

ABOUT GENDER STEREOTYPES

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Abstract

The article is devoted to understanding gender stereotypes in modern society and how they undermine the enjoyment of human rights and fundamental freedoms.

Keywords: gender, gender education, gender attitudes, stereotype, experiment.

Introduction

Gender is the psychological, cultural and social differences between men and women in a particular society. If the biological sex of a child is formed at the embryo stage, then gender is formed in the process of upbringing. Psychologists believe that a child begins to become aware of his gender at the age of 3-4 years, and by the age of 7, ideas become stable. In turn, gender education means raising a child in accordance with the ideas about the roles of men and women accepted in a particular society. Gender attitudes are embedded in the family: boys associate themselves with their father, and girls - with their mother.

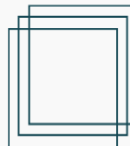
The objectives of gender education are to help children realize that they are male or female, adapt to society and start playing by its rules. There is nothing wrong with the gender approach in upbringing - society is really divided into men and women, and in order to fully integrate, you need to take one of the roles. But the peculiarity of gender education lies in frequent stereotypes that have a detrimental effect on children.

Main Part

Like many other social norms, we acquire stereotypes about men and women as we grow up. Researchers identify different sources of such ideas - these are parents and other adults that matter to the child, such as teachers and mentors in sports teams. Stereotypes are broadcast in books, in cartoons, in the media, they are always present in the information field within which the child grows.

Gradually, he internalizes them, that is, appropriates them, and begins to orient himself in the surrounding world with the help of these attitudes. But the ideals of masculinity and femininity are unstable and change over time, differ from country to country, from people to people.

Even among representatives of different classes and social strata within one nation, these ideas may differ: a boy from a family of Moscow intelligentsia is unlikely to correspond to the ideas of masculinity adopted among the workers of a metallurgical plant, and vice versa. An English woman in a pencil skirt, heading a small department in an advertising agency, is unlikely to raise questions from her contemporaries, and in



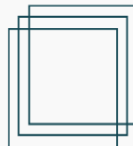
Victorian society, her mere appearance would scandalize a decent audience. Exactly how stereotypes affect how strong this influence is demonstrated, for example, by the experiment of Claude Steele, a social psychologist from Stanford and us. Together with his colleagues, Steele recruited two groups of students, men and women, mostly sophomore strong in mathematics.

The students were given several tests in mathematics and constructed different social testing conditions. One of the tests was preceded by a short introduction: the first group of students was told that it demonstrates the difference between men and women in their ability to do mathematics. The second group was explained that testing showed no difference between people of different genders in this subject. Female students showed themselves much worse than students when the test was preceded by an introduction about gender differences - and this despite the fact that in both groups the participants were about the same level. Further experiments (both variations of this experience and other experiments, for example, with African Americans, on whom racial stereotypes were broadcast) only confirmed the hunch: the attitudes that precede the test have a strong influence on how students show themselves.

In Steele's experiment, students performed differently based on what they were told before the test. It is difficult to overestimate the impact on us and our success are the words and ideas that are broadcast constantly, day after day, year after year. What exactly affects girls today is the lack of sufficient support from adults and peers. Research by sociologists and psychologists increasingly confirms a simple conjecture: women are less likely to become presidents, less represented in business and science precisely because from childhood they are denied intelligence, leadership and a bright future, and life prospects are often limited by home and family.

The beginnings and talents of girls are ignored, they do not believe in their giftedness - or even create real obstacles on the way to knowledge, as in the case of the Perm gymnasium. The phenomenon of the "disappearance" of gifted women is emerging: we see a lot of talented girls in preschool institutions and schools, but at each next stage of the chain of "university-work-career growth" there are fewer and fewer women. They settle on non-prestigious jobs or completely disappear from sight, leaving for family and personal life. Pilot interviews showed that girls from "good families" in Uzbekistan are required to do the almost impossible: education, beauty, good manners, successful career, family orientation, "extraordinary fortitude" - and all this at the same time. Inflated expectations on the part of parents are reinforced by social stereotypes and high standards for girls in schools.

They are constantly being judged, forced to conform to new and new ideals, and harshly criticized for the slightest offense. The variety of requirements and the reluctance to single out priority and optional from them neuroticizes high school students, fosters a fear of error and leaves them an extremely limited space of freedom, not to mention time for rest and their own hobbies. "You're a man": how gender stereotypes deprive



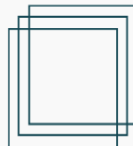
people of the right to help. Gender attitudes and social stereotypes prevent them from seeing a doctor on time, telling their loved ones about their problems, making them keep everything to themselves. The main slogan of feminists that patriarchy kills everyone is just about that," explains Irina Kosterina, coordinator of the gender program of the Heinrich Belle Foundation. - Power masculinity still exists today, and it is attractive because it brings many benefits to men. They can be aggressive and quickly get what they need.

But patriarchy has serious costs. In Steele's experiment, students performed differently based on what they were told before the test. It is difficult to overestimate the impact on us and our success are the words and ideas that are broadcast constantly, day after day, year after year. What exactly affects girls today is the lack of sufficient support from adults and peers. Research by sociologists and psychologists increasingly confirms a simple conjecture: women are less likely to become presidents, less represented in business and science precisely because from childhood they are denied intelligence, leadership and a bright future, and life prospects are often limited by home and family. The beginnings and talents of girls are ignored, they do not believe in their giftedness - or even create real obstacles on the way to knowledge, as in the case of the Perm gymnasium.

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Should we single out male psychological problems in a separate category? "This campaign is an excellent example of the difference in society's attitude to gender issues. When women say that they have problems with violence and health - physical and mental - then society takes the position of" women are whining again, feminists are annoyed. " - so there immediately and the prince, and money, and channels of world magnitude in the wings ", - says the author of the telegram channel" Real Feminist "Alex Drusakov. In his opinion, the stereotype "you are a woman" stigmatizes and breaks women much more than "you are a man" of men.

Possible measures include: - conducting information campaigns encouraging women to be more socially active; - implementation of the policy of equal pay; - Creation of flexible work opportunities and suitable forms of parental leave for both women and men. In the West, the fight against gender stereotypes has escalated to radical methods - many advocate "gender-neutral upbringing", that is, upbringing a child out of gender. It is



believed that a child will be able to independently choose a gender when he grows up. Psychologists are skeptical about gender-neutral parenting: most likely, this approach will leave the child without boundaries, deprive him of guidance and lead to emotional instability. An alternative way is to raise a child like a boy or a girl, but free from stereotypes.

Here are some tips on how to help your child grow into a harmonious personality, regardless of gender.

1. Lead by example You need to start working with negative attitudes about gender education with yourself. If dad often cooks dinner or vacuums the apartment, then the child will not have the idea that cleaning and cooking are "female" responsibilities. Today Liza and her dad are preparing dinner, while mom and Petya are going to buy groceries. Separation of duties helps to effectively build life.

2. Allow your child to experience emotions It is necessary to broadcast to the children: I ≠ emotion, I am angry ≠ I am bad, I am scared ≠ I am a coward. This is the way of prohibition of emotions, which can lead to disharmonious development of the personality and a lack of empathy, inability to experience one's emotions and express them correctly. The constant suppression of emotions can lead to a large number of diseases, as well as the formation of abusive character traits. An alternative way is to raise a child like a boy or a girl, but free from stereotypes.

Here are some tips on how to help your child grow into a harmonious personality, regardless of gender. Cry if you feel like it. I will hug and pity you. Feelings are great. It's okay to be afraid. I will always protect you. I understand that you are angry. Let's talk about what made you angry?

3. Let your child choose activities There is no need to prohibit some kind of circle, because it is "for girls" or "for boys." Let the child try as much as possible. Some activities will get bored and fall off by themselves, but some will become the work of a lifetime - do not cut off the wings of your son or daughter.

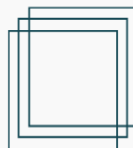
4. Break gender stereotypes in games Launch Barbie into space, or make Spider-Man a loving father who lulls his daughter to sleep. Buy toys without looking at gender - any child can enjoy playing cars, dolls, robots and children's kitchen, hairdresser and shooting games.

Okay, son, we'll buy you a baby stroller. You can nurse toys in it. My daughter wants to drive a toy car - we will give her for her birthday.

Today's children and adolescents are thinking about things that did not occur to their parents at the same age - from environmental issues to gender.

Conclusion

Hard gender roles are gradually becoming a thing of the past. Both men and women study, work, learn new skills, solve problems, come up with ideas and achieve goals. Gender upbringing of children should be in line with the spirit of the times. If you are



not satisfied with gender education at school, transfer your child to another form of education. You can study by correspondence or family education - master the program at home, and go to school only for certification.

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