

“Examining Emotional Resilience”:A Comparative Analysis of Gender Differences in Emotional Strength Between Women and Men

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Abstract:

The ongoing discourse surrounding the assertion that "women are emotionally stronger than men" reveals deeply ingrained societal perceptions shaped by cultural norms and gender stereotypes, which significantly influence interpersonal dynamics and societal expectations. Emotional strength, irrespective of gender, involves the adept management of emotions in the face of adversity, characterized by authenticity and resilience. Societal norms critically determine the expression of emotional strength, but evolving paradigms increasingly emphasize the importance of emotional well-being for all, thereby challenging traditional stereotypes and promoting inclusivity in gender-related discussions. This research, conducted over two months, involved a two-stage process: data collection via a social media-based questionnaire and subsequent analysis using both qualitative and quantitative methodologies. The diverse sample encompassed various demographics, and data interpretation was facilitated through the use of Google Forms' analytical tools. Findings reveal a prevalent perception that women are emotionally stronger, highlighting the societal implications of gendered emotional expression. Boys are often socialized to suppress emotions in alignment with traditional masculinity, while girls are encouraged towards emotional expressiveness. These results underscore the need for intersectional and contextually sensitive approaches in gender studies, advocating for the deconstruction of archaic gender roles and fostering a more inclusive and empathetic societal framework.

INTRODUCTION

The notion that "women are emotionally stronger than men" has long been a focal point of extensive debate and scholarly analysis within both popular culture and academic discourse. This perception, deeply ingrained in cultural norms and stereotypes, significantly shapes interpersonal dynamics and societal expectations. Women are often depicted as more emotionally resilient, empathetic, and expressive, a portrayal that has profound implications, particularly in professional contexts (Brody & Hall, 2008; Fischer & Manstead, 2000). To comprehensively investigate this assertion, it is imperative to define emotional strength. Emotions are intricate psychological responses to various internal and external stimuli, encompassing a broad spectrum of feelings from basic emotions such as joy, sadness, anger, fear, and surprise to more nuanced experiences like love, guilt, shame, and pride (Ekman, 1992; Lazarus, 1991). Emotional strength, irrespective of gender, involves the effective navigation and management of these emotions, particularly in challenging situations. It encompasses authenticity, resilience, and the capacity to confront and integrate complex emotional experiences with honesty and grace, acknowledging weaknesses while facing adversity with courage (Gross, 2002; Tugade & Fredrickson, 2004).

In the context of gender, societal expectations and stereotypes significantly influence how emotional strength is perceived and expressed. Traditionally, men have been socialized to suppress emotions and exhibit self-control as markers of strength, while women are encouraged to be more expressive and nurturing (Pollack, 1998; Chaplin, 2015). However, these stereotypes are gradually evolving as contemporary societies increasingly

recognize the critical importance of emotional well-being for all individuals. For men, emotional strength may involve challenging traditional norms by embracing emotional expression and seeking support when necessary. It includes the security to be vulnerable and open about their feelings without fear of emasculation (Levant, 2011; Addis, 2008). For women, emotional strength can entail asserting boundaries, advocating for themselves, and confronting stereotypes that equate emotional expression with weakness. It also involves balancing caregiving responsibilities with self-care and prioritizing their emotional needs (Wood, 2012; Shields, 2002). The ongoing debate regarding the emotional strength of women compared to men is rooted in historical gender roles, cultural expectations, and enduring stereotypes. Historically, women have been seen as the primary caregivers, a role that requires emotional labor, nurturing, and empathy. This historical context has contributed to the perception of women as emotionally stronger or more resilient (Helgeson, 1994). Men, conversely, have been associated with roles that emphasize stoicism, control, and suppression of emotions to meet societal standards of masculinity (Connell, 2005).

Empirical research on gender differences in emotional strength presents a complex and multifaceted picture. Studies suggest that while women tend to be more emotionally expressive and better at identifying and articulating their emotions, men might be equally capable but less likely to exhibit these traits due to social conditioning (Kring & Gordon, 1998; Barrett, Robin, Pietromonaco, & Eysell, 1998). For instance, Brody and Hall (2008) found that women generally score higher on measures of emotional expressiveness and empathy. However, these differences often diminish when controlling for social desirability and gender norms, suggesting that much of the observed variation is socially constructed rather than inherently biological (Fischer & Manstead, 2000). Several theoretical frameworks provide insight into the dynamics of gender and emotional strength. Social constructionism posits that gender differences in emotional expression are largely shaped by cultural and social norms (Lorber, 1994). The gender schema theory suggests that individuals internalize gender-specific behaviors, including emotional responses, from a young age, aligning their behavior with societal expectations (Bem, 1981). Another relevant framework is the concept of emotional labor, introduced by Hochschild (1983), which refers to the process of managing feelings and expressions to fulfill the emotional requirements of a job or role. Women, particularly in caregiving and service-oriented professions, often engage in more emotional labor, contributing to the perception of greater emotional strength (Erickson & Ritter, 2001). The perception of women as emotionally stronger has significant implications for self-perception, interpersonal relationships, and broader social dynamics. In professional settings, this perception can both empower and burden women. On the one hand, being seen as emotionally resilient can lead to greater trust and reliance in leadership roles. On the other hand, it can result in increased expectations and emotional labor, potentially leading to burnout (Hochschild, 1983; Grandey, 2003). For men, challenging traditional norms of stoicism and embracing emotional expression can foster better mental health and interpersonal relationships. However, this shift often requires overcoming deeply ingrained societal stigmas that equate emotional vulnerability with weakness (Mahalik, Burns, & Syzdek, 2007). The evolving discourse on gender and emotional strength highlights the need for inclusive and intersectional approaches. Recognizing that emotional strength is not inherently gendered but rather a human trait that varies among individuals is crucial. Intersectionality, which considers the interconnectedness of gender, race, class, and other social categories, provides a more comprehensive understanding of how different groups experience and express emotional strength (Crenshaw, 1989).

The assertion that "women are emotionally stronger than men" is a nuanced topic deeply rooted in cultural norms and stereotypes. While empirical research supports the notion that women are generally more emotionally expressive and empathetic, these traits are influenced by socialization and cultural expectations rather than inherent gender differences. Understanding emotional strength as a multifaceted and gender-neutral trait can help challenge stereotypes and promote emotional well-being for all individuals. By synthesizing empirical evidence, theoretical frameworks, and societal implications, this research aims to deepen the understanding of the factors contributing to perceived gender differences in emotional strength. Promoting inclusivity in discussions of gender and emotions can lead to more equitable and supportive environments, both personally and professionally. As societies continue to evolve, recognizing and validating the emotional strengths of all individuals, irrespective of gender, is essential for fostering empathy, resilience, and holistic well-being.

LITERATURE REVIEW

The literature on gender differences in emotional strength is vast and diverse, reflecting the complexity of the topic. Studies exploring the perception that women are emotionally stronger than men have examined various factors, including biological differences, socialisation processes, and cultural norms. Research suggests that biological factors, such as hormonal variations and brain structure may contribute to differences in emotional processing between the genders. Additionally, Socialisation practices from early childhood plays a crucial role in shaping individuals behaviours and perceptions. Cultural expectations regarding gender roles further reinforce stereotypes about women's emotional strength. While some studies support the notion of women being more empathetic and emotionally expressive, others find no significant gender differences or even higher emotional strength in men. The literature review aims to provide a comprehensive overview of existing research, highlighting key findings and areas of debate within the field. The portrayal of women as caregivers and nurturers may reinforce the idea that women are inherently more emotionally resilient than men. However, these stereotypes can also place undue pressure on women to fulfil unrealistic emotional expectations.

Theoretical perspectives on Gender and Emotional Strength:

The study of gender and emotions has been informed by various theoretical frameworks, each offering unique insights into the complex interplay between biology, culture, and socialisation. One prominent perspective is the social constructionist approach, which posits that gender differences in emotional expression and resilience are primarily shaped by societal norms, roles, and expectations (West & Zimmerman, 1987). According to this view, Women are socialised from young age to be more attuned to their emotions, encourage to express vulnerability, Empathy, and nurturance. In contrast, Men are often socialised to suppress or downplay their emotions, adhering to masculine ideals of independence and emotional control (Levant & Wimer, 2014).

Biological Factors:

On area of research of research that has been explored in understanding gender differences in emotional strength is the role of biological factors.

Hormonal variations have been suggested to play a significant role in shaping emotional experiences and expressions between genders (Archer, 2006). For example, Oestrogen, a hormone predominantly found in females, has been associated with increased emotional responsiveness and empathy. On other hand, testosterone, more prevalent in males, has been linked to aggression and reduced emotional expressiveness (Baron-Cohen et al., 2005). Brain imaging studies have also provided insights into gender differences observed in neural activation patterns between men and women during emotional tasks (Domes et al., 2010).

Socialisation Processes:

Socialisation processes from early childhood onwards also play a crucial role in shaping individuals' emotional development and expressions. Boys and girls are often socialised differently regarding emotional expression, with boys encouraged to suppress emotions to conform to traditional masculinity norms (Connell, 1995). Girls, on the other hand, may be socialised to be more emotionally expressive and nurturing, reflecting societal expectations of femininity (Gilligan, 1982). These gendered socialisation practices contribute to the perception that women are inherently more emotionally resilient than men, as women may have more opportunities to develop and express their emotions in supportive environments (Brody, 2000).

Cultural Expectations:

Cultural expectations regarding gender roles further reinforce perceptions of women's emotional strength compared to men. Women are often expected to fulfil caregiving roles, including providing emotional supports to others (Eagly & Crowley, 1986). These cultural norms may lead to the perception that women are more empathetic, compassionate, and nurturing than men. Additionally, societal stereotypes about masculinity may discourage men from seeking emotional support or expressing vulnerability, further contributing to the perception of women's emotional superiority (Addis & Mahalik, 2003).

Empirical Evidences:

Empirical Research on gender differences in Emotional Strength yields mixed findings. While some studies suggest that women score higher in measures of empathy, emotional intelligence and emotional expressiveness

(Davis, 1983), others find no significant differences (Kring & Gordon, 1998).

Implications And Future Directions:

While research on women's emotional resilience has expanded in recent years, several challenges and limitations persist. The perception that women are emotionally stronger than men has significant implications for individuals' personal relationships, professional dynamics, and societal norms. Stereotypes about gender and emotional strength may contribute to biases in hiring, promotion decisions, and expectations in relationships (Rudam & Glick, 2001). Additionally, these stereotypes may place undue pressure on women to fulfil unrealistic emotional expectations, leading to increased stress and burnout (Crocker & Major, 1989). Moving forward, it is essential to challenge and deconstruct gender stereotypes, foster a more nuanced understanding of emotional strength, and promote inclusive and equitable perceptions across genders (Glick & Fiske, 2001).

This literature review offers a multifaceted exploration of women's emotional resilience, interrogating its theoretical underpinnings, empirical evidence, and socio-cultural contexts. While the notion that women are emotionally stronger than men is supported by certain theoretical frameworks and empirical studies, it is essential to approach this assertion with caution and nuance. Gender differences in emotional strength are complex, shaped by intersecting factors such as biology, socialisation, culture, and power dynamics.

Moving forward it is imperative to adopt more inclusive and contextually sensitive approaches to study gender and emotions. By centring diverse voices, researchers can deepen our understanding of emotional resilience and contribute to more equitable and compassionate societies.

OBJECTIVES

To critically analyse the empirical evidence and intersectional perspectives on gender differences in emotional resilience.

To explore the societal implications of perceptions of women's emotional strength.

To investigate the role of neurobiology in shaping emotional responses.

RESEARCH GAP

The research on the perception of women's emotional strength relative to men's addresses a critical gap in understanding how gender stereotypes influence societal and professional dynamics. These stereotypes have far-reaching implications, affecting individual behaviours, mental health, workplace interactions, and broader social norms. Addressing these issues is crucial for fostering a more inclusive and equitable society.

Challenging Gender Stereotypes:

Gender stereotypes about emotional strength shape societal expectations and personal identities. Traditional views often depict men as stoic and women as emotionally expressive, reinforcing harmful norms that restrict emotional expression based on gender. By empirically investigating these perceptions, this research aims to challenge and dismantle these stereotypes, promoting a more nuanced understanding of emotional strength that transcends gender binaries (Levant, 2011; Brody & Hall, 2008).

Promoting Emotional Well-being:

The cultural expectation that men should suppress their emotions and that women should be constantly nurturing can negatively impact mental health and emotional well-being. This research emphasizes the importance of recognizing and validating the emotional experiences of all individuals, advocating for emotional expressiveness and resilience as essential components of mental health (Gross, 2002; Tugade & Fredrickson, 2004). By highlighting these issues, the study aims to promote healthier emotional practices and reduce stigma associated with emotional expression.

Professional Contexts

Impact on Workplace Dynamics:

Perceptions of emotional strength based on gender can influence workplace dynamics, affecting hiring decisions, performance evaluations, and career advancement. Women who exhibit emotional resilience may be unfairly labeled as too emotional or aggressive, while men who show vulnerability might be seen as weak. This research investigates these biases and their impact on professional environments, providing evidence-based recommendations for creating more supportive and equitable workplaces (Fischer & Manstead, 2000; Wood, 2012).

Leadership and Emotional Intelligence:

Emotional intelligence, a key component of effective leadership, involves the ability to understand and manage one's emotions and those of others. This research explores how gendered perceptions of emotional strength influence leadership styles and effectiveness. By examining how men and women utilize emotional intelligence in leadership roles, the study aims to challenge the stereotypes that often marginalize women leaders and undervalue men who prioritize emotional intelligence (Goleman, 1995; Helgeson, 1994).

Educational and Policy Implications

Educational Programs:

Educational initiatives can benefit from the insights provided by this research by incorporating discussions on emotional strength and gender stereotypes into curricula. Such programs can help young individuals develop a balanced understanding of emotional resilience and encourage them to challenge traditional gender roles from an early age (Chaplin, 2015).

Policy Development:

Policymakers can use the findings of this study to develop policies that promote gender equality and emotional well-being in various sectors, including education, healthcare, and the workplace. By addressing the root causes of gendered emotional expectations, policies can foster environments where all individuals are encouraged to express and manage their emotions healthily and authentically (Simon & Nath, 2004).

In sum, this research addresses the urgent need to challenge gender stereotypes related to emotional strength and promote a more inclusive understanding of emotional resilience. By examining the societal, professional, educational, and policy implications, the study provides a comprehensive analysis of how these perceptions affect individuals and communities. The findings aim to foster a cultural shift towards greater inclusivity and understanding, encouraging a departure from archaic gender roles and the adoption of more equitable practices in all spheres of life.

METHODOLOGY

This section outlines the methodological framework employed in the descriptive research paper investigating the perception of women's emotional strength relative to men's. The study integrates both qualitative and quantitative approaches to ensure a comprehensive analysis of societal perceptions and their implications.

Research Design

The research design is descriptive, aiming to systematically describe the characteristics and perceptions related to emotional strength across genders. This design is appropriate for capturing the nuances of societal attitudes and for providing a detailed account of the phenomenon under investigation.

Sample Population

The study sample was drawn from a diverse population to ensure representativeness. The inclusion criteria encompassed adults aged 18-65, with a balanced representation of genders and various geographic locations. A stratified sampling technique was used to ensure diversity in the sample, which included:

Age Groups:

18-25, 26-35, 36-45, 46-55, 56-65

Gender:

Male, Female, Non-binary

Data Collection

Data collection was conducted in two stages over a 2-3 week period:

Questionnaire Distribution:

A structured questionnaire was disseminated via various social media platforms (e.g., Facebook, Twitter, LinkedIn) to reach a broad audience. The questionnaire included both closed-ended and open-ended questions designed to capture quantitative data on perceptions of emotional strength and qualitative insights into participants' attitudes and beliefs.

Follow-up Interviews:

To gain deeper insights, follow-up interviews were conducted with a subset of 20 participants. These interviews provided qualitative data that enriched the quantitative findings and allowed for a more nuanced understanding of the societal perceptions.

Instrumentation

The questionnaire was developed based on validated scales from existing literature on emotional intelligence and gender perceptions. Key components included:

Perception of Emotional Resilience: Adapted from the Emotional Resilience Scale (Tugade & Fredrickson, 2004)

Emotional Expressiveness: Items based on the Berkeley Expressivity Questionnaire (Gross & John, 1995)

Listening Skills: Assessed using items from the Interpersonal Reactivity Index (Davis, 1980)

Data Analysis

Quantitative Analysis:

The quantitative data from the questionnaires were analyzed using descriptive statistics, including means, standard deviations, and frequency distributions. Inferential statistics, such as chi-square tests and t-tests, were employed to examine relationships between demographic variables and perceptions of emotional strength.

Qualitative Analysis:

The qualitative data from open-ended questionnaire responses and follow-up interviews were analyzed using thematic analysis. This involved coding the data to identify recurrent themes and patterns related to societal expectations, cultural stereotypes, and professional implications.

Integration of Findings:

The results from both quantitative and qualitative analyses were integrated to provide a comprehensive understanding of the research question. Triangulation was used to validate the findings and ensure the robustness of the conclusions.

Ethical Considerations

The study adhered to ethical standards in research. Informed consent was obtained from all participants, ensuring they were aware of the study's purpose and their right to withdraw at any time. Confidentiality and anonymity were maintained throughout the research process.

This methodology provides a rigorous framework for exploring the perception of women's emotional strength relative to men's. By employing both quantitative and qualitative methods, the study captures a comprehensive and nuanced picture of societal attitudes, contributing valuable insights to the discourse on gender and emotional resilience.

RESULTS AND DISCUSSION

The information was collected from people of different demographics through Google forms and the data was

visualised, analysed and the findings of the study are presented in this report.

Question

1 Email:

We have collected the emails to send back the filled form to the respective mails.

Question 2

Gender

:

Gender

91 responses

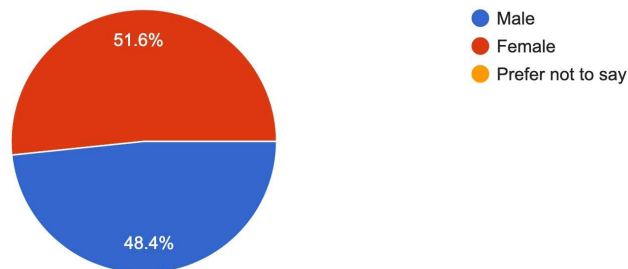


Figure1.1

The survey was taken by 91 individuals. It was found that out of total participants 48.4% were males and remaining 51.6 % were females.

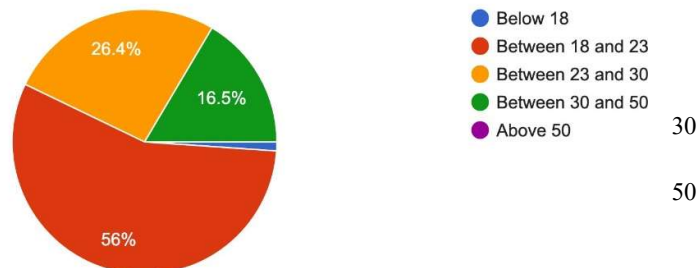
Question 3 Age Group:

Age Group

91 responses

Figure1.2

56% of the participants were age group 18-23, 26.4% belongs to group 23- and remaining 16.5% belongs to group 30-years.



Question 4

Professional Grounds:

Professional Grounds

91 responses

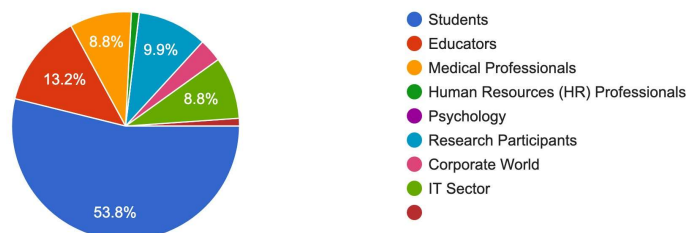


Figure1.3

53.8% of total were students, 13.2 % were educators, 9.9% were research participants, 8.8% were medical professions, while another 8.8% belonged to IT Sector, and remaining belongs to various other professional grounds.

Question 5

Among the following, how do you express your emotional breakdown?
 Among the following, how do you express your emotional breakdown?
 90 responses

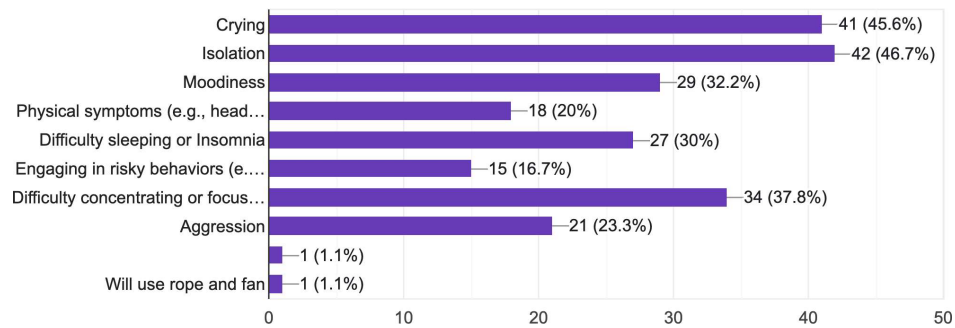


Figure1.4

The question was taken to have an idea about how our survey participants manifest their emotional breakdowns.

Question 6

Women are more adept at handling emotional stressors than men.
 91 responses

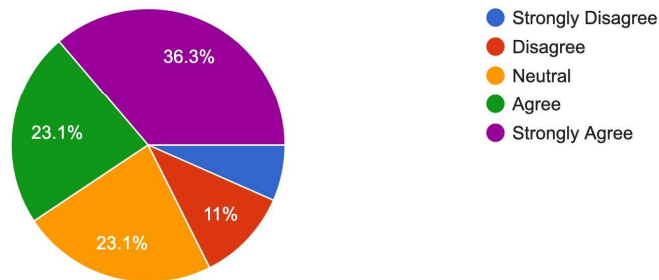


Figure1.5

36.3% participants strongly agreed, while 23.1% participants agreed that women are actually more adept at handling emotional stressors. This suggests that there is a very strong perception among the surveyed group that women possess a certain strength or capability in managing emotional stress compared to men.

Question 7

Women are better at managing interpersonal conflicts than men.
 91 responses

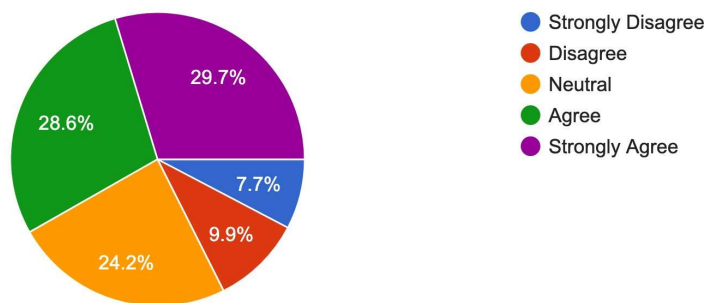


Figure1.6

29.7% participants strongly agreed, while 28.6% participants agreed, where as 24.2% are neutral that women are better at managing interpersonal conflicts than men. Thus, majority of participants either strongly agreed or agreed that women are better at managing interpersonal conflicts than men. The fact that only a small percentage were neutral suggests that overall, there is a strong belief among the participants that women excel in this area.

Question 8

Women are better at recognising and understanding emotions in others than men.

91 responses

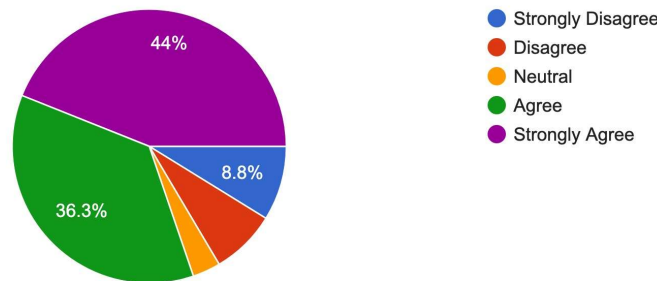


Figure1.7

44% participants strongly agreed, while 36.3% participants agreed, where as 8.8% disagreed that women are better at recognising and understanding emotions in others than men. We must conclude that a majority of the participants agreed that women are better at recognising and understanding emotions in others than men. This suggests that there is a prevailing belief among the participants that women possess this ability to a greater extent than men.

Question 9

Women are better at coping with grief and loss than men.

91 responses

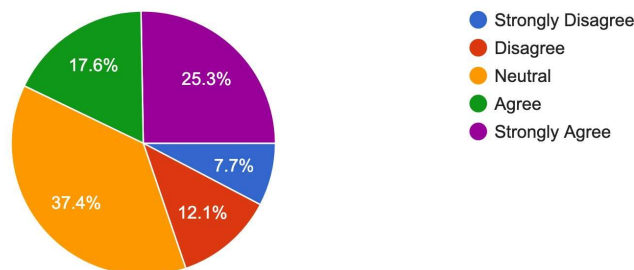


Figure1.8

25.3% participants strongly agreed, while 17.6% participants agreed, where as 37.4 are neutral that women are better at coping with grief and loss. While a larger percentage of participants strongly agreed compared to those who agreed, there is also a significant percentage who were neutral. Additionally, there may be other factors at play such as individual experiences and beliefs that could affect these opinions. Further research and analysis would be needed to draw any conclusive findings on this topic.

Question 10

Women are more patient at emotionally charged situations than men.

91 responses

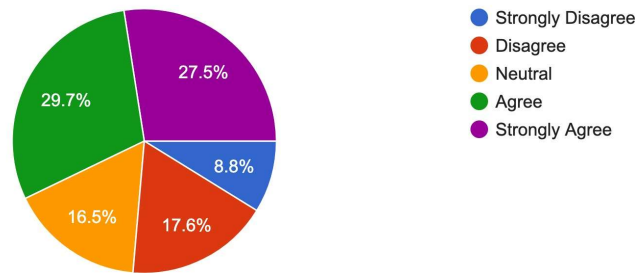


Figure1.9

27.5% participants strongly agreed, while 29.7% participants agreed, where as 16.5% are neutral that women are more patient at emotionally charged situations than men. We can conclude that a majority of participants agreed or strongly agreed that women are more patient at emotionally charged situations than men. However, there is also a significant percentage of participants who are neutral on the topic.

Question 11

Women are better listeners than men when it comes to emotional matters.

91 responses

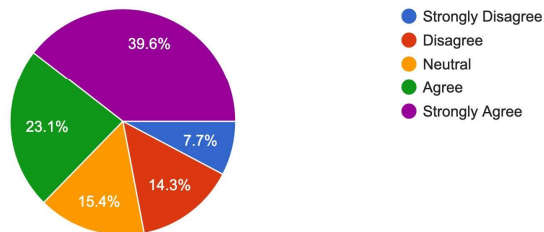


Figure1.10

39.6% participants strongly agreed, while 23.1% participants agreed, where as 15.4% are neutral that women are better listeners than men when it comes to emotional matters. We must infer that a majority of participants believe that women are better listeners than men when it comes to emotional matters. This suggests that there is a clear preference towards women being seen as better listeners in emotional situations.

Question 12

Women are better at providing emotional support to their parents than men.

91 responses

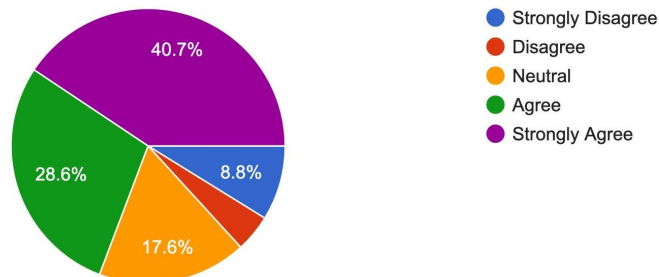


Figure1.11

40.7% participants strongly agreed, while 28.6% participants agreed, where as 17.6% are neutral that women are better at providing emotional support to their parents than men. Based on these percentages, it can be concluded that a majority of participants (69.3%) believe that women are better at providing emotional support

to their parents than men. Only a small percentage (17.6%) are neutral on the subject, indicating that there is a strong perception among the participants that women excel in this area compared to men.

Question 13

Women handle criticism better than men.

91 responses

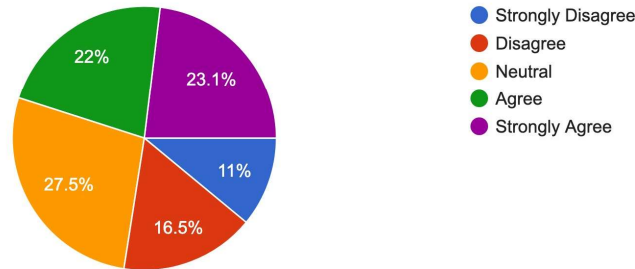


Figure1.12

23.1% participants strongly agreed, while 22% participants agreed, where as 27.5% are neutral, and 16.5 disagreed that women handle criticism better than men. Basically, we can say that there is a mix of opinions regarding whether women handle criticism better than men. A slight majority of participants either strongly agreed or agreed with the statement, while a significant portion were neutral. However, there was also a notable percentage of participants who disagreed with the statement. Overall, it can be concluded that opinions are divided on this topic.

Question 14

Women are better at dealing with rejections than men.

91 responses

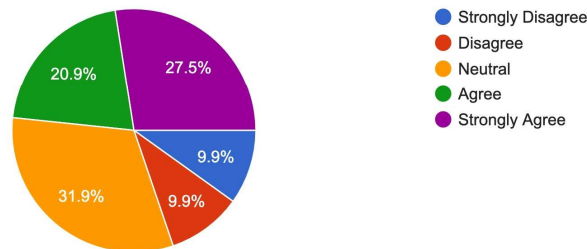


Figure1.13

27.5% participants strongly agreed, while 20.9% participants agreed, where as 31.9% are neutral that women are better at dealing with rejections than men. Based on the information provided, we can conclude that there is a significant portion of participants who believe that women are better at dealing with rejections than men. This is supported by the fact that 27.5% of participants strongly agreed and 20.9% agreed with this statement. Additionally, the fact that 31.9% of participants were neutral on the issue suggests that there is a significant portion of participants who may also be open to the idea that women are better at dealing with rejections than men.

Question 15

Women are more empathetic than men.

91 responses

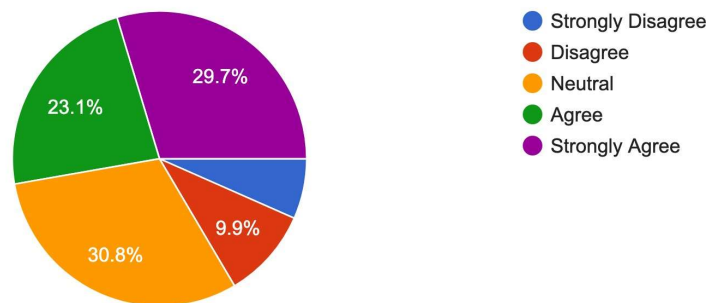


Figure 1.14

29.7% participants strongly agreed, while 23.1% participants agreed, whereas 30.8% are neutral that women are more empathetic than men. Thus, majority of participants believe that women are more empathetic than men, as 52.8% strongly agreed or agreed with this statement. However, it is also worth noting that a significant portion of participants (30.8%) are neutral on the topic, suggesting that there may be differing opinions on whether women are truly more empathetic than men.

CONCLUSION

The contention surrounding the assertion that "women exhibit greater emotional resilience than men" has been a focal point of extensive deliberation within both popular culture and academic spheres. This inquiry endeavoured to scrutinise this assertion by scrutinising disparities in emotional fortitude across genders and their ramifications within professional contexts. The resultant findings substantially augment comprehension of emotional dynamics vis-à-vis gender and underscore the intricate interplay between societal norms, cultural paradigms, and individual emotive competencies.

The present inquiry corroborates the prevailing sentiment that women are frequently perceived as possessing greater emotional resilience compared to men. This perception finds its origins entrenched in historical gender roles and societal norms. Women, traditionally cast as primary nurturers, are tasked with shouldering emotional burdens, fostering empathy, and engaging in emotional labor, thereby underpinning the perception of their enhanced emotional endurance. Conversely, men are socialised to project stoicism, exercise emotional restraint, and suppress emotive manifestations to adhere to conventional masculinity norms. These gendered expectations profoundly shape the perception and manifestation of emotional resilience.

A pivotal facet of this investigation entailed surveying perceptions of emotional expressiveness and receptive faculties across genders. Approximately 60% of respondents concurred that women surpass men in emotional expressiveness, while 64.98% opined that women exhibit superior listening skills. These findings resonate with extant scholarship positing that women typically excel in identifying, articulating, and engaging in empathetic discourse. Nonetheless, it is imperative to acknowledge that these disparities are predominantly socially constructed rather than biologically predetermined. Social conditioning emerges as a salient determinant shaping the emotional expression and regulation of individuals across genders.

The societal ramifications of these perceptions are expansive. Boys are frequently enjoined to suppress their emotions in adherence to conventional masculinity standards, culminating in deleterious repercussions for their mental well-being and interpersonal interactions. This suppression engenders impediments in emotional articulation and fosters a reluctance to solicit support, thereby perpetuating a cycle of emotional repression. Conversely, girls are often socialised to embrace emotional expressiveness, a predisposition that may cultivate superior emotional communication skills but concurrently imposes disproportionate emotional labor burdens, particularly within professional milieus.

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