

## A Study of Relationship between Cinderella Complex and Personal Growth among Young Females

*Saha Sneha\* Firdaus Rahmath\*\**

### Abstract

*Cinderella Complex is known as a woman's dependence on men, it incorporates waiting for a Prince Charming to come and save them from the problems in reality and fix their issues. Women have been reared to depend on men of their lives, the dependency starts with the father and efficiently moves on to the husband. Meanwhile, Personal growth initiative refers to the person's generic awareness and purposeful engagement in growth-enhancing cognition and practices in different aspects of one's life. The purpose of this study is to understand the relationship between Cinderella Complex and Personal Growth among young women. The sample comprised of 60 female participants, age ranged between 19 to 22 years. The data was collected through questionnaire which included two scales – The Cinderella Complex Scale developed by Sneha Saha et al., and Personal Growth Initiative Scale – II developed by C. Ashton et al. It was hypothesized that there will be a negative correlation between Personal growth and Cinderella Complex owing to the review which emphasizes that women scoring high in Cinderella Complex feel dependent on the men and shy away from responsibilities of their own selves. Pearson's *r* correlation coefficient method was used to analyze the data. The test results supported the hypothesis and the hypothesis was retained as negative correlation was seen between the two variables ( $r = -0.1559$ ). It can be interpreted that women having high scores in Cinderella Complex are bound to show negative motivation towards personal growth. Furthermore, interventional approach is being developed to motivate and train young women towards personal growth.*

**Keywords:** *Cinderella Complex, Young Women, Personal Growth, Dependency Syndrome.*

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*About Authors: \*Assistant Professor, \*\*B.A. (H) Applied Psychology,  
Amity Institute of Behavioral and Allied Sciences, Amity University, Lucknow Campus*

### Introduction

Cinderella Complex derives its name from the fairy tale story of Cinderella. A girl troubled by her step mother and sister who looks up to a prince charming and he sweeps in to save her from all the ordeals at home. Similar to the life in this fairy tale, girls are protected in every manner possible. Cinderella Complex is woman's dependence on men that implies financially, emotionally, physically, psychologically and so on. The Cinderella Complex incorporates waiting for Prince Charming to come and save women from reality and fix the majority of their issues. The fathers

protect their daughter and effortlessly gives away the protection shield to the husband of his daughter, who will now protect and care for the girl forever. However cliché as it sounds, the rearing practices, legalization processes and psychological buildup has not change since thousands of years. There have been many versions to the feminist movements all around the world. The world is roaring with slogans for women right and equality but what skips to the mind the masses is the psychological transference of dependency on men that women have developed after all these years. It is still instilled into every female baby that they don't

have to face anything, there will always be protection. This psyche develops into seeking support of men and depending on them for security. In continuation to this, Cinderella complex is not only to be seen in the context of women who are housewives or lack awareness. It is possible to find Cinderella Complex in women who are ambition oriented and are earning big money. The dependency could be found in situations like seeking support from husband and looking up to him for all decisions. All women portray the tendencies of Cinderella Complex within them, what is alarming is the women who show high scores of Cinderella Complex. These women show pathological dependence on men, which can be suffocating on the male counterparts and self-destructive on themselves. This leads to unrealistic desires and results in disappointment. There are many reasons why women have a Cinderella Complex. Society propagates woman to imagine that they have to rely upon men. Young girls are raised to surmise that they require the perfect man to improve their life and without one they should feel anxious and unprotected. For instance, there is a spider on the kitchen floor and wife shouts and wait for husband to come and spare the day. Young girls are taught that men are their defenders and protectors and will spare them from the frightening things that reality holds in store. The idea of women's financial, emotional and other reliance on men are generic and quite common across cultures. Women with Cinderella Complex trusts upon an ideal man to come into her life and make her blissful. An example of the same could be each woman known to humanity have desired and listed out characteristics of a perfect man. In Colette Dowling's book, dependency syndrome was mainly fight with women themselves. Women discuss their dissatisfaction over dependence and longed for freedom however were unnerved by what it may mean. There is additionally

psychological need to keep away from independence, the desire to be saved. This relates back to the prince charming perspective. In spite of the fact that this may not be authoritatively perceived as a psychological condition, it is an interesting idea to remember and could be a clarification for how a few women feel.

This research paper aims to elaborate Cinderella Complex and establish relationship with personal growth.

Personal growth is defined as enhancing self by expanding self-awareness and taking up activities that help sharpen skills. Personal growth is an excellent variable to enhance unique identity, it helps in development and strengthening of skills, it pushes one to fulfill potential in life, regardless of whether on an expert level or a personal one. Personal growth initiative is defined as a person's active, intentional involvement in the cognitive, behavioral, and motivational aspects important to bringing about change in himself or herself. It is assumed that a person's amount of personal growth initiative will differ depending on how much he or she focuses on opportunities for improving oneself, seeks out continuous and novel ways in which to grow, and engages in growth behaviors. Personal growth, which is covered inescapably in education, research and industry, reflects the procedure of accomplishing highest potential and self-educating as far as mental, social, emotional and behavioral regards.

#### **Review of literature**

Women in the 21st century may say that they are really independent for the first time in social history. They may let themselves know and each other that they don't need a man. They can even begin a family all alone on account of IVF strategies. In developmental terms, the immense social changes over the past generation basically to the merest blink of an eye. It could

take an additional 10,000 years for women to change their thinking.

Women are conditioned to feel dependent on men. Despite the fact that, today, women might be wealthier and appreciate every one of the trappings of achievement, where it counts in their mind they fear they can't survive alone.

Society are teaching women from the start to be womanly, to be a housewife or to work in womanly jobs, to have children and start a family, but the man should still be more in charge of finance and the woman's main role is with the household and to hold up the family. These prejudice thinking still continues till date even when women say to be modern.

Smith M. Samandha in her research 'Cinderella Complex: A Study of Urban Homemakers 'Life Satisfaction and Television Dependency' said that homemaker who is fundamentally bound to do household chores in a family, faces tremendous clash amongst dependence and independence in her life. In this way they look for individual fulfillment through TV viewing. Accordingly this may make them to depend on TV viewing for their psychological help. In this way it makes a strong affinity towards TV.

S Saha, T Safri (2016), in their research 'Cinderella Complex: Theoretical Roots to Psychological Dependency Syndrome in Women' expresses that women are unknowingly headed to be dependent to a male figure who dominates and this sort of realization in 21st century women demonstrates the decreased yet strong importance of reliance in women psyche.

Robina Mohammad (2004) in her study 'The Cinderella complex – narrating Spanish women's history, the home and visions of equality: developing new margins' examines the development of feminism in Spain within the context of political alterations. It focuses on one particular element of feminist thinking i.e., equality feminism.

Mary Fraser, said she thinks women are made to educate from a young age that men make all the decisions and have more authority than women and also the best example of Disney, where Prince Charming will come and save her. She said there is also a division between the smart and the pretty girl. "We can't do both, evidently," Fraser said. "And if you are both, then you're universally hated by both men and women; women because they're jealous of you, and men because they don't know what to do with you."

Personal growth initiative refers to a development that reflects a person's generic awareness and purposeful engagement in growth-enhancing cognition and practices in different aspects of one's life. Many researchers suggest that high personal growth initiative is linked to a variety of positive results.

Anindita Bhattacharya and Seema Mehrotra (2014) in their research 'Personal Growth Initiative Scale: How does it perform in Indian youth samples?' notes that the reliabilities of the four subscales were to be disappointing.

Aaron C. Geise (2008), in his thesis 'Personal Growth and Personality Development: Well-being and Ego Development' said that personal growth was related to both ego development, life satisfaction and subjective well-being.

Ryff (1989) in his study said that if individuals have feeling of continued development, increasing new experiences, discovering him/her self-expanding and developing, effectively understand their potential, sees change in themselves and in their behavior over time, have high level of personal growth initiative.

Stevic, C., & Ward, R. (2008) in their research 'Initiating personal growth: The role of recognition and life satisfaction on the development of college students' have found that receiving positive emotions can encourage

students' Personal Growth Initiative, so students' contribution in developing a meaningful life might be increased.

Umit Morsunbul (2016) in his study 'The Relations between Personal Growth Initiative and Identity Styles among Youth' found that growth initiative's cognitive and behavioral components were associated with identity styles which were also supported by earlier studies. (Luyckx & Robitschek, 2014; Robitschek & Cook, 1999).

**Methodology**

**Sample**

The sample comprised of 60 female participants age ranged between 19 to 22 years of age. Data was collected through random sampling the questionnaire. Participants were debriefed about the questionnaire and made to read the instructions given in the questionnaire. Participants' privacy and confidentiality was maintained.

**Hypotheses**

There will be a negative correlation between Personal growth and Cinderella complex.

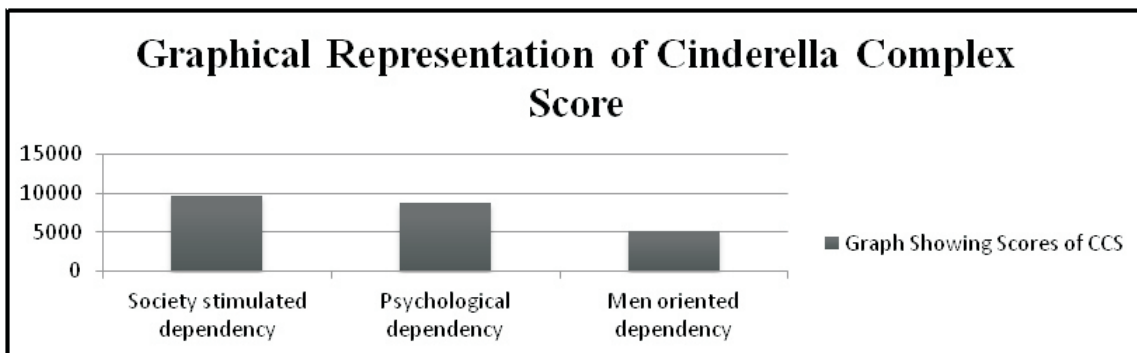
**Tools**

The questionnaire included in the Cinderella complex scale and Personal Growth Initiative Scale - II (PGIS-II)

The Cinderella Complex Scale (Saha and Safri, 2016). It consists of 40 items. This is a nominal scale which consists of YES or NO statements. There are 3 dimensions: society stimulated dependency, psychological dependency and men oriented dependency. The Cinderella Complex scale possess high reliability. Cronbach's Alpha reliability was found to be .841. Spearman-Brown Coefficient was calculated to be .785 and Guttman Spilt Half Coefficient was determined to be at .780. All the values are indication of good reliability of the scale.

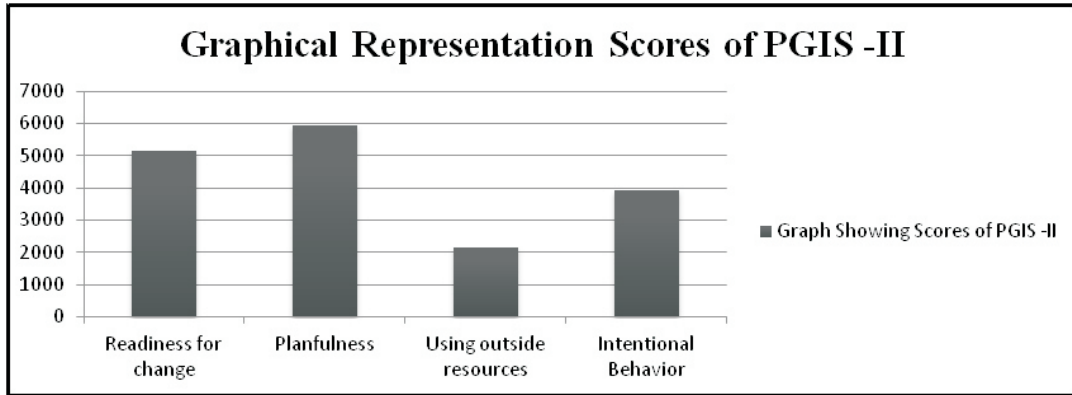
Personal Growth Initiative Scale - II (PGIS-II) C Robitschek, 2008. It consists of 16 items. This is a 6-point Likert type scale from 0 (definitely disagree) to 5 (definitely agree). There are four dimensions: planfulness, readiness for change, using resources, and intentional behavior. Instrument development utilized exploratory factor analysis, which was then supported with confirmatory factor analysis using independent samples (N=563 and 551).

**Results**



**Graph -1(Showing scores of Cinderella Complex Scale)**

\*Result show that on the dimension of society stimulated dependency participants showed high score.



**Table – 1 Showing Correlation Value of Cinderella Complex and Personal Growth**

| <u>Variables</u>   | <u>n</u> | <u>Correlation Value</u> |
|--------------------|----------|--------------------------|
| Cinderella complex | 60       | $r = -0.1559$            |
| Personal growth    | 60       |                          |

The hypothesis is accepted as there is a negative correlation between the two variables. Result show that on the dimension of planfulness participants showed high score.

**Discussion**

The Cinderella Complex is woman's lack of independence and dependence on men, which incorporates waiting for ideal man to come and save women from reality and fix the majority of their issues. Meanwhile, Personal growth initiative refers to a develop that reflects a person's generic awareness and purposeful engagement in growth-enhancing cognition and practices in different aspects of one's life.

Graph 1 shows the scores of each sub-dimension of the Cinderella Complex Scale. There were three sub dimensions in Cinderella Complex scale. Society Stimulated Dependency means society encourages women's dependency on men. This dimension showed a total score of 9576, which refers to very high score in comparison to the other two dimensions. For the second sub-dimension, Psychological Dependency means dependence which involves emotional and motivational women's dependence on men. In this dimension obtained

score resulted as 8812, which refers to high score in this dimension. For the third dimension Men Oriented Dependency means women's dependency evolved by male domination and their expectation from men to fix their issues. A total score of 5112 was obtained in this dimension, which refers to low score in this dimension which means less women's dependence on men. It can be interpreted that, the sample exhibit society instilled dependency on men. This shows that the role value of women in society is still to depend on a man for wellbeing.

Graph 2 shows the scores of each sub-dimension of the Personal Growth Initiative Scale- II. In the dimension of Readiness for change defined as individuals who are willing to change themselves a total score of 5136 was obtained, which refers to high score in this dimension. In the dimension of Planfulness which means individuals who are resourceful and full of plans to develop themselves



better total score of 5940 was obtained, which refers to very high score in this dimension. For the third sub-dimension, Using outside resources defined as an individual using external help to develop efficiently obtained a total score of 2160, which refers to low score in this dimension. For the last dimension, Intentional behavior which means individuals purposive behavior to develop or grow obtained total score of 3912, which refers to average score in this dimension. It can be interpreted that in this sample, planfulness towards personal goals was found to be of highest priority.

To test the hypothesis of the study that there will be a negative correlation between Personal growth and Cinderella complex (as shown in Table 1), Pearson's *r* correlation coefficient was used to measure the association between Personal growth and Cinderella complex. In accordance from the hypothesis, results indicate no relation between Personal growth and Cinderella complex as the value of *R* in the Pearson's correlation coefficient is -0.1559. This proves a negative correlation, the relationship between the variables is only weak. It can be interpreted that women with high Cinderella Complex will show reluctance to move towards personal growth. The concept of Cinderella Complex is thus proven to be relevant in the contemporary context. It was observed that it is of vital importance to encourage studies related to Cinderella Complex, since dependency on men is a general consensus, most of the cases and its implications goes unnoticed. Women suffering with the symptoms of Cinderella Complex get into unrealistic relationships and engage in unhealthy relationship.

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