

Gender in psychology

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The battle between the sexes stands out and males and females have something they consider different from each other. Gender equity has been advocated for at most times with females fighting to be equal to men; these battles aim to fight gender stereotypes that have encouraged discrimination (Zastrow, & Kirst-Ashman, 2009). This paper explains the differences and similarities between males and females from a psychological perspective. There are certain characteristics that describe females as being gentle, cooperative and emotional, while others are used to describe males such as rational, aggressive and competitive. These are some stereotypes that define gender in society and in one way or the other affect it directly.

Some of the differences include the statements that females are more effective in communicating than males and females are seen to be more focused on creating solutions and tackling issues and are more active in groups (Hyde, 2005). Females are also able to apply non-verbal clues in communication such as emotions, tone and empathy. On the other hand, men have a difficult time in applying non-verbal clues hence they are isolated, less talkative and task-oriented. Males and females react to stress differently, males are found to fight stress while females are found to have an approach of tending and befriending. The language in both females and males is also different in the way that females are better in languages and understand them better as opposed to men who have a lower capacity to understand language (Hyde, 2005). This is explained by the scientists in that the brain section used for language is larger in females than in males.

The issue of emotions stands out as a difference since females are very emotional and are very affected by feeling being not able to withhold them.

Males, on the other hand, are very strong and not much affected by emotions. This may be a stereotype that makes males never shed a tear since they are seen as strong and hard to be affected, and although they are affected emotionally, they rarely show it (Hyde, 2005). These gender differences are used in the social construction of gender since they are mainly adapted by the many in the society and are believed to be true. For instance, females are known to be able to multitask while men are bad in multitasking, they will carry on with one task and forget the rest. Zastrow and Kirst-Ashman (2009) identify the society view of girls and boys and quote that the girls are pretty, emotional, soft and submissive while the boys are strong, brave, tough and dominant.

Despite the biological and physical differences, males and females have been perceived differently in the society and hence are shaped to be different. This is passed on from all the stages of childhood, adolescence and adulthood; for example, boys are taught not to express themselves emotionally such as through crying (Crooks, et al. 2006). This makes the boys more aggressive than the girls depicting masculine behavior of boys and feminine behaviors of girls. Physically, boys are more masculine in stature than girls but they all have muscles that can be developed through practice. According to Hyde (2005, p.

582), the gender differences are grouped into six categories: “ those that assessed cognitive variables, such as abilities; those that assessed verbal or nonverbal communication; those that assessed social or personality variables, such as aggression or leadership; those that assessed measures of psychological wellbeing, such as self-esteem; those that assessed motor
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behaviors, such as throwing distance; and those that assessed miscellaneous constructs, such as moral reasoning”. She concludes by stating that both males and females are the same in general, but there are differences in motor behaviors and certain sexuality aspects. In conclusion, the similarities and differences between males and females may be present but they may be psychologically motivated in that they are built on stereotypes in the society. The differences are inevitable but it does not mean males or females are unable to perform any task.