

# Contents

Preface	ix
Learning Tools and Resources	xii
Acknowledgments	xiii
Your Authors	xv
Open Letter to Students	xvi
<b>PART 1: BACKGROUND: MAKING SENSE OF GENDER/SEX</b>	<b>1</b>
<b>1 Introduction</b>	<b>3</b>
Definition of Terms	5
Cultural Understandings of Gender/Sex	24
Political Issues Surrounding Gender/Sex	30
This Book's Approach to the Study of Gender/Sex	40
Summary	40
Discussion Questions	40
References	43
<b>2 Methods of Gender/Sex Research</b>	<b>49</b>
The Evolution of Gender/Sex Measures	50
Ways of Knowing and the Scientific Method	59
Difficulties in Conducting Research on the Psychology of Gender/Sex	75
Critical Feminist Mixed-Methods Designs	86
Summary	87
Discussion Questions	88
References	91
<b>3 Theories of Gender/Sex Development</b>	<b>96</b>
Biology	97
Evolutionary Theory	108
Social Learning Theory	110
Gender/Sex-Role Socialization	114
Social Role Theory	130
Cognitive Development Theory	132
Gender/Sex Schema Theory	136
Considering the Context: Deaux's and Major's Model	140
Social Constructionism	144
Queer Theory	145
Summary	147
Discussion Questions	148
References	150

<b>4 Gender/Sex Comparisons</b>	161
Gender Similarities Hypothesis	162
The Sticking Power of the Myth of Gender/Sex Binary Differences	167
Can Gender/Sex Binary Differences Be Meaningful?	171
The Future of Gender/Sex Comparison Research	184
Summary	186
Discussion Questions	187
References	188
<b>PART 2: SEXISM AND GENDER/SEX-ROLE STEREOTYPES</b>	<b>195</b>
<b>5 Sexism and Gender/Sex-Role Stereotypes</b>	197
General Attitudes Toward Gender/Sex Roles	198
Attitudes Toward Lesbian, Gay, Bisexual, and Transgender Persons	203
Affective Component: Sexism	207
Cognitive Component: Gender/Sex Stereotyping	214
Consequences of Gender/Sex Stereotypes	229
Gender/Sex-Role Strain	237
Summary	244
Discussion Questions	245
References	246
<b>6 School and Sports</b>	259
Educational Statistics: Dropout, School Climate, and Safety	260
Teacher Influence on Educational Outcomes	268
Parent Influence on Educational Outcomes	273
Educational Achievement: Individual Factors	275
Educational Achievement as Feminine	285
Improving Educational Access: Segregated Educational Experiences	287
Improving Educational Access: Title IX Turns 50	293
Sports in Schools	296
Sports as Gender/Sex Socialization Curricula	299
Gender/Sex Issues in Sports	303
Summary	312
Discussion Questions	313
References	314
<b>7 Work, Discrimination, and Leadership</b>	327
Entry Into the World of Work	327
Choosing a Career: Social Cognitive Career Theory	331
Paid Work: Gender/Sex Occupational Segregation	334
Paid Work in the United States: Pay Disparity	353
Navigating Paid Work and Life	365
Leadership and Influenceability	373
Summary	387
Discussion Questions	389
References	391

<b>PART 3: RELATIONSHIPS</b>	<b>407</b>
<b>8 Friendship</b>	<b>409</b>
Interaction Styles in Childhood	410
Interactions in Adulthood	417
Homophily	419
Characteristics of Friendship	422
Cross-Category Friendship	425
Closeness of Friendship	432
Barriers to Closeness in Boys' and Men's Friendship	438
Conflict in Friendship	441
Friendship at Work	445
Changes Over the Life Span	446
Effect of Friendship on Health	450
Summary	455
Discussion Questions	456
References	458
<b>9 Romantic and Family Relationships</b>	<b>471</b>
Relationship Development	472
Characteristics Desired in a Romantic Partner	480
The Nature of Romantic Relationships	487
Sexuality	491
Maintaining Relationships	499
Relationship Conflict	504
Parenting	512
Division of Labor	516
Relationships and Health	518
Widowhood and Health	522
Effects of Relationship Dissolution on Health	524
Summary	527
Discussion Questions	528
References	530
<b>10 Power and Relationships</b>	<b>545</b>
Sexual Harassment	547
Stalking	556
Intimate Partner Violence	560
Rape and Sexual Coercion	570
Power-Over Violence by the State	582
Summary	586
Discussion Questions	587
References	589
<b>PART 4: HEALTH</b>	<b>601</b>
<b>11 Gender/Sex and Physical Health</b>	<b>603</b>
Gender/Sex Differences in Mortality	603
Gender/Sex Differences in Morbidity	611

Explanations for Gender/Sex Differences in Health	613
Artifacts	615
Health Behaviors	620
Masculine and Feminine Social Roles and Health	639
Conclusions	649
Summary	650
Discussion Questions	651
References	652
<b>12 Gender/Sex and Mental Health</b>	<b>669</b>
Crisis Support, Person-First Language, and Empathy	670
Gender Dysphoria	674
Depression	679
Suicide	689
Post-Traumatic Stress Disorder	697
Eating Disorders	703
Neurodivergence	712
Considering Wellness: Mindfulness, Happiness, and Psychological Well-Being	718
Summary	724
Discussion Questions	725
References	727
Index	740