

# Understanding gender identity

Psychology



Understanding Gender Identity Understanding Gender Identity The issue of gender has over the years been dissected from all angles by varied psychologists, theorists and philosophers. This is with the sole aim of drawing a connection between the aspects of gender to those of biological, physical, social and cognitive influences. It is clear that these factors have a direct impact on the understanding of gender roles, and how they develop in society (Momsen, 2009). The ultimate co-ordination of these factors has also created a strengthened forum for the understanding and analysis of varied stereotyping aspects. The aspect of gender stereotyping could be based on either the positive or negative aspects of gender development and application. The biological nature contributes to the notion that females do not have adequate strength and cannot perform certain tasks as a result of their overall biological composition. This forms the heaviest backbone for the feminist stereotype that the female gender cannot perform optimally in varied roles and jobs. Biological influences dictate that female genders record minimum strengths, capabilities and mental inclinations (Momsen, 2009).

Another negative aspect of gender stereotyping includes the role of women in major societies, which is limited to housework. This is a negative assumption that has been dispelled by the varied roles that women have embraced in society. The female gender has showcased that they could adequately compete with their male counterparts in societal abilities, strengths, financial expectations and performance. In essence, it is clear the above mentioned factors contribute adversely to the growth and maturation of varied gender based roles. This has then led to the formation of stereotyping that could be termed, as either, negative or positive

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stereotyping of genders. The cognitive influences of gender roles are solely based on their ability to understand and relate to the issue at hand. One factor that remains consistent is that both genders continue to develop in a myriad of ways. This is through the adoption of certain issues and features that affect the genders in question in a positive or negative way. This is one of the major reasons why gender stereotyping remains a major setback in gender development. However, it can be overcome through the acknowledgment that gender development is affected directly or indirectly by external issues (Momsen, 2009). However, these issues do not remain stagnant or static. This would give room for some of the stereotypes to be exhausted and extinguished.

#### Reference

Momsen, J. H. (2009). *Gender and development*. New York: Taylor & Francis.