

THE INFLUENCE OF GENDER ROLES ON FAMILY RELATIONS

Mirzaeva Sarvinoz Shukhratjon kizi

Student of the Faculty of Psychology Tashkent branch of Lomonosov Moscow State
University.

named after Lomonosov

mirzaevasarvinoz408@gmail.com

Abstract This article examines the influence of gender roles on family relations in the context of modern socio-cultural changes. Traditional ideas about gender roles and their evolution in the 20th and 21st centuries are analyzed, which influenced the structure of family life. Positive and negative aspects associated with changes in gender roles are discussed, including equality in relationships, the emergence of conflict, and parenting. Special attention is given to how modern families are adapting to new realities, creating more equal and harmonious relationships. It concludes by emphasizing the importance of understanding the uniqueness of each family and the need for a flexible approach to gender equality.

Key words: Gender roles, family relations, equality, child rearing, traditional roles, socio-cultural changes, conflicts in the family, partnership, gender stereotypes.

Introduction. In recent decades, society has witnessed significant changes in the perception of gender roles. Traditional ideas that men and women should fulfill certain functions in the family are gradually disappearing. Gender roles are social expectations related to the behavior of men and women, which are formed and changed under the influence of culture, history and personal experience. In recent decades, society has undergone significant changes in the perception of gender roles, which in turn has affected family relationships. Traditional ideas about the roles of men and women, as well as their functions in the family, are beginning to lose relevance, giving way to more flexible and equal models. In this article, we will consider how gender roles influence the structure and dynamics of family relations, as well as analyze their positive and negative aspects.

1. Defining gender roles

Gender roles are a set of social and cultural norms that define how men and women should behave in society. They are shaped by tradition, culture and historical context. In traditional societies, where roles were strictly defined, men were seen as the primary providers and protectors, while women were the primary caretakers of the household and children. These roles were determined not only by biological differences but also by historical necessity.

However, with the development of society, the emergence of new economic conditions and changes in the legal status of women, traditional gender roles have been revised. The desire for equality and the opportunity for women to participate in economic life have changed the perception of the roles of men and women in the family.

2. Historical context and evolution of gender roles.

2.1 Traditional Roles.

For most of history, families have functioned within traditional gender roles. Men did work outside the home while women stayed at home and took care of the children. This structure was necessary for the survival and functioning of a society where physical strength



often determined success. Women were expected to be feminine, shy, caring and chaste, while men were expected to be masculine and assertive.

2.2 Changes in the 20th century

Significant changes occurred as the 20th century began. The women's rights movement that began in the late 19th century was a major factor in changing gender roles. Women began to demand the right to education, to work and to vote. These changes became especially noticeable after World War II, when women filled the jobs left vacant after men went to the front.

Each decade has seen an increase in the number of women in the labour market, as well as an increase in their role in family decision-making. For example, according to the US Statistics Office, in 1960, only 34% of women were in the labour force, whereas in 2019, this figure has reached 57%. This shows a significant change in gender roles and that women have become active participants in the economy.

2.3 Current trends

Gender roles continue to evolve in today's society. More and more couples are choosing equitable models where childcare and household responsibilities are shared equally. Such changes reflect a desire for equality and respect for each partner's individual desires. As women's role in society has changed, women have taken on responsibilities that men have always had, and this has had an impact on family relationships. A woman is forced to work to feed her family, and she is still not exempt from her previous domestic duties. Economic activity has given women more power than they traditionally had. As a result, women's role in decision-making has increased, particularly in determining the future of children, the allocation of household responsibilities, resources and leisure activities.

For example, some countries, such as Sweden and Norway, are actively implementing policies to promote equal sharing of responsibilities between men and women. This includes, inter alia, paternity leave, which allows men to participate in the care of newborns, thus promoting men's greater involvement in child-rearing and household management.

3. Impact on family relationships.

3.1 Partnership and equality

Modern families increasingly seek a partnership where both partners have equal rights and responsibilities. This can manifest itself in various aspects of family life including financial matters, parenting and household responsibilities. Family partnership can lead to improved communication and understanding between partners.

For example, a study conducted by Lund University in Sweden found that couples who shared childcare and household responsibilities had higher levels of relationship satisfaction. This is because both partners feel that they are important and contribute to the family.

3.2 Conflicts

However, changes in gender roles can also lead to conflict. Not all partners are ready to accept new expectations and roles, which can cause resentment and tension in the relationship. For example, if one partner believes his or her role in the family should be traditional and the other holds more progressive views, this can cause conflict and misunderstandings.

Research shows that gender role conflict can be particularly acute in families where one partner has a higher level of education or income. For example, according to a study conducted by the American Psychological Association, couples in which the woman earns more than the



man are more likely to experience relationship problems related to traditional notions of the male's role as the primary breadwinner.

3.3 Child rearing

Gender roles also influence how parents raise their children. Parents who strive for equality may mould their children to be more open to gender stereotypes. For example, they may encourage sons to do household chores or play 'feminine' games such as dolls or cookery, and daughters to take up sports or technical hobbies.

According to research conducted by the Institute of Family and Population in Uzbekistan, families in which both parents are actively involved in child-rearing and share responsibilities raise children with lower levels of gender role bias. This contributes to a more equal society where children are free to choose their roles without being bound to stereotypes.

4. Positive and Negative Aspects of Gender Role Influence

4.1 Positive aspects

Increased equality: Equal gender roles contribute to healthier and more harmonious family relationships. Couples in which partners support each other in the pursuit of equality have higher levels of satisfaction and happiness.

Improved communication: Openly discussing roles and responsibilities can lead to improved communication between partners. Couples who actively discuss and rework their roles create a more trusting relationship.

Skill development: When both partners are involved in different aspects of family life, they develop a wide range of skills. For example, men involved in childcare can develop emotional support, and women working in careers can improve their leadership skills.

4.2. Negative aspects

Stress and insecurity: Changes in gender roles can cause stress and insecurity, especially for those with traditional views. This can lead to conflict and misunderstanding in the family.

Societal pressures: Societal expectations of what family roles should look like can create additional pressures on couples. For example, if the woman is the primary earner in the family, she may face judgement from others.

Differences in expectations: Partners may have different ideas about what 'equality' means. If one partner believes that his/her role is to be the primary earner and the other partner's role is to fulfil domestic responsibilities, this can lead to conflict and resentment.

Conclusion. Gender roles continue to evolve and their impact on family relationships is becoming increasingly significant. Changes in the perception of these roles offer new opportunities for building harmonious and equal relationships. Couples who strive for equality and respect can create a healthier family environment where both partners feel important and valued. However, it is important to realise that every family is unique and adapting gender roles must take into account the needs and expectations of all family members. Implementing equality in the family takes time, openness and willingness to compromise, but can ultimately lead to more satisfying and happier relationships.

Literature:

1. Smith, J. (2018). Gender roles in the modern family: traditions and changes. Moscow: Nauka Publishing House.



2. Levy, E. (2020). Modern families and gender roles: from tradition to equality. *Journal of family psychology*, 12(3), 45-67.
3. Petrova, A. (2019). Equality in the family: theoretical and practical aspects. St. Petersburg: Litera Publishing House.
4. Thomas, K. (2017). The Impact of Gender Roles on Family Dynamics. *Journal of Social Issues*, 73(4), 634-650. DOI: 10.1111/josi.12247.
5. Volkova, N. (2021). Changing gender roles and their impact on parenting. *Psychology and Family*, 8(2), 23-38.
6. Brown, T., & Smith, R. (2019). Gender Roles in the 21st Century: Implications for Family Relationships. *Family Relations*, 68(5), 743-755. DOI: 10.1111/fare.12410.
7. Kovalenko, O. (2020). Family and work: the relationship between gender roles and career choices. *Sociology and Society*, 15(1), 55-70.
8. Rossi, A. (2016). Gender Equality in Family Life: Current Trends and Future Directions. *Journal of Marriage and Family*, 78(3), 564-579. DOI: 10.1111/jomf.12316.
9. Alekseev, V. (2018). Family roles in the context of gender identity changes. *Journal of family psychology*, 10(1), 12-29.
10. O'Neil, M. (2017). Negotiating Gender Roles in Contemporary Families: Challenges and Opportunities. *Family Science Review*, 21(2), 109-126.