

# TUTORIAL

## «Psychology of Gender»

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# A little about the history of teaching courses «Psychology of Gender» in universities of Ukraine

I'll start from the fact that the time of the Soviet Union in universities was taught similar course named "Psychology of sex and family". I had to teach it to the students – future teachers in the 80's and 90's. It was quite popular with students. But, this course was focused on the biological determinants of gender differences.

As for psychology of gender, the course began to be taught at the universities of Ukraine only since 2000se. Mostly, the students of the course were psychologists, and very seldom there were specialists of other professions. In recent years in Ukraine a number of textbook were published to provide the high-grade teaching «Psychology of gender». The authors are social psychologists Tamara Govorun and Oksana Kikinedgi (2004), and also Mariana Tkalish (2016).



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# From the history of the creation of our course

We began work on the tutorial in 2016 in the context of gender researchers' preparation at the level of the Master's degree in NGSU.

It was necessary to clarify the aim, content, structure, teaching methods. We took into account such peculiarities of teaching:

- interdisciplinary training context;
- basic speciality of students of the Master course - political science;
- entry-level of psychological competence of masters- students.

We analyzed the content of European and Russian teaching programs, textbook, monographs on gender issues during 2015-2016 (Wilkinson, S., 1997; Helgeson, Vicki S., 2012; Crawford, M. & Linden, R., 2013; Launius Chr. & Hassel, H., 2015; Helgeson, V. 2017). Also we were able to study the programs London School of Economics (LSE), Massachusetts Institute of Technology (MIT), Central European University (CEU), University of Texas at Dallas, Florida International University. The recommendations of the Greek team were taken into account.

As a result the author's concept for the discipline «Psychology of Gender» have been developed. The created teaching program was tested Last academic year.

Since 2017, we are working on creating tutorial for the course.



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# The concept of the tutorial

- The psychology of gender as the psychology of sex-role differences, or division of differential psychology (school of Boris Anan'ev, 1977) is quite influential throughout the post-Soviet Union space (Bendas, 2004). But, the concept of our course was first and foremost determined by the ideas of the gender approach and the social and constructivist paradigm.
- Our focus is: psychological mechanisms of "gender creation" and the manifestation of gender in the public and private spheres, in the system of interpersonal and social relations; psychological problems of psychological well-being of men and women, as well as their self-realization, generated by the differentiation and hierarchy of gender roles and statuses.



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# The concept of the tutorial

The materials of the tutorial help students to capture such main topics: history, theory and methods psychology of gender; gender characteristics of personality; psychology of gender socialization; applied problems of gender psychology.

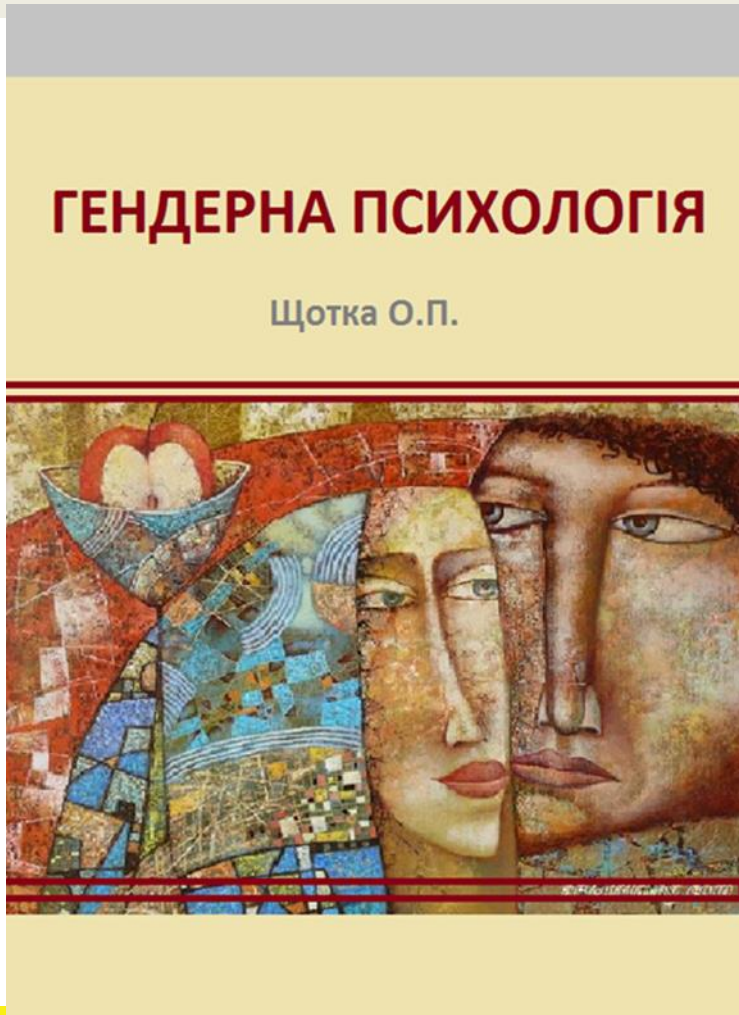
The tutorial is a form of knowledge transfer that contains not only theoretical information, but also provides materials for conducting practical classes and students' self-knowledge in interactive forms. Each chapters consists of two components: theoretical and practical (workshop)



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# Structure of the tutorial



- **Introduction to psychology of gender**
- **Basis of gender psychology**
- **Applied problems of gender psychology.**



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# Chapter 1.

## Introduction to gender psychology

...is an extremely important chapter of the tutorial to clarify the specifics of gender psychology as a new scientific branch and discipline. Here the most general issues of gender psychology are under view: the subject of science, the content of the concept of "gender", "femininity", "masculinity", the main stages of development of gender psychology, the theory of gender psychology and the specificity of its methods. We introduce students of the Master course to the problem of gender stratification in society and the way it is reflected in the psychology of a man and a woman.



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# Chapter 2.

## Basis of gender psychology

**The section, “Gender Characteristics of personality”**, helps to disclose key personal characteristics such as gender stereotypes, gender roles and gender attitudes. Much attention is paid to the essentials, types, structure and development of gender, sexual and "queer" identities. Here the psychological aspects of sexuality, in particular adolescent ones, as well as the laws of human psychosexual development are considered.



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# Basis of gender psychology

## The section "**Psychology of gender socialization**".

This chapter is presented by topics that will help students to understand the ways and means of influence of the main institutes of socialization (family, school, mass media) on the socialization process participants` formation of gender attitudes, stereotypes, perceptions. We also reveal the psychological aspects of sexism, gender discrimination, homophobia, the crisis of masculinity. We are trying to track changes as a result of the transformation of gender images and gender roles.



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# Chapter 3: "Applied Aspects of Gender Psychology"

In topics which are presented here, gender issues are considered in the context of certain areas of psychological science: psychology of interpersonal communication, psychology of professional activity, psychology of the family, political psychology, psychology of health, age psychology, etc.

When creating this section, we took into account the actual gender problems in Ukraine. Therefore, in this section reflected such questions:

women's leadership,  
intolerance and war trauma,  
balance of "family-career",  
social control of body size,  
double discrimination of elderly women  
and etc.



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# GENDER PSYCHOLOGY WORKSHOP

- is the practical part of the tutorial. The workshop contains research and interactive tasks that activate the reflection of students of the Master course and personal experience, according to the subject being studied.
- The tasks help teacher to reconstruct the mechanisms of gender creation and facilitate the introspection of gender stereotypes and gender attitudes by students of the Master course, understanding of their impact on the peculiarities of realization of social contacts and self-realization.



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# Examples from the workshop

Task 1. «Presentation of a personal gender image»

Task 2. «Stereotype Price»

Task 3. «Socio-psychological analysis of their own gender roles»

Task 4. "Gender Autobiography"

Task 5. «Creation of not-sexsim textbook for children's reading»

Task 6. «Satisfaction with its own appearance: criteria for evaluation»

Task 7. «Psychological examination of publications on sexual education».

Discussion: "For" and "against" separate learning by sex

Discussion: "Perfect or happy parenting“

Discussion: «Women less gifted in art: stubborn statistics»

Discussion : «Atypical sexual behavior: The boy asks for a doll from his mother”



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# In the tutorial we describe the use of the following methods:

- discussion;
- brainstorming;
- reflexive exercises,
- role playing game, business game,
- self-diagnosis,
- case analysis,
- analysis of scientific, publicistic, artistic texts, political documents, educational and children's literature.



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# WORKSHOP :

## «Physiology in the System of Gender Knowledge»

### The purpose of the lesson:

- assigning students the idea of the socio-psychological content of the concept "gender";
- development of skills for critical analysis and interpretation of literature devoted to gender issues;
- activation of students' professional motivation.

### The order of work:

1. **Actualization** of theoretical knowledge: theoretical discussion
2. **Exercise:** *"Personal gender image"*.
3. **Working with scientific texts:** *"The gender of a person: a biological imperative or a social construct."*
4. **Business game** *"Political scientists formulate a request for gender psychologists"*.
5. **Group reflection**



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# WORKSHOP :

## «Gender Stereotypes and Gender Attitudes»

### The purpose of the lesson:

- to form the basics of a critical view of gender stereotypes
- help to realize of students one's own stereotyped images, prejudices
- to introduce students with the technology «loosen\_of gender stereotypes»

### The order of work:

1. **Exercise** “Inverted standard”
2. **Brainstorming:** "In what areas does society expect different behavior from women and men?" Compiling a list of stereotypes.
3. **Exercise:** "For" and "Against" a stereotype", "The price of a stereotype"
4. **Discussion** "Who forms gender stereotypes?".
5. **Business game:** "Creating texts that do not contain gender stereotypes."
6. **Group reflection.**



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Thank you for attention!



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