Analysis of the Manifestations and Causes of Gender Differences in Personality Traits

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Abstract:

At present, the exploration of personality traits in the field of psychology is becoming increasingly in-depth. This article explores the relationship between gender and personality traits in light of the differences between men and women in terms of growth environment, social expectations and self-expectations. The research mainly employed questionnaire surveys and also referred to relevant literature on gender, personality traits, and mental health. It also conducted individual case interviews to deeply understand the problems and summarize the research experiences. The research results show that there is a significant association between specific personality types and gender. This association is reflected not only at the individual cognitive level but also rooted in traditional social concepts.

Keywords: Gender differences, personality traits, individual behaviors, mental health

1. Introduction

This article aims to reveal the connection between personality and character. In recent years, scholars have continuously made progress in this field of research, as expounded in articles such as *A Review of the Social Cognitive Theory of Gender Formation and Difference* [1] and Doing Gender [2]. However, there are still many deficiencies in many aspects. Regarding the relationship between gender and personality in China and the series of social problems that can arise from it, such as employment discrimination and social stereotypes, etc. If the underlying laws, implicit influences and harms cannot be grasped and allowed to develop wantonly, it will bring many negative impacts to the development of society and social life.

The article is mainly divided into three parts. The first part mainly discusses the manifestations of male personality traits and the analysis of their causes. The research topic of the second part is women, and the research logic is the same as that of the first part. The third part presents the author's expectations and suggestions for the development of social character and personality in the future. The research method of this paper is mainly in the form of questionnaires, including the Myers-Briggs type indicators(MBTI) as sub-questionnaires, and data are collected through the network.

2. Analysis of the manifestations and causes of male personality traits

In contemporary society, whether in daily life or in

literary works, the prominent personalities of male characters are mostly masculine, resolute and brave. The analysis of the survey questionnaire shows that most people believe that society expects men to be responsible, stronger, capable and logical in thinking. Additionally, there is a prevalent view that between the traits of "success" and "perfection", "success" is This phenomenon can be analyzed from five key perspectives: [3]social role expectations, family upbringing styles, professional environment, media influence, and the internalization of self-expectations.

Historically, men have been entrusted with more economic responsibilities. In the patrilineal society, the physical advantage of men enabled them to play a greater role in activities such as land reclamation and crop cultivation. The development of agriculture has gradually elevated the status of men in economic activities, thereby promoting the formation of the patrilineal society. During this process, men not only held economic advantage but also dominated social and political spheres. The operation mode of this agricultural society can still be seen today. For instance, in the crucial area of employment, men have long held an advantage over women, which has led to a general higher status of men than women in economic life. However, correspondingly, the pressure and responsibility that men bear are also more significant. Therefore, the personality traits of men are often manifested as positive, healthy and enterprising.

In recent years, shifts in lifestyle, values, and social roles have led to noticeable changes in the personality traits of Chinese men. Many now strive to balance family and career, take on more domestic responsibilities, and invest more time in familial relationships. These transformations have begun to challenge and reshape stereotypical perceptions of male personality traits.When discussing the influence of family parenting styles on gender shaping, it is clear that parents generally have higher expectations of their sons. The traditional idea, like the popular saying of "raising children for old-age support" in society, remian prevalent today, which also reflects the high expectations society has for men in terms of family and career. While cases of daughter abandonment are unfortunate, they are not rare, highlighting the uneven distribution of family resources in raising children.In the mindset of family guardians, the investment in their sons is always more substantial. For instance, in terms of living expenses and access to educational resources, men tend to receive higher investment. Along with the high investment comes the established fact that men enjoy a high social and living status. In addition, the emotional expectations on men also cause an imbalance in the degree of pressure between men and women. This not only lays the foundation for the responsibilities that men will undertake in the future, but also shapes the personality traits of most men.

Therefore, under the influence of this family concept and family upbringing style, men not only have a higher status in the family, but also can obtain more family resources. The tilt of resources has directly led to the tilt of men's status, the tilt of social competition in terms of gender, and the tilt of gender in the social structure. This family upbringing model has exacerbated gender inequality and posed challenges to the gender equality process of society. Furthermore, male guardians tend to bear a greater share of the expenses associated with raising children.

Among various influencing factors, media influence also plays a key role. Traditional media portray men as strong, rational and decisive "tough guy" images, which emphasize physical strength, emotional suppression and problem-solving abilities. In advertisements, men are often associated with career success, economic strength and social status, suggesting that the value of men depends on their material achievements. Other examples include the marginalization of family roles, etc. This is also a kind of distorted guidance of male personality traits.

The above-mentioned social role expectations, family upbringing styles, professional environments and media influences all contribute to men's relatively high self-expectations of themselves.

3. Analysis of the manifestations and Causes of personality traits in Women

In contemporary society, most of the personality traits of women that are highly praised by people are no more than being virtuous and obedient. It was only in the recent century that the term "powerful woman" gradually emerged. The analysis of the survey questionnaire shows that most people think that society's expectations of women are gentle in personality, family-oriented, etc. While terms such as "work," "independence," and "wisdom" also appeared, they were predominantly mentioned by female respondents. Furthermore, the majority believed that between the words "success" and "perfection," "perfection" is a more appropriate descriptor for women.The causes of this phenomenon can be analyzed from five aspects: social role expectations, family upbringing styles, professional environment, media influence, and the internalization of self-expectations.

Historically, women have been associated with more family responsibilities, including raising children and doing household chores. In the agricultural society, women were endowed with the core roles of procreation and family care due to their physiological characteristics. Therefore, the model of "men working outside and women taking care of the household" became the basic framework of the social structure [4]. Confucian culture further emphasizes the "Three Obediences and Four Virtues", that is, women should submit to the authority of their fathers, husbands

and children, and abide by the virtues, words, appearance and deeds of women. This view closely binds the value of women with family services, shaping the personality traits of compliance, forbearance and delicacy, thereby solidifying the family role of women at the cultural level [5].

Meanwhile, gender-differentiated education emerges from childhood. Girls are taught to be gentle and virtuous, while boys are encouraged to be brave and independent. This educational model has been carried forward in the values passed down from generation to generation and has had a profound impact on the shaping of women's personalities. During the process of growing up, women are constantly instilled with the importance of family and the responsibilities of being wives and mothers. However, this role positioning often limits their choices and development in career and social activities.

Furthermore, the stereotypes and expectations of women's roles in society have, to a certain extent, restricted women's self-awareness and self-actualization. When women pursue their personal dreams and career development, they often face dual pressures from family and society. This kind of pressure not only requires them to play the roles of mother and wife well in the family, but also to demonstrate the ability to compete with men in the workplace. Therefore, in the process of balancing family and career, women often need to make more efforts and sacrifices.

In terms of the professional environment, a certain gap remains in salary for the same job position between different genders, which exacerbates inequality. This includes gender segregation in occupations. It is not uncommon to say that industries such as nursing and education are more suitable for women, while technical and management fields are more suitable for men. Stereotypes—such as the belief that "women are not good at rational decision-making"—further restrict women's development in sectors that require logical thinking and strategic leadership [6]. This gender stereotype restricts women's development in positions that require logical thinking and decision-making ability. This prejudice not only affects women's opportunities when seeking jobs, but may also pose an obstacle to their promotion in the workplace. Women are often expected to take on more emotionally labor-intensive jobs, while in positions that require leadership and strategic planning skills, their voices and potential may be overlooked.

Furthermore, gender discrimination in the workplace is also reflected in the questioning of women's working ability and commitment. For instance, women may encounter interruptions in their career development during childbirth and child-rearing, and this biological fact is often used as a questioning of women's career commitment and potential for career development. This environment leads women to face more challenges on their career paths, and

they need to strike a difficult balance between family and career.

Meanwhile, under the family upbringing style deeply influenced by Confucian culture, women obtain relatively fewer family resources and generally have a lower social status. This uneven distribution of resources within families and the disparity in social status have long shaped the image of women as submissive and lacking free will. In such a cultural context, women's needs and desires are often overlooked. Their roles are confined within the traditional family framework, and they are educated to abide by feminine ethics and obey the will of their parents and husbands.

From the perspective of media influence, traditional media always associate women with youth and beauty, and create some family role myths, such as the "perfect housewife" image in TV dramas, or the super-capable women who can balance career and family. This behavior creates a lot of unnecessary anxiety and intensifies the perfectionist tendency of women. However, the dissemination by the media has also accelerated the rise of feminist discourse, cultivated women's confidence and critical thinking, and encouraged women to break the silence and advocate for power.

All four aspects—social expectations, upbringing, professional environment, and media influence—have profoundly shaped women's internalized self-expectations. These influences often limit women's sense of agency and reinforce the societal constraints on their personality development.

4. Expectations and Suggestions

4.1 Educational reform and the promotion of gender equality concepts

Education plays a crucial role in shaping personality traits. It is suggested that the education system be reformed. Starting from childhood, the concept of gender equality should be advocated and gender stereotypes should be broken. Teaching materials and teaching contents should avoid emphasizing the traditional division of gender roles, encourage boys and girls to participate in various activities together, and cultivate diversified interests, hobbies and skills.

4.2 Media guidance in shaping positive gender images

The media has a strong social influence. It is suggested that the media assume social responsibilities, shape positive gender images and avoid spreading gender discrimination and stereotypes. The media should present diverse images of men and women, encourage the public to re-ex-

amine gender roles, and promote the popularization of the concept of gender equality.

4.3 Policy support to safeguard gender equality rights

The government should formulate and improve relevant policies to ensure the equal rights of men and women in all fields. For example, improve anti-employment discrimination laws to ensure equal competition opportunities for women in the workplace; Improve the fertility security policy to alleviate the career development pressure on women caused by childbirth; Encourage men to participate in family affairs and promote the shared assumption of family responsibilities.

4.4 Individual action as a driver of social change

Every individual can promote the process of gender equality in society through their own actions. Men can actively participate in family affairs and challenge the traditional "men working outside" model. Women can bravely pursue their own dreams and break through the career ceiling. Everyone should actively resist gender discrimination and stereotypes and contribute to building a more equal and inclusive society

5. Conclusion

This article explores the intersection of gender and personality traits, focusing on how social role expectations, family upbringing, professional environments, media influence, and the internalization of self-expectations contribute to the gendered shaping of personality. Research shows that social role expectations have a profound impact on the relationship between gender and personality. Traditional division of labor endows men with more social responsibilities and women with more family responsibilities, resulting in men usually demonstrating traits such as masculinity and tenacity, while women show traits such as virtue and gentleness. However, with social transformation, the division of gender roles has gradually been broken, and personality traits have shown a diversified trend. Family upbringing styles are of vital importance in the process of gender and personality formation. The traditional model adopts different educational methods for boys and girls, exacerbating gender inequality. Boys tend to develop a positive and healthy personality in a high-pressure environment, while girls may form a compliant image due to insufficient access to resources. Gender discrimination and stereotypes in the professional environment have a negative impact on the relationship between gender and personality. Women face more challenges and bear greater

pressure in the workplace, which affects their personality development. The role of the media in shaping gender images cannot be ignored. Traditional media often emphasize gender stereotypes. However, in recent years, with the rise of feminist discourse, the media has begun to present diverse gender images and encourage women to assert their rights.

The internalization of self-expectations is the key to connecting social influence and personal personality traits. Under the influence of multiple social factors, men and women internalize social expectations, form self-awareness and evaluation, and affect their behavioral choices and personality development. To sum up, the relationship between gender and personality is complex and diverse, and is influenced by various social factors. To achieve gender equality and promote the free development of personality, it is necessary to start from multiple aspects such as education, media, policies and individuals, break stereotypes, eliminate discrimination and build an inclusive and diverse social environment.

Although this article conducts an in-depth exploration of the relationship between gender and personality, there are still some deficiencies. For example, the research is mainly based on questionnaire surveys, the sample representativeness is limited, and there is less analysis of the individual psychological level. Future research can expand the sample range, adopt multiple methods, deeply explore the role of individual psychological factors, and study the similarities and differences in the relationship between gender and personality in different cultural backgrounds, providing more comprehensive theoretical support for promoting gender equality.

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