosenberg's Self-Esteem Scale was administered.

RESULTS AND DISCUSSION

Table:-1. Pearson correlation values of Working married women on Cinderella Complex and self-esteem

	SSD	PSD	MOD	Total CC	Self-esteem
SSD	-----				
PSD	.566**	-----			
MOD	.596**	.402**	-----		
Total CC	.862**	.780**	.832**	-----	
Self-esteem	-.204	-.434**	-.130	-.303**	-----
** .01 level of Confidence					

Table.1 reveals that there is a negative correlation($r=-.204$) between self-esteem Society stimulated dependency (SSD). Further, the correlation between self-esteem and psychological dependency (PSD) was found to be $r=-.434$, a moderately negative correlation at a .01 level of confidence. Hence it could be said that working married women have a negative correlation between self-esteem and psychological dependency. The correlation between self-esteem and Men oriented dependency (MOD) was found to be $r=-.130$, a negative correlation. It is indicated that the total Cinderella complex and self-esteem have a negative correlation which is $r=-.303$. But there is a positive correlation among all components of the Cinderella complex scale to each other. The results of table .1 depicted that Working married women have a negative correlation between self-esteem and all components of the Cinderella complex. Saha and safari (2016) indicated that most doctors believe that women who suffer from this complex usually have other deep-seated emotional problems such as low self-esteem and dependency issues. Some women who suffer from the Cinderella complex are unable to accept the men in their lives in a healthy way. Not a lack of abilities or opportunities, but rather the fact that she is still in the stage of daydreaming and not taking any action to achieve her goals stops a woman with a Cinderella mentality from experiencing fulfilment. This passivity has an impact on our self-esteem because it shows us every day that we are not competent and that we are not valuable. We frequently place the responsibility for our inability to get what we desire on others, but, it is entirely up to us and our decisions.

Table:-2. Pearson correlation values of non-Working married women on Cinderella Complex and self-esteem

	SSD	PSD	MOD	Total CC	Self-esteem
SSD	-----				
PSD	.341**	-----			
MOD	.382**	.610**	-----		
Total CC	.698**	.798**	.85**	-----	
Self-esteem	-.029	-.007	.102	.033	-----
** .01 level of Confidence					

Table .2 depicted the correlation between self-esteem Society stimulated dependency (SSD) and self-esteem was found to be $r=-.029$, a negative correlation. There is a negative correlation($r=-.007$) between self-esteem and psychological dependency (PSD). Further, the correlation between self-esteem and men-oriented dependency was found to be $r=.102$, a positive correlation among Non-working women. It is indicated that the total Cinderella complex and self-esteem have a positive correlation which is $r=.033$ among Non-working women. The results revealed that two components of the Cinderella complex and self-esteem are slightly positive and two are slightly negative. But there is a positive correlation among all components of the Cinderella complex scale to each other among Non-working women. These findings have also been supported by a study conducted in by Gove & Tudor 1973; Padma 2007.

CONCLUSIONS

The conclusions that can be drawn from this study are as follows;

1. Therefore, it may be claimed that self-esteem and psychological dependence are negatively correlated in working married women.
2. It has been found that there is a negative association between the overall Cinderella complex and self-esteem. However, married women who work show a strong association between all aspects of the Cinderella complex scale.
3. The Cinderella complex and self-esteem have two somewhat positive and two slightly negative components. But among non-working women, there is a strong association between each element of the Cinderella complex scale.

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