The Impact of Ambivalent Sexism and Related Factors

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Abstract. This article explores the impact of ambivalent sexist attitudes at the national, social, and individual levels. To begin from the definition, development, and significance of ambivalent sexism theory, by exploring the perceptions of hostile and benevolent sexist attitudes on male and female beliefs about well-being, life satisfaction, parenting responsibilities and housework assignments, and interpersonal status and behavioral responses to study society's pervasive ideology of poor outcomes between women's identities and successful performance in roles. It is important to note that both benevolent and hostile sexism harm gender equality because they harm men, women, and non-binary people based on traditional gender stereotypes that mask social biases, and even these normative standards of behavior can further promote gender bias. This study explores the impact of ambivalent sexism on male and female individuals and their relationships, hoping to contribute some theoretical research to future science development and progress, thereby promoting the spread of gender egalitarianism.

Keywords: Ambivalent sexism, hostile sexism, benevolent sexism, egalitarianism.

1. Introduction

According to the ambivalent sexist hypothesis, hostile views result from hierarchies in gender and inequalities in power, whereas benevolent attitudes result from heterosexual closeness and dependency. The term "hostile sexism" encompasses a wide range of attitudes and beliefs towards women, including antagonism, unfavorable stereotypes, a preference for conventional gender roles, and a view that males are superior to women. Positive sentiments favoring women that mask sexist tendencies, such as condescending and servile [1]. The formation of this theory is based on a hypothesis, assuming that gender inequality exists, and it is found that individuals do not generally have a negative attitude towards women for some reasons but a positive and negative attitude, which proves the establishment of the theory. An ambivalent viewpoint on sexism includes both negative and positive attitudes. When women's roles in society are challenged, it is hostile sexism. The view that it is imperative to protect and aid women is an example of benign sexism, which is a good attitude in favor of conventional women but restricts women's duties. Sexist beliefs that counter one another reveal underlying normative views regarding the proper roles for both sexes in society. Therefore, these beliefs cause both sexes to choose better halves who fit into stereotypical gender norms, as well as impact their evaluations of those who do not. It is worth noting that benevolent sexism is just as detrimental to gender equality as hostile sexism because it hurts men, women, and non-binary people based on traditional gender stereotypes that mask social prejudice.

However, the study of ambivalent sexism can help people to intervene in these social inequalities to reduce the increase of sexist attitudes in society. To begin, people may get insight into the ways in which people’s views shape their actions in gendered contexts if people can recognize the difference between aggressive and benevolent sexism. It seems that males who are benevolently sexist in favor of women are more inclined to encourage the latter to take on conventionally female professions and careers. Second, through various studies of ambivalent sexist heterosexual couples/couples aimed at changing the values of women in the country or family, interventions can be prepared to promote gender equality in the country or family. Several programs for intervention successfully decrease teenage sexism by ascertaining the role of familial socialization in transferring ambiguous sexist views. However, the intervention program has limitations and more empirical and longitudinal studies are needed.

According to sexism theory, young women have poorer task-related self-esteem than young males, as explained by evolutionary psychologists in sex discrimination's evolution. However, males seem more confident in their abilities to do a given job than women, running parallel with the reproductive interests of both sexes [2]. Young women are more idealistic than young men and more attractive to potential mates, so it makes evolutionary sense that they would be more susceptible to deflated self-esteem in relation to tasks compared to young men. This holds regardless of parental role. A man's ability to care for and protect his family, as well as his attractiveness to potential partners, may be enhanced by a healthy dose of self-esteem with tasks. The results of these trials demonstrate that gender biases, which are often not apparent in women until far into their reproductive years, maybe surpassed by strategic informational and contextual manipulation.

Gender stereotypes and workplace bias tell how gender stereotypes are generalizations of masculine and feminine attributes, both descriptive and prescriptive. It emphasizes the workplace-related effects of both descriptive (denoting the likeness of both sexes) and prescriptive (predicting what the two sexes should be like) gender stereotypes in the workplace. One discusses how descriptive gender stereotypes contribute to gender bias, as negative performance expectations result from perceived inferior outcomes between a woman's identity and successful performance in the role. Prescriptive stereotypes of gender, according to the counterargument, contribute to gender prejudice by establishing normative benchmarks of conduct that may entail discouragement and social reprimand once breached, whether directly or otherwise, by women's achievement. Some further contend that preconceived notions based on one's gender prevent women from achieving success in the workplace. There are encouraging indicators for women in the job market, the research found, despite the fact that such stereotypes continue to impact women's existing positions and the way they evaluate and make decisions about potential risks. All in all, whether it is from the perspective of the evolution of society's cognition of sex discrimination or from the perspective of the treatment and benefits women receive due to gender stereotypes in the work environment, the research on ambivalent sex discrimination in various fields is important for people and the organization provides greater awareness. It will profoundly affect people’s lives if people fail to understand it fully.

2. The Effects of Ambivalent Sexism on Individuals and Relationships

Relationships are an essential source of happiness, so this study demonstrates that benevolent sexism reinforces hostile sexism by investigating the moderating role of ambivalent sexist attitudes between intimate relationships and life satisfaction among heterosexuals. However, it undermines the benefits of living in a relationship about happiness regardless of the gender of the participants. The final results found that the increase or decrease of women's charitable sexism is positively correlated with the level of charitable sexism of their male partners, and the more a man supports charitable sexism, the happier and more caring he will be. The favorable impacts of the state of relationship on well-being are dampened due to aggressive sexism, which depicts women as deceptive and desiring dominance over men. However, benevolent sexism places an emphasis on the advantages of relationships and gives women an edge in them. Therefore, ambivalent sexism is crucial in fostering a contented partnership.

With the development of Western culture, more and more politicians and research literature calling for feminism appear, making the discussion of sexism more likely. To this end, this review explored at the social level whether ambivalent sexist attitudes about mothers' attitudes towards limiting and fathers' participation in childhood affect the division of parenting responsibilities [3]. To measure the association between potentially forming sexist ideologies and mothers' daily behavioral choices by including mothers' beliefs and behaviors as mediators. Because of the substantial correlation between hostile and benevolent sexism, this study used a partial correlational exploration of hostile sexist attitudes to demonstrate overall. The final results demonstrate that hostile sexist attitudes toward both of them are indirectly related to mothers' care time and childcare tasks. The more significant the

mother's responsibilities for a family's work, the greater the father's involvement. The lower the degree, the more time the mother has to invest in childcare.

Women may experience threats or harassment from strangers in public settings. This experience may ultimately lead to self-objectification, developed horror, increased risk of ravish, and malignant tolerance behaviors such as avoidance [4]. Therefore, this article studies women's behavior after experiencing these harassment experiences to explore whether women's approaches to stranger harassment and men's normative strategies are related to systematic argumentation motivations. Systematic proof theory holds that people tend to tolerate situations that are not good for them because these unconscious beliefs are conditioned reflexes ingrained in people's minds. In some cases, people do not tolerate circumstances out of helplessness. For various reasons, even vulnerable groups are willing to believe that the existing social system is legal and reasonable [5]. Consistent with systems justification theory, ambivalent sexism, and self-esteem are critical in women's strategies for coping with stranger harassment [6]. Study 1 generated multiple predictions about the role of systematically demonstrated ideology and self-esteem in how women respond to their experiences of stranger harassment. The results suggest that women's behavior in response to stranger harassment relates to their self-perception and beliefs about the fairness of current gender relationships. In addition, the higher the self-esteem tendency, the less likely women were to blame themselves for harassment experienced by strangers. Study 2 also used the same method, and the final results showed that people's ambivalent attitudes towards women differentially predict the extent to which men think women should respond positively: hostile sexism is negatively responded to, while benevolent sexism is positively responded to.

Next, the article examined the link between how levels of ambivalent sexism in a marriage divide household chores. The results of the questionnaire analysis show that, under the interaction of benevolent sexism and hostile sexism, women with lower levels of both forms of sexism have a lower share of housework. When benevolent sexism is high and hostile sexism is low, wives share the largest share of housework. Men are more likely to take care of children and run the family if they are more antagonistic toward women. They are more likely to be selfless and discriminatory against women when there are fewer of them in the kitchen. Housework responsibilities will be divided differently depending on family income, the number of offspring, and other factors. Despite its apparent benefits, benign sexism can have unintended adverse outcomes, such as discouraging women from pursuing occupations that require them to think critically and challenge conventional wisdom. Discrimination and increased equality in household chores may help to reinforce a more egalitarian culture.

3. Factors Contributing to Ambivalent Sexism

The research mentioned above was conducted on the situation of the entire society. However, social research is composed of studies on multiple families. This review will discuss the role of family socialization style in adolescents' ambivalent sexism, as well as the differences in sexism. Whether a link between genders can be attributed. Because family socialization and parenting are important factors in the intergenerational transmission of sexist attitudes, sexist attitudes, beliefs, and behaviors can be identified in childhood and adolescence [7]. The results show that there are gender differences between hostile sexism and benign sexism, and the level of ambivalent sexism in boys is higher than that in girls. Concurrently, ambivalent sexism is related to certain forms of parental socialization. Ambivalences have influential impact sizes in the context of hostile sexism, whereas, in the presence of benevolent sexism, they have smaller effect sizes. Thus, increasing benevolent sexism may prevent adolescents' levels of sexism.

On an individual level, there is another factor that people cannot ignore: whether some people cause ambivalent sexism because they have dark triads. By definition, dark triad traits (DT: Machiavellian, Psychopathic, and Narcissistic) are considered a dishonest and self-centered approach to interpersonal relationships. Psychologists who study personalities feel that having these attributes

makes one more prone to in-group prejudice, pressure, and hostility. These characteristics coincided with the psychological characteristics of sexist attitudes. Because sexist attitudes are a dynamic risk factor, it can be a major factor in adolescents' desire to be violent on dates by controlling or dominating a romantic partner. To this end, this study found that men's DT was significantly more correlated with ambivalent sexism than women's by analyzing the correlated differences between DT and hostile and benign sexism. In particular, narcissism was associated with benign sexism in men, whereas psychopathy was associated with hostile sexism in women [8]. Finally, implementing cognitive restructuring, behavioral habits, and emotional regulation to alter biases and beliefs in children and adolescents may help mitigate the effects of DT on sexism and dating violence.

As with the previous study, this study primarily considered the relationship between ambivalent sexism and dating by investigating whether the presence of ambivalent sexism between heterosexual dating partners affects what is appropriate and valuable to individuals' perceptions of dating behavior, for which individuals rated suitability, warmth, and competence for men and women in three contexts (gender stereotypes, gender counterstereotypes, or egalitarianism) [9]. As mentioned earlier, ambivalent sexism is vital in various contexts of heterosexual romantic relationships [10]. Therefore, ambivalent sexism in heterosexual dating will profoundly affect their status and behavior in heterosexual relationships, which in turn affects marital norms and Spouse choice. Findings suggest that in egalitarian and counter-stereotypic dating situations, men are negatively evaluated on warmth, competence, and appropriateness and may experience rebound effects because of ambivalent sexism in response to egalitarian dating behaviors. Gender-stereotyped dating was evaluated most positively, with men seen as more capable, warm, and suitable than women. Thus, people were more accepting of gender-counterstereotype dating among people low in and even high in, ambivalent sexism. Changes to gender power patterns inherent in dating scripts may contribute to gender equality in heterosexual relationships.

Everyone has different sexist attitudes in daily life and may react and behave differently [11]. In particular, women's behavior of maintaining harmony by maintaining self-silence in sexist environments in intimate relationships may damage women's mental health, and self-sacrifice can lead to depression. Therefore, this study explores self-silence women's perception in family and country (Turkey) in three different contexts: personal experience of sexism, sexist communication observed in social communication, and discrimination against women. The link between devaluation and hostile or benevolent sexism. The results showed that men were more likely than women to self-silence. Only hostile sexism and family devaluation of women positively predicted observed self-silencing of sexist communication, and only hostile sexism positively reflected sexism self-silencing because benevolent sexism and familial devaluation against women infer self-silencing, which leads to sexism rooted in personal experience. Self-silencing may lead to sexism towards women, as seen by the prevalence of hostile sexism and women devaluation in a sample in Turkey. As was previously mentioned, males who put significant regard on hostile sexism are likelier to be quiet in the face of discrimination against women because they favor gender inequity, male domination, and heterosexual hatred toward women.

4. Conclusion

All in all, whether it is from the perspective of the evolution of society's perception of sexism or from the perspective of the treatment and benefits that women receive due to gender stereotypes in the work environment, research on contradictory sexism in various fields provides people with personal and organizations provide greater awareness. Through various questionnaire surveys, it is found that both women and men may have sexist attitudes, and this contradictory sexist attitude is closely related to people's various personal preferences and attitudes towards gender-related behaviors. Through all the above studies, this review aims to continue efforts to eliminate the negative impact of gender stereotypes to strive for gender equality to be deeply integrated into various groups in society and to promote the overall progress of society.

However, there are several caveats in this research, which will be helpful to differentiate between aggressive and benign sexism to gain insight into the ways in which people's perspectives shape their actions in gendered settings. It seems likely that men who hold benevolent sexist attitudes toward women will push women to accept traditional female roles and careers. Secondly, through various studies on ambivalent sexism against heterosexual couples, in order to plan interventions to encourage gender equality in the nation or within the family, it is necessary to alter the values held by women. By intervening in the impact of family socialization on the spread of ambivalent sexist attitudes in adolescents, many programs have been proven effective in reducing sexism in adolescents. However, the intervention programs have limitations, such as many independent variables about sexism. Other socialization or multicultural theories cannot explain the factors, and more empirical and longitudinal studies are needed. Many of the substantive and methodological issues discussed above provide implications for future research, which will promote research on ambivalent sexism, heterosexism, or marital and family relationships support for egalitarian government policies and expand the diversity of the populations studied, including race and sexual orientation, will further enrich the literature on promoting gender egalitarianism.

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