

Research Article

Journaling Mobile Application to Mitigate Imposter Syndrome Among Students

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Abstract: Imposter syndrome represents a pervasive psychological phenomenon affecting various individuals, notably prevalent among students, hindering their academic performance and overall well-being. This research investigates the potential of journaling mobile applications as a tool to assist students in managing imposter syndrome. The primary focus is on comprehending the multifaceted factors contributing to imposter syndrome and how journaling interventions through mobile applications might alleviate its effects. The findings are expected to shed light on the efficiency of journaling mobile applications as a supportive tool for students dealing with imposter syndrome. Moreover, the research endeavours to outline best practices and strategies within these applications, catering to the diverse needs of students experiencing imposter phenomenon. Understanding the factors contributing to imposter syndrome and evaluating the impact of journaling applications could significantly aid in the development of tailored interventions for educational institutions, counsellors, and software developers. The implications of this research extend to the design of more targeted and effective interventions to assist students in managing imposter syndrome, ultimately fostering a healthier academic environment and promoting students' mental well-being.

Keywords: imposter syndrome; journal; mobile application.



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1. INTRODUCTION

The notion of impostor syndrome, alternatively referred to as impostor phenomenon or fraud syndrome, was initially conceptualized by psychologists Dr. Pauline Rose Clance and Dr. Suzanne Imes in 1978. Through their meticulous research, they coined the term to elucidate a psychological phenomenon predominantly observed among accomplished women. Their investigation centered on studying professional women who, despite possessing evident competence and notable achievements, internalized a deep-seated belief that they were unworthy of their success. These individuals grappled with persistent feelings of being impostors or frauds, plagued by the notion that their accomplishments were fortuitous or deceptive rather than a genuine reflection of their abilities. While Clance and Imes' initial research placed emphasis on women, it has become increasingly apparent that impostor syndrome transcends gender and demographic boundaries. Both men and women across diverse fields and backgrounds can experience the complex interplay of impostor feelings. The origins and catalysts of impostor syndrome are multifaceted and vary from person to person. Contributing factors often include personality traits such as perfectionism, heightened sensitivity to criticism, fear of failure, and self-doubt. Moreover, external influences such as societal expectations, cultural norms, and demanding

environments that prioritize achievement can also play a significant role in its manifestation. In this study, we are looking at the student perspective while studies have suggested that impostor syndrome can develop among students as early as their teenage years. (Escalante, 2019). This behaviour shows a great sign of self-maturing and development. However, with this feeling there are drawbacks such as affecting their future career path. (de Vries, 2005; Vergauwe et al., 2015).

Today's generation has spent their whole lives with technology as an ever-present component of their lives. As a result, technology has become such an ingrained part of their day-to-day activities that it has shaped both their routines and their tastes. Because of this, the production of websites and applications that are not only helpful but also usable for individuals of this age range has become more vital than it has ever been before. To successfully engage with teens in a world where new content is constantly being created and is just a click away, and where notifications and text message interruptions are a part of daily life, website and app creators must have a clear understanding of what teens want and how to keep them engaged on a site (Joyce and Nielsen, 2019). Because mobile devices are the major means by which adolescents connect to the internet, developers of websites and apps need to create user interfaces that are not only easy to browse but also aesthetically pleasing and suited for mobile use. They need to take into account the functionality and features that are the most essential to teenagers, such as the ability to integrate social media, to communicate in real time, and to customize the experience. They must also be mindful of the possible hazards and problems that come with designing for a young audience, such as privacy issues and the need to establish secure online places. Website and app developers may build user interfaces and content that are engaging, relevant, and beneficial to the target audience of adolescents by first gaining a knowledge of the specific demands and preferences of this age group. This, in turn, may assist to enhance user engagement, drive traffic, and develop loyal users, all of which are essential in a digital world that is extremely competitive. Website and app developers can ultimately meet the needs of this significant demographic by designing websites and apps for teenagers that are both useful and easy to use. (Effendy and Junaedi, 2020).

The practice of journaling has emerged as a valuable and effective tool in alleviating the behaviour. Fortunately, journaling offers a multifaceted approach to combat this distressing experience and empowers individuals to take charge of their emotional well-being and professional development. One of the primary benefits of journaling lies in its capacity to facilitate self-reflection. Through the act of writing down one's thoughts, emotions, and experiences, individuals are provided with a safe and private space to explore the root causes of their impostor syndrome. This introspective process fosters self-awareness, allowing individuals to identify the triggers and patterns that contribute to their feelings of inadequacy. By gaining a deeper understanding of these underlying issues, individuals can then begin to challenge and reframe their negative thought patterns.

2. METHOD & MATERIAL

The survey will employ the Likert Scale method to assess the intensity of impostorism among students, using the Clance IP Scale as the basis for the questions. To reach a wide audience and gather data efficiently, the questionnaires are distributed through Google Form, allowing participants to complete the survey at their convenience. By using a standardized method of measurement, this study expected to provide reliable and valid data, helping to increase our understanding of impostorism and its impact on students. Through this research, we can shed light on an important issue and identify potential interventions and strategies to support students and help them overcome the negative effects of impostor syndrome.

3. FINDINGS

The purpose of the questionnaire is to gain an understanding of the impostorism that exists among students. In order to accomplish this goal, a series of questions taken from the Clance Impostor Phenomenon Scale, also referred to as the Clance IP Scale have been utilized. The purpose of the question is to gain an understanding of the individual's feelings, and it refers to people who are successful according to external criteria but have the illusion that they are not competent on a personal level (Clance & Imes, 1978). This is the one and only idea and strategy that has been proven to include the exact answers. To sum up the results of the survey, the number of responses for each question will be calculated by adding up the individual counts. A total score of 40 or less indicates that the respondent exhibits few impostor personality characteristics; a score between 41 and 60 indicates that the respondent has moderate impostor personality experiences; a score between 61 and 80 indicates that the respondent frequently has impostor feelings; and a score higher than 80 indicates that the respondent frequently has intense impostor personality experiences. This method is used as it has been demonstrated to deliver accurate insights and statistics for over a decade, the scale can be considered a precise measure.

4. DISCUSSION & CONCLUSION

In conclusion, the study has demonstrated that the observed behaviour is inherent in every individual. Therefore, this fact is not widely recognized by the general public but is acknowledged by certain individuals. The evidence supporting this claim is apparent from the questionnaire that was provided. The questionnaires are designed to assess the respondent's ability to provide truthful responses to the questions. Individuals who fail to answer a question or their total calculation numbers of the Likert Scale zero (0), demonstrate characteristics indicative of possessing exceptional traits and high levels of confidence. On the contrary, the respondent demonstrates a willingness to complete the questionnaire regardless of the degree of intensity of their impostorism. This is enough to gather the insights and acknowledge the legitimacy of the behaviour among our society. Furthermore, the data also have proven the diversity of growth of impostorism as most of them are from the earliest stage of intensity. Furthermore, the literature reviews have proven the usage of the existing technology has the potential to integrate the journaling system into the digital world as it offers a diverse amount of benefits for individuals.

Journaling offers a means of celebrating achievements, no matter how seemingly insignificant. By recording successes, both big and small, individuals create a tangible record of their progress and growth. Reviewing these positive experiences can serve as a powerful antidote to the feelings of being an impostor, reinforcing the notion that their accomplishments are real and deserved. In summary, the act of journaling serves as a versatile and powerful instrument in addressing and mitigating the effects of impostor syndrome. By virtue of its introspective quality, this phenomenon facilitates the cultivation of self-awareness and enables individuals to question the deeply entrenched convictions of inadequacy. Consequently, individuals are confronted with negative thought patterns and subsequently replace them with a more balanced and realistic perception of themselves. The act of engaging in journaling promotes the development of self-compassion and serves as a means of acknowledging and appreciating personal accomplishments. It functions as a constructive structure that facilitates the cultivation of personal growth and the cultivation of resilience in the face of the detrimental impacts of impostor syndrome. As individuals engage in the practice of journaling, they initiate a process of self-exploration, wherein they rediscover their inherent value and wholeheartedly embrace their capabilities with genuineness and self-assurance.

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