

## References

- Abdelaal, G. (2020). Coping with impostor syndrome in academia and research. *Biochemical Society Transactions*, 42(3), 62–64. <https://doi.org/10.1042/BIO20200033>
- Barr-Walker, J., Werner, D. A., Kellermeyer, L., & Bass, M. B. (2019). *Coping with impostor feelings: Evidence-based recommendations from a mixed methods study*. <https://doi.org/10.31229/osf.io/gw9pm>
- Bowker, A., & Schubert, N. (2019). Examining the impostor phenomenon in relation to self-esteem level and self-esteem instability. *Current Psychology*, 38, 749–755. <https://doi.org/10.1007/s12144-017-9650-4>
- Brauer, K., & Proyer, R. T. (2022). The impostor phenomenon and causal attributions of positive feedback on intelligence tests. *Personality and Individual Differences*, 194, 111663. <https://doi.org/10.1016/j.paid.2022.111663>
- Braun, V., & Clarke, V. (2022). *Thematic analysis: A practical guide*. SAGE Publications.
- Bravata, D. M., Watts, S. A., Keefer, A. L., Madhusudhan, D. K., Taylor, K. T., Clark, D. M., Nelson, R. S., Cokley, K. O., & Hagg, H. K. (2020). Prevalence, predictors, and treatment of impostor syndrome: A systematic review. *Journal of General Internal Medicine*, 35(4), 1252–1275. <https://doi.org/10.1007/s11606-019-05364-1>
- Brown, J., Evans-Lacko, S., Aschan, L., Henderson, M. J., Hatch, S. L., & Hotopf, M. (2014). Seeking informal and formal help for mental health problems in the community: A secondary analysis from a psychiatric morbidity survey in South London. *BMC Psychiatry*, 14(1), 275. <https://doi.org/10.1186/s12888-014-0275-y>
- Burke, L., John, M., & Hanna, P. (2022). A qualitative exploration of how young men in the UK perceive and experience informal help-seeking for mental health difficulties. *Children and Youth Services Review*, 137, 106440. <https://doi.org/10.1016/j.childyouth.2022.106440>
- Chen, A., Wong, C., Tarrit, K., & Peruma, A. (2024). *Impostor syndrome in final year computer science students: An eye tracking and biometrics study*. arXiv. <https://doi.org/10.48550/arXiv.2404.10194>
- Clance, P., & Imes, S. (1978). The impostor phenomenon in high achieving women: Dynamics and therapeutic intervention. *Psychotherapy*, 15, 241-247. <https://doi.org/10.1037/H0086006>.
- Clance, P. R. (1985). *Clance Impostor Phenomenon Scale*. PsycTESTS Dataset. <https://doi.org/10.1037/t11274-000>
- Clance, P. R., & O'Toole, M. A. (1987). The impostor phenomenon. *Women & Therapy*, 6(3), 51–64. [https://doi.org/10.1300/j015v06n03\\_05](https://doi.org/10.1300/j015v06n03_05)
- Cisco, J. (2020). Exploring the connection between impostor phenomenon and postgraduate students feeling academically unprepared. *Higher*

- Education Research & Development*, 39(2), 200–214.  
<https://doi.org/10.1080/07294360.2019.1676198>
- Cornally, N., & McCarthy, G. (2011). Help-seeking behaviour: A concept analysis. *International Journal of Nursing Practice*, 17(3), 280–288.  
<https://doi.org/10.1111/j.1440-172X.2011.01936.x>
- Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods approaches* (5th ed.). SAGE Publications.
- Duncan, L., Taasobshirazi, G., Vaudreuil, A., Kota, J., & Sneha, S. (2023). An Evaluation of Impostor Phenomenon in Data Science Students. *International Journal of Environmental Research and Public Health*, 20.  
<https://doi.org/10.3390/ijerph20054115>.
- D'Avanzo, B., Barbato, A., Erzegovesi, S., Lampertico, L., Rapisarda, F., & Valsecchi, L. (2012). Formal and informal help-seeking for mental health problems: A survey of preferences of Italian students. *Clinical Practice and Epidemiology in Mental Health*, 8, 47-51.  
<https://doi.org/10.2174/1745017901208010047>
- Eigenhuis, E., Waumans, R. C., Muntingh, A. D. T., Westerman, M. J., van Meijel, M., Batelaan, N. M., & van Balkom, A. J. L. M. (2021). Facilitating factors and barriers in help-seeking behaviour in adolescents and young adults with depressive symptoms: A qualitative study. *PLoS One*, 16(3), e0247516. <https://doi.org/10.1371/journal.pone.0247516>
- Elnaggar, M., Alanazi, T., Alsayer, N. A., Alrawili, M., Alanazi, R., Alghamdi, R., & Alrwili, R. (2023). Prevalence and Predictor of Impostor Phenomenon among Medical Students at Jouf University, Saudi Arabia. *Cureus*. <https://doi.org/10.7759/cureus.48866>
- Franchi, T., & Russell-Sewell, N. (2023). Medical students and the impostor phenomenon: A coexistence precipitated and perpetuated by the educational environment? *Medical Science Educator*, 33(1), 27–38.  
<https://doi.org/10.1007/s40670-022-01675-x>
- Hashim, H., Rani, A., Khamis, N., Rahim, A., Ali, Z., Khalil, Z., Aminuddin, A., & Nordin, N. (2023). AN ANALYSIS ON A PUBLIC UNIVERSITY FINAL YEAR ENGINEERING STUDENTS' STRESS LEVELS. *International Journal of Humanities Technology and Civilization*.  
<https://doi.org/10.15282/ijhtc.v6i2.6974>.
- Hossain, M., Alam, M., Khan, A., Pratik, M., & Islam, M. (2025). Prevalence and level of stress among final-year students at a health science institute in Bangladesh. *Discover Mental Health*, 5, Article 36.  
<https://doi.org/10.1007/s44192-025-00136-2>
- Iswanto, E., & Ayubi, D. (2023). The relationship of mental health literacy to help-seeking behavior: Systematic review. *Journal of Social Research*, 2(3), 755–764. <https://doi.org/10.55324/josr.v2i3.726>
- Joseph, B., Tseng, E. S., Zielinski, M. D., Ramirez, C. L., Lynde, J., Galey, K. M., Bhogadi, S. K., El-Qawaqzeh, K., Hosseinpour, H., & EAST Equity, Diversity, and Inclusion in Trauma Surgery Practice Committee. (2023). Feeling like an impostor: Are surgeons holding themselves back? *Trauma*

- Surgery & Acute Care Open*, 8(1), e001021.  
<https://doi.org/10.1136/tsaco-2022-001021>
- Keane, C., Waldeck, D., Holliman, A., Goodman, S., & Choudhry, K. (2021). Exploring the Experience of Anxiety Among Final Year Students at University: A Thematic Analysis. *The Qualitative Report*.  
<https://doi.org/10.46743/2160-3715/2021.4874>.
- Kharisma, C., Maharani, A., & Salsabila, F. (2024). Pengaruh mengerjakan skripsi terhadap tingkat stress pada mahasiswa tingkat akhir. *Observasi: Jurnal Publikasi Ilmu Psikologi*, 2(4), 68–80.  
<https://doi.org/10.61132/observasi.v2i4.558>
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer.
- Maftai, A., Dumitriu, A., & Holman, A. (2021). "they will discover I'm a fraud!" the impostor syndrome among psychology students. *Studia Psychologica*, 63(4), 337–351. <https://doi.org/10.31577/sp.2021.04.831>
- Maqsood, H., Shakeel, H., Hussain, H., Khan, A., Ali, B., Ishaq, A., & Shah, S. (2018). The descriptive study of impostor syndrome in medical students. *International Journal of Research in Medical Sciences*.  
<https://doi.org/10.18203/2320-6012.IJRMS20184031>.
- Mojtabai, R., Evans-Lacko, S., Schomerus, G., & Thornicroft, G. (2016). Attitudes toward mental health help seeking as predictors of future help-seeking behavior and use of mental health treatments. *Psychiatric Services*, 67(6), 650–657. <https://doi.org/10.1176/appi.ps.201500164>
- Neureiter, M., & Traut-Mattausch, E. (2016). An inner barrier to career development: Preconditions of the impostor phenomenon and consequences for career development. *Frontiers in Psychology*, 7, 48.  
<https://doi.org/10.3389/fpsyg.2016.00048>
- Ogunyemi, D., Lee, T., Ma, M., Osuma, A., Eghbali, M., & Bouri, N. (2022). Improving wellness: Defeating Impostor syndrome in medical education using an interactive reflective workshop. *PLoS ONE*, 17.  
<https://doi.org/10.1371/journal.pone.0272496>.
- Pannhausen, S., Klug, K., & Rohrmann, S. (2022). Never good enough: The relation between the impostor phenomenon and multidimensional perfectionism. *Current Psychology*, 41(2), 888–901.  
<https://doi.org/10.1007/s12144-020-00613-7>
- Pearlin, L. I., & Schooler, C. (1978). The structure of coping. *Journal of Health and Social Behavior*, 19(2), 2-21. <https://doi.org/10.2307/2136319>
- Prasetyo, C. E., & Triwahyuni, A. (2022). Gangguan psikologis pada mahasiswa jenjang sarjana: Faktor-faktor risiko dan protektif [Psychological problems among college students: Risk and protective factors]. *Gadjah Mada Journal of Psychology*, 8(1), 56–70.  
<https://doi.org/10.22146/gamajop.68205>
- Qayyum, A. (2018). Student help-seeking attitudes and behaviors in a digital era. *International Journal of Educational Technology in Higher Education*, 15, Article 17. <https://doi.org/10.1186/s41239-018-0100-7>

- Raina, N. (2025). Psychological strategies to overcome impostor syndrome in emerging managers. *International Journal for Multidisciplinary Research*, 7(1). <https://doi.org/10.36948/ijfmr.2025.v07i01.35659>
- Rohrmann, S., Bechtoldt, M. N., & Leonhardt, M. (2016). Validation of the impostor phenomenon among managers. *Frontiers in Psychology*, 7. <https://doi.org/10.3389/fpsyg.2016.00821>
- Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 5, 173–183. <https://doi.org/10.2147/PRBM.S38707>
- Ruple, A. (2020). Overcoming impostor syndrome. *American Association of Bovine Practitioners Conference Proceedings*. <https://doi.org/10.21423/AABPPRO20207954>.
- Seritan, A. L., & Mehta, M. M. (2015). Thorny laurels: The impostor phenomenon in academic psychiatry. *Academic Psychiatry*, 40(3), 418–421. <https://doi.org/10.1007/s40596-015-0392-z>
- Shedlosky-Shoemaker, R. (2024). The relation between impostorism and attitudes toward help-seeking in undergraduate students. *College Teaching*, 1–8. <https://doi.org/10.1080/87567555.2024.2411403>
- Shinawatra, P., Kasirawat, C., Khunanon, P., Boonchan, S., Sangla, S., Maneeton, B., Maneeton, N., & Kawilapat, S. (2023). Exploring Factors Affecting Impostor Syndrome among Undergraduate Clinical Medical Students at Chiang Mai University, Thailand: A Cross-Sectional Study. *Behavioral Sciences*, 13. <https://doi.org/10.3390/bs13120976>.
- Shin, J., & Lytle, A. (2024). The roles of impostorism and academic help-seeking in undergraduate students' sense of belonging and college completion intention. *Social Psychology of Education*. <https://doi.org/10.1007/s11218-024-09925-z>
- Son, L., & Chen, S. (2024). High impostors are more hesitant to ask for help. *Behavioral Sciences*, 14(9), Article 810. <https://doi.org/10.3390/bs14090810>
- Stanisławski, K. (2019). The coping circumplex model: An integrative model of the structure of coping with stress. *Frontiers in Psychology*, 10, 694. <https://doi.org/10.3389/fpsyg.2019.00694>
- Wei, Z., Li, Y., Liu, L., Wu, X., Qiao, Z., & Wang, W. (2024). You are worth it: Social support buffered the relation between impostor syndrome and suicidal ideation. *Journal of Pacific Rim Psychology*, 18. <https://doi.org/10.1177/18344909241228471>
- Whitman, M., & Shanine, K. (2012). Revisiting the Impostor Phenomenon: How Individuals Cope with Feelings of Being in Over their Heads. , 10, 13246. [https://doi.org/10.1108/S1479-3555\(2012\)0000010009](https://doi.org/10.1108/S1479-3555(2012)0000010009).
- Yaffe, Y. (2021). Students' recollections of parenting styles and impostor phenomenon: The mediating role of social anxiety. *Personality and Individual Differences*, 172, 110598. <https://doi.org/10.1016/j.paid.2020.110598>
- Yang, X., Yeo, K. J., Lee, S.-H., & Handayani, L. (2024). A systematic review of impostor syndrome in higher education. *International Journal of*



UNIVERSITAS  
GADJAH MADA

**Exploring Impostor Syndrome, Coping Strategies, and Help-Seeking Behavior among Final-Year Students**

Lunetta Naila Putri, Tri Hayuning Tyas, S.Psi., M.A., Psikolog

Universitas Gadjah Mada, 2025 | Diunduh dari <http://etd.repository.ugm.ac.id/>

*Evaluation and Research in Education*, 13(6), 3884–3892.  
<https://doi.org/10.11591/ijere.v13i6.30726>

Yi, Q., Zhang, C., Huang, H., Yang, Y., Yang, G., & Yan, J. (2022). The experience of anxiety among Chinese undergraduate nursing students in the later period of their internships: Findings from a qualitative study. *BMC Nursing*, 21, Article 123. <https://doi.org/10.1186/s12912-022-00847-9>