

GENDER ROLES AND MENTAL HEALTH IN INFERTILE POPULATION

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Objective

The objective was to assess the psychological health of men and women with reproductive difficulties, and explore the relationship to gender roles.

Method:

The sample comprised 318 participants, of which 58.8% were women [M= 35.62; SD= 4.33). Mental health was assessed by the General Health Questionnaire GHQ-12 (Sánchez-López & Dresch, 2008), and the gender roles by the Spanish versions of the Mahalik' Inventory: CMNI (Cuéllar-Flores, Sanchez-López & Dresch, 2011) and CFNI (Sánchez-López, Cuéllar-Flores, Dresch & Aparicio, 2009).

Results

The average score obtained in mental health was an indicator for worse psychological health than the normative data ($p < .001$), and also, women even worse than men ($t=4.9$, $p < .001$). Regarding gender norms, men showed less Total Conformity, and: Risk-Taking, Violence, Power over women, Dominant, Playboy, Self-Reliance, Primacy of work, Disdain for homosexuals ($p < .003$ to $p < .000$); women, on the other hand, presented higher Total Conformity, and: Care for Children, Thinness, Sexual fidelity, Domestic and Investment in appearance ($p < .006$ to $p < .001$).

For men, significant associations were found between mental health and conformity with Emotional Control, Playboy, and Total Conformity ($p < .05$ to $p < .001$): higher conformity was related to worse mental health.

Similarly, for women, the results also showed significant associations between mental health and conformity with: Sexual fidelity, Modesty, Romantic relationships, and Total Conformity ($p < .05$ to $p < .001$).

Table 1. Pearson's correlations between mental health and the CMNI subscales in men

CMNI Subscales	Mental health
Winning	.03
Emotional Control	.22*
Risk Taking	.07
Violence	.08
Power over women	.17
Dominant,	.12
Playboy	.35***
Self-Reliance	.06
Primacy of work	.10
Disdain for homosexuality	.05
Pursuit of Status	.05
CMNI Total conformity	.26**

Note: * $p < .05$ ** $p < .01$ *** $p < .001$

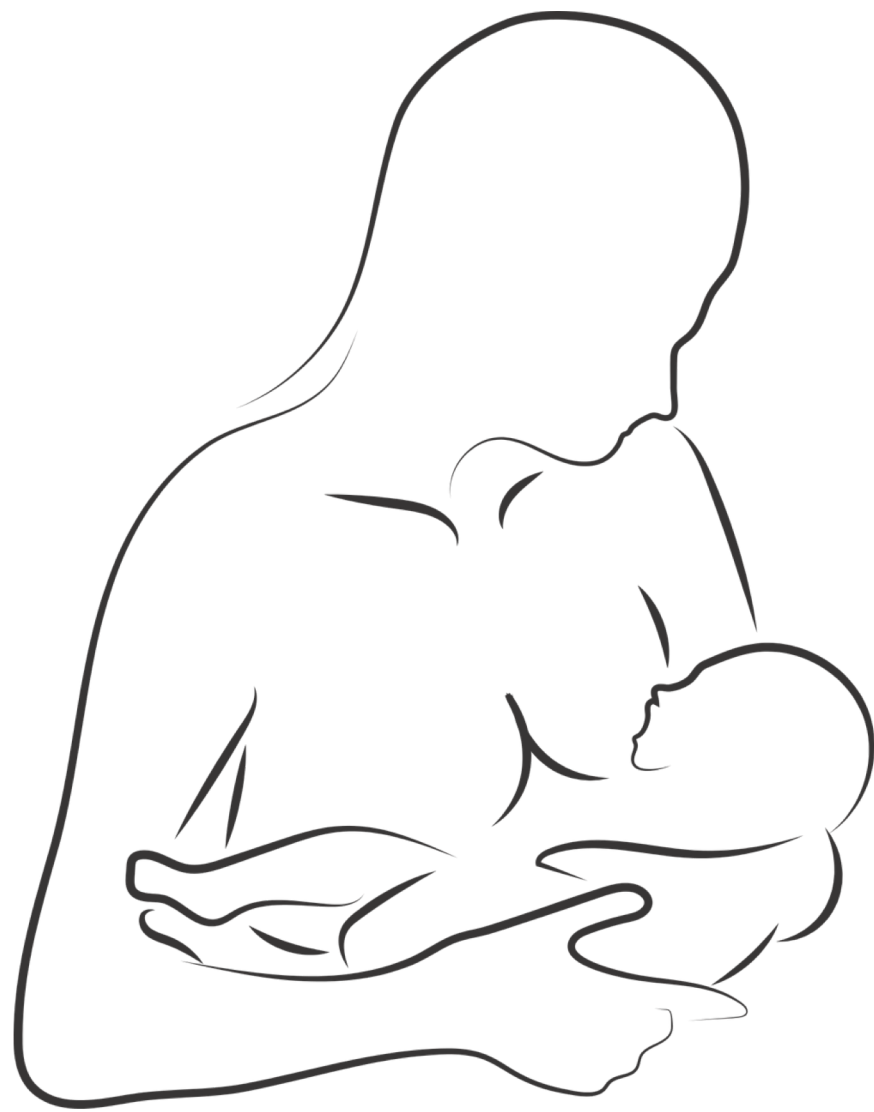


Table 2. Pearson's correlations between mental health and the CFNI subscales in women.

	Mental health
Nice Relationships	.06
Involment with Children	.11
Thinness	.10
Sexual Fidelity	.21**
Modesty	.27**
Romantic Relationship	.20*
Domestic,	.09
Investment in Appearance	.04
CFNI Total conformity	.27**

Note: * $p < .05$ ** $p < .01$

Conclusions:

The obtained results show that gender roles are an important determinant of psychological health in this context. A high conformity with some of the feminine gender norms, clearly linked to maternity, will establish an important risk factor for the psychological health of these women.

REFERENCES:
Cuéllar-Flores, I., Sanchez-López, M.P. & Dresch, V. (2011). El Inventario de Conformidad con las Normas de Género Masculinas (CMNI) en la población española. *Anales de Psicología/Annals of Psychology*, 27(1), 170-178.
Sánchez-López, M. P., Cuellar-Flores, I, Dresch, V & Aparicio, M.E. (2009). Conformity to Feminine Norms In The Spanish Population. *Social Behavior and Personality: An International Journal*, 37, 9, 1171-1186
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