

Asian americans and pacific islanders in higher education

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Microaggressions are a type of discrimination that is unintentional. They may be racially or gender-based in nature. They occur when one makes a statement that might be meant to be fun but ends up hurting the emotions of the other party. In our daily lives, we encounter the microaggressions in the form of sexual orientation, gender and gender identity, and transgender. According to me, they are offensive since they make one sex feel inferior to the other. As a result, they should be avoided at all costs. Gender identity microaggressions make people lose self-esteem and feel weaker as compared to the opposite sex. There are instances that I have encountered such experiences. For instance, someone approaches me and asks why I cook and clean my house. I feel offended because I don't believe that such house chores belong to the ladies.

Racial microaggressions are also common. They are a form of an offensive, racial discrimination. They make one feel inferior due to their race. People who face the vice also feel unwanted and unappreciated in the culture. One of the most common racial microaggression that I face in my life is the situation whereby my friends address me using particular surnames that are not mine. Such are the common names for my race, and everyone thinks that I have the same, because of my race.

According to Riggle and Rostosky (9-11), some microaggressions are easier to deal with than others. The ease of handling them depends on the magnitude of stress and discomfort caused. The microaggressions that affect one's health and family are tougher to handle than those that do not. As such, gender microaggressions are easier to deal with than the racial ones.

On a similar note, Museus and Chang argue that microaggressions bear different impacts depending on whether they are racial or gender based. Grey and Parker (57-68) also conform to this argument.

Based on personal experience, racial microaggressions are the most common. The reason behind this is that most institutions of higher learning comprise of both Native and international races. Some puns end up being microaggressions. The most commonly committed microaggressions include racial, gender orientation, and gender identity. For instance, I tell my friend that she is too cute for a black girl, and she gets offended.

Complete the Following:

A " good" man does not cook or clean the house. A " good" woman does not do office work. A " good" woman thinks of how to maintain the home and take care of the family. A " good" Man thinks of how to accumulate wealth and marry more wives. A " good" Man feels superior to the women. A " good" woman feels inferior and submissive to their husbands.

These are the messages that are spread by the family members. It is the culture promoted by the male chauvinists regarded the custodians of the cultural heritage. They believe that men are superior to the women.

Unfortunately, such messages sire domestic chaos and oppression of the women. Wives suffer in the hands of cruel husbands due to such mentalities. Men who adopt such ideas are at the risk of growing into irresponsible and violent men and husbands. As a result, the youth are advised to desist from such ideologies.

References

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