

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Sruthy Krishna M.^{1*}, Fathima A.²

ABSTRACT

This present study was conducted to examine the role of perfectionism as imposed by family on self-compassion and imposter phenomenon among young adults. The study was conducted with 170 young adults aged 19 to 28 years from different districts in Kerala, who were assessed using psychological measures such as the Family Almost Perfect Scale developed by Wang K. T. (2010), the Self-Compassion Scale by Neff, K. D. (2003), and the Impostor Phenomenon Scale by Clance, P. R. (1985). A purposive sampling method was employed to select participants. Statistical tools such as spearman rank correlation and Man Whitney U test were used for data analysis, which was carried out with the help of SPSS. The results showed a significant relationship between perfectionism as imposed by family, self-compassion, and the imposter phenomenon among young adults. Additionally, a gender difference was found in self-compassion, but not in perfectionism as imposed by family and the imposter phenomenon among young adults.

Keywords: *Family-imposed perfectionism, self-compassion, imposter phenomenon, young adults*

In recent decades, research has increasingly highlighted the detrimental effects of perfectionism on mental health and academic performance across diverse racial and ethnic cultures worldwide. Young adulthood is a critical developmental stage marked by increasing independence and the pursuit of academic and career goals. During this time, family influences, particularly in the form of expectations and values, continue to shape self-perception and emotional well-being.

One such influence is perfectionism as imposed by family, where individuals internalize high, often unrealistic standards conveyed by parents or caregivers. While striving for excellence can be adaptive, perfectionistic pressure from family may lead to excessive self-criticism, fear of failure, and conditional self-worth. This can undermine self-compassion, which involves being kind to oneself in moments of struggle or perceived inadequacy.

Low self-compassion, in turn, has been linked to the imposter phenomenon—a psychological pattern in which competent individuals doubt their abilities and fear being

¹Assistant Professor Department of Psychology, SCMS School of Technology & Management Muttom

²M.Sc Clinical Psychology Student, Department of Psychology, SCMS School of Technology & Management Muttom

*Corresponding Author

Received: October 10, 2025; Revision Received: December 26, 2025; Accepted: December 31, 2025

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

exposed as frauds. When young adults grow up in environments where perfection is expected and mistakes are not tolerated, they may struggle to develop a healthy internal dialogue and may instead feel

Perfectionism defined as a personality disposition characterized by striving for flawlessness and setting exceedingly high standards for performance accompanied by tendencies for overly critical evaluations (Flett and Hewitt, 2002). This tendency is commonly seen in adolescents and young adults as they strive for academic and career success, but its effects are not always positive. Perfectionism involves setting exceptionally high standards for personal achievement. However, research on perfectionism measures has identified two key aspects that make this trait more complex: one is called positive striving, while the other reflects maladaptive concerns about self-evaluation. Slaney, Rice, Mobley, Trippi, and Ashby (2001) used these factors to distinguish between adaptive and maladaptive perfectionism. According to their perspective, adaptive perfectionists strive for excellence without experiencing the intense self-criticism that affects maladaptive perfectionists. While both types maintain high expectations for their performance, maladaptive perfectionists are overly harsh in judging their own achievements. Even though perfectionism may come from different sources, families are powerful influences in transmitting perfectionist values and behaviours.

Perfectionism as imposed by family is when a family member or group sets unrealistic expectations for a person, which can lead to perfectionist behaviours. Various factors contribute to the transmission of perfectionism within families. One key factor is the perceived discrepancy between a child's actual performance and the high expectations set by their family (Slaney, Rice, Mobley, Trippi, & Ashby, 2001; Wang, 2010). When a child experiences a significant gap between these expectations and their own self-assessment, it can lead to psychological distress. This distress may manifest as emotional challenges, including low self-esteem, depression, anxiety, and even suicidal ideation.

Perfectionism is often associated with a range of negative feelings, thoughts, and beliefs. Perfectionists tend to equate failure with a lack of personal worth, believing that not achieving their goals makes them worthless. They also fear making mistakes, seeing them as failures, and in their efforts to avoid mistakes, they miss valuable learning opportunities. A fear of disapproval also drives perfectionists, as they worry that showing flaws will lead to rejection and criticism. Their thinking is often all-or-nothing, where even small imperfections make them feel like total failures.

Perfectionistic individuals often learn early in life that they are valued primarily, or even solely, based on their accomplishments and achievements. As a result, they may come to base their self-worth on their productivity and the approval of others. This can lead to self-esteem that is largely dependent on external validation, making them vulnerable and overly sensitive to criticism.

Self-Compassion, representing the balance between increased positive and decreased negative self-responding in times of personal struggle (Neff, 2003). Neff (1993) highlighted that being kind to oneself is a crucial response to perfectionism. He noted that self-compassion is especially important for self-critical perfectionists who have experienced rejection or feel socially excluded or unaccepted. Neff is credited with narrowing the broad concept of "compassion for others" to focus specifically on "self-oriented compassion." The

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

concept of self-compassion has since become an integral part of Positive Psychology and has gained increasing significance over the past 25 years. Self-compassion involves upholding a positive attitude towards oneself. Neff (2003a), defined this term using three components namely - 'Self-Kindness', is the tendency to genuinely care and have an understanding attitude towards oneself rather than being self-critical, 'Common Humanity', portrays accepting one's own personal limitations as part of shared human experience rather than isolating the experiences from others, 'Mindfulness', a state of balanced awareness about ones suffering or pain with clarity and acceptance of mental and emotional phenomena as it arises rather over-identifying or disassociating (Muris et.al, 2018). Self-compassion involves acknowledging one's own pain and being open to it, rather than avoiding or disconnecting from it. It means feeling the desire to reduce suffering and heal oneself with kindness. It also includes being understanding and nonjudgmental about one's pain, flaws, and failures, recognizing that these experiences are part of the broader human condition.

Self-compassionate individuals engage in less rumination, have greater feelings of social connectedness, and higher levels of life satisfaction (Neff et al., 2007). Self-compassionate individuals tend to experience higher levels of happiness, optimism, wisdom, curiosity, exploration, and personal initiative (Seligman & Csikszentmihalyi, 2000). Additionally, self-compassion is a strong negative predictor of anxiety and depression, even when accounting for self-criticism (Neff, 2003). Self-compassion is also negatively associated with neurotic perfectionism, and individuals with higher self-compassion are less likely to compare themselves to others. Research shows that self-compassion is partly influenced by early childhood experiences. People who lack self-compassion often had critical mothers, grew up in dysfunctional families, or had insecure attachment patterns or childhood trauma (Germer & Neff, 2015). Individuals who lack self-compassion struggle to handle difficult situations. They tend to overthink their problems and criticize themselves harshly, making it hard to take responsibility or accept negative events. They may avoid expressing their true feelings, fearing it could hurt others, and often prioritize others' needs over their own. If things don't go as planned, they feel guilty, ashamed, or blame themselves.

While many psychological theories suggest that people are primarily self-interested, research shows that individuals tend to be much harsher and less kind to themselves than they would be to others they care about or even to strangers. This harshness often comes from a fear of being seen as egotistical or selfish. However, showing kindness to oneself doesn't mean being self-centered.

Perfectionists are more likely to experience various types of stress compared to non-perfectionists. Perfectionism can lead individuals to develop rigid and harsh thinking patterns, which can make it difficult to show compassion toward themselves and others. Inflexible ways of thinking can negatively impact mental health and overall functioning. With self-compassion, we understand that facing challenges is a normal part of being human, something everyone experiences. Our struggles make us part of the shared human experience. As human beings, we cannot be perfect, avoid mistakes, achieve every goal, or escape life's challenges. In these moments, self-compassion is a valuable tool that helps us approach suffering with kindness and a sense of connection, making our difficulties easier to endure.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Imposter Syndrome was first identified by Clance and Imes (1978) during an empirical study. They coined the term "Imposter Phenomenon" to describe the behaviors and traits of successful women who struggled to internalize their achievements. However, it is now observed in men with similar frequency. Imposter Phenomenon refers to an "internal experience of intellectual phoniness" (Clance, 1985), in individuals who are highly successful but unable to internalise their success. Imposter Syndrome, also referred to as Imposter Phenomenon (IP), impostorism, and neurotic imposture, describes individuals who feel like intellectual frauds. They believe their success is due to luck, connections, or hard work rather than their own talent or intelligence (Clance, 1985). Although imposter syndrome is not formally recognized in the DSM, common symptoms include generalized anxiety, low self-confidence, low self-esteem, and a diminished sense of competence, autonomy, and social connection (Maftai et al., 2021). Individuals experiencing imposter syndrome often struggle with self-doubt, perfectionism, and hesitation in expressing their thoughts or standing up for themselves (Clark et al., 2014). Clance (1985) identified six key characteristics of the Impostor phenomenon: the Impostor Cycle, the need to be exceptional or the best, superman/superwoman tendencies, fear of failure, denial of competence and rejection of praise, and fear and guilt about success. However, these traits vary among individuals, and not every impostor experiences all of them. To be considered an impostor, a person must exhibit at least two of these characteristics. The Impostor Cycle is a key feature of the Impostor Phenomenon (Clance, 1985). It begins when a person is given an achievement-related task, such as schoolwork or a job assignment. Impostors feel anxious and may respond in two ways, either by over-preparing or by procrastinating and then rushing to complete the task (Thompson et al., 2000). After finishing the task, they may feel brief relief, but it doesn't last. Even if they receive positive feedback, they do not believe their success is due to their own ability. Instead, those who over-prepare think they succeeded because of hard work, while procrastinators believe it was just luck. Impostors also believe that hard work does not reflect real ability (Clance, 1985). Because of this, they continue to doubt themselves. When a new task comes up, the cycle repeats, leading to more anxiety and self-doubt.

Thompson et al. (2000) explain that people with imposter syndrome typically react to fear in one of two ways: either by over-preparing intensely or by procrastinating and then rushing to prepare at the last minute. While they may feel relief and satisfaction after success, this feeling is short-lived. As new challenges arise, their fears and self-doubt return, creating a repeating cycle. If they succeed after over-preparing, they credit their hard work; if they procrastinate, they see it as luck. Because they struggle to turn their anxiety into motivation, they rarely find joy in challenges, viewing them as threats instead. Whether they overwork or delay tasks, their actions are driven by deep worry.

Individuals experiencing impostor phenomenon often have an intense fear of failure and worry about making mistakes or not meeting expectations. They tend to downplay their achievements, attributing success to luck or external factors rather than their own abilities. Perfectionism is linked to impostor phenomenon, leading them to set excessively high standards and feel immense pressure to succeed. To compensate for perceived inadequacies, they may overwork, over-prepare, or procrastinate due to the fear of being exposed as incompetent. Additionally, they often engage in negative self-talk, characterized by self-doubt, self-criticism, and harsh self-evaluation. The impostor phenomenon can have various underlying causes, including personality traits, early life experiences, cultural and societal factors, and professional environments that foster competitiveness or high expectations.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Research has shown Impostorism affects a wide range of people. It is estimated that 70% of people will experience impostor phenomenon at least once in their lives (Gravois, 2007). Harvey (1981) suggested that anyone can feel like an impostor if they struggle to internalize their success, and this experience is not exclusive to highly successful individuals. Researchers have identified a number of factors contributing to the emergence of Impostorism, including perfectionism and family environment. Links between Impostorism and its consequence, psychological distress, such as anxiety and depression have been well established. Most Impostors are able to fulfil their academic or work requirements despite their self-perceived fraudulence. Impostors often exhibit workaholic behaviors, which can result in burnout and mental exhaustion. It is possible that subclinical symptoms resulting from impostor fears can, if prolonged, lead to clinical levels of depression or anxiety. A greater understanding of the factors contributing to Impostorism and its consequences may lead to effective interventions that reduce psychological distress.

Family environment, dynamics, and parenting styles can influence a child's approach to success and failure, shaping their achievement values and behaviors (Thompson, 2004). Additionally, personality traits like neuroticism and perfectionism are believed to contribute to the development of Impostorism. These traits are considered stable and may play a role in forming a person's cognitive framework. Clinical observations suggest that impostor fears often stem from family dynamics during early childhood and are reinforced through the socialization process in adolescence and adulthood. Clance (1985) identified four key family characteristics that contribute to the development and continuation of the Impostor Phenomenon, based on her patients' developmental histories, Impostors' perception that their talents are unusual compared to those of their family members, family messages emphasizing the importance of intellectual abilities and that success should come easily, discrepancies between feedback about their abilities and success from family and other sources, and a lack of positive reinforcement.

Kets de Vries (2005) suggested that perfectionism is a key cause of Neurotic Imposture. Impostors often set excessively high and unrealistic goals, leading to self-defeating thoughts and behaviors when they fail to meet these goals (Kets de Vries, 2005). In clinical discussions of the Impostor Phenomenon, perfectionism is consistently highlighted as a dominant theme, with Impostors setting unattainably high standards for self-evaluation (Imes & Clance, 1984). Their need to be the best, to do everything perfectly, and their tendency to overwork align with perfectionistic traits. Additionally, Impostors' habit of dismissing positive feedback while holding themselves to unrealistically high standards and criticizing themselves for not meeting them is also consistent with perfectionism.

Maladaptive perfectionism increases the risk of developing the impostor phenomenon. Impostors are different from non-impostors because they tend to overreact to failure, seeing it as a bigger problem than it really is, which a common thinking pattern is in maladaptive perfectionism.

The study on the role of perfectionism as imposed by family, self-compassion, and impostor phenomenon among young adults is important because it examines how the pressures of perfectionism, especially from family expectations, can influence mental health and self-esteem in young adults. Young adulthood, typically between the ages of 18 and 28 years, is a distinct phase where individuals transition from adolescence to full adulthood. During this time, young adults focus on key developmental tasks, such as exploring their identities and

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

belief systems, while also working towards greater independence and autonomy. During this time, the influence of family can play a big role in shaping how young adults view success, failure, and their self-worth. When families impose high expectations of perfection, it can lead to feelings of inadequacy, self-criticism, and difficulty in accepting their accomplishments. This can contribute to the imposter phenomenon, where individuals feel like they don't deserve their success, even though they have achieved a lot.

Need and Significance of the Study

Although there has been considerable research on perfectionism, self-compassion, and the imposter phenomenon individually, few studies specifically focus on the impact of perfectionism as imposed by family on self-compassion and the imposter phenomenon, particularly among young adults. This developmental stage is marked by major transitions in academic, career, and personal domains, making young adults especially vulnerable to external pressures and self-doubt.

When perfectionism is imposed by family members, young adults may feel a constant need to prove their worth. This can lead to feelings of inadequacy, even in the face of success, and fuel the imposter phenomenon. These feelings are not only emotionally distressing but can also result in chronic stress, anxiety, and other mental health challenges.

Understanding the link between perfectionism as imposed by family and the imposter phenomenon is critical, as it highlights the powerful role of family expectations in shaping a young adult's self-image and mental well-being. Self-compassion has been identified as a potential protective factor helping individuals manage stress, cope with failure, and develop a healthier relationship with themselves. By examining how self-compassion interacts with perfectionism and imposter feelings, this study seeks to uncover ways to reduce psychological distress and improve resilience among young adults.

This research is significant because it can inform therapeutic and educational interventions, offering guidance to mental health professionals, educators, and families. Insights from this study can support the development of strategies that promote self-compassion, reduce harmful perfectionistic pressures, and ultimately foster better emotional and psychological outcomes for young adults. In doing so, the study helps to understand how family dynamics affect long-term mental health and offers actionable solutions to support this vulnerable population during a key stage of life.

Statement of the Problem

The present study is entitled as “Role of perfectionism as imposed by family on self - compassion and the imposter phenomenon among young adults

Aim of the Study

The aim of this study is to explore the role of perfectionism as imposed by family on self - compassion and the imposter phenomenon among young adults.

REVIEWS OF RELATED LITERATURE

Review related to perfectionism as imposed by family on self-compassion and imposter phenomenon.

Pakozdy et al., (2024) conducted a study ‘The imposter phenomenon and its relationship with self-efficacy, perfectionism and happiness in university students’. This study explored

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

the link between the Imposter Phenomenon (IP) and self-efficacy, maladaptive perfectionism, and happiness in university students. It also examined gender differences in these factors. Additionally, the study investigated whether IP was related to feelings of belonging and perceived academic competition. A total of 261 students participated. Findings indicate that the Imposter Phenomenon (IP) was negatively associated with self-efficacy and happiness. Additionally, IP was positively linked to maladaptive perfectionism, indicating that higher perfectionism was associated with stronger imposter feelings. Women scored higher than men on both IP and perfectionism, and the gender difference in IP remained even after considering perfectionism. However, belonging and academic competition were not related to IP. Importantly, imposterism fully explained the negative relationship between perfectionism and happiness, suggesting that addressing IP could help improve students' overall well-being.

Afzal, Zamir, and Ali (2024) conducted a study on the topic 'Intricacies of Imposter Phenomenon, Mental Well-Being, Self Compassion and Academic Integrity Interactions Among Students: Parallel Mediation Analysis'. The purpose of the research is to find out the intricacies of imposter phenomenon, mental well-being, self-compassion and academic integrity interactions among university students through parallel mediation analysis. The study collected data through in-person surveys and Google Forms, with 227 BS (Hons) students participating. The results showed that self-compassion and academic integrity fully mediate the link between the Imposter Phenomenon (IP) and mental well-being.

Gopalika Grover (2024) conducted 'A Study on Self-Compassion, Narcissism and Perfectionism in Young Adults'. A sample size of 32 was taken between the age range of 18-25 years. The results showed a strong link between self-critical perfectionism and self-compassion, as well as between rigid perfectionism and narcissism. It's important for young adults to focus on more than just material success. They should learn to see life beyond strict right-or-wrong thinking, create their own path, and surround themselves with people who make them feel comfortable and supported.

Alderton et al. (2024) conducted a study on the topic 'Associations between stress, perfectionism, and imposter phenomenon among dental hygiene students'. The purpose of this study was to explore the prevalence of IP and perfectionism in dental hygiene students and the relationship with stress. This study used cross-sectional survey research with a nonprobability sampling of dental hygiene students. Sample size includes 258. This study found that doubting their own competence (a part of the imposter phenomenon) and striving for perfection were the main factors predicting stress. Doubting competence had twice the impact of perfectionism on stress levels.

Andersson et al., (2023) conducted a study on the topic 'Self-compassion, perfectionism, imposter phenomenon, stress and anxiety in patients with localized provoked vulvodynia'. This study aimed to understand psychological distress in patients with localized provoked vulvodynia. Patients with this condition were recruited for a cross-sectional study using questionnaires. They completed self-report measures on perfectionism, imposter phenomenon, self-compassion, anxiety, and stress. A total of 30 patients participated. The questionnaire results showed that 63% of participants had signs of perfectionism, 80% experienced the imposter phenomenon, 27% had low self-compassion, 43% reported anxiety, and 23% felt high stress. Patients in committed relationships had higher self-compassion levels. These traits were more common in patients with localized provoked

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

vulvodynia compared to similar groups. Imposter phenomenon and perfectionism were especially frequent, with over half of the participants scoring above the clinical cutoff. This highlights the need for further research on whether addressing imposter phenomenon and perfectionism could help in treating localized provoked vulvodynia.

Bowen Pereira et al., (2023) studied ‘A Test of a Cognitive Appraisal Model of the Influence of Perceptions of Seriousness and Self-Compassion as Influencing Impostor Experiences’. The hierarchical regression analysis showed that higher self-compassion was linked to fewer impostor feelings, with strong statistical support. However, perceptions of seriousness were also linked to lower impostor feelings, though the effect was smaller. Despite this, self-compassion did not change the relationship between perceptions of seriousness and the impostor phenomenon. This suggests that while self-compassion helps reduce impostor feelings, its connection to how students perceive their college environment and experience impostor thoughts needs further study. More research is needed to understand how self-compassion and perceptions of seriousness shape impostor feelings in university students. The study also discusses its limitations, implications, and possible future research directions.

Athena (2023) conducted a study on the topic ‘Understanding the Relationship Between Multidimensional Perfectionism and Self-Compassion in Adults: The Effect of Age’. This study aimed to explore the relationship between different types of perfectionism and self-compassion and examine how age affects this relationship. The study included 509 adults aged 18 to 65 years, who completed self-report questionnaires. The results showed that having high standards was linked to higher self-compassion in all areas. In contrast, feeling a gap between one's standards and performance (discrepancy) was linked to more self-judgment, isolation, and overidentification, while being associated with lower self-kindness, mindfulness, and a sense of common humanity. Adaptive perfectionists and non-perfectionists had higher levels of positive self-compassion and lower levels of negative self-compassion compared to maladaptive perfectionists. Regarding age, adults in the 30–45 and 46–65 age groups showed higher positive self-compassion and lower negative self-compassion than younger adults (18–29 years). Meanwhile, younger adults scored higher on both adaptive and maladaptive perfectionism than older adults.

Gordon L. Flett et al. (2023) conducted a study ‘Trait Perfectionism, Perfectionistic Automatic Thoughts, Perfectionistic Self-Presentation, and Self-Compassion Among Students and Mothers of Young Children’. The current research investigated the associations between various measures of perfectionism and self-compassion according to the broad conceptualization of perfectionism outlined in the Comprehensive Model of Perfectionistic Behavior (CMPB). This work includes a unique focus on perfectionism and self-compassion in mothers. Perfectionism and self-compassion were studied in two groups: 96 mothers of young children and 144 university students. Results indicate that lower levels of self-compassion in both mothers and students were associated significantly with self-oriented and socially prescribed perfectionism, but also with perfectionistic automatic thoughts and perfectionistic self-presentation. Other oriented perfectionism in mothers was also associated with low self-compassion. The results also showed that perfectionism had a stronger impact on low self-compassion in mothers compared to students.

Young Kwon, and Kim (2022) studied ‘Perfectionism, life stress, and suicidal ideation among college students: A protective role of self-compassion’. This study involved 420 Korean

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

college students and used structural equation modeling to explore whether self-compassion helps reduce the negative effects of life stress. The findings showed that students with higher self-compassion experienced less of the harmful impact of maladaptive perfectionism on suicidal thoughts, as life stress played a role in this connection. The study highlights the importance of self-compassion in protecting against these negative effects and suggests directions for future research.

Zebuline, and Thenmozhi (2022) conducted a study on the topic ‘Perfectionism as Imposed by Family and Fear of Intimacy among Young Adults’. This study explores the link between family-imposed perfectionism and fear of intimacy in young adults. The sample includes 80 participants (28 male and 52 female) aged 18 to 30 years. The sample was randomly selected using snowball technique. A one-way ANOVA was used to analyze the relationship between perfectionism and fear of intimacy. Findings revealed that non-perfectionists experienced higher fear of intimacy, and those who were not in a romantic relationship had greater fear of intimacy.

Grubb and Grubb, (2021) conducted a study ‘Perfectionism and the Imposter Phenomenon’. This study examines whether perceptions of an ethical climate change how an individual’s concern over mistakes and personal standards relate to the imposter phenomenon. The study was conducted over 600 students. Hierarchical regression analysis to examine how Ethical Climate influences the relationship between Concern over Mistakes, Personal Standards, and the Imposter Phenomenon. Concern over Mistakes was strongly linked to the Imposter Phenomenon. Ethical Climate also had a significant effect on the Imposter Phenomenon, even after accounting for Concern over Mistakes’ moderation effect was found, meaning that the impact of Concern over Mistakes on the Imposter Phenomenon changes depending on the level of Ethical Climate. The findings show that both ethical climate and two types of perfectionism (concern over mistakes and personal standards) are connected to the imposter phenomenon.

Carmo et al., (2021) conducted a study on the topic ‘The Influence of Parental Perfectionism and Parenting Styles on Child Perfectionism’. This study examined the link between child and parental perfectionism, focusing on the Social Learning Model and Social Expectations Model, as well as children's views on parenting styles. The study included 119 children and their parents, using self-report questionnaires. The results showed that most perfectionism traits were shared between parents and children, supporting the Social Learning Model. Fathers' perfectionism was linked to sons' perfectionism, while mothers' perfectionism was linked to daughters' perfectionism. The study also found that an authoritarian parenting style played a role in the development of maladaptive perfectionism, with both parents' parenting styles having a stronger impact on daughters than on sons.

Lee et al., (2020) conducted a study on the topic ‘Perfectionism and the Imposter Phenomenon in Academically Talented Undergraduates’. The purpose of the current study was to investigate how gender, honors program participation, and perfectionistic beliefs are related to imposter feelings in undergraduate students. The study included 244 undergraduate students, with 190 females and 54 males. Among them, 36.48% were part of the honors program, while 63.52% were not. The participants are selected using a convenience sampling method. Results of a hierarchical regression analysis indicate that socially prescribed perfectionism and honors program participation relate to higher levels of imposter feelings in an undergraduate sample.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Linnett, and Kibowski (2019) conducted ‘A multidimensional approach to perfectionism and self-compassion’. This study used structural equation modeling, the participants were selected using a convenience sampling method. Sample of the study include 428, to explore the relationship between different types of perfectionism and self-compassion. The results showed that maladaptive perfectionism (Concern over Mistakes; Discrepancy) was linked to lower self-compassion, including less self-kindness, common humanity, and mindfulness. Surprisingly, adaptive perfectionism was also linked to higher self-judgment.

Ferrari et al. (2018) conducted a study on the topic ‘Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood’. This study aimed to investigate whether self-compassion moderated, or weakened, the relationship between high perfectionism and high depression symptoms in both adolescence and adulthood. This study used anonymous self-report questionnaires to measure maladaptive perfectionism, depression, and self-compassion in two groups spanning different life stages. The first group included adolescents (Study 1, average age 14.1 years, 541 participants) who completed the questionnaires in a high school setting. The second group consisted of adults (Study 2, average age 25.22 years, 515 participants) recruited through universities and online. Moderation analyses revealed that self-compassion reduced the strength of relationship between maladaptive perfectionism and depression in adolescents and adults.

Patzak, Kollmayer, and Schober (2017) conducted a study on the topic ‘Buffering Impostor Feelings with Kindness: The Mediating Role of Self-compassion between Gender-Role Orientation and the Impostor Phenomenon’. In this study, we examine self-compassion as a potential resilience factor against the impostor phenomenon, taking gender and gender-role orientation into account. Using a cross-sectional online survey, they examined 459 high-achieving first-year university students, including 315 females. The results showed that female, feminine, and undifferentiated students had higher IP scores and lower self-compassion compared to male, masculine, or androgynous students. Across all participants, higher impostor phenomenon levels were linked to lower self-compassion. Self-compassion further mediates the relationship between gender-role orientation and the impostor phenomenon.

Research Gap

Although there is research on perfectionism, self-compassion, and the impostor phenomenon, there remains a notable lack of studies that focus specifically on the role of perfectionism as imposed by the family, especially in adults. Many studies talk about the negative effects of maladaptive perfectionism and impostor feelings, like stress, low confidence, and poor mental health. However, not much research has looked closely at how family expectations and pressure lead to these problems, especially in young adults.

In particular, there is a lack of studies that explore how family pressure affects self-compassion and impostor feelings. This gap is even more noticeable in the Indian context, where cultural and family values play a strong role in shaping young people’s experiences. More studies are needed to examine these variables in Indian young adults, to help inform culturally relevant interventions aimed at reducing psychological distress, fostering self-compassion, and managing impostor feelings linked to family expectations.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

METHOD

Objectives

- To examine the relationship between Perfectionism as Imposed by Family and Self-Compassion Young Adults.
- To examine the relationship between Perfectionism as Imposed by Family and Imposter Phenomenon Among Young Adults.
- To examine the relationship between Self-Compassion and Imposter Phenomenon Among Young Adults.
- To examine the difference in Perfectionism as Imposed by Family, Self-Compassion and Imposter Phenomenon on gender Among Young Adults.

Variables and Operational Definitions

- **Perfectionism as Imposed by Family**

Perfectionism is defined as 'the practice of demanding of oneself or others a higher quality of performance than is required by the situation' (Hollender, 1965). Perfectionism as Imposed by Family refers to the high and often unrealistic standards that parents or family members place on an individual, expecting flawless performance and success.

- **Self-Compassion**

Self-Compassion representing the balance between increased positive and decreased negative self-responding in times of personal struggle. (Neff, 2003). Self-compassion as being composed of three main elements – self-kindness, common humanity, and mindfulness.

- **Imposter Phenomenon**

Imposter Phenomenon from refers to an “internal experience of intellectual phoniness” (Clance,1985),

Operational definition

- **Perfectionism as Imposed by Family**

Perfectionism as Imposed by Family is the pressure from parents or family members to meet exceptionally high and often unrealistic standards, demanding flawless performance and success.

- **Self-compassion**

Self-compassion is the practice of treating yourself with kindness, understanding, and acceptance, especially during times of failure or difficulty.

- **Imposter Phenomenon**

Imposter Phenomenon is characterized by persistent self-doubt, fear of being exposed as a fraud, and the tendency to attribute success to external factors rather than personal competence.

Hypotheses

- **H1.** There is a significant relationship between Perfectionism as Imposed by Family and Self-Compassion Among Young Adults.
- **H2.** There is a significant relationship between Perfectionism as Imposed by Family and Imposter Phenomenon Among Young Adults.
- **H3.** There is a significant relationship between Self-Compassion and Imposter Phenomenon Among Young Adults.
- **H4.** There is a significant difference in Perfectionism as Imposed by Family, Self-Compassion and Imposter Phenomenon on gender Among Young Adults.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Sample

The population of the study includes young adults aged 18 to 30 from different districts in Kerala. The sample size of this study is 170. The sampling technique is used for the study is purposive sampling.

Inclusion Criteria

- Young adults from different districts in Kerala.
- Young adults in the age range of 18 to 28 years.
- Both male and female young adults.
- English Literate

Exclusion criteria

- Individuals younger than 18 or older than 28.

Assessment Tools

Demographic scale is used to collect the participants age and gender.

- **Family Almost Perfect Scale (FAPS):** Family Almost Perfect Scale developed by Wang K. T. in 2010 will be used to measure an individual's perceptions of the attitudes, beliefs, and values one's family has and conveyed to them. It is a self-report inventory containing 17 items designed to measure adaptive and maladaptive components of perfectionism as imposed by family. Participants respond to the items using a 7 point likert- scale ranging from 1 (strongly disagree) to 7 (strongly agree). The instrument consists of three subscales: Family standards, Family order and family discrepancy. Cronbach's coefficient alphas ranging from .83 for the 7-item Standards subscale to .92 for the 12-item Discrepancy subscale. Cronbach's coefficient alphas for this sample were .91 for Standards and .96 for Discrepancy.
- **Self-Compassion Scale:** It was developed by Neff, in 2003. It consists of 26 items, including 6 subscales: Self-Kindness, Self-Judgment, Common Humanity, Isolation, Mindfulness and Over-identification. The responses are scored on a 5 point likert scale ranging from 1 (almost never) to 5 (almost always). Total Self-Compassion Scale scores evidenced good internal reliability (Cronbach's $\alpha = .92$), as did the six subscales (Cronbach's α ranging from .75 to .81). Test-retest reliability over a three-week interval was also good for the total score (Cronbach's $\alpha = .93$) and six subscale scores (with Cronbach's α ranging from .80 to .88). The scale has good construct validity, predictive validity and discriminant validity.
- **Clance Impostor Phenomenon Scale (CIPS):** It was developed by Pauline Rose Clance, in 1985. CIPS involves 20 self-report questions answered using a 5-point Likert scale, ranging from 1 (point for not at all true) to 5 (very true). The internal consistency reliability (coefficient of alpha) is 0.92 for the scale. The scale has good discriminant and construct validity.

Research Design

The study used a correlational research design, which is a type of quantitative method that looks at the relationship between two or more variables without manipulating them. This design helps to find out whether a relationship exists, and if so, whether it is positive or negative and how strong it is. Correlational research is especially useful in fields like psychology, education, and the social sciences, where it may not be possible or ethical to control variables in an experiment.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Data Collection Procedure

The study was conducted on young adults using a Google Form. Participants will first be presented with an informed consent form outlining the purpose of the study, its voluntary nature, the approximate time required, the right to withdraw at any time, and assurances of confidentiality. Only participants who provide electronic consent will proceed.

To build rapport, a brief introductory message will be provided, explaining the background and purpose of the study and encouraging honest responses. Clear instructions will be given to help participants easily understand how to complete the questionnaire.

Standardized questionnaires will be used to assess perfectionism, self-compassion, and the imposter phenomenon. Confidentiality will be strictly maintained, all responses will be anonymized, securely stored, and the participants' privacy will be fully protected.

Statistical Technique

Data analysis for the study is conducted using SPSS (Statistical Package for the Social Sciences), a comprehensive statistical software developed by IBM. Widely used in the social sciences, SPSS is also applied in fields such as business, healthcare, and education due to its versatility. Its combination of advanced statistical capabilities facilitates efficient data management, analysis, and visualization, enabling researchers to derive meaningful insights from complex datasets.

The study employs descriptive methods and uses Spearman's Rank Correlation to analyze relationships between variables. Spearman's Rank Correlation is a non-parametric statistical measure that assesses the strength and direction of a monotonic relationship between two ranked variables. It is particularly useful when the data do not meet the assumptions required for Pearson's correlation, such as normal distribution or linearity. Represented by the Greek letter ρ (rho), this method offers a robust and flexible approach for examining associations between variables in various research contexts.

To determine gender differences, the study also utilizes the Mann-Whitney U test, a non-parametric test used to compare differences between two independent groups when the data do not follow a normal distribution.

RESULT AND DISCUSSION

Table 4.1 The normal distribution test for the variables Perfectionism as imposed by family, Self - compassion and Imposter phenomenon using Shapiro Wilk Test.

Variables	Statistics	df	Sig. (p value)
Perfectionism as imposed by family	.978	170	0.10
Self - Compassion	.943	170	<.001
Imposter Phenomenon	.981	170	.019

The table 4.1 represents the results of the Shapiro-Wilk test for normality, which evaluates whether a dataset is normally distributed. The test statistic ranges from 0 to 1, with values closer to 1 indicating a greater likelihood of normality. The df (degrees of freedom) corresponds to the number of observations, which in this case is 170. The Sig. (p-value) column indicates the significance level. A p-value less than 0.05 suggests a significant deviation from normality, meaning the data are not normally distributed. Since all three variables have p-values below 0.05, this indicates that the data is not normally distributed.

**The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon
Among Young Adults**

Therefore, non-parametric statistical methods would be more suitable for further analysis, as they do not rely on the assumption of a normal distribution.

Table 4.2 Descriptive statistics of the variables Perfectionism as Imposed by family, Self-Compassion and Imposter Phenomenon.

Variables	Statistics	df
Perfectionism as imposed by family	75.42	23.313
Self - Compassion	79.45	11.017
Imposter Phenomenon	59.26	16.066

The table 4.2 shows the mean scores for the variables Perfectionism as Imposed by Family, Self-Compassion, and Imposter Phenomenon are 75.42, 79.45, and 59.26, respectively. The standard deviations for these variables are 23.313, 11.017, and 16.066, respectively.

Table 4.3 Correlation between Perfectionism as imposed by family and Self - compassion among young adults.

Variable		Self-compassion
Perfectionism as imposed by family	r Value	-.208**
	p Value	.007

***Significant at 0.01*

Table 4.3 represents the correlation between Perfectionism as Imposed by Family and Self-Compassion among young adults. The results reveal a negative correlation ($r = -.208^{**}$) with a p-value of 0.007, which is below the standard significance level of 0.01. This indicates that the relationship is statistically significant, suggesting that higher levels of family-imposed perfectionism are associated with lower levels of self-compassion among young adults. Therefore H1, there is a significant relationship between Perfectionism as imposed by family and Self-Compassion among young adults is accepted. Confirming that perfectionism imposed by family significantly influences self-compassion in young adults.

Table 4.4 Correlation between Perfectionism as imposed by family and Imposter Phenomenon among young adults.

Variable		Imposter Phenomenon
Perfectionism as imposed by family	r Value	.541**
	p Value	<.001

***Significant at 0.01*

Table 4.4 represents the correlation between Perfectionism as imposed by family and the Imposter phenomenon among young adults. The analysis reveals a positive correlation ($r = .541^{**}$), with a p-value of < 0.001 , which is less than the standard significance value of 0.01. This indicates that the correlation is statistically significant, suggesting that higher levels of Perfectionism as imposed by family are meaningfully associated with increased experiences of the imposter phenomenon among young adults. Therefore H2, there is a significant relationship between Perfectionism as imposed by family and Imposter phenomenon among young adults is accepted confirming that variations in Perfectionism as imposed by family significantly influence the imposter phenomenon among young adults.

**The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon
Among Young Adults**

Table 4.5 Correlation between Self-Compassion and Imposter Phenomenon Among Young Adults.

Variable	Imposter Phenomenon	
Self-Compassion	r Value	-.422**
	p Value	<.001

***Significant at 0.01*

Table 4.5 presents the correlation between Self-Compassion and the Imposter Phenomenon among young adults. The results show a negative correlation ($r = -0.422$, $p < .001$), indicating that higher levels of self-compassion are associated with lower levels of the imposter phenomenon. Since the p-value is less than 0.01, this correlation is statistically significant. Therefore H3, there is a significant relationship between Self-Compassion and Imposter phenomenon among young adults is accepted confirming that self-compassion has a meaningful impact on reducing imposter phenomenon among young adults.

Table 4.6 Gender differences in Perfectionism as Imposed by family, Self-Compassion and Imposter Phenomenon Among Young Adults

Variables	Gender	N	Mean of Rank	Sum of Rank	U- Value	P- Value
Perfectionism as imposed by family	Male	63	88.78	5593.00	2975.000	.320
	Female	104	81.11	8435.00		
Self - Compassion	Male	63	74.17	4672.50	2656.500	.40
	Female	104	89.96	9355.50		
Imposter Phenomenon	Male	63	87.79	5521.50	3046.500	.488
	Female	104	81.79	8506.5		

***Significant at 0.01*

Table 4.6 presents the results of a Mann-Whitney U test, examining gender differences in the variables of Perfectionism as Imposed by Family, Self-Compassion, and Imposter Phenomenon among young adults. The analysis revealed that the mean rank for males was 88.78 (Sum of Ranks= 5593.00), while for females it was 81.11 (Sum of Ranks = 8435.00). The calculated U-value was 2975.000, and the corresponding p-value was 0.320. In Self-compassion, the mean rank for males was 74.17 (Sum of Ranks = 4672.50), while for females it was 89.96 (Sum of Ranks = 9355.50). The calculated U-value was 2656.500, and the corresponding p-value was 0.040. In the Imposter phenomenon the mean rank for males was 87.79 (Sum of Ranks = 5521.50), while for females it was 81.79 (Sum of Ranks = 8506.50). The calculated U-value was 3046.500, and the corresponding p-value was 0.448. Since the p-value of perfectionism as imposed by family and Imposter phenomenon is greater than the standard level of 0.05, it indicates that there is no statistically significant difference in perfectionism as imposed by family and Imposter phenomenon between males and females. p-value of self-compassion is less than the standard level of 0.05. Therefore, H3 there is a significant difference in Perfectionism as imposed by family, Self-compassion and Imposter phenomenon on gender among young adults is rejected. Only Self-compassion showed a significant difference while Perfectionism as imposed by family and Imposter phenomenon did not show any difference.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

DISCUSSION

The aim of the study is to understand the Role of Family-Imposed Perfectionism, Self-Compassion, and the Imposter Phenomenon among young adults. Table 4.1 shows the results of the Shapiro-Wilk test, which was conducted to assess the normality of these variables. The results show that all variables yielded p-values below 0.05, indicating a significant deviation from a normal distribution. As the data do not meet the assumptions of normality, non-parametric tests were utilized for subsequent analyses.

Table 4.3 shows that Spearman's rank correlation was used to examine the relationship between Perfectionism as Imposed by Family and Self-Compassion among young adults. The analysis revealed a negative correlation between the two variables, indicating that as family-imposed perfectionism increases, self-compassion tends to decrease. This finding aligns with previous research by Gopalika Grover (2024), who proposed a strong association between self-critical perfectionism and reduced self-compassion. Similarly, a study by You, S., Kwon, M., and Kim, E. K. (2022) suggested that individuals with higher levels of self-compassion experienced less of the harmful impact of maladaptive perfectionism on suicidal thoughts, as life stress played a role in this connection. These results highlight the potential influence of perfectionism as imposed by family on self-compassion among young adults. Young adults who feel pressured by their families to meet high or unrealistic standards are less likely to show themselves empathy and acceptance when they encounter failures.

Table 4.4 reveals a significant relationship between Perfectionism as Imposed by Family and the Imposter Phenomenon among young adults. The correlation is statistically significant, indicating that higher levels of perfectionism as Imposed by Family are associated with increased experiences of imposter feelings. In other words, young adults who perceive greater perfectionistic expectations from their families are more likely to struggle with feelings of self-doubt and the belief that their success is undeserved. This finding is consistent with prior research by Pakozdy et al., (2024) suggests that imposter phenomenon was positively linked to maladaptive perfectionism, indicating that higher perfectionism was associated with stronger imposter feelings. Likewise, in a study by W. Lee Grubb and Leah K (2021) both ethical climate and two types of perfectionism (concern over mistakes and personal standards) are connected to the imposter phenomenon. These results underscore the significant and positive impact of family-imposed perfectionism on the development of imposter feelings among young adults, reinforcing the importance of addressing familial expectations in understanding the psychological well-being of young adults.

Table 4.5 indicates a significant negative correlation between Self-Compassion and the Imposter Phenomenon among young adults. This suggests that individuals with higher levels of self-compassion tend to experience lower levels of imposter feelings. Young adults who are more kind and understanding toward themselves are less likely to struggle with persistent self-doubt and the fear of being exposed as a "fraud," which are characteristic of the imposter phenomenon. This finding is consistent with earlier research by Patzak, A., Kollmayer, M., & Schober, B. (2017), which demonstrated that higher levels of the imposter phenomenon were significantly associated with lower levels of self-compassion. Similarly, recent research by Afzal, S., Zamir, S., & Ali, M. A. (2024) found that self-compassion, along with academic integrity, fully mediates the relationship between the imposter phenomenon and mental well-being. Their findings suggest that fostering self-compassion not only reduces imposter feelings but also enhances psychological health and resilience, especially in academic settings. These results emphasize the protective role of self-

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

compassion in mitigating the negative effects of the imposter phenomenon and underscore its importance in promoting emotional well-being among young adults.

Table 4.6 represents the results of the Mann-Whitney U test, which was used to examine gender differences among young adults in Perfectionism as Imposed by Family, Self-Compassion, and Imposter Phenomenon. The analysis revealed no significant difference between male and female participants in levels of perfectionism as imposed by family and imposter phenomenon. This suggests that both genders experience similar levels of perceived perfectionistic expectations from their families and similar feelings related to the imposter phenomenon. However, a significant gender difference was observed in self-compassion, with females scoring higher than males. This finding indicates that young adult females tend to be more self-compassionate than their male counterparts, reflecting a greater tendency to be kind and understanding toward themselves in difficult situations. These results suggest that gender does not significantly influence perfectionism as imposed by family or imposter phenomenon, it plays a significant role in levels of self-compassion among young adults.

The study reveals that individuals who perceive high levels of perfectionistic expectations from their families are less likely to demonstrate self-compassion. When people feel that their families demand perfection or place excessive emphasis on flawless performance, they tend to be more self-critical and less likely to respond to their own mistakes with kindness, understanding, and patience. Instead of offering themselves emotional support during difficult moments, they may internalize failure more harshly, contributing to emotional distress. Moreover, the research indicates that individuals who experience greater pressure from their families to be perfect are more prone to experiencing the imposter phenomenon. This includes feelings of chronic self-doubt, a persistent fear of being exposed as a fraud, and difficulty accepting or internalizing personal achievements, even in the face of evident success. Such individuals often attribute their accomplishments to external factors.

The imposter phenomenon affects many areas of life, such as academic performance, career development, mental health, and overall well-being. Individuals experiencing high levels of imposter feelings may avoid new challenges, downplay their successes, or engage in perfectionistic overworking to prove themselves, which can lead to burnout or underperformance. Study also highlights the protective role of self-compassion. Individuals with higher levels of self-compassion appear to be more resilient to the negative effects of both perfectionism as imposed by family and imposter phenomenon. Encouraging self-compassion and dealing with unrealistic family expectations can be important ways to reduce imposter feelings and help people feel better about themselves.

SUMMARY AND CONCLUSION

The research revealed a negative correlation between Perfectionism as Imposed by Family and Self-Compassion, indicating that higher perfectionism as imposed by family is associated with lower self-compassion.

Furthermore, a significant positive correlation was observed between perfectionism as imposed by family and the imposter phenomenon, suggesting that as perceived perfectionistic expectations from family increase, imposter feelings also intensify.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

Implications

This study offers several important implications for mental health practitioners, educators, and families. The findings highlight the need for interventions that promote self-compassion among young adults, particularly those experiencing high levels of perfectionism as imposed by family. Enhancing self-compassion may help buffer against imposter feelings and promote emotional resilience.

Families should be aware that setting very high or strict expectations can be harmful to a young adult's mental health. Creating a supportive, non-critical environment can help reduce pressure and encourage self-esteem.

Females tend to have higher self-compassion, programs may need to be designed to address the specific emotional needs of males, who might struggle more with being kind to themselves due to societal expectations.

Counselors in educational settings should be aware of perfectionism and imposter feelings in students, especially high achievers. They can offer resources and support to help manage these issues. Schools and institutions can use these findings to create programs that focus on emotional well-being, mindfulness, and self-compassion to support young people in their personal and academic growth. By addressing these factors early, we can support young adults in developing a more compassionate sense of self and make them make better decisions.

Limitations of the Study

- The sample was limited to a specific group of young adults, which may not be representative of all young adults across different cultures or backgrounds.
- The study relied on self-report questionnaires, which may be subject to social desirability bias or participants' self-perception inaccuracies.
- The study used a cross-sectional design, data was collected at just one point in time. This makes it difficult to understand causal relationships between perfectionism as imposed by family, self-compassion and imposter phenomenon among young adults.
- The study primarily focused on perfectionism as imposed by family and did not consider other sources of perfectionism, such as peer pressure, media, academic environment, self-esteem or workplace expectations. Exploring these other factors could offer a more comprehensive view of the impact of perfectionism on young adults.
- The study found significant gender differences in self-compassion, it did not explore other factors that might influence these differences, such as societal norms or cultural expectations.

If the sample had a larger proportion of one gender, this imbalance could influence the results, especially when comparing gender differences.

The study focused only on young adults, which means it doesn't show how perfectionism, self-compassion, or imposter feelings might change as people get older.

Suggestions for Future Research

- Future studies should involve participants from different cultures, education level and backgrounds to make the results more useful for everyone.

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

- Future studies could explore these relationships using longitudinal designs to assess changes over time.
- Including interviews or personal stories could help understand how people truly feel and experience family pressure and imposter thought.
- Future research can examine how other things like personality, stress, peer influence or academic pressure affect perfectionism, self-compassion, and imposter feelings.
- Future studies could try out programs like self-compassion training or family workshops to see if they help reduce the negative effects of perfectionism and imposter phenomenon.
- Research comparing people from different cultural backgrounds may show how culture shapes experiences with perfectionism, self-compassion, and imposter phenomenon.
- Future studies should explore how gender roles influence self-compassion.

Conclusions

This study provides valuable insights into the relationships between Perfectionism as imposed by family, Self - compassion and Imposter phenomenon among young adults. Results indicate that higher perfectionistic pressure from family is associated with increased imposter feelings and reduced self-compassion. While gender differences were not found in perfectionism and imposter phenomenon, females reported significantly higher self-compassion than males. These findings underscore the importance of fostering self-compassion to buffer the negative effects of perfectionism and imposter feelings.

REFERENCES

- Afzal, S., Zamir, S., & Ali, M. A. (2024). Intricacies of Imposter Phenomenon, Mental Well-Being, Self-Compassion and Academic Integrity Interactions Among Students: Parallel Mediation Analysis. *Annals of Human and Social Sciences*, 5(2), 427-440.
- Alderton, D. K., Boyd, L. D., Adams, J. L., & Vineyard, J. (2024). Associations between stress, perfectionism, and imposter phenomenon among dental hygiene students. *Journal of Dental Education*, 88(12), 1616-1624.
- Andersson, N., Abdiweli, H., Boman, J., & Nylander, E. (2023). Self-compassion, perfectionism, imposter phenomenon, stress and anxiety in patients with localized provoked vulvodynia. *Journal of Psychosomatic Obstetrics & Gynecology*, 44(1), 2229008.
- Antony, M. M., & Swinson, R. P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism*. New Harbinger Publications.
- Bowen Pereira, J. R., & Deemer, E. D. (2023). A Test of a Cognitive Appraisal Model of the Influence of Perceptions of Seriousness and Self-Compassion as Influencing Impostor Experiences. *Psi Chi Journal of Psychological Research*, 28(3).
- Carmo, C., Oliveira, D., Brás, M., & Faisca, L. (2021). The influence of parental perfectionism and parenting styles on child perfectionism. *Children*, 8(9), 777.
- Daniilidou, A. (2023). Understanding the Relationship Between the Multidimensional Perfectionism and Self-Compassion in Adults: The Effect of Age. *Europe's Journal of Psychology*, 19(4), 371.
- Ferrari, M., Yap, K., Scott, N., Einstein, D. A., & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PloS one*, 13(2), e0192022.
- Flett, G. L., Nepon, T., Hewitt, P. L., Swiderski, K., & Hal, C. (2023). Trait Perfectionism, Perfectionistic Automatic Thoughts, Perfectionistic Self-Presentation, and Self-

The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults

- Compassion Among Students and Mothers of Young Children. *Journal of Concurrent Disorders*, 5(1), 103.
- Frost, R. O., Marten, P., Lahart, C., & Rosenblate, R. (1990). The dimensions of perfectionism. *Cognitive therapy and research*, 14, 449-468.
- Grover, G. (2024). A Study on Self-Compassion, Narcissism and Perfectionism in Young Adults. *International Journal of Interdisciplinary Approaches in Psychology*, 2(7), 30-42.
- Grubb III, W. L., & Grubb, L. K. (2021). Perfectionism and the Imposter Phenomenon. *Journal of Organizational Psychology*, 21(6).
- Hewitt, P. L., Flett, G. L., Besser, A., Sherry, S. B., & McGee, B. (2003). Perfectionism Is Multidimensional: a reply to. *Behaviour research and therapy*, 41(10), 1221-1236.
- Lee, L. E., Rinn, A. N., Crutchfield, K., Ottwein, J. K., Hodges, J., & Mun, R. U. (2021). Perfectionism and the imposter phenomenon in academically talented undergraduates. *Gifted Child Quarterly*, 65(3), 220-234.
- Linnett, R. J., & Kibowski, F. (2020). A multidimensional approach to perfectionism and self-compassion. *Self and Identity*, 19(7), 757-783.
- Pakozdy, C., Askew, J., Dyer, J., Gately, P., Martin, L., Mavor, K. I., & Brown, G. R. (2024). The imposter phenomenon and its relationship with self-efficacy, perfectionism and happiness in university students. *Current Psychology*, 43(6), 5153-5162.
- Patzak, A., Kollmayer, M., & Schober, B. (2017). Buffering impostor feelings with kindness: The mediating role of self-compassion between gender-role orientation and the impostor phenomenon. *Frontiers in psychology*, 8, 1289.
- Sakulku, J. (2011). The impostor phenomenon. *The Journal of Behavioral Science*, 6(1), 75-97.
- Stoltz, K., & Ashby, J. S. (2007). Perfectionism and Lifestyle: Personality Differences among Adaptive Perfectionists, Maladaptive Perfectionists, and Nonperfectionists. *Journal of Individual Psychology*, 63(4).
- Thenmozhi, S. (2022). Perfectionism as Imposed by Family and Fear of Intimacy among Young Adults. *International Journal of Indian Psychology*, 10(2).
- Wang, K. T. (2010). The family almost perfect scale: development, psychometric properties, and comparing Asian and European Americans. *Asian American Journal of Psychology*, 1(3), 186.
- You, S., Kwon, M., & Kim, E. K. (2022). Perfectionism, life stress, and suicidal ideation among college students: A protective role of self-compassion. *Journal of Experimental Psychopathology*, 13(2), 20438087221103350.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sruthy, K.M. & Fathima, A. (2025). The Role of Perfectionism as Imposed by Family on Self-Compassion and Imposter Phenomenon Among Young Adults. *International Journal of Indian Psychology*, 13(4), 3153-3172. DIP:18.01.288.20251304, DOI:10.25215/1304.288