



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

AN INQUIRY ON PETER PAN SYNDROME

SANJAYKUMAR S,
DEPARTMENT OF MBA,
INDIAN SCHOOL OF SCIENCE AND MANAGEMENT,
CHENNAI-600041, INDIA,

ABSTRACT:

The “never-growing” men who have reached an adult age, but cannot face their adult sensations and responsibilities. Individuals with Peter Pan Syndrome have difficulties in social and professional relationships because of their irresponsible behaviours and narcissistic properties. The purpose of this study is to develop a scale in order to measure the level of Peter Pen Syndrome in male individuals.

The internal consistency co-efficient and the confidence co-efficient of the split-half were used to determine the reliability of the scale. One of the most important tasks of life is that as individual develops an appropriate identify concept by passing through various developmental stages Consistency and continuity are important for the identity. According to him, the sense of belonging and the sense of acceptance by their relatives helps as individual to acquire the appropriate identify concept.

In accordance with this purpose, the draft from was sent to experts to get their feedback and some statements have been revised in the feedback. Construct Validity of the scale was determined by exploratory factor from analysis. In Future some Adults are refuse to grow in a society and easily regret the reality factor. Therefore there are affect in our Country growth as well as they are addicted to Social media in our modernized World.

Keywords: Psychology, family, emotion, hegemonic masculinity, culture

1. Introduction:

Every generation, it seems, bemoans the irresponsibility and self-indulgence of the one that follows. Even Socrates described the folly of youth in ancient Greece, lamenting: “Youth now love luxury. They have bad manners and contempt for authority.” However, in recent years, commentators have argued that something is distinctly stunted about the development of today’s young adults. Many have pointed to Millennials and Gen Zers as being uniquely resistant to “growing up.” Some theorists have even suggested that a new developmental stage is needed to account for the fact that youth today are taking longer to reach adulthood and are more reliant on their parents than generations past.

2. Causes of Peter Pan Syndrome:

Peter Pan syndrome is not a clinically recognized diagnosis, and it is a newly identified syndrome. Some Factor are include:

- **Gender roles:** Women are often socialized to take on household responsibilities, do emotional labor, and care for children. This may make it easier for their male partners to abandon these duties and avoid adulthood.
- **Anxiety:** Adulthood can be challenging. It's common to feel anxious about one's ability to get a job, earn a living, or achieve other measures of success. When a viable path to escape these responsibilities is available—such as a responsible spouse or a parent who will tend to daily chores—some people may refuse to grow up.
- **Loneliness:** Psychologist Humbelina Robles Ortega suggests people with Peter Pan syndrome may fear loneliness. Thus, they continuously seek out people to care for them—usually romantic partners.
- **Fear of commitment:** People with Peter Pan syndrome often have a pattern of unstable relationships. They may form relationships with progressively younger partners, who they assume will have less plans for the future and require less investment.
- **Helicopter Parenting:** Ortega says overprotective parents can make their children excessively dependent. These children may fail to develop basic skills necessary for adulthood, which causes them to develop Peter Pan syndrome.
- **Mental health diagnoses:** Some research suggests men with Peter Pan syndrome may have personality disorders. For example, a 1982 study argued Peter Pan syndrome is often part of a complex family system in which the male partner has a narcissistic personality and the female partner is depressed.

3. THERAPY FOR PETER PAN SYNDROME

In many cases, an individual's failure to grow up harms the people around them. The individual's partner may feel overwhelmed and exhausted by taking on all household responsibilities. The person's parents may take money from their retirement savings to continue providing material support.

Individuals with Peter Pan syndrome may not see their symptoms as problematic. Many only seek help when they lose a source of support or when their symptoms endanger their relationship. Loved ones struggling with someone else's Peter Pan syndrome should know that drawing clear boundaries may encourage their loved one to seek help.

Adults Decision Making:

This reports internal consistency reliabilities, means, and correlations for mean composites representing the factors. The Cronbach's alpha coefficients were high. Tests of the statistical difference in the magnitude of correlations (Lenhard & Lenhard, 2014; Warner, 2013) based on r to Fisher's Z_r transformations were performed for the interfactor correlations. Specifically, the correlation between Best Friend Acceptance and Romantic Partner Acceptance was the highest, followed by the correlation between Mother Acceptance and Best Friend Acceptance, and lastly between Mother Acceptance and Romantic Partner Acceptance. These interfactor correlation magnitudes were positive, but not high, signifying that these composites were statistically independent yet related.

4. Research Methodology:

4.1. Adults refuse to grow

This research Method explain about the adults refuse to grow up because major reason is loneliness and overthinking as well as regret the patience in this generation. These are the major reason to grow up.

4.2. Data

The research uses both Primary data and Secondary data. Primary data & Secondary Data. Primary data was collected through internet and secondary data was collected through from various literature review.

4.3 Theoretical framework

The Framework dependent factors are Trust, Technology, Safety, knowledge on Psychological factor. Parents or caregivers are who you start and end your day in the company of, and in between that you spend your time in school, which is full of peers and teachers. As an adult, though, you may find yourself completely solitary, especially if you live alone and don't have a social job that involves working much with other people.

5. CHALLENGES AND INFERENCES

5.1: “All children, except one, grow up,” J. M. Barrie wrote in his 1911 novel “Peter and Wendy.” He was speaking of Peter Pan, the original boy who wouldn’t grow up.

5.2: While there’s no actual magic preventing children from physically growing up, some adults continue to cling to the carefree days of youth and find emotional and financial responsibilities challenging well into adulthood.

6. Relationship:

6.1: “In relationships, I think this shows up most clearly in divergent levels of ambition, expectations, life goals, and ability to make commitments,” explains Patrick Cheatham, a psychologist in Portland, Oregon.

If your partner has Peter Pan syndrome, you might get the impression they’d have a hard time making it in the world alone.

Their dishes might pile up in the sink. They might avoid doing laundry until they have nothing clean to wear. You might find yourself regularly helping out with chores just to get their home a little more habitable.

They may:

- let you plan activities and make big decisions
- neglect household chores and child care responsibilities
- prefer to “live for today” and show little interest in making long-term plans
- show signs of emotional unavailability, such as not wanting to label or define relationships
- spend money unwisely and have other trouble with personal finances
- consistently avoid addressing relationship issues in productive ways

Work-related signs:

People with Peter Pan syndrome also tend to struggle with job and career goals, according to Cheatham.

They may:

- have a pattern of job loss due to lack of effort, tardiness, or skipping work
- make little real effort to find a job
- leave jobs frequently when they feel bored, challenged, or stressed
- only take part-time work and have no interest in pursuing promotion opportunities
- move from field to field without spending time developing skills in any particular area

In some cases, this issue can also show up in the form of unrealistic goals, such as dreams of becoming a pro athlete or landing a record deal.

These are certainly possibilities for some people, and there’s nothing wrong with pursuing them in healthy ways. But if these ambitions prevent success in other areas of life, it may be time to consider more realistic career options.

Spinning these dreams as reality without making any real effort to achieve them can also suggest Peter Pan syndrome.

Factors affecting in a person:

People with Peter Pan syndrome may seem a little helpless. You might have a general impression they can't "get it together" and notice things like:

- a pattern of unreliability and flaking out
- emotional outbursts when facing stressful situations
- a tendency to make excuses and blame others when things go wrong
- little or no interest in personal growth
- expectations of being taken care of
- fear of negative evaluation
- a pattern of substance use, often with a goal of escaping difficult feelings or responsibilities
- a desire to keep their options open instead of making concrete plans

These signs can also relate to other issues, but someone who shows several of the above signs and symptoms may have Peter Pan syndrome.

Major Cause: (Narcissism)

Narcissism comes up a lot in discussions about Peter Pan syndrome, but they're different concepts.

It's true that some people living with this syndrome also show some narcissistic tendencies. But many people have some narcissistic traits without meeting full criteria for narcissistic personality disorder.

What's more, not everyone with traits of Peter Pan syndrome also has traits of narcissism.

That said, the two issues do share some similarities.

People with narcissism may also:

- fail to accept accountability
- blame others for failures
- prioritize personal desires over others' needs
- fear criticism or conflict

With narcissism, however, devaluation of others and a lack of empathy tend to accompany these behaviours.

Many experts consider narcissistic defences an extreme method of compensating for low self-esteem and self-worth. People who make an effort to explore narcissistic traits in therapy may discover feelings of inadequacy and emptiness.

People with Peter Pan syndrome may arrive at those same feelings through a different route, according to Cheatham. He goes on to explain that, with few personal accomplishments to show others, they may face disrespect and dismissal.

Eventually, these experiences can play into feelings of low self-worth and failure, which some people may try to manage by “doubling down” on things like sensation-seeking and avoiding challenges.

Gender:

Peter Pan syndrome is largely associated with males (and has been from the start). It’s worth noting, however, that most of Kiley’s research was done in the 1970s and ’80s, when gender roles were a bit more fixed than they are today.

Still, information from the University of Granada and a 2010 study looking at 29 young Navajo women both suggest it’s mostly — but not always — males who experience Peter Pan syndrome.

To date, there’s a lack of research examining how these behaviours show up across gender. The studies that do exist are pretty small.

Wendy syndrome:

While Kiley focused his research on males, he did identify a counterpart in females known as Wendy syndrome, in reference to Peter Pan’s female companion.

Much like in the story, females in this role often enable the Peter Pan in their lives, often without realizing it. They might do this by making decisions for them, tidying up their messes, and offering one-sided emotional support.

Reasons for the Syndrome:

There's no single cause for the behaviours associated with Peter Pan syndrome. It's likely the result of the following complex factors.

Childhood experiences

“Certain parenting styles can result in people who didn't learn adult-level life skills, are canny at avoiding responsibilities and commitments, overly focus on sensation-seeking and hedonism, and romanticize freedom and escapism,” Cheatham says.

Those with Peter Pan syndrome often have overly protective or very permissive parents. Those are two pretty different parenting styles, but here's the breakdown:

Permissive parenting:

Overly permissive parents often don't set many (or any) boundaries on your behaviour. As a result, you grow up believing it's OK to do whatever you want.

When you did something wrong, your parents took care of any fallout and protected you from blame, so you never learned that certain actions have consequences.

If they took care of your financial needs into early adulthood and never expected you to work for things you wanted, you may not understand why you need to work now.

Protective parenting

Protective parents, on the other hand, can make you feel as if the adult world is frightening and full of difficulties.

They might encourage you to enjoy childhood and fail to teach skills like budgeting, housecleaning or simple repair skills, and relationship maintenance behaviours.

Parents who want to prolong your youth may also avoid discussing these adult concepts with you. This can lead you to steer around these concepts in your own life.

Economic factors

Cheatham also points out that economic hardship and stagnation can contribute to Peter Pan syndrome, especially in younger generations. In other words, “adulthood” might be a bit harder than it used to be.

“I think it takes more hustle, self-motivation, and social skills to guide a career than it did in the past,” he says.

Failure to Launch, a 2013 report generated by Georgetown University, suggests that technological and structural changes in the American economy make for a more jarring transition between adolescence and early adulthood.

Lower wages and fewer opportunities to get ahead in the workforce can also stall already low motivation to pursue a career you feel less than enthusiastic about.

College tuition rates that have outpaced inflation have created added financial stress and anxiety, which some people attempt to manage by avoiding financial responsibility entirely.

While it *is* possible to encourage and support positive change in a partner, it’s generally not possible to change someone who isn’t ready or willing to do the work.

“Trying to change your partner’s level of commitment or ambition will only frustrate you both,” Cheatham explains. He cautions against radically lowering or modifying your expectations to continue the relationship.

Instead, he recommends communicating your own ambitions, expectations, and life goals.

“It’s about setting a tone of adulthood and seeing how they respect and respond to that,” Cheatham says.

If you’ve made your partner aware of what you want from the relationship and your life together, and they show no signs of sharing those same goals, it’s time to decide whether to accept the relationship as it stands or seek out a partner whose goals and behaviours do align with what you want.

Ending enabling behaviours, like cleaning up after your partner or paying their bills, may help them recognize the need for change.

“All relationships involve compromise and negotiation, but hopefully you can find some middle path between changing someone and enabling them,” Cheatham concludes.

Root of the Syndrome:

Adulthood brings plenty of complicated things to worry about: relationship and parenting challenges, student loan payments, joblessness, and more.

In short, it's not easy to be a productive, tax-paying member of society. It's pretty normal to wish you could return to your teenage years, when your primary responsibilities were biology exams and watching your little sister.

If you realize you tend to avoid necessary parts of adulthood, like finding consistent work or taking care of errands and chores, it's important to understand *why*.

Although it's certainly possible to make changes on your own, failing to identify the factors playing into these patterns can set you up to fall right back into them.

Therapy is key to successful exploration. Therapists can offer non-judgmental support by helping you examine patterns in your life and notice how they affect your relationships and chances of success.

In therapy, you can also explore other concerns leading you to rely on your partner for emotional and financial support, including money worries, anxiety, or fears of loneliness.

Get started with our guide to affordable therapy.

Conclusion:

Peter Pan syndrome is more of a set of behaviours than an official diagnosis. While it's typically associated with males, it can apply to anyone.

If you feel like your partner exhibits these behaviours, all you can do is clarify your needs and goals. The meaning of adulthood and maturity varies significantly across cultures. In some cultures, people live with their families for a lifetime and show their adulthood by marrying or having children. In others, the hallmark of adulthood is the ability to live independently and away from one's parents. Yet other cultures would consider living separately from one's parents a sign of abandoning one's duties to their family. In other words, the hallmark of this syndrome is not necessarily any single symptom, but instead a failure to adopt common norms of adulthood. Family therapy or couples counselling can help an entire family understand their current dynamic. In therapy, they can address their own contributions and work toward healthier, more balanced relationships. In individual counselling, a therapist can help a person understand their reluctance to grow up, tackle underlying factors such as trauma, and make a plan for transitioning to adulthood. Getting a job, forming a relationship, and becoming independent can feel like monumental tasks. The right therapist can break these tasks down into manageable steps, helping a person steadily improve their life.

References:

1. Arnett, J. J., & Galambos, N. L. (2003). Culture and conceptions of adulthood.
2. Carnevale, A. P., Hanson, A. R., & Gulish, A. (2013). Failure to launch: Structural shift and the new lost generation. Retrieved from
3. Overprotecting parents can lead children to develop 'Peter Pan Syndrome'. (2007, May 03).
4. Quadrio, C. (1982). The Peter Pan and Wendy syndrome: A marital dynamic. *Australian & New Zealand Journal of Psychiatry*.
5. Thomas, R. M., Jr. (1996, February 27). Dan Kiley, 54, dies; wrote 'Peter Pan syndrome'. *New York Times*.

