

IDEOLOGY OF THE GENDER ROLE AND EMOTIONAL WELL-BEING: THE MODERATING IMPACT OF GENDER

Samina Rashid*

Rida Shahid†

Abstract

This study investigates how gender affects married couples' emotional well-being concerning gender role ideology. Purposive sampling was used to gather information from 225 people in person and online. For analysis, the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) by Tennant et al. (2007) and the self-report Gender Role Belief Scale Short Version (GRBS-SV) were used. According to the study's findings, men who believe in conventional gender roles are more emotionally well than men who believe in gender equality. The findings also showed that women who believe in egalitarian gender roles have higher emotional well-being. The findings showed that emotional well-being differed significantly between the sexes. Results revealed that gender considerably modifies the association between the ideology of gender roles and emotional health.

Keywords: *Gender Role Ideology, Traditional Gender Role, Egalitarian Gender Role, Emotional Well-Being*

INTRODUCTION

Marriage is an essential practice among people all over the world. People share different aspects of life. Marriage is full of joy, sadness, trust, love, care, compassion, confidence and much more. Over time, as a phase of marriage proceeds, more things start building up in married people; they become closer to each other, share the same beliefs to some extent and can understand one another.

Apart from all the goodness that couples share, at times, they share opposite perspectives that collide with the viewpoint of one another and cause disturbance in their marital life. At times, the wife wants her husband to make her laugh or make things right when she is upset or vice versa. Their everyday goals, whether both are earners, or the wife is a housewife, and the husband is the only earner, or due to some disability/medical issue, the husband

*Assistant Professor, Department of Psychology, University of Wah, Pakistan, Email: samina.rashid@uow.edu.pk

†Researcher, Department of Psychology, University of Wah,, Pakistan, Email:shahidrida1998@gmail.com

cannot earn, then the wife is the sole earner. All these facets build up the idea of gender principles among them. Having everything in place among married individuals helps them to maintain positive well-being. In this way, they lead their married life happily. Under the umbrella of gender role ideology comes the concept of gender role beliefs and attitudes that both men and women follow.

In Pakistan, most people think out of the box, but still, there is backwardness to some extent in some people with the role of each sex. The phenomena that differentiated men and women were physical features and differences (Arnold, 2017). The assembly of practices, mental and physical characteristics and social interactions based on physical differences between men and women is called Gender (Díaz & Díaz, 2019). The standards of behaviour, attitude and ideas set by the traditional values of society are defined as the gender role ideology (Korabik et al., 2008).

A multifactorial framework is established in a society by the two genders due to fulfilling the spaces such as their physical attributes, attitudes and personality traits given to them by the society (Deaux & Lewis, 1984; Spence, 1993; Twenge, 1999). More instrumentality in men and expressiveness in women are considered standard personality traits (Spence, 1984; Eagly, 1987).

To have a stable married life, gender role expectations and attitudes are essential (Amato & Booth, 1995). The attitudes between the two spouses towards their gender roles count for most success in married life (Kalmijn, 2005). In a classic study by Broverman (1972), the stereotypical role of the male as the bread earner of the house while the female nurtures the house is categorised as expressive and instrumental. Kroska (2001) analysed that gender ideology is unrelated to evaluating or activating gender role meaning. The people with higher traditional values were more conservative towards feminism and gender equality than liberals.

Traditionalism and egalitarianism are the two main models of gender role ideology. Traditionalist statesmen are supposed to work for the necessities and monetarily supply the house, while women look after the house and children (Wilcox & Nock, 2006). Egalitarian ideology provides both genders with equal duties in the upbringing of a home (Wilcox & Nock, 2006). Traditionalism provides that both genders have complementary roles in society where male roles dominate outside the house, whereas females care for domestic responsibilities (Edgell & Docka, 2007). Earlier researchers also supported the idea that the head of the household is a husband (Edgell & Docka, 2007). Aryee and Luk (1996) described men as earners while

women as house caretakers.

Research has recognised an association between marital satisfaction and traditionalism in women (Mickelson et al., 2006; West & Zimmerman, 1987; Wilcox & Nock, 2006). Rosen-Grandon et al. (2004) suggested that traditional couples' overall marital satisfaction is high. Rosen-Grandon et al. (2004) found that females who are content with gender roles and share common ideas with their husbands are happier. It is obvious now that traditional gender role ideology is more strongly accepted by men than women. This is because it focuses more on career goals and the dominance of males over females (Larsen & Long, 1988; Brewster & Padavic, 2000). Similarly, Read and Grundy (2009) stated that traditional gender roles are more power-dominating for males in society.

On the other hand, egalitarianism states equal rights and power to both spouses in the marriage (Botkins, Weeks, & Morris, 2000). Wilcox and Nock (2006) argued that it is an equity-based idea where both genders share common interests and experiences. Egalitarian philosophy is taking over traditional philosophy (Botkin, 2000). Gottman (1994) theorised that the egalitarian idea shares the spouses' physical and mental responsibilities equally and increases marital satisfaction. They are giving women the power of speech and opinion.

The gender role which both genders play in society defines their gender role attitude (Padavic & Reskin, 2002). Traditional Gender role ideologies negatively influence mental well-being (Van de Vijver, 2007). It causes mental distress, depression, anxiety, and suicidal ideation. Maladaptive personality profiles were studied in people following traditional gender roles. Vijver (2007) also found the negative influence of traditional gender roles on the well-being of people. As a result of marriage evolution, marital contentment is now the best indicator of personal happiness (Headey, 1991). Positive correlations exist between personal satisfaction and marital contentment (Dush et al., 2008). Emotional health is a feature of individual well-being and physical health and improves marital life (Keyes, 2002). Mixed effects have been noticed in females by these traditional gender role studies; some revealed satisfactory marriages while others show distress in the spouses (Beach et al., 2003; Choi & Marks, 2008).

Good mental and emotional health is known as well-being. It is the absence of disorder and disease as well as psychological functioning and experience at an optimal level (Ryan & Deci, 2001). Well-being can be defined in many ways, but generally, it is a prime psychological function and health (Ryan & Deci, 2001). Well-being can be defined based on the research, whether

hedonic vs. eudemonic (Diener et al., 2002) or subjective vs. objective (Diener et al., 2002).

Well-being on an individual level is highly influenced by the different relationships the person is involved in. Factual evidence in the literature proves that people with efficiently operative social life have more satisfied “mental and physical health” (Uchino et al., 1996; Wood et al., 1989). Emotional well-being is the balance between positive and negative experiences with the effect of their frequencies and intensities. The negative and positive factors greatly influence a person's emotional well-being. They may interfere with each other, resulting in poor sleep quality (Kahneman & Krueger, 2006) and long work commutes (Novaco & Gonzales, 2009).

Emotional well-being includes satisfaction with general life; this is by the hedonic tradition and research, which comprises happy and pleasant experiences in life (Lamers et al., 2011). Emotional and psychological well-being are two different terms. Emotional well-being includes hedonic traditions, while psychological well-being comes from eudemonic background (Keyes, 2002). Psychological well-being includes environmental, personal growth, and social factors (Ryff, 1989).

Upward spirals toward emotional well-being are initiated by positive emotions, incremental processes related to extended thinking, improved emotional well-being, and a coping arsenal for control of future difficulties achieved by these Individuals (Aspinwall, 2001).

The rationale of the Study

Since humanity existed, there has always been a difference between men and women. Regarding biological differences, dissimilarities existed among their cognition, well-being construction, emotionality and standing in society. There is variation around the world in how people assume gender role ideology and rehearse it daily. Many factors anonymously impact the variations in gender roles, such as ethnicity (Yusuf, 2013), socioeconomic background (Ruswinarsih, 2013), religion (Ruiz et al., 2017; Yusuf, 2013), and race (McIlwaine, 2010).

Few studies on gender roles have shown that males who follow traditional gender role beliefs have decreased levels of well-being (Casad et al., 2015; Hideg & Ferris, 2016). Contrary to these studies, it is stated that traditional gender roles are not related to a decline in male's mental health (Read & Grundy, 2011). Different roles of men and women in a society are described by gender role ideology. Feminists appreciate equality and non-gender-biased roles, whereas traditional roles argue that both genders have their

specific roles (Bem, 1981). Traditional gender roles suppress the female gender in society (Fitzpatrick et al., 2004; Hengstebeck et al., 2015). Traditional Gender role ideologies negatively influence mental well-being (Van de Vijver, 2007).

The current research is designed to fulfil the necessity of this emerging topic in such a challenging environment with partial evidence of research on these variables. Though little indigenous research has already been done concerning gender role ideology and well-being, one study by Khalid (2011) explored the effect of migration on household sharing roles and compared UK returned and local Pakistanis. The present study can be a contribution to existing literature and may help in creating awareness about gender role preferences by both males and females; it can also provide a changing impression of Pakistani society, where most women have faced gender-based discrimination.

Investigating the moderating effect of gender on the association between gender role ideology and emotional well-being was one of the study's main goals, in addition to determining the relationship between gender role ideology and emotional well-being. With these goals in mind, the following hypotheses were developed:

1. There is a correlation between gender role ideology and emotional well-being
2. Females score high on emotional well-being as compared to males
3. Gender moderates the relationship between gender role ideology and emotional well-being
 - a. Males holding traditional gender role ideology have higher emotional well-being than males holding egalitarian/feminine gender role ideology
 - b. Females holding egalitarian/ gender role ideology have higher emotional well-being

Research Method

The present study is correlational. Data was gathered by using self-report measures. The psychometric properties of the instruments were explored, and proposed objectives and hypotheses were tested empirically. The sample consisted of 225 married individuals. The data was collected from Wah, Islamabad, Rawalpindi, Multan and Lahore using purposive sampling. Demographic details included ages ranging from 23-70 and education level

of participants ranging from 10 years of education to PhD/MBBS.

Two research instruments, the Gender Role Belief Scale Short Version (GRBS-S) and the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), were used. The Gender Role Beliefs Scale Short version was developed by Kerr and Holden (1996). GRBS-S is a 10-item self-reported measure, and item statements are responded to on a 7-point Likert-type scale, with choices ranging from 1 (Strongly Agree) to 7 (Strongly Disagree). Item number 3 is reversed scored. High scores indicate egalitarian/feminine ideology and lower scores indicate traditional ideology.

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) is a 14-item mental health scale called the WEMWBS, which was created by Tennant et al. in 2007. Each response to an item on the scale, from "none of the time" to "all the time," is added to determine the score. Low ratings signify poor well-being, whereas high scores show great well-being.

The sample was approached by using personal contacts. After providing all the necessary information to the respondents, the questionnaires were distributed (personally and online). Participants were requested not to skip any item. There was no time limit associated with the completion of questionnaires. Later, on completion, questionnaires were inspected for the missing data. The SPSS (Statistical Program for Social Science) was used for data entry and analysis.

Results

The purpose of the present study was to explore the relationship between gender role ideology and emotional well-being and to investigate the moderating role of gender in the relationship between gender role ideology and emotional well-being. Descriptive statistics comprising standard deviation, means, and alpha coefficient were computed. Skewness and kurtosis were measured to check normality. The correlation was also computed to elucidate the association among variables; a t-test was conducted for mean differences between males and females. Multiple regression analysis was conducted to test the role of gender on the relationship between gender role ideology and emotional well-being.

Table 1: *Descriptive Statistics, Cronbach’s Alpha and Correlation Coefficient for the Scales of Gender Role Ideology and Emotional Well-Being (N=225)*

Variables	<i>K</i>	<i>α</i>	<i>M</i>	<i>S.D</i>	<i>Skew-ness</i>	<i>Kurto-sis</i>	<i>Range</i>		<i>1</i>	<i>2</i>
							<i>Actual</i>	<i>Potential</i>		
1. Gender Role Ideology	10	.89	50.27	17.29	-.69	-1.26	18	70	---	-.30**
2. Emotional Well Being	14	.90	52.89	12.13	-1.00	-.34	23	69	---	---

** $p < .01$

Table 1 illustrates the descriptive. Good reliability values are a sign of the internal consistency of the scales. The skewness and kurtosis values were between -1.5 and +1.5, which suggests the normality of the data. The table shows a highly significant association between “gender role ideology” and emotional well-being. Participants having traditional gender role ideology demonstrate low levels of emotional well-being. Meanwhile, participants with egalitarian gender role ideology demonstrate high emotional well-being.

Table 2 *Gender Differences on the Scale of Emotional Well-Being (N=225)*

Variables	Male (n=115)		Female (n=110)		t	p	CI		Cohen's d
	M	SD	M	SD			Upper	Lower	
WBS	48.35	14.15	57.64	6.96	-6.20***	.000	-12.24	-6.33	0.83

*** $p < .001$

Table 3 reveals the result of the independent sample t-test for computing gender differences on the scale of emotional well-being. The results indicate that females have significantly higher emotional well-being (M = 57.64, SD = 6.96) than males (M = 48.35, SD = 14.15).

Table 3: Regression analysis Predicting the Moderating Impact of Gender on the Relationship between Gender Role Ideology and Emotional Well-Being (N=225)

		Outcome: Emotional Well-Being					
Predictors		β	SE	B	t	ΔR^2	F
Model 1						.66	219.65***
	(constant)	-	.15		-18.78		
		2.91***					
	Gender	-.93***	.05	-.93	-18.49		
	Role						
	Ideology						
	Gender	1.95***	.10	.98	19.39		
Model 2						.037	173.32***
	(constant)	2.38***	.17		-13.46		
	Gender	-	.20	-2.00	-9.60		
	Role	2.00***					
	Ideology						
	Gender	-1.52**	.66	-.76	-2.28		
	Gender	.058***	.01	2.57	5.26		
	Role						
	Ideology						
	x Gender						

*** $p < .001$

Table 3 displays the results of a moderated multiple regression analysis that considers gender as a moderator of the relationship between gender role ideology and emotional well-being. According to the $F(3, 221) = 173.32^{***}$, $p < .001$, R^2 value of .702, the predictor explained 70.2% of the variance in the outcome variable. Gender role ideology's main impact ($B = -2.006$, $p < .001$). The predictor gender role ideology showed a significant relationship with the moderating effect of gender ($B = .058$, $p < .001$).

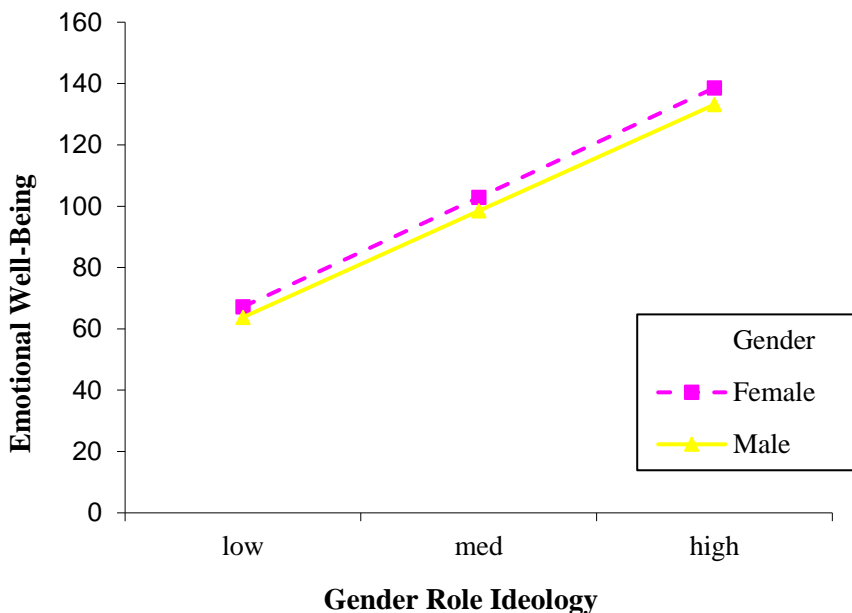


Figure 1 revealed that females with an egalitarian gender role ideology have higher emotional well-being than males.

Discussion

The present study is valuable to the literature assessing gender role ideology and emotional well-being. The present study consisted of married individuals with the age range of 23 to 70 years. The following section will highlight the findings and backing from existing literature.

According to the correlational results, gender role ideology and emotional well-being have an influential negative association. As a result, those who believe in traditional gender roles have high emotional well-being, whereas those who believe in egalitarian gender roles have lower emotional well-being.

The discussion about gender roles has persisted since the turn of the 20th and the beginning of the 21st centuries, and the conservative perspective is giving way to the liberal perspective. (Crompton & Lyonette, 2008). Both men and women support egalitarianism and the sharing of responsibilities. Because women are taking on more domestic duties like childrearing, men's roles in the home are also altering. They encourage women to work and encourage them to help with household expenses rather than staying at home. Along

with men, women support the family financially. In homes where the males take the conservative roles and the wives the liberal ones, men are more likely to feel psychological stress (Benzeval et al., 2014).

The study's second hypothesis was that females score higher on emotional well-being than males. Previous literature suggests that men tend to be more stressed about different things, which would make them weaker in external work. In contrast, women tend to internalise the stress and know their coping strategies, keeping their well-being high (Broderick, 1998). Another study stated that women are more mindful and likely to be able to improve their emotional condition by keeping themselves busy with different work (Katz & Toner, 2013)

According to the third hypothesis, gender modifies the association between the ideology of gender roles and emotional health. According to prior research (Bolzendahl & Myers, 2004; Ciabattari, 2001), gender moderates the association between sex roles and subjective well-being. In previous studies, the relationship between emotional well-being and gender roles remained significant to gender differences (Heath et al., 2017). The findings of an earlier study (Vogel et al., 2006) concluded that gender has an effect on gender roles (including masculinity and femininity) and psychological well-being.

Women had modern roles and great psychological well-being in terms of gender differences. The results were in line with the literature. Women in contemporary and shifting roles had little psychological disturbance. Traditional gender roles were linked to significant psychological anguish among men. (Sweeting, Bhaskar, Benzeval, Popham, & Hunt, 2014). The current study has confirmed the results of the research of Matud, Lopez-Curbelo, and Fortes (2019). Women can better manage their lives and influence their circumstances more than men. Additionally, recent improvements in the education sector and liberalism among women may significantly affect women's lives.

The study's hypothesis (3 a) was that males holding traditional gender role ideology have higher emotional well-being than males holding egalitarian/feminine gender role ideology. The findings of the current study are consistent with those of earlier investigations. For example, Iwamoto et al. (2014) found that men who prioritise values that put them in a position of power and make them dominant over women are significantly more likely to report high levels of well-being than men who do not view women as their rivals. According to another similar study, males who reported having more equitable gender norms were less happy and had limited emotional

expressiveness due to their lack of early exposure to identity development (Arnett, 2000). According to earlier research (Bassoff & Glass, 1982; Saunders & Kashubeck-West, 2006), traditional and masculine gender role ideology is linked to greater well-being. The findings of the current study support this. According to another study (Read & Grundy, 2011; Sweeting, 2014; Van de Vijver, 2007), males with traditional gender role ideas exhibit more significant well-being and mental health increases.

The study's hypothesis (3 b) was that females holding egalitarian/ gender role ideology have higher emotional well-being. Previous literature supports our finding that females with more feminine societal roles have greater psychological well-being (Wittig, 1998). Another study supported that females breaking more stereotypes of fundamental cultural values and becoming more independent are more optimistic and satisfied, which points to valuable emotional well-being (Einat & Chen, 2012; Hensley & Tewksbury, 2002). In Pakistani culture, women are supposed to drive more homely rather than be more open to working outside. However, things are swiftly changing, and women are open-mindedly moving forward. Even in a workplace environment, males consider a threat to their identity where women are equally successful (Brescoll et al., 2012; Cejka & Eagly, 1999; Reskin & Roos, 1990). Previous literature also indicated that females breaking more stereotypes of fundamental cultural values and becoming more independent are more optimistic and satisfied, which points to valuable emotional well-being (Einat & Chen, 2012; Hensley & Tewksbury, 2002)

Conclusion

The current study examined the relationship between gender role ideology and emotional health. Additionally, it demonstrated how gender itself and gender role ideology had an impact on mental well-being. The current study will impact married people's lives since it will help society understand gender role ideology and emotional well-being in married life. Considering Pakistan, a developing and less liberal country, it was essential to conduct research and collect data on such topics to find an accurate picture of the gender ideology concept in Pakistan. Most available literature on the topic explored in the current study is mainly from liberal, developed, advanced and open-minded countries.

The findings of this study will help married people develop gender roles according to their partner, leading to a happy marriage. This research is helpful to couple therapists in identifying the nature of married people and how they form a balance in their lives. Research also benefits counsellors who deal with different types of individuals facing marriage problems. The

sample was confined to primarily middle-upper-class individuals; it could be a comparative study paralleling the formation of emotional well-being in lower-class and upper-class married people. As with the minority of studies conducted on such topics countrywide, data was not compared to other results on related topics. Future studies can research to break the stereotypical concept of hierarchy on the biological basis of gender, which is not a source of good emotional well-being.

REFERENCES

- Amato, P. R., Loomis, L. S., & Booth, A. (1995). Parental divorce, marital conflict, and offspring well-being during early adulthood. *Social Forces*, 73(3), 895–915. <https://doi.org/10.2307/2580551>
- Arnett, J. J. (2000). Emerging adulthood. A theory of development from the late teens through the twenties. *American Psychologist*, 55, 469–480. <http://dx.doi.org/10.1037/0003-066X.55.5.469>
- Arnold, A. P. (2017). A general theory of sexual differentiation. *Journal of Neuroscience Research*, 95(1-2), pp. 291–300.
- Aron, A., Norman, C. C., Aron, E. N., McKenna, C., & Heyman, R. E. (2000). Couples' shared participation in novel and arousing activities and experienced relationship quality. *Journal of Personality and Social Psychology*, 78(2), 273–284.
- Aryee, S., & Luk, V. (1996). Work and nonwork influences the career satisfaction of dual-earner couples. *Journal of Vocational Behavior*, 49(1), 38–52.
- Aspinwall, L. G., Richter, L., & Hoffman, R. R. III. (2001). *Understanding how optimism works: An examination of optimists' adaptive moderation of belief and behaviour*. In E. C. Chang (Ed.), *Optimism & pessimism: Implications for theory, research, and practice* (p. 217–238). American Psychological Association.
- Bassoff, E. S., & Glass, G. V. (1982). The relationship between sex roles and mental health: A meta-analysis of twenty-six studies. *The Counseling Psychologist*, 10(4), 105–112.
- Bem, S. L. (1981). Gender schema theory: A cognitive account of sex typing. *Psychological Review*, 88(4), 354–364.
- Berns, S. (1947), Simpson, L. E., & Christensen, A. (2004). Birds of a feather or strange birds? Ties among personality dimensions, similarity, and

- marital quality. *Journal of Family Psychology*, 18, 564-574.
- Black, K. A., & McCloskey, K. A. (2013). Predicting date rape perceptions: the effects of gender, gender role attitudes, and victim resistance. *Violence against women*, 19(8), 949–967.
- Blair, S. L. (1998). Work roles, domestic roles and marital quality: Perceptions of fairness among dual-earner couples. *Social Justice Research*, 11(3), 313–335. <https://doi.org/10.1023/A:1023290917535>
- Bolzendahl, C. I., & Myers, D. J. (2004). Feminist Attitudes and Support for Gender Equality: Opinion Change in Women and Men, 1974-1998. *Social Forces*, 83(2), 759–790.
- Botkin, D. R. (2000). Family play therapy: A creative approach to including young children in family therapy. *Journal of Systemic Therapies*, 19(3), 31–42.
- Botkin, D. R., Weeks, M. O., & Morris, J. E. (2000). Changing marriage role expectations: 1961–1996. *Sex Roles: A Journal of Research*, 42(9-10), 933–942.
- Brain, W., Stacey, J., & Carl, W. (2006). Gay parenthood and the decline of paternity as we knew it. *Sexualities*, 9(1), 27-55.
- Brescoll, V. L., Uhlmann, E. L., Moss-Racusin, C., & Sarnell, L. (2012). Masculinity, status, and subordination: Why working for a gender stereotype violator causes men to lose status. *Journal of Experimental Social Psychology*, 48(1), 354–357.
- Brewster, K. L., & Padavic, I. (2000). Change in gender-ideology, 1977–1996: The contributions of intracohort change and population turnover. *Journal of Marriage and the Family*, 62(2), 477–487.
- Britton, R. (1999). Ronald Britton Replies. *Journal of the American Psychoanalytic Association*, 47(3), 992–993.
- Broderick, P. C. (1998). Early adolescent gender differences in the use of ruminative and distracting coping strategies. *J. Early Adolescent*. 18, 173–191. doi: 10.1177/0272431698018002003
- Broverman, I. K., Vogel, S. R., Broverman, D. M., Clarkson, F. E., & Rosenkrantz, P. S. (1972). Sex-role stereotypes: A current appraisal. *Journal of Social Issues*, 28(2), 59–78. <https://doi.org/10.1111/j.1540-4560.1972.tb00018.x>

- Casad, B. J., Salazar, M. M., & Macina, V. (2015). The real versus the ideal: Predicting relationship satisfaction and well-being from endorsing marriage myths and benevolent sexism. *Psychology of Women Quarterly*, 39(1), 119–129.
- Cejka, M. A., & Eagly, A. H. (1999). Gender-stereotypic images of occupations correspond to the sex segregation of employment. *Personality and Social Psychology Bulletin*, 25(4), 413–423.
- Ciabattari, T. (2001). Changes in men's conservative gender ideologies: Cohort and period influences. *Gender & Society*, 15(4), 574–591.
- Cialdini, R. B., Kallgren, C. A., & Reno, R. R. (1991). A focus theory of normative conduct: A theoretical refinement and reevaluation of the role of norms in human behaviour. In L. Berkowitz (Ed.), *Advances in experimental social psychology*, 24, 201–234. San Diego, CA: Academic Press.
- Crompton, R., & Lyonette, C. (2008). Who does the housework? The division of labour within the home. In A. Park, J. Curtice, K. Thomson, M. Phillips, M. Johnson, & E. Clery (Eds.), *British social attitudes* (pp. 53–80). London: Sage.
- Davis, C. G., Nolen-Hoeksema, S., & Larson, J. (1998). Making sense of loss and benefiting from the experience: Two construals of meaning. *Journal of Personality and Social Psychology*, 75(2), 561–574.
- Deaux, K., & Lewis, L. L. (1984). Structure of gender stereotypes: Interrelationships among components and gender label. *Journal of Personality and Social Psychology*, 46(5), 991–1004. <https://doi.org/10.1037/0022-3514.46.5.991>
- Díaz-Loving, R., & Díaz-Loving, R. (2019). Gender and masculinity and femininity. *Ethnopsychology: Pieces from the Mexican Research Gallery*, 73–96.
- Diener, E., Lucas, R. E., & Oishi, S. (2002). *Subjective well-being: The science of happiness and life satisfaction*. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology*. 463–473.
- Eagly, A. H. (1987). Reporting sex differences. *American Psychologist*, 42(7), 756–757.

- Eagly, A. H., & Wood, W. (1999). The origins of sex differences in human behaviour: Evolved dispositions versus social roles. *American Psychologist*, 54(6), 408–423.
- Eagly, A. H., Wood, W. (1991). Sex differences in conformity: Surveillance by the group as a determinant of male nonconformity. *Journal of Personality and Social Psychology*, 40, 384–389
- Eagly, A. H., Wood, W., & Johannesen-Schmidt, M. C. (2004). *Social Role Theory of Sex Differences and Similarities: Implications for the Partner Preferences of Women and Men*. In A. H. Eagly, A. E. Beall, & R. J. Sternberg (Eds.), *The psychology of gender* (p. 269–295).
- Edgell, P. and Docka, D. (2007). Beyond the Nuclear Family. Familyism and Gender Ideology in Diverse Religious Communities. *Sociological Forum*, 22, 25–50.
- Einat, T., & Chen, G. (2012). What does love have to do with it? Sex in a female maximum-security prison. *The Prison Journal*, 92(4), 484–505.
- Ferre, M. M., McQuillan J. (1998). Gender-Based Pay Gaps: Methodological and Policy Issues in University Salary Studies. *Gender & Society*, 12(1), 7–39.
- Fiske, S. T., Cuddy, A. J. C., & Glick, P. (2007). The BIAS map: Behaviors from intergroup affect and stereotypes. *Journal of Personality and Social Psychology*, 92(4), 631–648.
- Fitzpatrick, M. K., Salgado, D. M., Suvak, M. K., King, L. A., & King, D. W. (2004). Associations of Gender and Gender-Role Ideology with Behavioral and Attitudinal Features of Intimate Partner Aggression. *Psychology of Men & Masculinity*, 5(2), 91–102.
- Folkman, S., & Moskowitz, J. T. (2000). Positive affect and the other side of coping. *American Psychologist*, 55(6), 647–654.
- Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society of London. Series B: Biological Sciences*, 359(1449), 1367–1377.

- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13(2), 172–175.
- Gottman, J. M., Levenson, R. W., & Carstensen, L. L., (1994). Influence of age and gender on affect, physiology, and their interrelations: A study of long-term marriages. *Journal of Personality and Social Psychology*, 67(1), 56–68.
- Harris, R. J., & Firestone, J. M. (1998). Changes in predictors of gender role ideologies among women: A multivariate analysis. *Sex Roles: A Journal of Research*, 38(3-4), pp. 239–252.
- Heath, P. J., Brenner, R. E., Vogel, D. L., Lannin, D. G., & Strass, H. A. (2017). Masculinity and barriers to seeking counselling: The buffering role of self-compassion. *Journal of Counseling Psychology*, 64(1), 94-103. Doi: 10.1037/cou0000185
- Helmreich, R. L., Spence, J. T., & Gibson, R. H. (1982). Sex-role attitudes: 1972–1980. *Personality and Social Psychology Bulletin*, 8(4), 656–663. <https://doi.org/10.1177/0146167282084009>
- Hengstebeck, N. D., Helms, H. M., & Rodriguez, Y. (2015). Spouses’ gender role attitudes, wives’ employment status, and Mexican-origin husbands’ marital satisfaction. *Journal of Family Issues*, 36(1), 111–132.
- Hensley, C., & Tewksbury, R. (2002). Inmate-to-Inmate Prison Sexuality: A Review of Empirical Studies. *Trauma, Violence, & Abuse*, 3(3), 226–243.
- Hideg, I., & Ferris, D. L. (2016). The compassionate sexist? How benevolent sexism promotes and undermines gender equality in the workplace. *Journal of Personality and Social Psychology*, 111(5), 706–727.
- Iwamoto, D. K., Corbin, W., Lejuez, C., & MacPherson, L. (2014). College men and alcohol use: Positive alcohol expectancies as a mediator between distinct masculine norms and alcohol use. *Psychology of Men and Masculinity*, pp. 15, 29 –39. <http://dx.doi.org/10.1037/a0031594>
- Kahneman, D., & Krueger, A. B. (2006). Developments in the measurement of subjective well-being. *Journal of Economic Perspectives*, 20(1), 3-24.

- Kalmijn, M. (2005). Attitude alignment in marriage and cohabitation: The case of sex-role attitudes. *Personal Relationships*, 12(4), 521–535. <https://doi.org/10.1111/j.1475-6811.2005.00129.x>
- Kalof, L., Eby, K. K., Matheson, J. L., & Kroska, R. J. (2001). The influence of race and gender on student self-reports on sexual harassment by college professors. *Gender & Society*, 15(2), 282–302. <https://doi.org/10.1177/089124301015002007>
- Kamp Dush, C. M., Taylor, M. G., & Kroeger, R. A. (2008). Marital happiness and psychological well-being across the life course. *Family Relations*, 57(2), 211–226.
- Kanter, R.M. (1977). *Men and Women of the Corporation*. Basic Books, New York.
- Katz, D., and Toner, B. (2013). A systematic review of gender differences in the effectiveness of mindfulness-based treatments for substance use disorders. *Mindfulness* 4, 318–331. doi: 10.1007/s12671-012-0132-3
- Kerr, P. S., & Holden, R. R. (1996). Development of the Gender Role Beliefs Scale (GRBS). *Journal of Social Behavior & Personality*, 11(5), 3–16.
- Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207–222.
- Kite, M. E., & Deaux, K. (1987). Gender belief systems: Homosexuality and the implicit inversion theory. *Psychology of Women Quarterly*, 11(1), 83–96
- Korabik, K. McElwain, A. & Chappell, D. (2008). We are integrating gender-related issues into research on work and family. En K. Korabik, D. Lero & D. Whitehead (Eds.), *Handbook of Work-Family Integration: Research, Theory, and Best Practices* (pp. 215–232). Academic Press.
- Lamers, S. M. A., Glas, C. A. W., Westerhof, G. J., & Bohlmeijer, E. T. (2012). Longitudinal evaluation of the Mental Health Continuum-Short Form (MHC-SF): Measurement invariance across demographics, physical and mental illnesses. *European Journal of Psychological Assessment*, 28(4), 290–296.

- Larsen, K. S., & Long, E. (1988). Attitudes toward sex roles: Traditional or egalitarian? *Sex Roles: A Journal of Research*, 19(1-2), 1–12.
- MacIntyre, P., & Gregersen, T. (2012). Emotions that facilitate language learning: The positive-broadening power of the imagination.
- McCall, G. J., & Simmons, J. L. (1978). *Identities and Interactions*, 16, (111–113)
- Mickelson, K. D., Claffey, S. T., & Williams, S. L. (2006). The moderating role of gender and gender role attitudes on the link between spousal support and marital quality. *Sex Roles: A Journal of Research*, 55(1-2), 73–82.
- Novaco, R. W., & Gonzalez, O. I. (2009). *Commuting and well-being*. In Y. Amichai-Hamburger (Ed.), *Technology and psychological well-being*, 174–205. Cambridge University Press.
- Pekrun, R., Elliot, A. J., & Maier, M. A. (2009). Achievement goals and achievement emotions: Testing a model of their joint relations with academic performance. *Journal of Educational Psychology*, 101(1), 115–135.
- Pervaiz, Z., & Malik, S. (2021). Gender roles and psychological well-being: Difference in contemporary groups. *Pakistan Social Sciences Review*, 5(2), 1–14.
- Phelan, J. E., & Rudman, L. A. (2010). Reactions to ethnic deviance: The role of backlash in racial stereotype maintenance. *Journal of Personality and Social Psychology*, 99(2), 265–281.
- Pilar Matud, M., Lopez-Curbelo, M., & Fortes, D. (2019). Gender and Psychological Well-Being. *International Journal of Environmental Research and Public Health*, 16(19).
- Prentice, D. A., & Carranza, E. (2002). What women should be, should not be, are allowed to be, and do not have to be: The contents of prescriptive gender stereotypes. *Psychology of Women Quarterly*, 26(4), 269–281. <https://doi.org/10.1111/1471-6402.t01-1-00066>
- Read, S., Grundy, E., & Wolf, D. (2011). Fertility history, health, and changes in later life: A panel study of British women and men born 1923–1949. *Population Studies*, 65(2), 201–215.
- Reskin, B., & Padavic, I. (2002). *Women and men at work* (2nd ed.). Thousand Oaks, CA: Pine Forge Press.

- Reskin, B. & Roos, P.A. (1990). *Job Queues, Gender Queues: Explaining Women's Inroads into Male Occupations*. Temple University Press, Philadelphia.
- Ridgeway, C. L. (2011). *Framed by gender: How gender inequality persists in the modern world*. New York: Oxford University Press.
- Rocha-Sánchez, T., & Díaz-Loving, R. (2005). Cultura de género: La brecha ideológica entre hombres y mujeres. *Anales de Psicología*, 21(1), 42-49.
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potential: A review of research on hedonic and eudaimonic well-being. *Annual Review Psychology*, 52, 144-166.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.
- Sandstrom, G. M., & Dunn, E. W. (2014). Is efficiency overrated? Minimal social interactions lead to belonging and positive affect. *Social Psychological and Personality Science*, 5(4), 437–442.
- Santana, M. C., Raj, A., Decker, M. R., La Marche, A., & Silverman, J. G. (2006). Masculine gender roles are associated with increased sexual risk and intimate partner violence perpetration among young adult men. *Journal of Urban Health: Bulletin of the New York Academy of Medicine*, 83, 575–585. <http://dx.doi.org/10.1007/s11524-006-9061-6>
- Saunders, K. J., & Kashubeck-West, S. (2006). The Relations among Feminist Identity Development, Gender-Role Orientation, and Psychological Well-Being in Women. *Psychology of Women Quarterly*, 30(2), 199–211.
- Schaufeli, W. B., Heuven, E., Bakker, A. B., & Huisman, N. (2006). The role of self-efficacy in performing emotional work. *Journal of Vocational Behavior*, 69(2), 222-235.
- Seligman, M. E. P. (2002). *Positive psychology, positive prevention, and positive therapy*. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology*, 3–9. Oxford University Press.
- Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press.

- Spence, J. Helmreich, K. & Stapp, L. (1974). CHANGING CONCEPTIONS OF MEN AND WOMEN: A Psychologist's Perspective. *Soundings: An Interdisciplinary Journal*, 64(4), 466-484. Retrieved June 9, 2021, from <http://www.jstor.org/stable/41167491>
- Spence, J. T. (1984). Gender identity and its implications for the concepts of masculinity and femininity. *Psychology and gender*, pp. 32, 59–96.
- Spence, J. T. (1993). Gender-related traits and gender ideology: Evidence for a multifactorial theory. *Journal of Personality and Social Psychology*, 64(4), 624–635. <https://doi.org/10.1037/0022-3514.64.4.624>
- Spence, J. T., & Buckner, C. E. (2000). Instrumental and expressive traits, trait stereotypes, and sexist attitudes. *Psychology of Women Quarterly*, 24(1), 44–62. <https://doi.org/10.1111/j.1471-6402.2000.tb01021.x>
- Stryker, S., & Serpe, R. T. (1994). Identity salience and psychological centrality: Equivalent, overlapping, or complementary concepts. *Social Psychology Quarterly*, 57(1), 16–35. <https://doi.org/10.2307/2786972>
- Sweeting, H., Bhaskar, A., Benzeval, M., Popham, F., & Hunt, K. (2014). Changing gender roles and attitudes and their implications for well-being around the new millennium. *Social psychiatry and psychiatric epidemiology*, 49(5), 791–809.
- Sweeting, H., & Hunt, K. (2014). Adolescent socio-economic and school-based social status, health and well-being. *Social Science & Medicine*, pp. 121, 39–47.
- Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., & Stewart-Brown, S. (2007). The Warwick-Edinburgh mental well-being scale (WEMWBS): development and UK validation. *Health and Quality of Life Outcomes*, 5(1), 1-13.
- Twenge, J. M. (1990). Changes in masculine and feminine traits over time: A meta-analysis. *Sex Roles*, 36, 305–325
- Uchino, B. N., Cacioppo, J. T., & Kiecolt-Glaser, J. K. (1996). The relationship between social support and physiological processes: A review emphasising underlying mechanisms and implications for health. *Psychological Bulletin*, 119(3), 488–531.

- Van de Vijver, F. R. (2007). Cultural and gender differences in gender-role beliefs, sharing household tasks and child-care responsibilities, and well-being among immigrants and majority members in the Netherlands. *Sex Roles*, 57, 813–824. <https://doi.org/10.1007/s11199-007-9316-z>
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). We are measuring the self-stigma associated with seeking psychological help—*Journal of Counselling Psychology*, 53(3), 325.
- Westerhof, G. J., & Keyes, C. L. (2010). Mental illness and mental health: The two continua model across the lifespan. *Journal of Adult Development*, 17(2), 110-119.
- Wilcox, W. B., & Nock, S. L. (2006). What does love have to do with it? Equality, Equity, Commitment and Women's Marital Quality. *Social Forces*, 84(3), 1321–1345.
- Wittig, D. R. (1998). *Transitions in the life course and gender role ideology: Stability and change from adolescence to adulthood*. Mississippi State University
- Wood, W., Rhodes, N., & Whelan, M. (1989). Sex differences in positive well-being: A consideration of emotional style and marital status. *Psychological Bulletin*, 106(2), 249–264