



(REVIEW ARTICLE)



## Imposter syndrome as a student feeling

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### Abstract

**Introduction:** What happens if we reconsider the concept of "imposter syndrome" as a student experience in academic work? What can we learn about who knows what, how, and about what from imposter syndrome? The term "imposter syndrome" refers to the ongoing feeling, despite one's accomplishments, of being a fraud, frequently accompanied by a fear of being discovered.

**Definition:** Clance and Imes (1978: 241) coined the term imposter phenomenon to describe 'an internal experience of intellectual phoniness' among 'high-achieving' women who 'persist in believing that they are really not bright and have fooled anyone who thinks otherwise' despite their achievements.

**Risk:** academics students, professionals, underrepresented groups—women, members of ethnic minorities, persons with disabilities.

**Symptoms:** Thoughts like "I feel like a fake," "I must not fail," or "I just got lucky", Fear of not succeeding, Undermining one's own accomplishments. Get rid of imposter syndrome: Education, Connect with mentors, Speak with experts,

**Keywords:** Imposter Syndrome; Low Self- Esteem; Fraud; Academics students

### 1. Introduction

What happens if we reconsider the concept of "imposter syndrome" as a student experience in academic work? What can we learn about who knows what, how, and about what from imposter syndrome? Imposter syndrome is commonly understood to be a personal, private issue of low self-esteem. It encompasses feelings of not belonging, the conviction that one has somehow "tricked" students, the feeling that one's competence and success are fundamentally fraudulent and inauthentic, and the fear that this will eventually be exposed.

The term "imposter syndrome" refers to the ongoing feeling, despite one's accomplishments, of being a fraud, frequently accompanied by a fear of being discovered. Imposter syndrome, which has its roots in psychotherapy (Clance and Imes, 1978), has become widely used, especially in academic settings, and has assisted a great number of people in naming their experiences with feeling like a fraud. However, this popular interpretation of impostor syndrome frequently portrays it as a personal problem, omitting the institutional and societal factors that cause a range of imposter experiences in individuals in various situations.

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### 1.1. Definition

Clance and Imes (1978: 241) coined the term imposter phenomenon to describe 'an internal experience of intellectual phoniness' among 'high-achieving' women who 'persist in believing that they are really not bright and have fooled anyone who thinks otherwise' despite their achievements.

Impostor syndrome (also known as impostor phenomenon or fraud syndrome) is a psychological pattern in which people doubt their accomplishments and have a persistent, often internalized fear of being exposed as a "fraud".

### 1.2. Risk most of imposter syndrome (specifically lifestyle)

According to Valerie Young, the author of Crown Publishing's 2011 book *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It*.

The following types of people are most at risk

- Students may feel that they don't fit in or belong on college campuses because they believe that everyone else is the genuine deal and they are the fake because they believe that everyone else is more capable, responsible, or hardworking than they are. For mature students, who are a minority, this may be particularly true.
- Academics and professionals working in other creative fields are frequently compared to other talented individuals.
- People with exceptionally successful early careers and those with high levels of prosperity; these individuals frequently succumb to the Natural.
- First-generation professionals, college students, and graduate school attendees face elevated expectations to meet certain goals; despite their hard work, they may not meet this high standard.
- Individuals who ascended to their position in an unusual way are more likely to be able to credit luck than hard work for their accomplishment.
- Underrepresented groups—women, members of ethnic minorities, persons with disabilities, followers of particular religious sects, etc.—may experience feelings of impostor syndrome due to pressure to represent their entire race or group.
- Individuals with accomplished parents
- Independent contractors or lone workers: these individuals frequently rely on electronic communication, which has a limited emotional range within which it might be challenging to convey a kind or encouraging tone. Because of this, it may be challenging for these employees to determine whether they are performing up to par or fulfilling expectations.

### 1.3. The experience of being an impostor involves a range of psychological indicators

Typical symptoms include:

- Perfectionism
- Working too hard
- Undermining one's own accomplishments
- Fear of not succeeding; disregarding compliments.
- Thoughts like "I feel like a fake," "I must not fail," or "I just got lucky" can indicate impostor experience.

Anxiety, low self-esteem, insecurity, and a shaky self-concept are linked to impostor syndrome. There are various possible ramifications of impostor syndrome for medical education. Compared to their counterparts who are not affected, those who experience impostor syndrome are less inclined to speak up or offer assistance and information. Due to the possibility of inherent variations in learning styles, curricula may need to be adjusted to account for the high percentage of students who experience impostor syndrome.

### 1.4. Ways to get over

Someone with Impostor Syndrome has options for stopping and "breaking up" with their anxiety and stress partners. The first step to rehabilitation is acknowledging the syndrome, which is an accomplishment in and of itself.

### 1.5. Education

- Impostor Syndrome sufferers frequently confuse lack of experience with ineligibility. The first suggests unfamiliarity and ignorance, whereas the second suggests incapacity.

- Since the majority of syndrome sufferers fit into the first group, education is beneficial to them. By learning about their vocations, imposter victims can take charge of their inexperience.
- Students can take their education one step further by reading publications, watching webinars, and working for professional associations in order to break free from the rut of inexperience. "Successful students use these chances to share their experiences, learn from one another, and, most importantly, acknowledge that they are not alone.
- Overcoming the feeling of being an imposter involves taking significant steps such as teaching and learning from others and starting to feel a part of a bigger community.

### 1.6. Connect with mentors

- Make Connections with Mentors: In addition to receiving instruction, imposter victims can assist themselves by locating mentors—people who are already knowledgeable about the field and its requirements.
- Mentors can give mentees a more comprehensive understanding of the job environment because they have frequently encountered the inexperienced period of the job. "Mentors can encourage new students to recognise their accomplishments as results of internal assets by sharing their own experiences with self-doubt."
- New students are not the only ones who can have a mentor/mentee connection. Many seasoned students encounter novel circumstances that need for understanding, which mentors may provide.

### 1.7. Speak with experts

- Having a conversation with a mental health expert is necessary when someone's Imposter Syndrome is so deeply embedded in their mindset. You should get professional help right away if, for example, you are experiencing suicidal thoughts or are so troubled by "imposter" sentiments that you are unable to function.
- Different sorts of professional assistance are available. During traditional therapy, the health difficulties of the imposter victim are handled alone in one-on-one sessions with a physician or other licenced professional. Group therapy is an option in place of traditional treatment.
- A healthy, inclusive work atmosphere is essential for both personal growth and job satisfaction. Imposter syndrome and stereotype threat in otolaryngology are important factors to address in order to reduce burnout and stress, particularly in populations where these obstacles are more likely to manifest.

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## 2. Conclusion

Reading this article on imposter syndrome has led me to the conclusion that it is associated with anxiety, low self-esteem, insecurity, and a fragile self-concept. It gave students a safe space to talk to mentors and experts about their feelings while also educating them on how to overcome shyness and negativity. It also improved the students' inner aura, which can be enhanced by communication, personality modification, and supporting others who are experiencing imposter syndrome. In general, it helps all kids get over their poor self-esteem and develop confidence.

"The student's journey towards self-discovery"

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