

# Psychology of Adjustment PSY 131

## Chapter 8 Gender Roles

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# Outline/Overview

- Emergence/ Modification of Gender Role Identity
- Portrait of Traditional Male Roles
- Portrait of Traditional Female Roles
- Challenging Traditional Gender-Role Expectations
- Alternatives to Rigid Gender-Role Expectations

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# Emergence/ Modification of Gender Role Identity

- The gender-role standard encourages a static notion of “clear roles into which all women and men must fit”
- Examine the experiences you have had that influence your gender-role identity
- Reflect on your models that have influenced your views of what it means to be a woman or a man
- Be patient with yourself in challenging and changing your attitudes
- Decide for yourself what kind of person you want to be, based on what you truly value

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## Portrait of Traditional Male Roles

- Some stereotypes associated with the traditional male role include a man's
  - Emotional unavailability
  - Power and aggressiveness
  - Denial of fears
  - Protection of his inner self
  - Denial of “feminine” qualities
  - Being driven to succeed
  - Lack of bodily awareness

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## Portrait of Traditional Female Roles

- Some stereotypes associated with the traditional female role include
  - Women are warm, expressive, and nurturing
  - Women are not aggressive or independent
  - Women are emotional and intuitive
  - Women are passive and submissive
  - Women are more interested in relationships than in professional accomplishments

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## Challenging Traditional Gender-Role Expectations

- Both women and men often pay a price for staying within the limited boundaries defined for them by their culture
- Becoming aware of the process of gender-role socialization is the first step toward making choices about assuming expected role behavior
- Men and women are challenging the societal conditioning that results in rigid role behavior

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## Alternatives to Rigid Gender-Role Expectations

- The challenge is for women and men to work together in deciding how they want to be
- Androgyny is the flexible integration of both feminine and masculine traits
- Androgynous people can adjust their behavior to what the situation requires in integrated and flexible ways
- Gender-role transcendence involves moving beyond gender roles

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