

## Cinderella Complex on Psychology Students of Nusa Cendana University Kupang

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**Abstract.** The Cinderella complex occurs because of the powerlessness of women caused by a lack of independence. Cinderella complex women in a relationship will do anything for their partner as long as they are always together. Even though they often experience physical and verbal violence, women still do not want to be separated from their partner because they depend on him and need him. They even consider him someone who will help her live a better life. This study aims to know trends and dominant factors of the Cinderella complex in the sixth semester of Psychology Study Program students, Public Health Faculty, Undana. It is a quantitative descriptive study. This study's respondents are 123 students aged 20-23 years old. The results are students' tendency to Cinderella complex is on medium level (89,43%), 21 years old, and class A and C students tend to Cinderella complex is on high level. Unrealistic expectation is the most dominant factor in the Cinderella complex.

**Keywords:** *Cinderella Complex, Psychology Student*

**Abstrak.** *Cinderella complex* terjadi karena ketidakberdayaan pada perempuan yang disebabkan oleh kurangnya kemandirian. Perempuan dengan *Cinderella complex* yang berada pada suatu hubungan akan melakukan hal apapun pada pasangannya asalkan mereka selalu bersama walaupun sering kali mengalami kekerasan baik secara fisik maupun verbal, perempuan tetap tidak ingin berpisah dengan pasangannya karena sudah sangat bergantung padanya dan membutuhkannya bahkan menganggapnya sebagai seseorang yang nanti akan menolong dia untuk hidup yang lebih baik. Penelitian ini bertujuan untuk mengetahui kecenderungan dan faktor-faktor *Cinderella complex* yang dominan pada mahasiswa semester VI Prodi Psikologi Fakultas Kesehatan Masyarakat Undana. Jenis penelitian ini adalah kuantitatif deskriptif. Responden dalam penelitian ini sebanyak 123 mahasiswa berusia 20-23 tahun. Hasil analisis data menunjukkan bahwa kecenderungan *Cinderella complex* pada mahasiswa pada kategori sedang sebanyak 89,43%, mahasiswa berusia 21 tahun dan kelas A dan C cenderung memiliki *Cinderella complex* yang tinggi. Berdasarkan kategorisasi faktor, ditemukan bahwa faktor *unrealistic expectation* merupakan faktor yang paling dominan.

**Kata Kunci:** *Cinderella Complex, Mahasiswa Prodi Psikologi*

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### **Introduction**

Dowling describes the meaning of the Cinderella complex, a network of attitudes and fears that are primarily suppressed so that women cannot and do not dare to use their brains and creativity fully. In a patriarchal culture, women cannot decide for the household, society, and community. System dominating patriarchal culture public cause existence inequality and injustice. Boys have the role of control central in Public. In contrast, women only have a minor influence or can be said to have no rights in society, both physical and economic, social, political, and psychological, even including institutions and weddings. This causes women to be placed in an inferior position. Restrictions on the role of women by patriarchal culture make women shackled in powerlessness. Gender inequality between the roles of men and women becomes one of the structural barriers that prevent women from being able to self-expression and self-development. Because keep going being shackled in the shadow of men makes women indirectly dependent on men, making them dependent individuals who always want to get physical and psychological help.

Based on this phenomenon that makes the emergence of the term Cinderella complex, term Cinderella complex was coined by Agatha Christie in a murder mystery novel written in 1951, which was later researched and written in a book by Colette Dowling in 1981. According to Dowling (in Anggriany & Astuti, 2003) Cinderella complex is a psychological dependence on women where there is a strong desire to be cared for and protected by other people or men and the belief that something from outside will help her.

Another related research is "*Cinderella complex tendencies in female students in Terms of Parenting Perception*" by Teguh Febyolah Oktinisa, Rinaldi, and Tesi

Hermaleni. This research uses a comparative quantitative type of research that aims to see the differences in the Cinderella complex tendencies of students regarding perceptions of parenting. The results of the study found that there was no significant difference in the tendency of Cinderella complex in students in terms of parenting perceptions, with  $p\text{-value} = 0.167$  ( $p > 0.05$ ), which indicated  $H_0$  was rejected (Oktinisa et al., 2017).

This study aims to know the Cinderella complex's tendency and factors of the dominant Cinderella complex in the sixth-semester student of the Psychology Study Program, Faculty of Public Health, Nusa Cendana University. According to Vashisht (2022), the Cinderella complex has five factors: unrealistic expectations, fear of independence, escaping responsibility, self-infused submissiveness, and existential self.

The phenomenon that the researcher encountered in the field was experienced by several students at the University of Nusa Cendana Psychology Study Program who were 20-22 years old. The most striking symptom is that he is very dependent on a man or his ex-girlfriend and says he used to love his lover and depend on him. Symptoms of the Cinderella complex of this are low self-esteem and external self-control.

This study could contribute knowledge, ideas, and suggestions for readers and the development of psychology related to the Cinderella complex problem on students. This research can be another reference for other researchers related to the Cinderella complex phenomena, especially in Kupang, the Faculty of Public Health Sciences, Psychology study program.

### **Method**

The type of research used in this research is quantitative research. The method used is a descriptive statistical method. The research sample was 123 students in the sixth semester of the Psychology Study Program at the University of Nusa Cendana. Thus, the sample distribution is carried out so that it is spread

out in each class using the two stage calculation technique cluster sampling as follows:

$$n_i = \frac{N_i}{N} n$$

Table 1.

*Sample Division*

No	Class Name	Population	Sample
1.	Cluster A	45	31
2.	Cluster B	47	33
3.	Cluster C	45	31
4.	Cluster D	41	28
<b>Total</b>		<b>178</b>	<b>123</b>

The instrument in this study is the Cinderella complex scale. The Cinderella complex scale for this student uses a Likert scale model.

Table 2.

*Cinderella complex categorization norms*

Score Interval	Criteria
$(\mu + 1.0) X$	High
$(\mu + 1.0) X < (\mu - 1.0)$	Medium
$X < (\mu - 1.0)$	Low

Information:

Low : the total score of respondents' answers <114

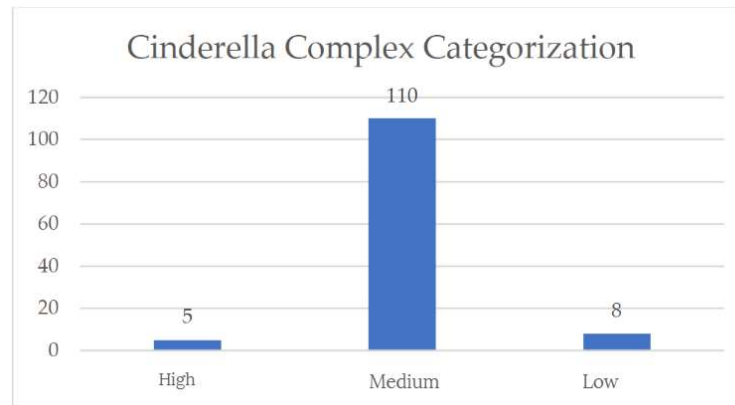
Medium : total score of respondents' answers > 114 X <171

High : total score of respondents' answers > 171

The data analysis technique used in this research is the descriptive statistical technique with the help of the SPSS computerized application, which seeks to describe the symptoms or phenomena of a research variable without explaining the existing relationships.

## Result

Diagram 1.  
*Cinderella Complex Categorization*



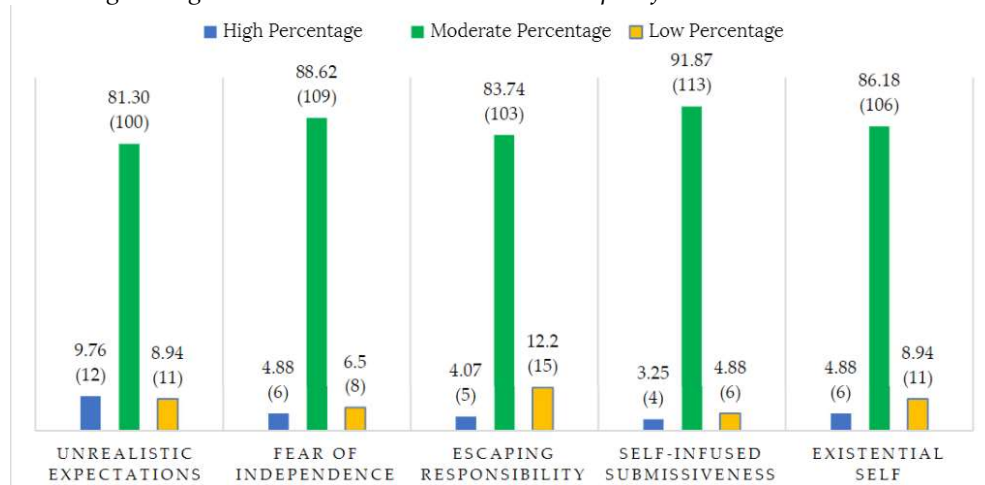
Based on the diagram above, the score Cinderella complex behavior in sixth-semester students of the Psychology Study Program Faculty of Public Health, University of Nusa Cendana Kupang is in category high by 4.07%, i.e., as many as five respondents, category medium of 89.43%, i.e., as many as 110 respondents and categories low by 6.50%, namely as many as eight respondents.

Table 3.  
*Cinderella complex categorization based on age*

Age (years old)	Category		
	High	Medium	Low
20	-	29 (96.67%)	1 (3.33%)
21	5 (6.67%)	65 (86.66%)	5 (6.67%)
22	-	14 (87.5)	2 (12.5%)
23	-	2 (100%)	-
<b>Total</b>	5 (4.07%)	110 (89.43%)	8 (6.50%)

Diagram 2.

*Percentage Categorization Based on Cinderella's complex factor*



Based on diagram 2 shows that sixth-semester students of Psychology at Nusa Cendana University Kupang tend to the self-infused submissiveness factor as 113 students (91.87%) are in the medium category.

### Discussion

The researcher finds that the trend of Cinderella complex is as much as 89.43% in the category medium. Based on categorization class, Class A and C students have a trend Cinderella complex with categorization high. Based on categorization age, students who are 21 years old are the age that has a trend Cinderella complex. Based on the factor Cinderella complex, the most influential factor dominant is the factor of self-infused submissiveness.

Phenomenon Cinderella is complex in girls. This could be explained with draft Psychology, that is, independence. Danuary in Fauzan (2021) explains that without independence, individuals not possibly dominate and influence the environment, but precisely will many accept the influence of the environment and be controlled by the environment. In other words, independence is each individual's basic capital in determining attitudes and actions to the environment.

Respondents totaling 123 people experienced Cinderella complex in category medium where; (1) unrealistic expectations are experienced by 100

people (81.30%); (2) fear of independence is experienced by 109 people (88.62%); (3) escaping responsibilities is experienced by 103 people (83.73%); (4) self-infused submissiveness is experienced by 113 people (91.87%); and (5) existential self is experienced by 106 people (86.18%). Therefore, it can be concluded that self-infused submissiveness is a dominant factor that makes sixth-semester psychology students in Undana tend to lead to the Cinderella complex.

Students who tend to experience the Cinderella complex have problems with deep emotions such as self-confidence and independence. They (girls) with this behavior find it challenging to maintain a partner. They think their partner is a perfect figure and adore them. This form of worship will lead to things beyond reasonableness and impossibility so that it can hurt his feelings emotionally if his expectations are not fulfilled. Confidence and independence tend to be the root of the complex problems experienced by Cinderella women.

Consequently, from a lack of self-confidence and independence, women will tend to follow and need direction from men so that a sense of obedience to their partners is instilled in women. Hapsari (2014) says that those with Cinderella complex tendencies believe that acting feminine and submissive, thinking more about personal relationships, and being a babysitter and being able to take care of household matters will help them in finding their prince so they as women able to live without worrying about many things. Padma's research results in Zahrawaany & Fasikhah (2019) show that women aged 25, even up to 55, tend to do this. Research that explains Cinderella's tendencies complex in women who have families, especially those who do not work, have this tendency. A woman with a single role to be a housewife will spend more time at home with children and the surrounding environment because everything that is needed has been fulfilled by her husband.

The reason for the Cinderella complex is self-obedience, where a daughter with a mother who is too obedient to her father will tend to imitate excessive obedience. Apart from that, the self-adherence factor can also be caused by the traditional parenting style of girls, which will only grow as housewives without

preparing for their independence and self-confidence as women. The existence of a patrilineal culture that prevails in NTT makes men the leaders in the household, which does not directly make women do what they say.

In addition to the patrilineal ones in NTT, the existing customs and habits in NTT teach that women work at home, take care of children, wash furniture, and so on. While men are in charge of earning money, cultivating land or gardens and livestock, and other heavy work. This makes women actively make secondary decisions, with passive actions and confrontation of hatred, avoiding statements, and the ability to make decisions in the family. Therefore, they will pass it on to their daughters so that girls will instill in them the obedience and hope of men without seeing the potential that exists in them.

### **Conclusion**

The tendency of Cinderella complex in sixth-semester Psychology Study Program Students, Faculty of Public Health, the University of Nusa Cendana Kupang with the sample as 123 students are in category medium as much as 89.43%. Based on level categorization age, students who are 21 years old tend to have a high Cinderella complex. Based on the level of class categorization, students in classes A and C experience a tendency for a Cinderella complex with high categorization. That is class A, as many as three students or 9.67%, and class C as many as two students or 6.45%. At the factor-based categorization level, it was found that unrealistic factor expectations were the dominant factor, making semester VI students of the Psychology Study Program at Nusa Cendana University tend to have a Cinderella complex.



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