

Contents

Preface xv

1. The Power of Difference: The Need to Forge Human Connections	1
Gender as a Social Category	2
<i>Why Gender?</i>	4
<i>Sex, Gender, and Difference</i>	6
Feminist Values	7
Gender Differences and Power	8
<i>Male Privilege</i>	9
<i>Female Oppression</i>	10
<i>Systems of Inequality</i>	11
Consequences of Gender Difference	16
<i>Dissimilarity: Normal versus Deficient</i>	16
<i>“Other”: Stereotyping and Disrupted Contact</i>	19
<i>Unusualness: Disrupted Connection</i>	20
<i>Diversity: Variety As the Spice of Life</i>	21
What Lies Ahead	23
Suggested Readings	23
2. Transforming Psychology: There’s No Turning Back	25
History: Rewinding the Videotape	27
<i>Psychology and Women</i>	27
<i>The Psychology of Women: Historical Perspectives and Trends</i>	30
Psychology of Women Today: Pressing Pause	31
<i>Contemporary Perspectives and Trends</i>	31
<i>Within the Discipline of Psychology</i>	34
Feminist Research: Playing Forward	36
<i>Decisions, Decisions</i>	36
<i>Innovations in Research</i>	37
<i>Feminist Approaches to Doing Research</i>	38
<i>Intersectionality: Diversity in Feminist Research</i>	39
What We Know About Gender Differences	39

viii • CONTENTS

<i>Where We Look for Differences</i>	41
<i>Overlooking Similarity</i>	41
<i>Declaring Difference</i>	42
<i>Summarizing Data</i>	44
Chapter Summary	49
Suggested Readings	49
3. Sex&Gender&Sexuality: Intersecting Continua	51
<i>Sex, Gender, and Intersexuality</i>	53
<i>Typical Reproductive Development</i>	53
<i>Intersexed Development</i>	54
<i>Biological Bases for Difference</i>	58
<i>Hormones</i>	59
<i>Childhood Behaviors</i>	61
<i>Core Gender Identity</i>	62
<i>Sexual Orientation</i>	63
<i>Social Variables</i>	63
<i>Cognitive Abilities</i>	64
Summary	67
<i>Sexed Brains</i>	68
<i>Brain Size</i>	68
Brain Structures and Functions	68
Neurosexism	72
<i>Evolutionary Psychology</i>	73
<i>Mate Selection</i>	73
Relational Jealousy	74
Male Dominance	75
<i>Feminism and Evolutionary Psychology</i>	75
<i>Biology, Difference, and Power</i>	76
<i>Folk Wisdom about Causality, Determinism, and Control</i>	76
<i>Behavior Affects Biology</i>	77
<i>Language: The Power to Name</i>	79
Chapter Summary	80
Suggested Readings	81
4. Growing Up: Learning to Be Ourselves in a Gender-Polarized World	82
Difference: Girls Will Be Girls...	84
<i>Beliefs About Gender</i>	84
<i>Gender Identity</i>	85
<i>Preferences</i>	86
<i>Behavioral Enactment</i>	87
Explaining Differences	88
Children's Relationships: Psychoanalysis	88
Children's Learning: Socialization Theories	90
Social Cognitive Theory	91
<i>Building One's Gender Schema</i>	91
<i>Self-Regulation and Efficacy</i>	92
<i>Gendered Culture</i>	93

Differential Treatment by Socializing Agents	94
<i>Parents and Families</i>	95
<i>Schools and Teachers</i>	97
<i>Peers</i>	98
<i>Media</i>	99
Dynamic Learning	101
An Integrated Understanding	103
Breaking the Cycle	103
Chapter Summary	106
Suggested Readings	107
5. Changes Across the Life Course: Women's Lives from Adolescence through Old Age	108
Aging Across the Life Course	109
Gender Identity Across the Life Course	111
Goals for a Life Course Analysis	111
Adolescence	113
<i>Self-Esteem</i>	113
<i>Identity Formation</i>	115
<i>Social Development</i>	118
<i>Future Planning</i>	119
Young Adulthood: Choosing Motherhood?	123
Midlife: Ups and Downs	126
<i>Biological Decline?</i>	127
<i>Not Finished at 40</i>	129
Later Maturity and Older Women: Ups and Downs	130
<i>Retirement and Financial Security</i>	130
<i>Widowhood</i>	131
<i>Health and Well Being</i>	132
Positive Aging	133
Chapter Summary	134
Suggested Readings	135
6. Individual and Social Contexts: Looking Beyond Gender Differences	136
An Example: Empathetic Accuracy	137
Intragroup Diversity	140
<i>Cognitive Abilities: The SAT-M</i>	140
<i>Personality Traits</i>	141
Individual Differences	142
<i>Femininity, Masculinity, and Androgyny</i>	142
<i>Gender-Stereotype Accuracy</i>	145
<i>Conformity to Feminine Norms</i>	146
Social Context	146
<i>Causes and Consequences of Difference</i>	147
<i>Thinking Intuitively about Social Context</i>	148
<i>The Logic of Social Contextual Explanations</i>	149

x • CONTENTS

The Impact of Social Contexts
on Women and Men 151
 Stereotyping about Social Variables 151
 Stereotyping Roles and Occupations 154
Status and Social Context 160
Chapter Summary 162
Suggested Readings 162

7. Sexism: Sexist Prejudice, Stereotyping, and Discrimination 164

Gender Stereotypes 165
 The Contents of Gender Stereotypes 165
 The Myth of the Generic Woman 169
Sexist Stereotyping 169
 From Stereotypes to Stereotyping 170
 The Evaluative Meaning of Stereotyping 171
 Warmth or Competence 172
Sexist Prejudice 173
 Explicit and Implicit Attitudes 174
 Ambivalent Sexism 175
Perpetuating Sexist Stereotyping 180
 Media 180
 Language 181
 Expectancies and Behavior 183
Reducing Stereotyping 184
Sexist Discrimination 187
Chapter Summary 190
Suggested Readings 191

8. Women's Multiple Roles: Achieving Satisfaction in Close Relationships 192

Multiple Roles 194
 Burnout AND Enhancement? 194
 Role Quality and Meaning 195
 Individual and Structural Coping 196
Close Relationships 199
 Defining Close Relationships 199
 Gender or Stereotyping? 200
Friendships 201
 Gender Stereotyping 201
 Friendships between Women 203
 "Cross" Friendships 204
Romantic Attachments 205
 Romance Ideology 206
 Becoming Partnered: Dating 207
 Being Partnered 208
Caregiving 214
 General Patterns 214
 Images of Mothers 215
 The Supermom and Nonparental Childcare 218

Chapter Summary	221	
Suggested Readings	222	
9. Multiple Roles Continued: Work, Wages, and Closing the Gap		223
Work Values	224	
The Wage Gap	226	
Dismissed and Ruled Out Explanations	228	
Occupational Segregation and the Wage Gap	230	
The Gendering of Work	234	
<i>Family-to-Work Conflict</i>	234	
<i>Tokenism</i>	237	
<i>“Unsocialized” Women</i>	238	
<i>Hiring Bias</i>	239	
<i>Job Queues, Gender Queues</i>	240	
The Gendering of Pay	241	
<i>Self-Promotion and Negotiation</i>	242	
<i>Leadership</i>	244	
<i>Mentoring</i>	246	
<i>Perceived Competence</i>	248	
<i>Gender Role Orientation</i>	250	
Sexist Discrimination	252	
<i>If only there wasn't sexist discrimination...</i>	253	
<i>Failure to notice discrimination is not a valid signal that it doesn't exist.</i>	254	
Closing the Wage Gap	254	
Chapter Summary	256	
Suggested Readings	257	
10. Women's Bodies: Objects of Appearance		259
Gender Differences in Body Image	261	
Body Ideals and Body Dissatisfaction	262	
Objectification Theory	265	
<i>What Is Self-Objectification?</i>	266	
<i>Objectification Theory Targets Women</i>	267	
Cultural Practices Targeting Women	268	
<i>The Sexualized Gaze</i>	269	
<i>Comments and “Fat Talk”</i>	273	
<i>Sexualized Media</i>	275	
Potential Moderators	279	
<i>Age</i>	279	
<i>Race/Ethnicity</i>	280	
<i>Sexual Orientation</i>	280	
Consequences of Self-Objectification	281	
<i>Psychological Consequences</i>	282	
<i>Health Threats</i>	284	
Self-Objectification as a Moderator	285	
Resisting Self-Objectification	286	
<i>Individual Resistance</i>	286	
<i>Contexts That Promote Resistance</i>	288	
<i>Body Politics and Power</i>	289	

Chapter Summary	291
Suggested Readings	292

11. Women’s Physical Health and Well-Being: Understudied, Mythologized, but Changing 293

Health Psychology	294
<i>Gender as a Marker</i>	295
<i>Mortality and Morbidity</i>	295
Women’s Sexuality	298
“Machines without Motors?”	299
<i>Attitudes and Behaviors: A Double Standard?</i>	300
<i>Consequences of the Remaining Double Standard</i>	301
<i>Women’s Sexual Well Being</i>	303
Reproductive Health	304
<i>The Case of Breast Cancer</i>	304
<i>Menstruation</i>	305
<i>Childbirth</i>	310
<i>Miscarriage</i>	312
<i>Abortion</i>	313
<i>Conclusion</i>	314
<i>Chronic Diseases</i>	315
<i>Cardiovascular Diseases</i>	315
<i>HIV/AIDS</i>	317
Health Care Practice	320
<i>Surgeries</i>	320
<i>Health Care Policy</i>	322
Chapter Summary	324
Suggested Readings	325

12. Women’s Mental Health and Well-Being: From “Mental Disorders” to Feminist Practice 327

Diagnosis: The <i>DSM-5</i>	329
Gendered Patterns in DSM Diagnoses	330
DSM Definitions	332
<i>What’s Pathological?</i>	332
<i>What’s “Normal”?</i>	334
<i>Not All Biology</i>	335
<i>Not All Intrapsychic</i>	337
<i>Stereotyping and DSM Definitions</i>	337
<i>Stereotyping and Therapists’ Judgments</i>	339
<i>Neglected Contextual Factors</i>	341
The Theory of Feminist Practice	350
<i>Principles for Doing Feminist Psychotherapy</i>	350
<i>Summary of Therapy Theory</i>	359
Chapter Summary	360
Suggested Readings	360

13. Male Violence Against Girls and Women: Linking Fears of Violence, Harrassment, Rape, and Abuse 362

Defining and Talking About Violence	365
<i>Definitions of Violence as Experienced</i>	365
<i>Perceptions of Violence</i>	366
<i>Naming Violence</i>	370
<i>Section Summary</i>	372
<i>Incidence and Prevalence</i>	372
<i>Sexual Harassment</i>	373
<i>Rape and Sexual Assault</i>	374
<i>Intimate Partner Violence (IPV)</i>	375
<i>Childhood Sexual Abuse (CSA)</i>	376
Invisibility and Invalidation	376
<i>Excusing Perpetrators</i>	377
<i>Self-Blame and Shame</i>	379
<i>Rape Culture</i>	387
<i>Cognitive Coping Strategies</i>	388
<i>Minimization of Violence</i>	389
<i>Section Summary</i>	390
Consequences	391
<i>Physical Sequelae</i>	391
<i>Psychological Sequelae</i>	393
<i>Unique Consequences</i>	395
<i>Consequences for All Women</i>	395
Challenging Gender-based Violence	396
Chapter Summary	398
Suggested Readings	398

14. Making a Difference: Transforming Ourselves, Our Relationships, and Our Society 400

Power and Empowerment	403
Personal Empowerment	406
<i>Gender-Role Transcendence</i>	406
<i>Feminist Identity</i>	408
Empowered Relationships	414
<i>Female-Male Dating</i>	415
<i>Female-Male Marriage</i>	416
<i>On the Job</i>	417
<i>Responses to Violence</i>	417
Activism	425
<i>Definition and History</i>	426
<i>Being an Activist</i>	427
Suggested Readings	430

References	433
Name Index	511
Subject Index	529

