

# Astrological Beliefs and Self-Perception among Single Children: An Exploration of the Barnum Effect

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## Abstract

Astrology, a belief system that holds that the positions and movements of celestial bodies influence human behaviour and personality traits, continues to captivate people around the world. This fascination extends to single children, who experience unique family dynamics and may seek alternative paths to self-discovery. This article investigates the complex relationship between astrological beliefs and self-perception in single children, with a specific emphasis on understanding the Barnum Effect. Drawing on psychological theories, empirical research, and case studies, this investigation seeks to clarify the mechanisms by which astrology impacts self-perception among single children, while also exploring the broader consequences for human development and well-being.

**Keywords:** Astrology; Self Perception; Single child; Barnum effect; Parent-child relationship; Astrological beliefs; Sibling dynamics

## Introduction

Astrology has always been fascinating and thought-provoking, providing insights into personality traits, interpersonal relationships, and life events. Single children raised without siblings have distinct developmental experiences that might shape their opinions of themselves and others. The purpose of this article is to investigate how astrological beliefs interact with self-perception among single children, offering light on the psychological mechanisms that underpin their interpretations of astrological readings and the impact of the Barnum Effect in forming their understanding of themselves.

## Theoretical Background

Psychological theories offer a foundation for examining how astrological beliefs interact with self-perception

in single children. Carl Jung's idea of the collective unconscious proposes that people share universal symbols and archetypes, which may correspond to astrological symbols and psychological descriptions. Jung's archetypes, such as the "hero" or the "nurturer," resonate to universal human experiences. When people come across astrological descriptions which correspond to these archetypes, they might interpret them as evidence of the reading's veracity, confirming their self-perception through confirmation bias. Furthermore, social identity theory holds that individuals gain a sense of identity from their affiliation with social groupings, which may include astrological communities. Moreover, Self-fulfilling prophecy holds that people's views about themselves can influence their behaviour and experiences. If a single child takes an astrological description as signifying, they are shy, they may avoid social situations, unintentionally fulfilling the projected trait. These theoretical

approaches guide the investigation into how astrological beliefs influence single children's self-perception and sense of belonging.

## Understanding Astrological Beliefs

Astrology comprises a wide range of beliefs and practices that originated with ancient civilizations' observations of celestial phenomena. The zodiac is central to astrology, with twelve signs each representing particular personality qualities, strengths, and weaknesses. Single children who lack the companionship and connections that siblings provide may turn to astrology for understanding and affirmation. Astrological readings are personalised to individuals' birth dates and times, providing a sense of connection and insight into their particular talents and experiences.

## The Unique Identity Formation of Single Children

Single children frequently encounter unique familial dynamics that shape their identity formation processes. Growing up without siblings may give kids more freedom and autonomy, but it also exposes them to more parental expectations and scrutiny. Furthermore, single children may experience emotions of loneliness or isolation, especially in environments where sibling connections are idealized. These distinct experiences influence solitary children's perceptions of themselves and their status in their families and society.

The quality of parent child relationship and parenting style has seen to be most influential in terms of shaping an individual's identity. Authoritative parenting, marked by warmth and structure, is frequently connected with positive identity formation, although authoritarian and permissive techniques may have less favourable consequences [1].

Specially in the absence of a sibling, these children end up relying solely on the parent-child relationship for social learning and feedback, limiting their viewpoints and understanding of interpersonal dynamics when compared to children with siblings.

The socio-emotional climate inside the family, including both positive and negative interactions, can influence a child's emotional and behavioral adjustment. Single children may experience these consequences more strongly due to their parents' sole attention. Furthermore, the absence of siblings may cause a shift in the parent-child interaction, thereby influencing the child's identity formation process [2]. This might lead to children relying on astrological beliefs to cope with or make sense of familial dynamics. For instance, they might seek reassurance from the astrological readings that aligns with the challenges they are facing in their family.

Identity development is also tied to the separation-individuation process, in which the child's increasing autonomy is negotiated within the context of the parent-child relationship. Single children may have distinct obstacles and opportunities in this regard because their individuation process is unaffected by sibling relations. Single children's individuation journey takes place inside a unique parent-child relationship [3]. These children may have an even greater drive to explore themselves than children who have siblings as they learn to navigate autonomy and self-discovery.

Children without siblings do not have instant peer comparisons or a variety of feedback sources. As a result, these children may deliberately read astrological descriptions via a lens of their personal experiences and evolving sense of self. This individualised interpretation can provide a more nuanced perspective of how the characteristics provided fit into their own identity narrative, even though it is still subject to bias. It can go beyond mere confirmation. In this context, astrological beliefs can emerge as intriguing tools for exploring selfhood. The focus on different characteristics of personality resonates to the innate need for individuality and provides a seemingly individualised road map for comprehending one's strengths, shortcomings, and possible future self.

## The Barnum Effect in Astrology

The Barnum Effect, named after showman P.T. Barnum, describes people's inclination to accept imprecise and general personality traits as extremely accurate reflections of themselves. In the realm of astrology, the Barnum Effect occurs when people regard astrological readings as personally perceptive, despite their general relevance to a wide range of people. Single children, who are looking to understand themselves and find meaning in their lives, may be especially drawn to astrological descriptions, which they see as affirmations of their identities and qualities. This dependence on astrological interpretations might reinforce the Barnum effect as the young children could perceive generalised astrological descriptions as applicable to their own self/Single children who are in the process of self-understanding, identity formation and are navigating through unique situations might readily accept the generic astrological descriptions as unique perceptions, reinforcing their belief in astrology owing to confirmation bias.

## Empirical Evidence

Astrology has a multidimensional association with self-perception. Its popularity is especially high among young people, who find astrological personality descriptions appealing because they can provide a distinct personality

description style [4]. These descriptions, which are frequently seen in horoscopes, have the potential to affect how people view themselves since they offer a framework for recognizing or coordinating their personality qualities.

As to the research conducted by Richey & Alice [5] and Lillqvist & Lindeman [6], astrology has a distinct significance for single children. The findings of Lillqvist & Lindeman's research indicate a relationship between self-verification and astrology, especially in times of crisis. This supports the idea that children who are raised alone and do not have access to peer comparisons may find it necessary to use astrology as a tool for self-awareness and coping strategies. Richey's research underscores the socially engaged nature of astrological consultations, implying that it may hold value for children who are single and looking for outside approval and companionship via personalised readings. These results highlight the intricate interactions among societal factors, individual needs, and self-perception that occur in children who are single and rely on astrology.

Furthermore, the Barnum effect—a psychological phenomenon in which people interpret general, ambiguous claims as particularly correct for themselves individually—is commonly associated with astrology and horoscopes [7]. Numerous research findings indicate that astrology may have an impact on an individual's self-perception, especially in cases when the person has some astrological expertise. Jan & van Rooij, [8] showed that participants could only identify themselves using characteristics related to their sun sign if they had prior knowledge of astrology. This is consistent with the Barnum Effect, which holds that people are drawn to ambiguous and individualized descriptions because of their innate prejudices and selective interpretation. Single children who do not receive regular feedback from their peers can find self-understanding in astrology, which makes them more vulnerable to the Barnum Effect when it comes to astrological interpretations.

## Implications and Conclusion

The relationship between astrology and self-perception among single children has important consequences for personal growth and well-being. Individuals who recognise the influence of the Barnum Effect can critically analyse astrological ideas and develop a more sophisticated view of

themselves.

Furthermore, this study emphasises the need of taking familial and societal factors into account when forming an identity, especially for single children who are on unique developmental paths. As we continue to investigate the complexity of human psychology and belief systems, knowing the relationship between astrological beliefs and self-perception provides significant insights into the human experience.

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