Gender Role Devaluations, Restrictions, Violations Analysis of the Gender Role Conflict

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Related Publications

O'Neil, J.M. (2015) Men's gender role conflict: Psychological costs, consequences, and an agenda for change. Washington, D.C.: American Psychological Association.

O'Neil, J.M. (2008). Men' gender role conflict: 25 year research summary (Special Issue). The Counseling Psychologist, 36, 358-476.

RELEASE FORM FOR THE GENDER ROLE CONFLICT SCALE

O'Neil, J.M. (2013). Gender-role conflict research thirty years later: An evidenced based diagnostic schema. Journal of Counseling and Development. 91, 499-498.

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research? Please give faculty mem Name	ndergraduate thesis, masters thesis or doctoral dissert ber's name, address, and phone number. _	ation, who is supervising your
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Retain one copy of this release for your records and <u>before the research</u> is implemented return one to:

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Gender Role Devaluations, Restrictions, & Violations Analysis

The purpose of this assignment is to help you make assessments of any gender role devaluations, restrictions, and violations in your life using the following definitions:

- **Gender Role Devaluations** Experienced when people negatively critique themselves or are criticized by others because of deviation from stereotypic notions of masculinity and femininity resulting in lessening of status, stature, or positive regard.
- **Gender Role Restrictions** Experienced when people confine themselves or confine others within certain gender role norms or stereotypes of masculinity and femininity resulting in limitations on personal rights or potential.
- Gender Role Violations Experienced when people are hurt by others or by themselves because of stereotypic notions of masculinity and femininity. To be violated is to be abused and victimized in your gender role causing psychological or physical pain.
 Take a few minutes to recall past and present interpersonal relationships with others. Isolate those relationships that have been important to you and where you might have felt devalued, restricted, or violated. Also think about your own self devaluations, restrictions, and violations. Using the above definitions, respond to the questions below:
- What particular gender role devaluations have you experienced in your interpersonal relationships? Have you experienced any self devaluations?

• What gender role restrictions have you experienced in your interpersonal relationships? Have you experienced any self restrictions?

• What gender role violations have you experienced in your interpersonal relationships? Have you experienced any self violations?