

Cinderella Complex Behavioral Tendencies

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Abstract

Cinderella complex are women who continue to be psychologically dependent, where women aim to ask for protection from other people, especially men. One of the impacts that occurs is authoritarian parenting. The aim of the researchers is to provide information about one way to reduce the Cinderella complex. The method used is the literature study method, this researcher obtained data sources from various types of literature regarding the Cinderella complex, from this literature discussing the background and problems regarding the Cinderella complex. The study used international and national journals from the journal publication years 2017-2024. The researcher did not collect literature regularly, but did it randomly and searched through the Google database and Google Scholar, the writing also used various keywords to get relevant topics, apart from that the researcher also checked the reference list to look for relevant library sources. was found. The results regarding the behavioral tendencies of the Cinderella complex often view themselves as someone who has deficiencies both mentally, physically and intelligently, making it difficult to be productive. Women who experience the Cinderella complex want help from someone, especially men as a supporter, as well as the presence of men. Men can entertain when women are unable and can be an economic resource in the future.

Keywords: Cinderella, Dependency, Women



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INTRODUCTION

The personalities of humans from various backgrounds influence each other and are influenced either directly or indirectly, with the development of individuals starting their lives with the nature of dependence on other people, then starting to become independent (Creel dkk., 2024; Sarathkumar, Dhanalakshmi, Madhivadhani, & Revathi, 2024; Taringana & Sipeyiye, 2024). Danuri (1990) states that independence is the behavior of a person who acts freely to carry out things according to his own desires and for his own needs, pursues achievements, pursues something without the help of others, influences the environment, and has feelings of confidence in himself, and respects himself for his efforts. done.

But this independence is difficult for women, Symonds said that women are more condescending to others, are not independent and even unconsciously spend most of their energy to get love, protection and help for the difficulties they experience, or even when women who are successful but almost every parent wants their daughters to develop with love from their parents so that daughters are highly valued, but this treatment will affect their psychological aspects.

Usually women will experience dependence on feelings of fear, this feeling of fear will make women more sensitive to experiencing depression, thus causing women to behave or have attitudes that lead to a tendency towards a Cinderella complex. Cinderella complex can be interpreted as a collection of unconscious behaviors and worries that then make a woman give up her thoughts and creativity, just like the character Cinderella, waiting for something from the outside to change her life. Women believe that someone or something will come from outside that will change them (Chen dkk., 2025; McMeekin dkk., 2025; Poelen, 2024).

Other research also states that Cynderella Complex is the attitude of women who continue to be psychologically dependent, which aims to have a strong will and be protected by other people, especially men, and believe that there will be people who will help them (Crespo, Lirios, & Sánchez, 2024; Neves dkk., 2024; Wajid, Iqbal, Malik, Hussain, & Jan, 2025). There are several factors that cause Cynderella Compex, one of which is parenting style. authoritarian, where parents who control their children will make the child dependent and unable to make their own choices, and authoritarian parenting really affects the cynderlla complex.

Factors that explain the problem when building a career and making decisions for women, women tend to be afraid of failure compared to men, women lack confidence in their skills, self-development and low self-confidence, women often experience conflict both at school and at work (Boroń, Suchanecka, Chmielowiec, Chmielowiec, Lachowicz, dkk., 2024; Pérez-Prieto dkk., 2024; Simo-Tabue dkk., 2024). In this syndrome, women constantly work and wait for rewards. It is characteristic of Cinderella syndrome to constantly work and accomplish things and ultimately hope to be appreciated as Cinderella someday. This is also the most prominent feature of this syndrome. Women must be able to let go of their own achievements without a sense of dedication. Therefore, they often suppress their own initiatives, give up their aspirations, and become overly dependent on their own abilities and values with a deep sense of distrust and uncertainty (Badenes-Sastre, Beltrán-Morillas, & Expósito, 2024; Malagodi, Greguol, Tavares, Carraro, & Serassuelo Júnior, 2024; Steinbock, 2024). Comfort women who return from addiction are forced to run away from responsibility and become dependent again with the desire to be rescued, which becomes a vicious circle. This desire dulls a woman's ambition, lowers her self-esteem and prevents her from being alone.

Cinderella compaxis also an escape from responsibility. Women are taught that men will step in and save the situation, they can absolve themselves of any type of responsibility financially, emotionally, and physically (Chan dkk., 2024; Donato & Bonazza, 2024; Wunderle dkk., 2024). Once a man has had all his needs met, there is no longer any reason to work. Often women's ambitions are undermined by fear. The main problem in dealing with achievement is low self-confidence and self-esteem (Chatzistergiou dkk., 2024; del Pilar Ureta Fernández, Lera, & Albala, 2024; Paz dkk., 2024). There is a lack of confidence in completing tasks. Women are less likely to participate actively when there are others who can help. Women are more wary of their actions than confident in their decisions. Lack of independence and low self-image make women think that they need to depend on men to be happy and supportive. Unfortunately, the bigger issues behind the Cinderella Complex include social norms and parenting styles. Society teaches women that men's decisions matter more than women's decisions and therefore men have more power. This causes women to always underestimate and not feel confident in their abilities.

Almost all women have a tendency to cynderella complex, but women who have a high tendency to cynderella complex are the most worrying, because they are unable to change their situation on their own, and need help from outside, either parents, men or people closest to them.

Cinderella complex what happens to women can be seen in Widiya's (2023) research on students who migrated to Bandah Aceh, that students who migrated when they were lonely and wanted to be accompanied by a male figure and wanted help in any way, this intersects with several aspects of the Cinderella complex stated by Dowling (1995), namely expecting help from other people, and relying on men.

Based on the explanation above that ideally women can think and behave independently and face challenges in life without the help of those closest to them, but in reality many women experience the Cynderella complex that has been described, it can be concluded that this behavior can be characterized by a high intensity of asking for help from other people, especially man (Dey & Tripathi, 2024; Singh & Sohrab, 2024; Zaitsu, 2024). The aim here is to hope to provide information about one of the efforts to reduce the cinderella complex, and also the efforts of researchers in describing the cinderella complex.

RESEARCH METHOD

The method used is the literature study method, where literature study is data obtained from literature that is relevant to the problem being discussed from journals, scientific articles and other supporting scientific sources (Andreis, Dossi, De Ferrari, Alunni, & Imazio, 2024; Balakrishnan, Chen, & Dong, 2024; Nautiyal, Ganapathy, Ameya, & Sekar, 2024). The data collection technique uses content analysis, and this research aims to examine the content in more depth, and provide a general overview of the available literature on this topic.

MATERIAL

This researcher obtained data sources from various types of literature regarding the Cinderella complex, from this literature discussing the background and problems regarding the Cinderella complex. The study used international and national journals from the journal publication years 2017-2024.

PROCEDURE

The researcher did not collect literature regularly, but did it randomly and searched through the Google database and Google Scholar, the writing also used various keywords to get relevant topics, apart from that the researcher also checked the reference list to look for relevant library sources. was found.

DATA ANALYSIS

In this research, the researcher conducted a brief review, the researcher read the title, abstract, conclusion and several important parts of the literature, then the journal that had been selected by the researcher carried out a review by reviewing it (Adeyeye dkk., 2024; Arble, 2024; Boroń, Suchanecka, Chmielowiec, Chmielowiec, Masiak, dkk., 2024). Findings from researchers regarding journals, articles then look for the author's background, year of publication, type of publication, themes studied, and also the results found by researchers are concluded. This can help researchers regarding questions with significant topics.

RESULTS AND DISCUSSION

No	Writer's name	Article Title	Research subject	Research result
1.	Nadia Aulia, 2019	Cinderella Complex and Life Partner Selection Preferences in Early Adult Women, Korean Drama Fans	4 Subjects	The first subject saw himself as lacking in appearance, mentality and intelligence. The second subject often views herself as a woman who is fragile and weak and has no self-confidence The third subject often relies on his late father and his girlfriend to solve his problems. The fourth subject often makes himself obey and follow all of his father's decisions, making him look down. Here are the reasons why the Cinderella complex occurs
2.	Melek Demir, at al, 2020	Cinderella Syndrome “Women with fear of Independence” Developing a Scale	451 women	The Cinderella Complex scale has scale reliability with Cronbach alpha and split-half reliability, a total Cronbach alpha

				of 0.94, and split half reliability of 0.87 and 0.90 respectively, that these results indicate that the reliability of the Cinderella complex scale is quite adequate.
3.	Chastine & Darmasetiawan, 2019	Cinderella Complex on Working Women	4 Subjects	Cinderella complex occurs due to parental parenting and patriarchal culture, the gap in success, excessive worship of men. Also, Cinderella complex causes dependency on someone, especially men.
4.	Stefanie, at al, 2023	Cinderella Complex Tendencies in Women: How Permissive Indulgent Parenting Plays a Role	96 female students	There is a fairly strong positive relationship between variables; So the greater the permissive indulgence parenting style given, the greater the tendency to have a Cinderella complex
5	Saha S, & Firdaus (2018)	A Study of Relationship between Cinderella Complex and Personal Growth among Young Females	60 women	There is a negative correlation between the Cinderella complex and personal growth ($r = -0.1559$). Women who have high Cinderella complex scores show negative motivation towards personal growth.
6	Tasya A, & Siti S (2019)	The Influence of Personal Maturity on Early Adult Women's Cinderella Complex Tendencies	350 subjects	There is an influence of personal maturity on cinderecomplex in early adult women. The regression coefficient value is -0.390 with $p = 0.000 < 0.05$, that the higher the personal maturity, the lower the tendency to have a Cinderella

7	Teguh, at al (2017)	Cinderella Complex Tendency in Female Students Seen from Perceptions of Parenting Patterns	176 subjects	complex. The results showed that there was no significant difference in the tendency of Ciderella complex in female students in terms of parenting patterns with a value of $p = 0.167$ ($p > 0.05$) which means H_0 rejected
8	Descanita (2018)	Cinderella Complex Tendency in Young Women Who Experience a Broken Home	3 Subjects	The result was that 3 subjects had a Cinderella complex because the impact of a broken family made the subjects less independent, relied on men, had difficulty adapting, and were afraid of independence.

Cinderella complex according to Dowling (1994), something that happens to women is due to psychological dependence, having a very deep desire to take refuge in other people, especially men. In a study conducted by Nadia (2019), the Cinderella complex tends to often view itself as someone who has deficiencies both mentally, physically and intelligently, so that they are reluctant to be productive and are more distracted by watching Korean dramas. This makes individuals who experience Cinderella complex want help from someone, especially men as a supporter, also the presence of men can comfort when women are unable and can be an economic source in the future. (Aulia, 2019).

Cinderella complex according to Melek, et al (2020) it is a perception used to define women who are afraid of being independent. Women with cinderella complex tendencies need protection from someone and especially a man. Women hope to be happy with the presence of men so they can control their lives, and this research developed a scale to determine the level of Cinderella complex tendencies in women (Vural & DEMİR, 2021).

Cinderella complex In working women, researchers Chastine & Darmasetiawan (2019) explained that women who are already working and unmarried tend to experience Cinderella complex, this is because they do not dare to make decisions about themselves, give up on their career, and still depend on their parents, because during running a career tend to be unsure of their abilities. However, this is not much different from women who are working and married. Women can experience a Cinderella complex due to their parents' parenting patterns and also caused by patriarchal culture, because women feel helpless and have to obey their partner's wishes regarding any decision. Researchers also say that the Cinderella complex also causes women to become dependent, be in abusive relationships, and give up careers and lives. (Chastine & Darmasetiawan, 2019).

This researcher wants to know the relationship between permissive parenting and pampering tendencies with the Cinderella complex tendency. The results show that there is a

positive relationship between permissive parenting and the Cinderella complex tendency, because parenting from childhood to adulthood has an impact on their lives, permissive parenting according to Baumrind (1991) will produce children who lack social skills, are not independent, are shy, lack self-confidence, are disobedient, aggressive and impulsive, so they need help from other people in the form of moral, material or spiritual from other people, then women will become lack of self-confidence and dependence on other people, especially men, this will have a bad impact on later life(Rizki Wijaya, Noviekayati, Ananta, & Psikologi, 2023).

Cinderella complex according to Saha (2018) it is women's lack of independence and dependence on men, including men who are ideal to come and save women from reality and solve most of their problems. Women who have a high Cinderella complex show laziness in moving towards personal growth, making it difficult to carry out activities that help them develop their skills.

By using early adult subjects used in this research, it was deemed appropriate to use at this time, women are undergoing a search for a lifestyle within themselves that makes them determine goals to fulfill their life needs, and the negative influence of personal maturity on the Cinderella complex, explains that when a woman Having low personal maturity will give rise to cinderella complex behavior tendencies such as often relying on other people and not even being able to maximize one's own ability to develop, and when women can increase their own maturity they can reduce the cinderella complex behaviors that exist in them.

Research from Teguh (2017) on cinderella complex in female students in terms of perceptions of parenting patterns, shows that parenting patterns are not much different in influencing the formation of cinderella complex, because cinderella complex in female students is categorized as very low, this is possible because students tend to be required to actualize themselves to the maximum extent possible so that women develop a Cinderella complex when they are still young in college, in fact it makes students not afraid to compete with men and continue to fight for their dreams (Adarkwa, Oduro, Morgan, & Arhin-Donkor, 2024; Ahdika, Werdyani, & Muhaimin, 2024; Espadas-Calzado dkk., 2025; Han dkk., 2024).

Women from broken home families are very strong in experiencing the Cinderella complex, this has been proven by researcher Descanita (2018) that women tend to depend on other people, especially due to a broken home, because before a woman experiences a broken home, her parents often pamper her, limit her and determine her. children's activities so that children are unable to make decisions for themselves.

CONCLUSION

The tendency of Cinderella complex is to often view themselves as someone who has deficiencies both mentally, physically and intellectually, so it is difficult to be productive. Women who experience Cinderella complex want help from someone, especially men as a support, also the presence of men can be comforting. when women are not capable and can become an economic resource in the future. Women hope to be happy with the presence of men so they can control their lives. It is also felt by women who are already working and married, women can experience a Cinderella complex due to parental parenting and also caused by patriarchal culture, because women feel helpless and have to obey their partner's wishes regarding any decision, and this is also felt by women who experience a very broken home. strong experience of cinderella complex.

AUTHOR CONTRIBUTIONS

Look this example below:

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

CONFLICTS OF INTEREST

The author(s) declare no conflict of interest

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