

Research Paper

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

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ABSTRACT

This examination focused on investigation of correlation between fear of happiness, widely known as Cherophobia and imposter phenomenon in correlation with birth order, using the scales, 1. Fear of Happiness scale by Joshanloo and 2. Imposter Phenomenon scale developed by Clance. A sample of 100 young adults was taken out of which (n=50) participants were males and (n=50) participants were females while greater classification was done on the basis of birth order with (n=25) first born, (n=25) second born, (n=2) third born and (n=25) fourth born from the city of Dehradun, Uttarakhand using both Online and Offline data collection techniques. Results reflected that Fear of happiness and Imposter phenomenon has high positive correlation values with increasing birth order, meaning higher values and characteristics of Fear of happiness and imposter phenomenon were found with increasing birth order of the children.

Keywords: *Fear of Happiness, Imposter Phenomenon, Birth Order, Imposter*

Given the amount individuals long to be cheerful and happy, people may assume that tolerating the chance of satisfaction in their lives would be a simple, quiet and programmed measure. As could be, individual's fear has a set of experiences that onsets at a very young age, where one of the following experiences might have taken place, such as losing someone an individual profoundly cherished, and appreciated as well but they were either unhappy or troubled. The distress moved us compellingly and drove us to relate to them so that our caution around satisfaction keeps on working as a mysterious recognition for them. To be cheerful, in a way torments us compellingly as it would mean being unfaithful to them. Even if they may have urged us on a superficial level, to wander out and take advantage of lucky breaks of bliss, a compelling part of us grips to them, under the shade of distress. Then again, somebody who people were close to might have been desirous of them and driven them to value their accomplishments and to savour their happiness – to have a sense of security from their own jealousy and anger. People figured out how to connect misery with wellbeing and delight with hazard. All the more, people may have come

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An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

up short on any conceivable good examples for satisfaction. Individuals who may have experienced childhood in a climate where being restless and panicky was the default state, where it appeared to be normal to picture the plane slamming, the police appearing, the business falling and the mole transforming into malignancy. People might be mindful that there could be alternate approaches to decipher the future, however composure doesn't feel like what their clan encompasses. To this obstruction, people may have added a layer of scholarly predominance: happiness appears to be only for the children, the main manifestation of understanding the world shrewdly, should be trouble.

All such positions adds to a mindset where the beginning of bliss is a reason for grave and glaring alert. At the point when individuals are at last on vacation, or in affection or encompassed by companions or liberated from monetary pressing factor, individuals get alarmed. People's faculties have been stuck for such a long time in dread mode, they are loaded up with fear when the caution quits moaning. To get back to a more adjusted state, individuals are responsible to attack the states of satisfaction deliberately. Individuals being to chip away at occasions and before long uncover a reason to worry at the workplace; in no time, people might be fighting that they need to halt. Or probably people do their most extreme to persuade another loved one that they are not that great, by rarely checking on them or (on the off chance that they truly don't get the message) taking part in extramarital entanglements. It feels a lot more ordinary to be deserted.

In present time all individuals seek happiness, peace and a sense of achievement but is it possible that one would start avoiding it? Fear of happiness also referred to as Cherophobia is a demeanour towards joy where people may intentionally keep away from encounters that summon positive feelings or satisfaction.

Is it really possible in the practical world for some individual to start avoiding happiness in hand while the whole world runs around days working and seeking happiness ready to gain some of it at all costs? but rather than seeking or accepting any opportunity one would start feeling worrisome for the future course of events that might follow in a negative side of it?

One of a few possible inducements why Cherophobia may thrive in the conviction that when one feels blissful emotions or happiness, a negative affair will soon happen that will corrupt that bliss, as though rebuffing that person for fulfilment. In Western societies, for instance, in American culture, "it is nearly underestimated that happiness is perhaps one of the major values steering individual's lives". Western societies are more determined by a desire to augment happiness and to limit pity or negative emotions. The term Cherophobia, beginning from the Greek expression 'chairō,' which signifies 'to celebrate,' is the antipathy for or dread of joy. While Cherophobia isn't at present perceived as a clinical problem under the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a few examinations have started to approve its reality deductively (Joshnloo, 2014).

To viably comprehend its underpinnings, joy first should be characterized. In mental exploration, 'joy' is frequently utilized reciprocally with the term 'emotional prosperity' and estimated by requesting that people report on their life fulfilment and the presence or non-appearance of positive and pessimistic effect (Diener, Suh, Lucas, and Smith, 1999).

While there's still no convincing agreement, a generally acknowledged meaning of joy was proposed by the positive brain science specialist Sonja Lyubomirsky in her book, "The How of Bliss" which was published in year 2007. She portrayed joy as:

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

“The experience of joy, contentment, or positive wellbeing, combined with a sense that one’s life is good, meaningful, and worthwhile.”

The worth put on happiness and joyful moments echoes through Western positive psychology and through exploration on abstract prosperity. Fear of happiness is related with delicacy of blissful credence, recommending that one of the reasons for abhorrence of happiness or joy might be the credence that happiness is precarious and delicate. Exploration shows that fear of happiness is related with avoidant and anxious attachment styles. Joshanloo and Weijers distinguish four inducements behind an abhorrence or fear of joy or happiness: a belief that happiness will make terrible things occur; that happiness will make an individual become an awful human; that communicating happiness is in some way or another, awful for the individual and others; and that seeking after happiness is awful for the person as well as for others.

These discoveries raise doubt about the idea that happiness is a definitive objective, a belief repeated in quite a few articles and self-help publications about whether certain decisions are probably going to fulfil the individual. so, proportions of individual happiness can't just be viewed as a measuring stick for fulfilment with one's life, and perspectives, for example, fear of happiness have compelling implications for estimating happiness across societies and positioning countries on joy and happiness scores.

Fear of happiness can be considered as a particular illustration of ideal affect, whereby societies shift in the degree to which they esteem the experience of various feelings. It can bring out doubts in one’s mind such as ‘is something bad going to happens just because I’ve been having a great time so far’, ‘something is not right all things around me keeping me happy, I doubt something bad is going to happen’ and many more like such thoughts could suddenly start to appear which can make one not enjoy the happiness in hand but feel worrisome about the hypothetical assumption about some negative event to occur in coming future.

Now, feelings of fear or aversion towards happiness can make someone feel like the happiness, positive emotions or appraisals they’re receiving are not something of their own and they start to feel like an imposter.

Does every advancement bring joy? Getting an “A” in one’s tests causes an individual to feel upbeat? Or on the other hand is it joined by the fear that, at some point, an individual’s cover will be blown, and everybody will discover that the person just got lucky?

An imposter is an individual who claims to be some other person. Somebody who attempts to persuade others that he or she is their tragically missing cousin to get an invite to remain in their wonderful condo is a fraud. An individual doesn’t need to be an imposter to have imposter Phenomenon, impostor Phenomenon is the staggering feeling that the person doesn’t merit their prosperity. It persuades the individual that they are not as intelligent, imaginative or capable as they may appear. The doubt that their accomplishments are down to karma, great timing or simply being in the "perfect spot at the perfect time." And it is joined by the dread that, at some point, they will be uncovered as a fraud or an imposter. To lay it out plainly, sham disorder is the experience of feeling like a fake—one feels like at any second, they will be discovered as a cheat—as the individual doesn’t know where they are,

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

and they just arrived through blind luck. It can have an effect on anybody regardless of their societal position, work foundation, ability level, or level of aptitude.

The term that was first utilized by psychologists Suzanna Imes and Pauline Rose Clance during the 1970s. At the point when the idea of Imposter Phenomenon was presented, it was initially thought to apply generally to successful ladies. From that point forward, it has been perceived as more generally experienced.

"In our general public there's a colossal strain to accomplish," Imes says. "There can be a ton of disarray among endorsement and love and value. Self-esteem gets dependent upon accomplishing."

Different components can likewise support the chances that an individual feel like a fake. The experience is by all accounts more normal among minorities, as indicated by Clance, a clinical clinician in Atlanta.

That is not frightfully amazing to Frederick Hives, a fourth-year PsyD up-and-comer at John F. Kennedy College in Charming Slope, Calif. Hives has battled with impostor emotions all through graduate school, and says he frequently feels like he's advanced not on his own benefits, but rather because of compassion from others. As an African-American understudy, Hives says, "I was encouraged I would have to 'work twice as difficult to be half as great.' While this imparts an objective situated methodology inside me, it likewise keeps me feeling like my endeavours won't ever be sufficient."

Everything considered, Somerville understood that he was encountering run of the mill sensations of the impostor wonder. First portrayed by therapists Suzanne Imes, PhD, and Pauline Rose Clance, PhD, during the 1970s, impostor marvel happens among successful people who can't disguise and acknowledge their prosperity. They frequently property their achievements to karma instead of their capability, and dread that other will in the long run expose them as a fake. In spite of the fact that the impostor marvel is definitely not an authority conclusion recorded in the DSM, analysts and others recognize that it is an undeniable and explicit type of scholarly self-question. Impostor sentiments are by and large joined by nervousness and, frequently, sadness.

A few specialists trust, it has its foundations in the marks of guardians who append to specific individuals from the family. For instance, one youngster may be assigned the 'astute' one and the other the 'touchy' one. Another hypothesis is that guardians can program the youngster with messages of prevalence: the kid is so completely upheld that the guardians and kid accept that the person is unrivalled or great.

Some normal contemplations and sentiments related with sham disorder include:

"it's all because of luck", "am I a fake", "it was just a fluke", "I was just present at the perfect time and place, I had nothing to do with my success", "I just got lucky this time" etc. Impostor Phenomenon can be connected to different sensations of self-question, for example, dread of achievement, dread of disappointment. However, it's not just another indication of low confidence, or extreme humility. It includes a consistent dread of openness, disengagement and dismissal. Individuals with Impostor Phenomenon try to keep their accomplishments in low-light. Frequently, they will utilize negative self-converse and

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

persuade themselves that they don't own their prosperity. This self-talk regularly offers apparently sane help for irrational thoughts.

It frequently strikes at snapshots of achievement: beginning a new position, getting an honour or advancement, or assuming on additional liability, for example, teaching others, going into business, or turning into a first-time parent.

These sentiments can move an individual to work more earnestly, so as not to be exposed, prompting further achievement and acknowledgment or in some cases feeling like a much greater fraud. However, many a times they lead to downshifting. This is the point at which one re-examines their objectives and become less eager, which thus, actually keeps the person from satisfying their actual potential.

Important question that one might be thinking, is it possible that being the eldest or youngest or maybe the middle child can affect an individual's vulnerability to higher levels of fear of happiness? or to frequent characteristics of imposter Phenomenon? but what is birth order?

The order in which the children are conceived is referred to as birth order. The principal kid is ordinarily the oldest kid that is naturally introduced to a family. The middle child can be the second or third youngster right to the last conceived or the infant of the family. The birth order can be different if there is an enormous contrast in ages starting with one child then onto the next one is conceived. A child who is the subsequent conceived can change if the kid has more established kin that he/she was not raised with. The order of birth at that point changes for the child to be a subsequent from the originally conceived offspring of the parent. Some families have children that aren't straightforwardly identified with the order for the birth. On the off chance that youngsters are brought up alone, at that point the kid could be viewed as either an initially conceived or the only conceived child.

Birth order alludes to the order a child is brought into the world in their family; first-conceived and second-conceived are examples. Birth order is regularly accepted to have a compelling and enduring impact on mental turn of events or psychological development. This assertion has been over and again tested. Nevertheless, concluding that birth-order altogether impacts personality and keeps on having a solid presence in popular psychology and mainstream society.

The examination aims to have faith in hypothesizing that birth order has an effect over fear of happiness and being vulnerable to imposter Phenomenon as it has been seen in past studies and researches which provide valid proof that birth order and personality has a correlation and that could lead to different levels of fear of happiness and vulnerability to imposter Phenomenon for first, middle or third conceived child and by the results, it can help psychologists or any individual so as to support the family or the child to deal with the hurdles that come up with such vulnerabilities to lead a better and productive lifestyle and be an asset to the society.

The need for this study is majorly for the population which plans for multiple children so that they can avoid future vulnerabilities to multiple disorders and have their kids live a socially and personally desired lifestyle which will benefit them as well as people around them.

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

As it has been seen a lot of middle or first conceived children being caught under the trap of being fearful of having positive and happy emotion or having imposter Phenomenon due to multiple malpractices which takes place in households but with the help of this research it will be easier for clinicians to help diagnose, for families it will help to avoid malpractices and adapt to better parenting style so as to rear their children in a more convenient way and according to their needs.

A lot many individuals suffer from fear of happiness or Cherophobia and imposter Phenomenon. This investigation hypothesizes that the root cause can be birth order which decides the vulnerability for conceived children.

It has been observed that not many researches have been done over this course of issue.

Research Question: Can birth order be a cause of vulnerability higher levels of happiness fear of happiness and frequent characteristics of imposter Phenomenon ?

REVIEW OF LITERATURE

Şar V., Türk T., and Öztürk E. (2019) evaluated relationship between fear of happiness and gender, childhood psychological trauma and disassociation among college going students where relational screening method was used. Dissociative experiences scale, fear of happiness and childhood trauma questionnaire were administered to collect relevant data and for statistical analysis Mann–Whitney-U and Student's *t*-tests were implemented. Stepwise multiple regression analyses Pearson correlation and were used to collect relationship between the variables. It was found out that a relationship exists between fear of happiness childhood dissociation and psychological trauma. It was found out that female participants seem to be more vulnerable than male participants to the obsessional reasoning which affects many realms in male and female genders.

While Joshanloo M., Lepshokova Z. K. et. Al. (2014) studied the influence of fear of happiness on life satisfaction using general life satisfaction scale, which provided with results that showed that satisfaction with life was eventually influenced with the levels of fear of happiness among the Iranian university students sample. Multigroup confirmatory factor analysis and multilevel modelling was used as the study helped in evaluating cross-level isomorphism, predictive validity, measurement invariance, and nomological network of the fear of happiness scale in 14 different nationalities.

Kolligian J., Sternberg R., (2010) evaluated using two investigations which were designed to identify perceived fraudulence, associated personality traits and measurements using perceived fraudulence scale, self-report, semi constructed interviews and exercises on a sample of 50 undergraduate students. It was found that regression analysis and correlational patterns supported the evidence of perceived fraudulence as a mixture of fraudulent ideation, self-criticism, depressive tendencies, achievement pressures, social anxiety, and self-monitoring skills. Which in the other part of this study a sample of 100 college going students were administered using personality questionnaires and replicated structure of perceived fraudulence scale which provided a positive result for discriminant validity of construct of perceived fraudulence.

Some minority gatherings might be particularly defenseless. A recent report by specialists at the College of Texas at Austin studied ethnic-minority undergrads and found that Asian-

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Americans were almost certain than African-Americans or Latino-Americans to encounter impostor emotions. The scientists found that impostor emotions more unequivocally anticipated psychological wellness issues than focused on being identified with one's minority status (Journal of Multicultural Counselling and Development, 2013).

Impostor Phenomenon has for some time been thought to have an effect on a larger number of ladies than men, especially in male-overwhelmed conditions. In their momentous article "The Impostor Marvel", Pauline Rose Clance and Suzanne Imes focused on the commonness of Impostor Phenomenon among successful ladies. In any case, later examination has proposed that in specific conditions, men with Impostor Phenomenon may endure more uneasiness than ladies, and may perform more awful. In a same report, ladies indicated more noteworthy resilience, and managed it all more positively with being considered responsible.

Alfred Adler, an Austrian psychiatrist, and a contemporary of Sigmund Freud and Carl Jung, was one of the primary scholars to recommend that birth order impacts personality. He contended that birth order can have a permanent effect on a person's lifestyle, which can be an individual's routine method of managing the undertakings of companionship, love, and work. As per Adler, firstborns are "dethroned" when a second kid tags along, and this deficiency of perceived privilege and power may impact them. Middle child may feel disregarded or ignored, making them build up the alleged middle child Phenomenon. More youthful and just youngsters might be spoiled a lot, which was proposed to have an effect on their later characters.

Explanations behind leading such examination incorporate proof that first-conceived kids will in general score higher on intelligence level tests, create language abilities prior, and improve grades in school (Zajonc and Markus 1975; Hoff-Ginsberg 1998; Kristensen and Bjerkedal 2007). Every one of the three of these scholarly characteristics will in general be decidedly connected with grown-up economic well-being.

In a study done by Chandra S., Candace A. Huebert, Crowley E., Das A. in year 2019 it was observed that out of the sample 50% of female candidates and 25% of male candidates were affected by impostor Phenomenon.

In another study done by Kolligian J., Sternberg R. in year 1991, it was observed that Correlational patterns and regression analyses supported the investigator's conceptualization of perceived fraudulence as involving a combination of fraudulent ideation, anxiety, achievement pressures, depressive tendencies, self-criticism, social and self-monitoring skills using perceived fraudulence scale.

In research conducted by Joshanloo in year 2013, results indicated initial results showing that the fear of happiness has influenced individual's from Iranian university student sample provided responses to the items of a life satisfaction scale.

METHODOLOGY

Participants

Participants were selected by using a random sampling method from the city of Dehradun, Uttarakhand. Uttarakhand is a state of India located in north western region. 100 individuals (n = 100) who fell under the age range of 18 years to 40 years old considering the population

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

of the city in preferred range of participants required for the study. These individuals were given consent form to participate in the study and individuals who had siblings were preferred as the study focuses on effects of birth order on vulnerability to fear of happiness and imposter Phenomenon. The method of collecting the required data was done both in online survey filling using google forms and offline data collection while following required safety norms to avoid any mishappening for both the researcher and participants while at the end a sample size of 108 was collected and 8 responses were eliminated on a random basis taking 50 males (n = 50) and 50 (n = 50) female responses under consideration while 25 first born (n = 25), 25 second born (n = 25), 25 third born (n = 25) and 25 fourth born (n = 25) participants were later classified irrespective of their genders. Only those participants were considered to participate in the research who gave their consent to be a part of this investigation. Both male and female participants were allowed to participate to get a better perspective and make the investigation benefitting for all.

Assessment Instruments / Measures

Fear of Happiness: This five-item self-report measure was developed by Joshanloo. This scale is a 7-point Likert-type scale with highest score to achieve being 35 and lowest is 7. It was observed that the values of corrected item-total correlations of the Fear of Happiness scale change from .63 to .92. The evidences from this study showed that this model was in good compliance with the CFA compliance index limits, which is one more factor analysis. These findings indicated that the novel factor structure of the Fear of Happiness scale is compatible with the factor structure of the Turkish form and the Fear of Happiness Scale was adapted into Turkish by Turk *et al.*

Joshanloo, M., Lepshokova, Z. K., Panyusheva, T., Natalia, A., Ching, P. W., Yeung, V. W-I., Sundaram, S., Achoui, M., Asano, R., Igarashi, T., Tsukamoto, S., Rizwan, M., Khilji, I. A., Ferreira, M. C., Pang, J. S., Ho, L. S., Han, G., Bae, J., & Jiang, D. Y. (2014). Cross-cultural validation of fear of happiness scale across 14 national groups. *Journal of Cross-Cultural Psychology*, 45(2), 246 - 264. <https://doi.org/10.1177/0022022113505357>

Clance Imposter Phenomenon Scale: This Impostor Test came into existence to help individuals determine whether or not they have Imposter characteristics which consists of 10 precisely made items and, if so, to what extent they might be suffering. After this Test, add the numbers of the responses to each statement. If the total score is 40 or less, the respondent has few Impostor characteristics; if the score is between 41 and 60, the respondent has moderate Impostor experiences; a score between 61 and 80 means the respondent frequently has Impostor feelings; and a score higher than 80 means the respondent often has intense Impostor experiences. The higher the score, the more frequently and seriously the Impostor Phenomenon interferes in a person's life. Factor analysis on the adequate size of sample was done with appropriate designing and method, and it was found that the Cronbach's alphas were between 0.70 and 0.95 for each dimension and overall. Holmes et al. (1993) reported a coefficient of .89 between the CIPS and HIPS, while Chrisman et al. (1995) reported a coefficient of 0.78 between the CIPS and PFS. Kolligian and Sternberg (1991) reported a correlation of 0.83 between the PFS and HIPS.

Mak, K. K., Kleitman, S., & Abbott, M. J. (2019). Impostor phenomenon measurement scales: a systematic review. *Frontiers in Psychology*, 10, 671.

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

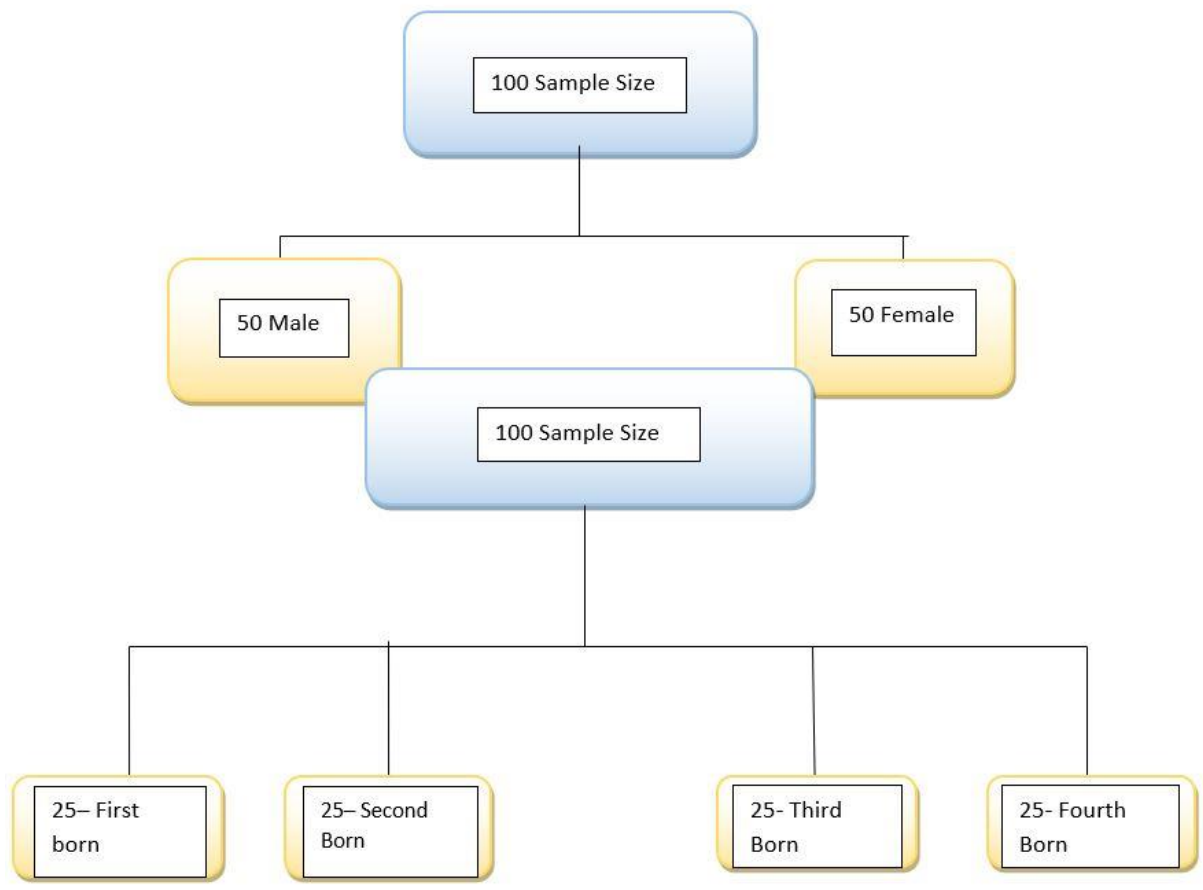
Birth Order: General survey questions were prepared to collect information about the no. of siblings participants have and the order they were conceived in if they have multiple siblings.

Research Design

Independent Variable: Birth order: Birth order alludes to the order a kid is brought into the world in their family; first-conceived and second-conceived are some of the examples. Birth order is frequently accepted to have a compelling and enduring impact on mental turn of events. This affirmation has been over and again tested.

Dependent Variable: Fear of happiness: Cherophobia or fear of happiness is a fear where an individual has an irrational repugnance for being cheerful. The term comes from the Greek word "chero," which signifies "to celebrate." When an individual encounters Cherophobia, they're frequently reluctant to take part in exercises that many would portray as fun, or of being cheerful.

Impostor Phenomenon: Impostor Phenomenon alludes to an interior encounter of accepting that an individual is not as skilled as others might perceive that individual to be. While this definition is normally barely applied to knowledge and accomplishment, it has connections to hair-splitting and the social settings.



Procedure

Aim of this investigation is to find a correlation between birth order, fear of happiness and imposter Phenomenon in adult population of Dehradun, fear of happiness can be referred to as a fear where an individual has an irrational aversion to being joyful or happy, while

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

imposter Phenomenon can be described as an interior encounter of acceptance that one might not be as skilled as others perceive them to be and birth order is the order of being conceived in the family. There haven't been many researches over this course of issue and more researches needs to be done to provide stronghold evidence to form conclusion and this study can be used as a measure for future relations. Relevant literature such as "Perceived Fraudulence in Young Adults: Is There an 'Imposter Phenomenon'?" by John Kolligian Jr. & Robert J. Sternberg in year 2010, Cross-Cultural Validation of Fear of Happiness Scale Across 14 National Groups by While While Joshanloo M., Lepshokova Z. K. et. Al. (2013) and Fear of happiness among college students: The role of gender, childhood psychological trauma, and dissociation by Vedat Şar, Tuğba Türk, and Erdinç Öztürk in year 2019 were evaluated to provide evidences for the current study. A sample of 100 participants was taken from the city Dehradun, Uttarakhand. The participants were later divided into first two categories on the basis of their gender and later they were divided into four categories based on their order of being conceived irrespective of their gender. To gather data two assessment tools were used named Fear of happiness scale and Clance Imposter phenomenon (IP) scale to gather required data using both online survey method using google forms and offline method using the same assessment tool but in physical and printed format along with the consent form and only those Participants who provided their consent were allowed to be a part of this study. After collecting the required data, statistical analysis was performed and mean, sum, standard deviation and correlation was found out between total sample's scores of fears of happiness and IP scores, male and female participants fear of happiness and IP scores, first born participant's fear of happiness score and IP score, second born participant's fear of happiness and IP score, third born participant's fear of happiness and IP score. Fourth born participant's fear of happiness and IP scores respectively.

Data Analysis

The investigation focused on discovering the effects of birth order on vulnerability to fear of happiness and imposter Phenomenon or imposter phenomenon.

There were multiple hypothesis formed on the basis of the sampling an research question.

Hypothesis 1.1: There is no compelling correlation between Fear of happiness and imposter Phenomenon.

Hypothesis 1.2: There is a compelling correlation between fear of happiness and imposter Phenomenon.

Hypothesis 2.1: There is no compelling correlation between fear of happiness and imposter Phenomenon in First born participants.

Hypothesis 2.2: There is a compelling correlation between fear of happiness and imposter Phenomenon in First born participants.

Hypothesis 2.3: There is no compelling correlation between fear of happiness and imposter Phenomenon in Second born participants.

Hypothesis 2.4: There is a compelling correlation between fear of happiness and imposter Phenomenon in Second born participants.

Hypothesis 2.5: There is no compelling correlation between fear of happiness and imposter Phenomenon in Third born participants.

Hypothesis 2.6: There is a compelling correlation between fear of happiness and imposter Phenomenon in Third born participants.

Hypothesis 2.7: There is no compelling correlation between fear of happiness and imposter Phenomenon in Fourth born participants.

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Hypothesis 2.8: There is a compelling correlation between fear of happiness and imposter Phenomenon in Fourth born participants.

Hypothesis 3.1 First born participants will have Lower characteristics of fear of happiness and imposter Phenomenon than second born.

Hypothesis 3.2: First born participants will have Higher characteristics of fear of happiness and imposter Phenomenon than second born.

Hypothesis 3.3: First born participants will have Lower characteristics of Fear of Happiness and Imposter Phenomenon than Third born.

Hypothesis 3.4: First born participants will have Higher characteristics of Fear of Happiness and Imposter Phenomenon than Third born.

Hypothesis 3.5: First born participants will have Lower characteristics of Fear of happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 3.6: First born participants will have Higher characteristics of Fear of happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 3.7: Second born participants will have Lower characteristics of Fear of Happiness and Imposter Phenomenon than Third Born.

Hypothesis 3.8: Second born participants will have Higher characteristics of Fear of Happiness and Imposter Phenomenon than Third Born.

Hypothesis 3.9: Second born participants will have Lower characteristics of Fear of Happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 3.10: Second born participants will have Higher characteristics of Fear of Happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 3.11: Third Born participants will have Lower characteristics of Fear of Happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 3.12: Third Born participants will have Higher characteristics of Fear of Happiness and Imposter Phenomenon than Fourth Born.

Hypothesis 4.1: There is no compelling effect of birth order on levels Fear of Happiness of an individual.

Hypothesis 4.2: There is a compelling effect of birth order on levels of Fear of Happiness of an individual.

Hypothesis 4.3: There is no compelling effect of birth order on characteristics of imposter phenomenon of an individual.

Hypothesis 4.4: There is a compelling effect of birth order on characteristics of imposter phenomenon of an individual.

Hypothesis 4.5: There is no compelling effect of Feelings of Imposter Phenomenon on Fear of Happiness.

Hypothesis 4.6: There is compelling effect of Feelings of Imposter Phenomenon on Fear of Happiness.

Hypothesis 4.7: The correlation between levels of Fear of Happiness and frequency of characteristics of Imposter Phenomenon is high in male population than female population.

Hypothesis 4.8: The correlation between levels of Fear of Happiness and frequency of characteristics of Imposter Phenomenon is high in female population than male population.

The statistical analysis is done with alpha coefficient as 0.05 or at the risk of 5%.

For statistical analysis following techniques were used:

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Mean: In science and measurements, the mathematical mean, or essentially the mean or the normal, is the amount of an assortment of numbers isolated by the count of numbers in the assortment. The assortment is normally a bunch of results of an investigation or an observational examination, or oftentimes a bunch of results from a review.

Correlation: In science and measurements, correlation or reliance is any statistical relationship, if causal, between two arbitrary factors or bivariate information. In the broadest sense correlation or relationship between the two variables is any factual affiliation, however it ordinarily alludes to how much a couple of factors are directly related. The upper and the lower limit of correlation varies between the range of -1.00 to +1.00.

RESULTS

Characteristics of the participants

Total sample for this study was 100 (n=100) participants who belong to Dehradun city where 50% participants were female (n=50) and the rest 50% were male participants (n=50). Age of female participants (\bar{x} = 26, range 18-35) and age of male participants (\bar{x} = 24.5, range 18-35). Further classification was done on the basis of order of being conceived regardless of their gender where population was divided into four parts according to the responses they provided where they were segregated into 4 categories being 25 participants in first born (n=25), 25 participants second born (n=25), 25 participants third born (n=25) and 25 participants fourth born (n=25) respectively.

Fear of Happiness

Among 50 male participants (n=50), mean of 15.8 was observed and for the 50 female participants (n=50) mean came out to be 18.96. While calculating the standard deviation, 7.74 came out to be standard deviation for the male population and 7.33 came out to be the standard deviation for the female population while the total sum of score being 790 for males and 948 for females. (Table 1.1)

Table no. 1.1 Mean and Standard Deviation results comparing male and female population for the scale, Fear Of Happiness.

	Total Score	Mean	Standard Deviation
Male	790	15.8	7.74
Female	948	18.96	7.33

For the classification of participants on the basis of their order of being conceived it was observed that the participants who were first born had the mean score of 12.68, participants who were second born had the mean score of 17.12, Third born participants had the mean score of 18.92 and the participants who fell under the category of fourth born had the mean score of 20.80. The first-born participants had a total score of 317 on fear of happiness scale, second born participants scored 428, Third Born participants scored 473 and the participants who were fourth born had a total score of 520. After Calculating Standard Deviation it was seen that the participants who were first born had a standard deviation of 6.35, second born had a standard deviation of 6.92, Third born had the standard deviation of 7.86 while fourth born had a standard deviation of 7.40 on fear of happiness scale. (Table 1.2)

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Table no. 1.2 Mean and Standard Deviation results of Fear of Happiness scores, comparing the chronology of being conceived/birth order.

	Total score	Mean	Standard Deviation
First Born	317	12.68	6.35
Second Born	428	17.12	6.92
Third Born	473	18.92	7.86
Fourth Born	520	20.8	7.40

In Fear of happiness scale the scores obtained by the first born was observed to be 317, second born individuals had a total score of 428, third born had a total score of 473 and the individuals falling under the category of fourth born scored 520 in Fear of Happiness scale. (Table 1.3)

Table no. 1.3 Fear Of Happiness scale results with respect to chronological position of being conceived/birth order.

	Fear of Happiness Score
First Born	317
Second Born	428
Third Born	473
Fourth Born	520

Imposter Phenomenon: Among 50 male participants (n=50), mean of 52.8 was observed and for the 50 female participants (n=50) mean came out to be 58.7. While calculating the standard deviation, 16.90 came out to be standard deviation for the male population and 13.97 came out to be the standard deviation for the female population while the total sum of score being 2640 for male population and 2935 for female population. (Table 2.1)

Table no. 2.1 Mean and Standard Deviation results comparing male and female population for the scale, Imposter Phenomena.

	Total Score	Mean	Standard Deviation
Male	2640	52.8	16.90
Female	2935	58.7	13.97

For the classification of participants on the basis of their order of being conceived it was observed that the participants who were first born had the mean score of 46.12, participants who were second born had the mean score of 54.88, Third born participants had the mean score of 59.48 and the participants who fell under the category of fourth born had the mean score of 62.52. The first-born participants had a total score of 1153 on Imposter Phenomenon scale, second born participants scored 1372, Third Born participants scored 1487 and the participants who were fourth born had a total score of 1563. After Calculating Standard Deviation, it was seen that the participants who were first born had a standard deviation of 12.83, second born had a standard deviation of 12.71, Third born had the standard deviation of 18.04 while fourth born had a standard deviation of 14.37 on Imposter phenomenon scale. (Table 2.2)

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Table no. 2.2 Mean and Standard Deviation results of Imposter Phenomena scale results with respect to chronological position of being conceived/birth order.

	Total Score	Mean	Standard Deviation
First Born	1153	46.12	12.83
Second Born	1372	54.88	12.71
Third Born	1487	59.48	18.04
Fourth Born	1563	62.52	14.37

In Imposter Phenomenon scale the scores obtained by the first born was observed to be 1153, second born individuals had a total score of 1372, third born had a total score of 1487 and the individuals falling under the category of fourth born scored 1563 in Imposter Phenomenon Scale. (Table 2.3)

Table no. 2.3 Total Score obtained in Imposter Phenomena scale with respect to chronology of being conceived/birth order.

	Imposter Phenomenon Scores
First Born	1153
Second Born	1372
Third Born	1487
Fourth Born	1563

Preliminary Statistical Analyses: In contrast to the results obtained with the help of responses provided by the participants of this study on the assessment tools, Fear of Happiness Scale and Clance Imposter Phenomenon scale, by using statistical technique known as correlation it was found out that scores obtained on both the scales had high correlational value of 0.85 which states that there is a high positive correlation between Fear of Happiness and Frequency of characteristics of Imposter Phenomenon. (Table 3.1)

Table no. 3.1 Correlation coefficient results between Fear of Happiness and Imposter Phenomena scale.

Scales Used	Correlational Value Obtained
Fear of Happiness Scale	0.85
Clance Imposter Phenomenon	

Correlation analysis for Male population and female population was done to check the relationship between the two variables: fear of happiness and Imposter Phenomenon. For male population correlation between Fear of Happiness and Imposter Phenomenon came out to be 0.82 and for female population correlation between Fear of Happiness and Imposter Phenomenon came out to be 0.89.(table no. 3.2)

Table no. 3.2 Correlation coefficient results between Fear of Happiness and Imposter Phenomena in male and female population.

	Correlation value between fear of happiness and Imposter Phenomenon.
Male	0.82
Female	0.89

Another correlational analysis was done over the classification of participants on the basis of their order of being conceived where the correlational value for first born participants

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

between fear of happiness and imposter phenomenon came out to be 0.85, second born participants had the correlational value of 0.82, third born participants had the correlational value of 0.74 and the participants under the category of fourth born had the correlational value of 0.93 between the scores obtained from Fear of Happiness and Imposter Phenomenon. (Table no. 3.3)

Table no. 3.3 Correlation coefficient results between Fear of Happiness and Imposter Phenomena with respect to chronology of being conceived/birth order.

	Correlation value between fear of happiness and Imposter Phenomenon.
First Born	0.85
Second Born	0.82
Third Born	0.74
Fourth Born	0.93

DISCUSSION

The tools used to gather data to evaluate the effects of birth order on levels of fear of happiness and characteristics of imposter phenomenon are Fear of Happiness Scale and Clance Imposter Phenomenon scale, the scores obtained by the sample of 100 participants on who provided their consent to be a part of this investigation obtained a total score of 1738 on Fear of happiness scale with a mean value of 17.38 while the same population obtained a score of 5575 on Imposter Phenomenon scale with a mean value of 55.75. It was Observed that male population of this study which was 50 participants obtained a total score of 790 on fear of happiness scale while on the other hand female participants which were the same amount as male participants which is n=50 obtained 948 on Fear of Happiness scale which can be used to conclude that female participants of this investigation has higher externality to Fear of happiness than male population, now for Imposter Phenomenon scale the male population obtained a total score of 2640 while female participants had a total score of 2935 on Imposter phenomenon scale which provides the evidence to say that female participants have experienced more imposter characteristics than male population of this study and that female population which participated in this investigation experience hard time in accepting their own achievements or puts their achievements on luck.

Looking at another segregation of the participants which is based on the order of their birth or being conceived it was seen that on Fear of Happiness scale participants who were first born in their family had a total score of 317, second born participants obtained a total score of 428, third born obtained a total score of 473 and the participants who were conceived fourth had a total score of 520 on Fear of Happiness scale, now the provided data can be used to conclude that the first born participants had the lowest score on fear of happiness scale than second born, third born and fourth born participants which provides the study with the evidence that first born are least vulnerable to fear of happiness and that they accept the incoming moments and stimuli of joy with no second thoughts of hesitation while the second born had higher externality to happiness than first born but less than third born and fourth born participants and Participants who fall under the category of third born had higher scores than second born and first born participants which concludes that they had higher externality than both the group of participants but lesser than the fourth born participants as the participants who were conceived fourth had the highest scores on Fear of Happiness scale meaning they have the highest externality to happiness or joy which helps us conclude

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

that the individuals who are conceived fourth avoid happiness, bliss and joyful moments in the fear that the stimuli which bring joy or bliss to them will eventually lead to a disaster, this could be the reason of being the subject of receiving less attention and childhood experiences which made these individuals vulnerable to fear of happiness.

For the second tool which is Clance Imposter Phenomenon it was observed that the first born participants obtained a total score of 1153, second born participants had a total score of 1372, participants who fall under the category of third born had obtained a total score of 1487 while the participants who were conceived fourth appeared to have a total score of 1563 on Clance Imposter phenomenon scale which provides the investigation with evidence that the participants who were conceived first had the lowest scores in this segregation of participants meaning the individuals who were conceived first experience the lowest amount of imposter characteristics than second born, third born and fourth born individuals that they accept their achievements and have faith in their own capabilities and capacity to get the task in hand done with ease and experience no shame or guilt in accepting the achievement, participants who were conceived second in order had higher scores than first born participants which provides the investigation with evidence that second born individuals experience more frequent imposter characteristics than first born individuals but lesser than the individuals who were conceived third or fourth in birth order which can be used to say that second born individuals often fail to accept their achievements or feel shame in accepting due to feelings to being an imposter while the individuals who were conceived third in birth order had lower scores on Clance imposter phenomenon than fourth but higher scores than first and second born participants which helps in providing the evidence that individuals who are conceived third suffer hard time in accepting their achievements and feel shame or guilt when praised often which can be due to high performing siblings and high parental expectation due to already high set of expectations settled by the elder siblings. The participants who fall under the category of fourth born have shown the highest obtained scores than any other group of participants in this segregation of first born, second born, third born and fourth born respectively, this data can be used to conclude that the individuals who fall under the category of fourth born from the individuals who participated in this investigation suffer from a hard time in accepting their own hard earned achievements without going through the feelings of guilt and shame and they usually find themselves in the position where they support their evidences being dependent on luck, being at the right spot at the right time or as a fluke but not because of their own hard work which can be due to multiple reasons such as less appreciation received on their milestones and achievements in childhood due to multiple siblings and attention and positive regard being divided among other siblings.

By taking a closer look at the data collected to support this investigation it was found out that the score obtained by the participants on the scale Fear of happiness and Clance Imposter Phenomenon had high correlational value of 0.85 which helps in stating that there is high positive correlation between the levels of fear of happiness and feelings of imposter phenomenon meaning increasing levels of Fear of Happiness leads to higher amounts of characteristics of being an imposter.

The scores obtained by the male participants and female participants on the assessment tools Fear of Happiness and Clance Imposter Phenomenon also had a high correlational value of 0.82 in male participants and 0.89 in female participants which provides the investigation with evidence that Fear of happiness and characteristics of imposter phenomenon has high

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

positive correlation between Fear of Happiness and Imposter phenomenon. The increasing levels of Fear of Happiness results in increasing frequency of feelings of imposter phenomenon in both the genders but higher correlational value was observed in women than men which can be used to conclude that women has high positive correlation between Fear of happiness and imposter phenomenon than men.

To study the effects of birth order on Fear of Happiness and Imposter Phenomenon the participants were segregated into four groups according to their responses provided in the survey. After observing the data collected from the responses provided by the participants it was seen that the participants who were conceived first in the birth order had the correlation value of 0.85 which provides the investigation with the data to conclude that fear of happiness and imposter phenomenon has positive high correlational value which helps in stating that increase in levels of fear of happiness will lead to higher experiences of characteristics of being an imposter and the other group of participants who were second born, third born and fourth born had the high correlational values 0.82, 0.74 and 0.93 which again proves that Fear of happiness and Imposter Phenomenon has high positive correlation values meaning increase in one's levels will lead to increase in other's increasing levels.

CONCLUSION

The above discussion can be used evidence to conclude that the birth order or order of being conceived has compelling effects on the levels of Fear of Happiness and Imposter Phenomenon with high correlational values and both male and female participants were observed to have the high correlational values for Fear of Happiness and Imposter Phenomenon. The increase in levels of Fear of Happiness leads to Increase in the frequency of feelings of being an imposter. It can be seen that previous researches provide empirical evidence in support of this investigation which aims to study the effects of birth order on Fear of Happiness and Imposter phenomenon in both male and female population. In a study done by Sar V., Turk T., and Ozturk E. in year 2019, it was stated that Women had higher scores than men on childhood emotional abuse and fear of "cheerfulness ends up with bad faith." In contrast to the results obtained by the female population it was seen that females have higher levels of Fear of Happiness than men which supports the result obtained by this study.

The findings obtained in this investigation can provide a stronghold for further researches in the this field of examination as there are no past researches or examinations done over this course of issue and levels of fear of happiness and characteristics of imposter phenomenon can have a huge impact on an individual's lifestyle, mental and physical well-being which can with time deteriorate quality of life making them a liability to the society and their family while affecting multiple aspects of their life, hampering quality of relationships as well. Lack of past researches do not provide any evidence for this investigation but the data obtained using the responses provided by the participants offer worthy belief in the results obtained.

LIMITATIONS

The sample size taken under consideration for this investigation was 100 participants and the segregation was done under 2 stages, (i) on the basis of gender 50 male and 50 female participants and (ii) on the basis of birth order 25 first born participants, 25 second born participants, 25 third born participants and 25 fourth born participants and for future investigations sample size can be increased to obtain more accurate results.

An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

This study focused on the population of Dehradun city and results may vary to other state and countries due to cultural and child rearing practices.

Absence of past studies and researches in the exploration zone. Literature review is a compelling piece of any examination, since it assists with distinguishing the extent of working that have been done so far in research territory. Writing audit findings are utilized as the establishment for the researcher to build upon to accomplish the investigation objectives.

Recommendations for Future Research:

- Taking under consideration the sample size it would be more appropriate to work under a large sample size to acquire more accurate results for the investigation.
- Working over a larger land area such as taking a union territory, a state or a country would be more appropriate to avoid any cultural barriers.

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An Investigation to Evaluate the Influence of Birth Order on Vulnerability of Fear of Happiness and Imposter Phenomenon Among Adults

Conflict of Interest

The author(s) declared no conflict of interest.

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