

**Determinants of Internalized Misogyny: A Comparative Study of Age and
Marital Status**

Dissertation submitted for partial fulfillment of the degree of

**MASTER OF ARTS
IN
PSYCHOLOGY
(Clinical)**



THAPAR INSTITUTE
OF ENGINEERING & TECHNOLOGY
(Deemed to be University)

**SUBMITTED BY:
Harleen Kaur (862102026)**

UNDER THE SUPERVISION AND GUIDANCE OF

Dr. Santha Kumari

School of Liberal Arts & Sciences

Thapar Institute of Engineering and Technology, Patiala

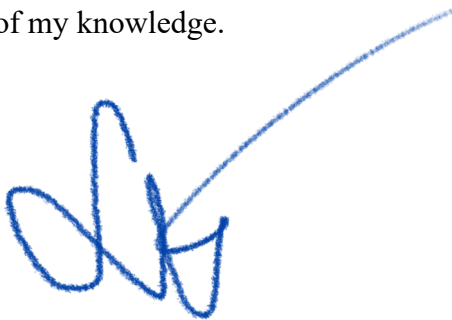
CERTIFICATION

This is to certify that the thesis entitled, '**Determinants of Internalized Misogyny: A comparative study of age and marital status**' is being submitted in partial fulfillment of requirements for the award of the degree of Master of Arts in Psychology, presented in the Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala is a bonafide work carried out under the supervision of Dr. Santha Kumari, Professor & Program Chair, Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for an award of any other degree.



(HARLEEN KAUR)

This is to certify that the above statement by the student concerned is correct and valid to the best of my knowledge.



(Dr. SANTHA KUMARI)

Professor & Program Chair, TSLAS

Thapar Institute of Engineering and Technology, Patiala

CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, ' **Determinants of Internalized Misogyny: A comparative study of age and marital status**' submitted in partial fulfillment of requirements for the award of the degree of Master of Arts in Psychology, presented in the Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala, is an authentic record of my research work carried out under the supervision and guidance of Dr. Santha Kumari, Professor & Program Chair, Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala and refers to other researchers' work which is duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for awarding any other degree at this or any other university.

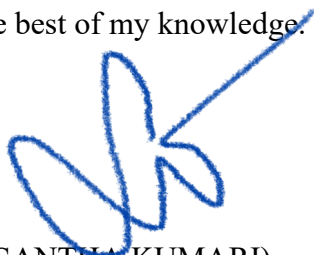
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(Dr. SANTHA KUMARI)

Professor & Program Chair, TSLAS

Thapar Institute of Engineering and Technology, Patiala

DECLARATION

I, Harleen Kaur (862102026), a student of M.A. Psychology (2021-2023), School of Liberal Arts & Sciences, Thapar University, Patiala, have completed the project entitled, '**Determinants of Internalized Misogyny: A comparative study of age and marital status.**'

DATE:

M. A. Psychology (2021-2023)

School of Liberal Arts & Sciences, Thapar University,

Patiala, Punjab.

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Harleen Kaur (862102026)

Abstract

The study's objective was to study the determinants of Internalized Misogyny along with a comparative study of age and marital status. The data was collected from 160 female participants categorically divided into four age groups, i.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old-Aged females(50-65yrs), and also into two groups based on their marital status, i.e., unmarried and married. The questionnaires used were the Internalized Misogyny Scale (IMS) developed by Piggott (2004), Ambivalent Sexism Inventory (ASI) developed by Glick & Fiske (1996), Body Surveillance sub-scale of the Objectified Body Consciousness Scale by McKinley & Hyde (1996), and Support for Traditional Gender Roles by C. Wegs et al. (2016). Descriptive statistics, correlation, regression, independent sample t-test and MANOVA were used to analyze the data. The results revealed that Age, Sexism, Traditional Gender Roles and Body Surveillance are correlated to Internalized Misogyny. There was a significant difference in Internalized Misogyny among the four age groups; a significant difference in Body Surveillance among the four age groups; a significant difference in Body Surveillance between unmarried and married females; and a significant difference in Traditional Gender Roles between unmarried and married females.

Keywords- Internalized Misogyny, Sexism, Body Surveillance, Traditional Gender Roles, Age differences, Marital status differences.

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CHAPTER 1

INTRODUCTION

A growing collection of research has started to show the adverse association between various expressions of internalized misogyny and women's psycho-social health, much like the studies on external sexism. The socio-cultural and political environments in which women live impact their personal issues, both here and abroad. These might be understood as their responses to oppression (Brown, 1994; Enns, 2004).

Women are exposed to many forms of sexism from various sources, including the media, religious institutions, political and legal systems, places of employment, and familial and interpersonal relationships, because patriarchal cultures still persists in our societies (American Psychological Association 2007). This asserts that women internalizing demeaning and restrictive messages about being a woman along with experiencing sexist events are likely to have mental health difficulties. It is essential to remember that "Sexism is one ideology that supports patriarchal social relations, but misogyny enforces it when there is a threat of that system going away."

1.1 Theoretical Framework

The theoretical concept of **Internalized Oppression (IO)** entails that individuals are negatively impacted by the stereotypes of their group and/or subculture (Thompson, 2017). For women, this means that external messages, such as "this job is meant to be done by men" or "I must be skinny to be beautiful," are internalized (Bearman et al., 2009; Thompson, 2017).

The internalization of these negative beliefs causes members to engage in behaviors that conform to community standards conveyed by these messages, thereby making the messages accurate, at least for themselves. These messages are particularly pervasive and harmful during late

adolescence to early adulthood, leading us into becoming our own oppressors. The substantial problem of internalized oppression, which is described as "oppressive practises that continue to be practised even when the members of the oppressor group are not present there," includes internalized misogyny.

1.2 Internalized Misogyny

Misogyny is the contempt for, hatred of, or prejudice against women or girls. Women who experience this internalized misogyny demonstrate it by discounting the value of women, mistrusting them, and advocating gender bias in favour of men. Sexist actions and attitudes of women toward themselves or other women and girls are examples of internalized misogyny. Hence, internalized misogyny can be understood as "an oppression of our own" for women. A wide range of impacts, including issues with one's mental health and physical image, can be brought on by internalized misogyny. Early cultural conditioning and media consumption are two ways misogyny can be internalized.

Language can help maintain internalized sexism and reduce power disparities between groups. After being exposed to misogynistic social norms on a regular basis, women eventually internalize these attitudes and apply them to both themselves and other women. Assertions of inadequacy, competitive banter, the framing of women as rivals or objects, and the invalidation and belittlement of others or oneself are all ways internalized sexism can be expressed toward others.

1.3 Sexism

Sexism is bias or discrimination against someone based on their gender or sex. Although it can affect anybody, sexism particularly harms women and young girls. The concept that one sex or gender is inherently inferior or superior to another has been connected to stereotypes and gender

roles. Extreme sexism can encourage rape, misogyny, sexual assault, and other types of sexual violence.

Contrary to the traditional, typical definition of sexism as just antipathy toward women, Glick and Fiske (1996, 2001) presented a theory that sexism toward women is usually ambivalent, involving not only hostile sexism but also benevolent sexism.

Sexism is a belief, behaviour, or framework that upholds the idea that the male sex is fundamentally superior to the female sex. According to earlier research, most women encounter sexism on a weekly, and in occasional cases even daily, basis. Sexism has been studied in sociology as it appears in both institutional and individual contexts. Richard Schaefer asserts that all-important social institutions actively support sexism. Sociologists discuss similarities between racism and other ideological systems of oppression that operate on an individual and institutional level. According to Fred R. Shapiro, Pauline M. Leet most likely first used the phrase "sexism" on November 18, 1965, at Franklin & Marshall College, at a "Student-Faculty Forum."

The ambivalent sexism theory developed by Glick and Fiske (1996, 2001) contends that sexism is a multifaceted concept that includes both hostile and benevolent sexist views. While benevolent sexism takes the guise of outwardly pleasant but patronizing ideas about women, hostile sexism expresses blatant hatred towards women. Glick and Fiske define benevolent sexism as a collection of views that are sexist in how they constrain women's roles and regard them as stereotypical but that are subjectively positive in their feeling tones and also tend to generate prosocial (like helping) or intimacy-seeking conduct (e.g., self-disclosure). Its roots are found in traditional stereotypes and masculine domination (such as the man's role as the provider and the woman as his dependent), and its effects are frequently adverse.

1.4 Marital Status & Internalized Misogyny

Numerous cross-cultural studies have shown that men are way more likely than women to commit acts of domestic abuse. There is also widespread agreement that women are more frequently the targets of severe kinds of violence and are more likely to suffer harm at the hands of an abusive partner. In many countries around the world, domestic abuse is permitted socially and even legally. For example, the Supreme Court of the United Arab Emirates (UAE) ruled in 2010 that a father has the right to physically correct his wife and kids, even if there are no apparent marks left behind. Another type of domestic violence that is prevalent around the world is honor killings, which primarily target women as their victims.

A widely accepted definition of marital power is "the potential ability of one partner to influence the behavior of the other, manifested in the ability to make decisions that affect family life" (Blood and Wolfe, 1960, p. 11). Since then, extensive research on male-female power relations has shown that in many societies, sexual asymmetry favors men (Kim & Emery, 2003; Warner et al., 1986), and in some cultures, family inequality is shown to be extreme. As the family's breadwinner, the husband usually has relatively high socio-economic resources and, therefore, usually serves as the primary decision-maker in the family.

Theories of patriarchal norms emphasize the impact of patriarchal culture on family power (Ferree, 1990). In an entirely patriarchal society unaffected by egalitarian norms, marriage is almost uniformly dominated by the husband, regardless of the husband's or wife's resources. There is an increasingly growing body of research showing that gender-role ideology exerts a significant influence on marital power beyond the impact of structural resources (Goldscheider & Waite, 1991; Greenstein, 1996; Kamo, 1988; Kulik, 1999; Scanzoni & Szinovacz, 1980; Wilkie et al., 1998).

This information highlights the dire need to explore the correlation between marriage, sexism, and internalized misogyny. A correlation between the three can help us understand how important it is to work on reducing such social bounds of our society to have a better quality of life, significantly, for the women of our world.

1.5 Generational Gap

As our world is evolving and working towards being more aware of what goes around it, the coming generation is getting more 'woke' in their attempts to be better than the previous generation. Gender stereotypes, which are widely held beliefs about some characteristics and behavior of women and men, are constantly being questioned. Some empirical studies have found that some widely shared cultural notions that men are more competent and socially valued than women in a no. of activities are believed.

Some believe sexism is still found in many aspects of everyday life. For example, education has often received special attention. Sexual harassment and gender-based treatment — male students are often encouraged to take science, technology, engineering, and mathematics (STEM) courses, but females are not — is seen as a pervasive problem. Moreover, women are excluded or prevented from attending school in various parts of the world. It has been estimated that the two-thirds of the world's illiterate people are women.

However, the gender norms which were so strictly adhered to during older times are being rapidly questioned and modified to adapt to the current generation's needs. The world, like its fashion, is becoming more androgynous. Hence, the chances that the sexist tendencies and internalized misogyny could be more in the older generations only make sense. However, these deep-rooted issues will take much time, if not decades, to eradicate from our society altogether.

1.6 Body Surveillance

Body surveillance is viewing the body as an object to be gazed upon like an outside observer. It involves continual self-monitoring of body shape and weight to ensure conformity to culturally and socially imposed beauty standards. In order to achieve compliance with societal and culturally enforced ideals of beauty, the body surveillance component of OBC entails ongoing self-monitoring of body shape and weight (McKinley & Hyde, 1996). The internalization of societal standards of the ideal body and the observer's perspective of oneself as an object to be observed leads to this self-monitoring (Fredrickson & Roberts, 1997). According to studies, the behavioral embodiment of self-objectification is body surveillance, meaning that a woman who has internalized the observer's perception of her body will engage in constant body surveillance or monitoring.

1.7 Traditional Gender Roles

Traditional Gender Roles are social constructs developed over time that entail rules & principles regarding how a person should stereo-typically behave based on their gender. Research studies have shown that traditional gender role beliefs are significantly more strongly endorsed by men than women (Larsen & Long, 1988). People who subscribe to traditional gender roles believe that males should provide financial assistance as the family's breadwinner and that women should take care of domestic and family duties. These attitudes are related to a more prominent focus on men's and fathers'/husbands' careers than on women's. The social identities of specific women and men, projected future social positions, and short-term and long-term aspirations are likely to be influenced by such ideas.

CHAPTER 2

REVIEW OF LITERATURE

Literature Review has revealed that various research scholars have explored the variables undertaken in this research study to varying extents in the past. Given below are a few of them: -

2.1 Internalized Misogyny

These views can be internalised in addition to the sexist attitudes that people encounter on a daily basis (Spengler, 2014). Internalized misogyny is formed of two main components:

1) Self-objectification and 2) Passive acceptance of gender roles. Identity compartmentalization, psychological discomfort, eating disorders, and psychiatric illness are just a few of the negative outcomes that these characteristics are linked to. The precise form is unknown that internalized misogyny takes on. Oppression in this form is often overlooked. One study found that a woman mediates dialectical practices or internalizes misogyny on an average of 11 times per 10-minute interval of conversation (Bearman, Korobov, Thorne, 2009). This surprisingly high rate shows how pervasive internalized misogyny is in society.

The results of some studies indicate that group differences are more pronounced in internalized misogyny when women of two different political backgrounds are compared; it also supports various conclusions regarding the connection between sexism and internalized misogyny (Dehlin, A., 2018).

Misogyny is a cultural practice that serves society to persist power of the dominant male group through the submissiveness of women (Piggott, 2004). The role of women in society, and their very selves, are thus devalued to not only maintain but increase the power of men. This results in fear of femininity and hatred by women for themselves along with devaluing of women and female-related characteristics (Burch, 1987; O'Neil, 1981; Worell & Remer, 2003).

2.2 Sexism

In one investigation by Berg (2006), it was found that he distributed 1,100 surveys within five months. From a sample of 382 women, all participants said they experienced sexism, and 25% said they felt "a lot of it happened." In a different study, the three participant groups were instructed to keep track of the number of sexist situations they saw over the course of seven to thirteen days (Swim et al., 2001). The first group, on average, reported one incident per week with 40 participants. The second group of 37 participants had about the same number of incidents as the first. A third group of 73 participants recorded witnessing sexism approximately once per day. These results suggest that sexism is pervasive and routine for many women.

Women, as compared to men, consistently reject hostile sexism but often endorse benevolent sexism. By rewarding women for conforming to a patriarchal status quo, benevolent sexism inhibits gender equality (Glick, P., & Fiske, S. T., 2001).

2.3 Internalized Misogyny & Sexism

The results showed that psychological discomfort levels increased with the significance of sexist experiences. The connection between sexism and psychological suffering was also strengthened by internalized misogyny (Szymanski, D.M., Gupta, A. et al., 2009).

Internalized misogyny is a form of self-blame that can strengthen the relationship between sexist events and mental health. That is, the experience of sexism becomes more painful if the victim agrees with the sexist attitude conveyed by the victimization event. Moreover, oppressive experiences are often more detrimental to women with negative perceptions of women and themselves as women in general than those with positive perceptions (Moradi and Subich 2002, 2004).

However, the internalization of female sexism does not begin early in development. In fact, it is only when they become adolescents that young women begin to internalize sexist attitudes. American girls between the age range of 11 to 14 years are particularly prone to internalizing sexism. Pipher (which is cited in Bearman, Korobov, and Thorne, 2009) shows that women change their personalities during the developmental stages of childhood and adolescence.

The 'doing gender' concept (West & Zimmerman 1987) is related to this and holds that gender is socially built and composed through interaction, as are all types of gender differences.

2.4 Traditional Gender Roles

The general attitudes about roles and conduct regarded as proper for women and men are among significant internalized social and cultural norms (Eccles et al., 1983). The study of previous literature has shown that therapists who accept traditional gender roles may endorse harmful dominant discourses and gender-based dynamics in couples and families (Ellis, M., & Bermúdez, J. M., 2020). This explains why our present study of the variable Traditional Gender Roles regarding age and marital status is necessary for psychology.

2.5 Body Surveillance

The concept of self-objectification is one of the most widely studied symptoms of internalized misogyny (McKinley & Hyde, 1996; Noll & Fredrickson, 1998). Theories of patriarchal norms emphasize the impact of patriarchal culture on marital relations and family power (Blumberg & Coleman, 1989).

The results of some studies support the dire need to focus on internalized misogyny or a devaluation and distrust of women as well as a belief in male superiority, as a symptom of internalised misogyny that is theoretically similar to, but different from, self-objectification, passive acceptance of established gender roles, and sexism ignorance (Szymanski et al., 2009).

A female therapist's self-objectification tendencies prevent them from recognizing her clients' self-objectification and can unintentionally objectify the client (Ellis, M., & Bermúdez, J. M., 2020).

CHAPTER 3

RESEARCH GAP, OBJECTIVES, AND HYPOTHESES

3.1 Research Gap:

Though misogyny in males has been under the scrutinizing eye of researchers, not much work has been done on Internalized misogyny in females. Since research has been limited in this field, many variables are yet to be explored in its relation. Most of the research has been done in regard to Feminist Theory and Eating Disorders. The differences in how internalized misogyny has varied through the generations, though explored in theory, require more research work to be backed up in a more practical sense. Many other causal factors, like marital status, sexism, traditional gender roles, and more, are yet to be explored, which have been considered in the present study. There is a rising possibility of research to indulge in a more culturally-inclusive sample. Especially studies on the Indian population are limited. Furthermore, the present study aims to fill all these research gaps mentioned above.

3.2 Objectives of the study:

The main objective of the current study was to study the determinants of Internalized Misogyny along with a comparative study of age and marital status. This put forward the following objectives:-

1. To study Sexism, Body Surveillance and Traditional Gender Roles as determinants of Internalized Misogyny.
2. To study the significant difference in Internalized Misogyny among the four female age groups, i.e., Teens, Young Adults, Adults, and Old Aged females.

3. To study the significant difference in Internalized Misogyny between unmarried and married females.
4. To study the Traditional Gender Roles in unmarried and married females.
5. To study the Body Surveillance in unmarried and married females.
6. To study the significant difference in Sexism among the four female age groups, i.e., Teens, Young Adults, Adults, and Old Aged females.
7. To study the Traditional Gender Roles among the four female age groups, i.e., Teens, Young Adults, Adults, and Old Aged females.
8. To study the Body Surveillance among the four female age groups, i.e., Teens, Young Adults, Adults, and Old Aged females.

3.3 Hypotheses:

H₁ Sexism will be positively correlated with Internalized Misogyny.

H₂ Body Surveillance will be positively correlated with Internalized Misogyny.

H₃ Traditional Gender Roles will be positively correlated with Internalized Misogyny.

H₄ Internalized Misogyny will be negatively correlated with Age.

H₅ Marital Status will be positively correlated with Internalized Misogyny.

H₆ Internalized Misogyny will be higher in females below 20yrs of age and above 50yrs of age compared to those between the two age groups.

H₇ Married females will show greater Internalized misogyny as compared to unmarried females.

H₈ Married females will be higher on Traditional Gender Roles as compared to unmarried females.

H₉ Unmarried females will show higher Body Surveillance as compared to married females.

H₁₀ Teens will show higher Internalized Misogyny as compared to other age groups.

H₁₁ Sexism between the four female age groups, i.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old-Aged females(50-65yrs), will vary significantly.

H₁₂ Traditional Gender Roles will be higher in older females, i.e., adults (31-49yrs) and old-aged females(50-65yrs) as compared to the younger female population, i.e., teens(16-18yrs) and young adults(19-30yrs).

H₁₃ Body Surveillance will be higher in the younger females, i.e., teens(16-18yrs) and young adults(19-30yrs), as compared to the older females, i.e., adult(31-49yrs) and old aged females(50-65yrs).

CHAPTER 4

METHODOLOGY

4.1 Sample:

Only female participants with a sample size of 160 were used in this study. Females were categorically divided into four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old-Aged females(50-65yrs), and further into two groups based on their marital status, I.e., unmarried and married, from different parts of Punjab. Everyone was required to have a good enough command of the English language. Convenience sampling was used in this study. Those who met the inclusion criteria for participation were accessed by exchanging Google forms via various online application modes such as WhatsApp, Facebook, and Instagram, as well as through forms distributed as hard copies. The study is interested in conducting a cross-sectional lifespan study on Internalized Misogyny (IM) and its causal factors.

4.2 Design:

A between-group design was used in this study with the help of a t-test and MANOVA. The Independent variables are Age [categorically divided into Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs)] and Marital Status [divided into unmarried and married categories], while the Dependent variables are Internalized misogyny, Sexism, Traditional Gender Roles and Body Surveillance.

4.3 Tools used:

1. Internalized Misogyny Scale:

The Internalized Misogyny Scale (IMS) developed by Piggott(2004) is a measure that consists of 17 items which is each rated by participants on a scale of 1 (*strongly disagree*)

to 7 (*strongly agree*). The total range for scores is from 17 to 119, with higher scores indicating a higher level of internalized misogyny. Piggott (2004) calculated the total Cronbach's alphas to be .87 and .88. The scale also had good construct validity.

2. Ambivalent Sexism Inventory:

The Ambivalent Sexism Inventory (ASI) by Glick & Fiske (1996) is a measure that consists of 22 items that could each be rated by a participant on a scale ranging from 0 (*disagree strongly*) to 5 (*agree strongly*). These items are divided into two types, hostile and benevolent sexism. Using the reverse scoring adjustments, the ambivalent sexism total is calculated, i.e., by taking an average of the hostile and benevolent sexism scores. According to Glick & Fiske (1996), alphas range from .62 to .86. The construct validity is good.

3. Body Surveillance Sub-scale of the Objectified Body Consciousness Scale:

Body Surveillance sub-scale of the Objectified Body Consciousness Scale by McKinley & Hyde (1996) is a measure that consists of 8 items each rated by the participant on a scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*), with higher scores indicating the higher levels of body surveillance. The alpha value turned out to be 0.89. The construct validity is good.

4. Support for Traditional Gender Roles (TGR):

Support for Traditional Gender Roles by C. Wegs et al. (2016) is a measure consisting of 9 items that participants can rate on a 1 to 5 points Likert scale. The alpha value turned out to be 0.78. The construct validity is good.

4.4 Statistical Analyses

Statistical Package for Social Science (SPSS) version 22.1 will be used to analyze the data.

4.5 Procedure:

Demographic information was collected, which included items assessing the age, biological sex, and marital status of the participants. These forms were distributed among females using both online and offline modes. These participants were selected through convenience sampling from all over Punjab, and informed consent was obtained. Any doubts asked were addressed. After all the responses were obtained, the results were computed using the Statistical Package for the Social Sciences (SPSS) and Microsoft Excel.

CHAPTER 5

RESULTS

The results were calculated, i.e., descriptive statistics, correlation, regression, t-test, and MANOVA using SPSS and MsExcel.

Table 1 shows Pearson product correlation computing the correlation between Age, Marital status, Sexism, Body surveillance, Traditional Gender Roles, and Internalized Misogyny. Results showed a positive correlation between sexism, body surveillance and traditional gender roles with internalized misogyny where, correlation between sexism and internalized misogyny ($r=.403$, $p<.01$); between body surveillance and internalized misogyny ($r=.190$, $p<.05$); between traditional gender roles and internalized misogyny ($r=.296$, $p<.01$); a negative correlation between age and internalized misogyny ($r= -.215$, $p<.01$); but no significant correlation between marital status and internalized misogyny ($r=-.022$, $p>.05$); . As per the results, first four hypothesis I.e. sexism, body surveillance, traditional gender roles, and age are correlated to internalized misogyny stands accepted. However, the fifth hypothesis I.e., Marital status will be positively correlated with internalized misogyny stands rejected.

TABLE 1: CORRELATION

	Age	Internalized Misogyny	Sexism	Martital Status	Body Surveillance	Traditional Gender Roles
Age	1					
Internalized Misogyny	-.215**	1				
Sexism	.068	.403**	1			
Martital Status	.741**	.022	.071	1		
Body Surveillance	-.261**	.190*	.034	-.288**	1	
Traditional Gender Roles	.163*	.296**	.004	.333**	-.028	1

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Table 2 shows the step-wise regression of the regression coefficient for Internalized misogyny.

Sexism came out to be the best predictor variable for Internalized misogyny with the Adjusted R^2 value of 0.157. It implies that the Sexism of women explains the variance in Internalized misogyny by 15.7%. As it is clear from the table, one unit increase in the Sexism in a woman will increase Internalized misogyny by 25.18 units. However, the adjusted R^2 value for traditional gender roles and body surveillance came out to be .239 and .269 respectively. Hence, regression analysis found that Sexism is a better predictor of Internalized misogyny as compared to body surveillance and traditional gender roles.

TABLE 2 STEPWISE REGRESSION (Internalized Misogyny)

Model	Unstandardized Coefficients		Standardized Coefficients		Sig.	Adjusted R ²	
	B	Std. Error	Beta	t			
1	(Constant)	25.18	5.914		4.257	.000	.157
	Sexism	.584	.106	.403	5.529	.000	
2	(Constant)	12.862	6.321		2.035	.044	.239
	Sexism	.583	.100	.401	5.804	.000	
	Traditional Gender Roles	.767	.180	.294	4.254	.000	
3	(Constant)	2.031	7.356		.276	.783	.269
	Sexism	.573	.098	.395	5.824	.000	
	Traditional Gender Roles	.781	.177	.300	4.416	.000	
	Body Surveillance	.418	.153	.185	2.730	.007	

a. Dependent Variable: Internalized Misogyny

Table 3 shows multivariate tests for age which all came out to be significant at $p < .001$ level. Hence, it confirms that there is significant effect of age on other variables and further MANOVA is performed to assess this effect.

TABLE 3 Multivariate Tests^c

	Effect	Value	F	Hypothesis df	Error df	Sig.
age	Pillai's Trace	.32	4.65	12.00	465.00	.001
	Wilks' Lambda	.69	4.98	12.00	405.09	.001
	Hotelling's Trace	.42	5.26	12.00	455.00	.001
	Roy's Largest Root	.35	13.66 ^b	4.00	155.00	.001

Table 4 shows MANOVA summary table. It is evident from the table that there is a significant difference in internalized misogyny among the four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs). ($F(3,156) = 8.11, p < .001$) There is a significant difference in body surveillance among the four age groups. ($F(3,156) = 5.93, p < .001$).

TABLE 4 MANOVA

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Adjusted R ²
Age	Sexism	114.62	3	38.21	.29	.826	-.013
	Internalized misogyny	5692.74	3	1897.58	8.11	<.001	.118
	Body surveillances	848.00	3	282.67	5.93	.001	.085
	Traditional gender roles	189.00	3	63.00	1.63	.184	.012
Error	Sexism	19914.48	156	127.66			
	Internalized misogyny	36504.60	156	234.00			
	Body surveillances	7442.39	156	47.71			
	Traditional gender roles	6017.44	156	38.57			
Corrected Total	Sexism	20029.10	159				
	Internalized misogyny	42197.34	159				
	Body surveillances	8290.40	159				
	Traditional gender roles	6206.44	159				

TABLE 5 Multiple Comparisons

Dependent Variable		(I) age	(J) age	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval			
							Lower Bound	Upper Bound		
Sexism	Tukey HSD	Teens (T)	YA	.16	2.498	1.000	-6.33	6.65		
			A	-.74	2.543	.991	-7.35	5.86		
			OA	-2.01	2.575	.864	-8.69	4.68		
		Young Adults (YA)	T	-.16	2.498	1.000	-6.65	6.33		
			A	-.90	2.482	.983	-7.35	5.54		
			OA	-2.16	2.516	.825	-8.70	4.37		
		Adults (A)	T	.74	2.543	.991	-5.86	7.35		
			YA	.90	2.482	.983	-5.54	7.35		
			OA	-1.26	2.559	.961	-7.91	5.39		
		Old Aged (OA)	T	2.01	2.575	.864	-4.68	8.69		
			YA	2.16	2.516	.825	-4.37	8.70		
			A	1.26	2.559	.961	-5.39	7.91		
				A	1.26	2.559	1.000	-5.58	8.10	
		Internalized Misogyny	Tukey HSD	Teens (T)	YA	15.48*	3.383	.000	6.70	24.26
					A	13.29*	3.442	.001	4.35	22.22
OA	11.41*				3.487	.007	2.36	20.47		
Young Adults (YA)	T			-15.48*	3.383	.000	-24.26	-6.70		
	A			-2.19	3.360	.914	-10.92	6.53		
	OA			-4.07	3.406	.631	-12.91	4.78		
Adults (A)	T			-13.29*	3.442	.001	-22.22	-4.35		
	YA			2.19	3.360	.914	-6.53	10.92		
	OA			-1.88	3.465	.949	-10.87	7.12		
Old Aged (OA)	T			-11.41*	3.487	.007	-20.47	-2.36		
	YA			4.07	3.406	.631	-4.78	12.91		

			A	1.88	3.465	.949	-7.12	10.87
Body Surveillance	Tukey HSD	Teens (T)	YA	1.90	1.527	.601	-2.07	5.86
			A	6.12*	1.554	.001	2.08	10.15
			OA	4.22*	1.574	.040	.13	8.31
		Young Adults (YA)	T	-1.90	1.527	.601	-5.86	2.07
			A	4.22*	1.517	.031	.28	8.16
			OA	2.32	1.538	.434	-1.67	6.32
		Adults (A)	T	-6.12*	1.554	.001	-10.15	-2.08
			YA	-4.22*	1.517	.031	-8.16	-.28
			OA	-1.90	1.565	.620	-5.96	2.17
		Old Aged (OA)	T	-4.22*	1.574	.040	-8.31	-.13
			YA	-2.32	1.538	.434	-6.32	1.67
			A	1.90	1.565	.620	-2.17	5.96
Traditional Gender Roles	Tukey HSD	Teens (T)	YA	-.48	1.373	.986	-4.04	3.09
			A	-2.38	1.398	.326	-6.01	1.25
			OA	-2.42	1.416	.323	-6.09	1.26
		Young Adults (YA)	T	.48	1.373	.986	-3.09	4.04
			A	-1.90	1.364	.505	-5.44	1.64
			OA	-1.94	1.383	.499	-5.53	1.65
		Adults (A)	T	2.38	1.398	.326	-1.25	6.01
			YA	1.90	1.364	.505	-1.64	5.44
			OA	-.04	1.407	1.000	-3.69	3.61
		Old Aged (OA)	T	2.42	1.416	.323	-1.26	6.09
			YA	1.94	1.383	.499	-1.65	5.53
			A	.04	1.407	1.000	-3.61	3.69

*. The mean difference is significant at the .05 level.

Table 6 shows the descriptive statistics for Internalized Misogyny for the four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs). The mean value of internalized misogyny(IM) in teens, young adults, adults, and old-aged females came out to be 67.41(14.53), 51.93(16.89), 54.13(15.14), and 56.00(14.28), respectively. This shows that internalized misogyny is highest in teens and lowest in young adults. However, it again started increasing in the adult and further increases in the old age stages of life.

TABLE 6 Descriptive Statistics for Internalized Misogyny with Age

		N	Mean	Std. Deviation
Internalized Misogyny	Teens	39	67.41	14.53
	Young Adults	43	51.93	16.89
	Adults	40	54.13	15.14
	Old Age	38	56.00	14.28
	Total	160	57.22	16.29

Figure 1 shows that internalized misogyny is highest in teens and lowest in young adults. However, it again started increasing in the adult and further increases in the old age stages of life.

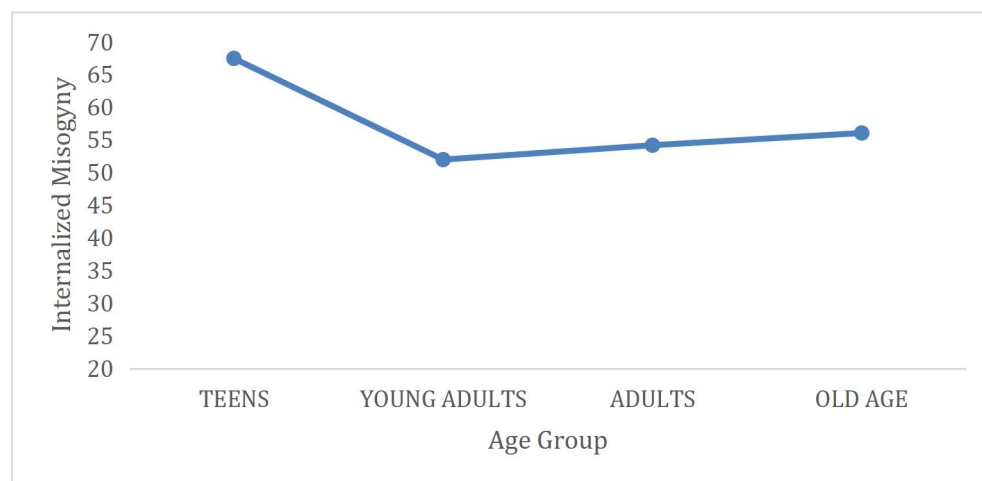


FIGURE 1: Comparison of Internalized Misogyny among the four Age Groups.

Table 7 shows the descriptive statistics for Sexism with four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs). The mean value of sexism in teens, young adults, adults, and old-aged females came out to be 54.21(12.73), 54.05(10.19), 54.95(11.26), and 56.21(10.95), respectively.

TABLE 7 Descriptive Statistics for Sexism with Age

Variable	Age Group	N	Mean	Std. Deviation
Sexism	Teens	39	54.21	12.73
	Young Adults	43	54.05	10.19
	Adults	40	54.95	11.26
	Old Age	38	56.21	10.95
	Total	160	54.83	11.22

Figure 2 shows that the mean value of sexism has no significant difference during females' teen, young adult, and adult stages of life. However, it peaks at its highest in the old age stage of life.

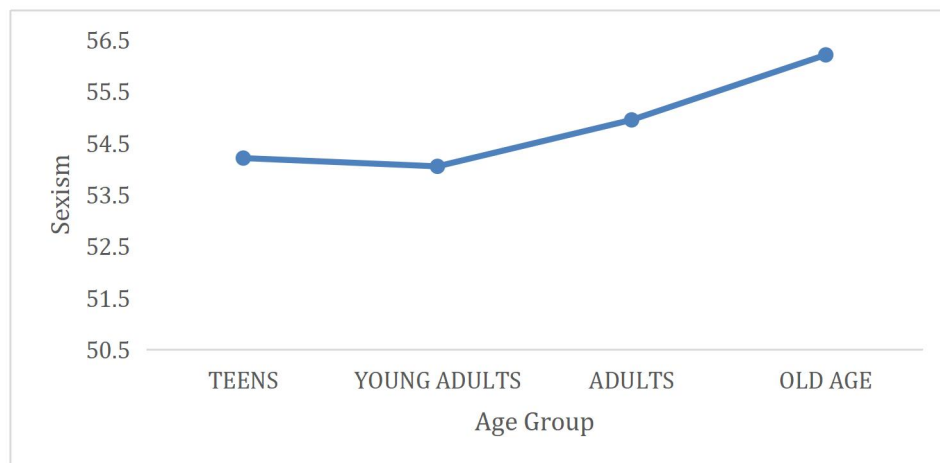


FIGURE 2: Comparison of Sexism among the four Age Groups.

Table 8 shows the descriptive statistics for Body Surveillance with four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs). The mean value of body surveillance in teens, young adults, adults, and old-aged females came

out to be 29.64(6.25), 27.74(6.25), 23.53(8.37), and 25.42(6.22), respectively. This shows that body surveillance is highest in teens, reduced in young adults, and reaches its lowest in adults. However, it again increases in the old age stages of life.

TABLE 8 Descriptive Statistics for Body Surveillance with Age

		N	Mean	Std. Deviation
Body Surveillance	Teens	39	29.64	6.25
	Young Adults	43	27.74	6.52
	Adults	40	23.53	8.37
	Old Age	38	25.42	6.22
	Total	160	26.60	7.221

Figure 3 shows that body surveillance is highest in teens, reduced in young adults, and reaches its lowest in adults. However, it again increases in the old age stages of life.

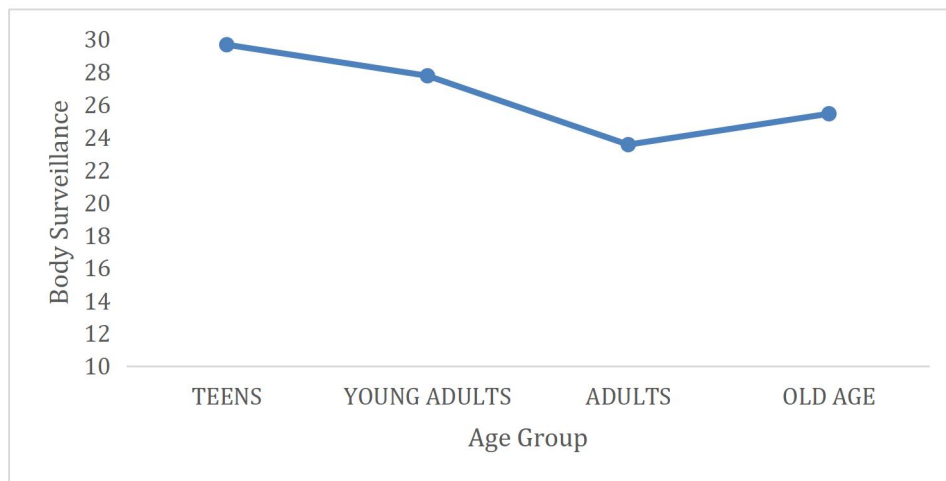


FIGURE 3: Comparison of Body Surveillance among the four Age Groups.

Table 9 shows the descriptive statistics for Traditional Gender Roles with four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs).

The mean value of traditional gender roles in teens, young adults, adults, and old-aged females came out to be 14.87(4.92), 15.35(6.81), 17.25(6.83), and 16.17(6.24), respectively. This shows that traditional gender roles are highest in the old aged and adult stages of life. However, it is lower in young adults and lowest in teens.

TABLE 9 Descriptive Statistics for Traditional Gender Roles with Age

		N	Mean	Std. Deviation
Traditional Gender Roles	Teens	39	14.87	4.92
	Young Adults	43	15.35	6.81
	Adults	40	17.25	6.83
	Old Age	38	17.29	5.98
	Total	160	16.17	6.24

Figure 4 shows that traditional gender roles are lowest in teens. However, they start increasing in young adults and adults, reaching their highest in the old aged stage of life.

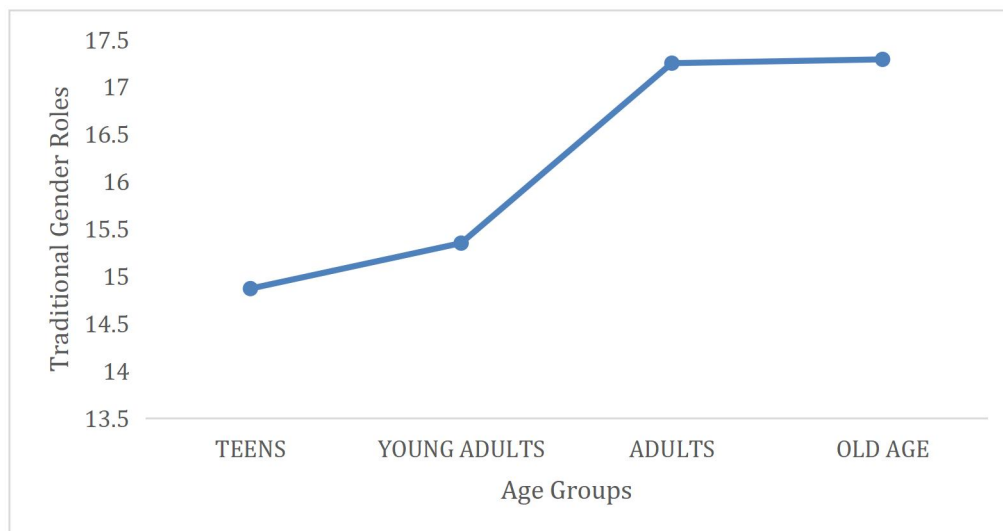


FIGURE 4: Comparison of Traditional Gender Roles among the Four Age Groups.

Table 10 shows the descriptive statistics and t-test for Internalized Misogyny, Sexism, Body Surveillance, and Traditional Gender Roles with Marital Status divided into two groups, I.e., unmarried and married. The total no. of participants was 160 females divided into four age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old Aged females(50-65yrs). The mean value for internalized misogyny(IM) in married women came out to be 57.62(15.29), while for unmarried women, the mean value came out to be 56.90(17.12). The mean value of sexism in married women was 55.72(10.58), while for unmarried women, the mean value was 54.11(11.71). The mean value for body surveillance in married women was 24.28(7.06), while for unmarried women, the mean value was 28.45(6.83). The mean value for traditional gender roles (TGR) in married women came out to be 18.49(6.55), while for unmarried women, the mean value came out to be 14.31(5.33). The t-value concerning marital status for IM, sexism, body surveillance, and traditional gender roles in women came out to be -.27, -.89, 3.77, and -4.44, respectively. These values were significant for Body surveillance & Traditional Gender Roles. They showed that Body surveillance is higher in unmarried females as compared to married females, whereas Traditional Gender Roles are higher in married females as compared to unmarried females. The effect size as measured by cohen's d for marital status on internalized misogyny, sexism, body surveillance and traditional gender roles were $d= 3.42$, $d= 4.77$, $d= 3.41$, and $d= 2.41$ respectively, all indicating a very large effect.

TABLE 10 Descriptive Statistics and t-Test for Marital Status

Marital status	Variables	N	Mean	Std. Deviation	Std. Error Mean	“t” value	Sig.	Cohen’s d (effect size)
Unmarried	Internalized Misogyny	89	56.90	17.12	1.815	-.27	.782	3.42
Married	Internalized Misogyny	71	57.62	15.29	1.815			
Unmarried	Sexism	89	54.11	11.71	1.242	-.89	.370	4.77
Married	Sexism	71	55.72	10.58	1.256			
Unmarried	Body surveillance	89	28.45	6.83	.725	3.77	.001	3.41
Married	Body surveillance	71	24.28	7.06	.838			
Unmarried	Traditional Gender Roles	89	14.31	5.33	.566	-4.44	.001	2.41
Married	Traditional Gender Roles	71	18.49	6.55	.778			

Figure 5 shows that no significant difference is there in internalized misogyny between married and unmarried females, with its mean value for married and unmarried females being 57.62 and 56.90, respectively.

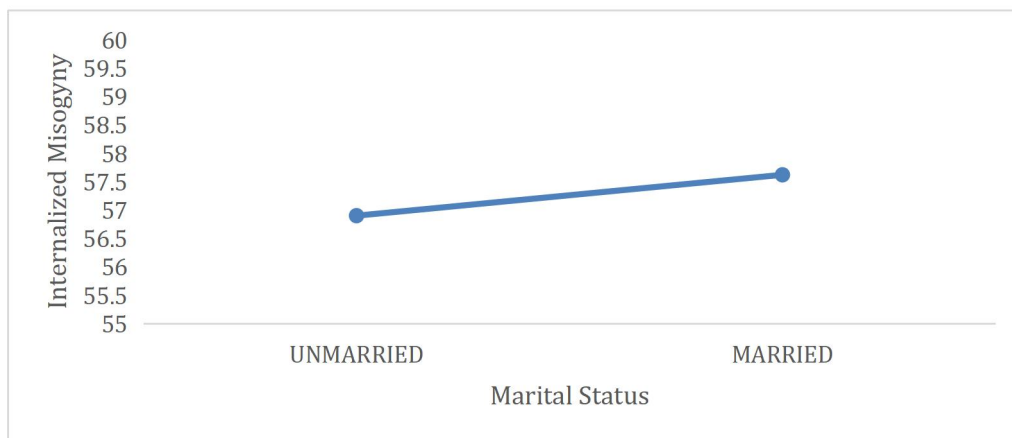


FIGURE 5: Comparison of Internalized Misogyny in Married and Unmarried Females.

Figure 6 shows that there is no significant difference in sexism between unmarried and married females, with its mean value for unmarried and married females being 54.11 and 55.72, respectively.

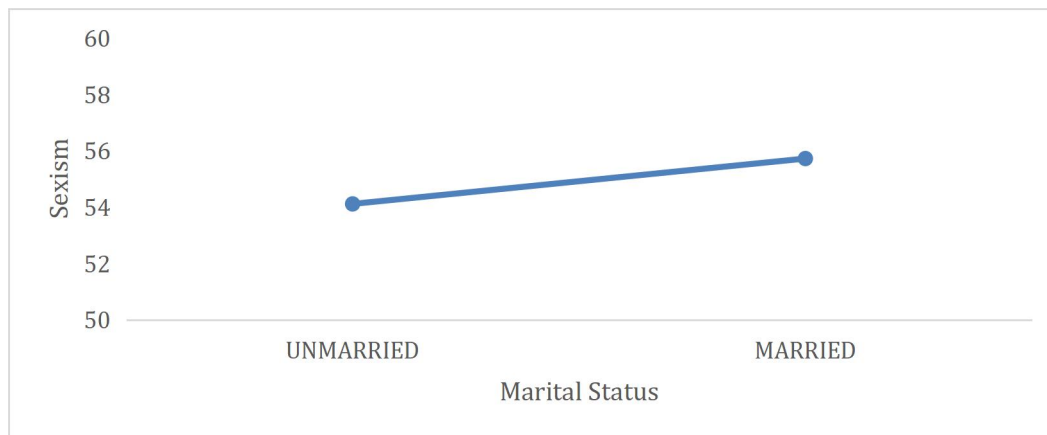


FIGURE 6: Comparison of Sexism in Married and Unmarried Females.

Figure 7 clearly shows that Body surveillance is higher in unmarried as compared to married females, with its mean value for unmarried and married females being 28.45 and 24.28, respectively.

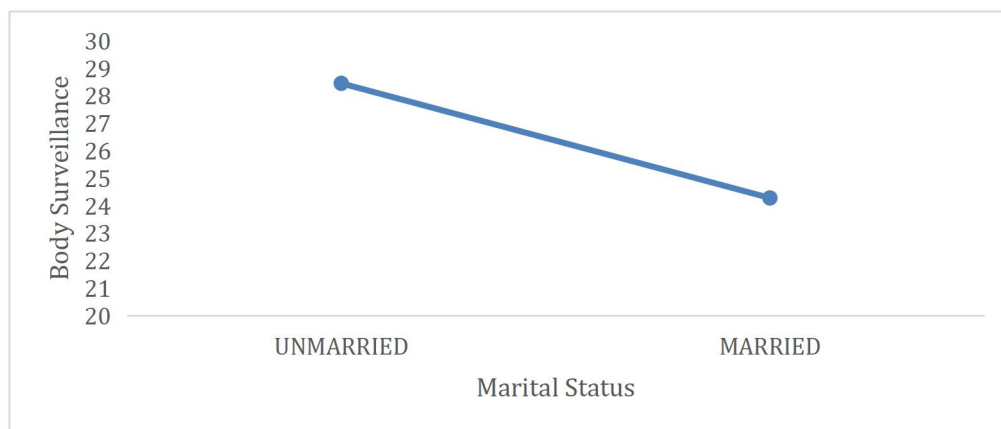


FIGURE 7: Comparison of Body Surveillance in Married and Unmarried Females.

Figure 8 clearly shows that Traditional Gender Roles are higher in married females as compared to unmarried females, with its mean value for married and unmarried females being 18.49 and 14.31, respectively.

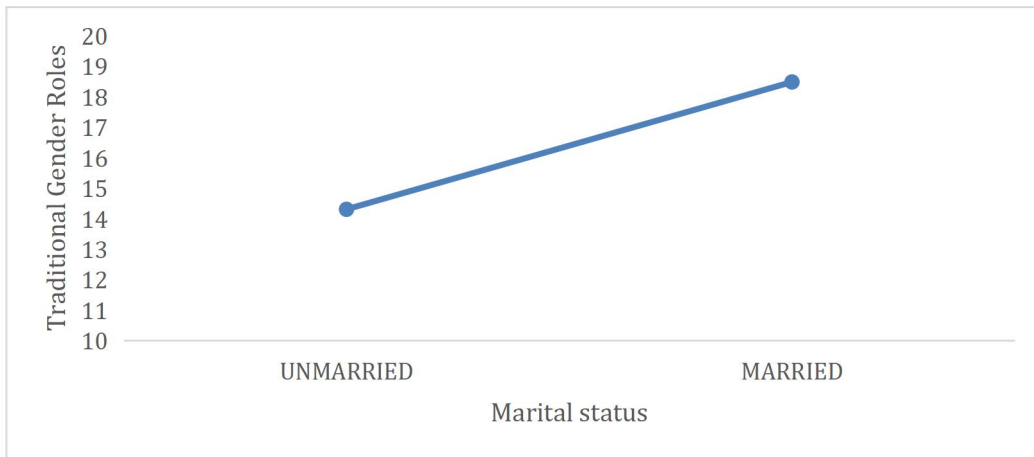


FIGURE 8: Comparison of Traditional Gender Roles in Married and Unmarried Females.

CHAPTER 6

DISCUSSION

The current study's main objective was to study the determinants of Internalized Misogyny along with a comparative study of age and marital status.

To assess this, thirteen hypotheses were formulated, out of which ten were accepted while three were rejected.

Internalized Misogyny

The fourth hypothesis that Internalized Misogyny will be negatively correlated with Age was accepted. However, the fifth hypothesis that Marital Status will be positively correlated with Internalized Misogyny was rejected. The sixth hypothesis that Internalized Misogyny would be higher in females below 20yrs of age and above 50yrs of age compared to those between the two age groups was accepted. However, the seventh hypothesis that married females would show more significant internalized misogyny than unmarried females was rejected. The tenth hypothesis that teens would show higher Internalized Misogyny compared to other age groups was accepted. Based on the U-trajectory seen in sexism and the strong correlation between sexism and internalized misogyny (Hammond et al., 2017), the fourth, sixth, and tenth hypotheses of the current study were made, which show us that internalized misogyny, since females undergo changes in their personality during childhood and adolescent stages of development, starts during the teenage period (Bearman, Korobov and Thorne, 2009), decreases in one's young adult/adult period, but again increases as one grows older and enters the old age period of their life.

Women are known to internalize their misogynistic attitudes over time and to apply them to both other women and themselves after constantly hearing men belittle the value and abilities of women. (Bem, 1993; Rich, 1980). However, it is not necessary that these men are the spouses of the females. Such studies explain the formation as well as the rejection of the seventh hypothesis. One possibility could be that it explains the effect a close male figure's words can have on a female's internalization of beliefs; however, a teenager's mind is more prone to influence than a woman who is well-settled in life. Furthermore, since most of the married females in the sample were independent and well in their adult and old age, this could explain why the hypothesis did not yield the expected results.

Sexism

The first hypothesis that Sexism will be positively correlated with Internalized Misogyny was accepted. However, the eleventh hypothesis that Sexism between the four female age groups, I.e., Teens(16-18yrs), Young Adults(19-30yrs), Adults(31-49yrs), and Old-Aged females(50-65yrs) would vary significantly was rejected. Several research studies seen in the review of the literature support our results. A study showed U-shaped trajectories for women's sexism across the lifespan (Hammond et al., 2017). However, the eleventh hypothesis could not show significant differences among the age groups. Nevertheless, it is crucial to notice that the mean value of sexism in old-aged females did rise compared to the other age groups. The correlation between sexism and misogyny has been seen on several levels, even in women with varied socio-political backgrounds (Dehlin, 2018), as seen in this study's first hypothesis as well.

Body Surveillance

The second hypothesis that Body Surveillance will be positively correlated with Internalized Misogyny was accepted. The ninth hypothesis that unmarried females would show higher Body

Surveillance as compared to married females was accepted. The thirteenth hypothesis that Body Surveillance would be higher in the younger female population, I.e., teens(16-18yrs) and young adults(19-30yrs), as compared to the older female population, I.e., adult(31-49yrs) and old aged females(50-65yrs) was accepted. As per the findings of a study, habitual body monitoring (Body Surveillance) significantly decreased with age (Tiggemann, M., & Lynch, J. E., 2001). This supports the present study's ninth hypothesis, which shows that body surveillance is significantly higher in younger females than in the older population. Disordered eating is relatively “normative” for college-going females. Body surveillance significantly mediates the relationship between the thin ideal internalization and body dissatisfaction (Fitzsimmons-Craft et al., 2012). Body dissatisfaction has been reported at rates as high as 80% for college women (Spitzer et al., 1999). These statistics could explain the thirteenth hypothesis since it shows how high body surveillance could be in the younger unmarried female population.

Traditional Gender Roles

The third hypothesis that Traditional Gender Roles will be positively correlated with Internalized Misogyny was accepted. The eighth hypothesis that married females would be higher on Traditional Gender Roles as compared to unmarried females was accepted. The twelfth hypothesis that Traditional Gender Roles will be higher in older females, I.e., adult(31-49yrs) and old aged females(50-65yrs) as compared to the younger female population, I.e., teens(16-18yrs) and young adults(19-30yrs) was accepted. Findings from the review of previous literature suggest that a conceptualization of internalized sexism that has gained empirical support is passive acceptance of traditional gender roles and unawareness or denial of cultural, institutional, and individual sexism (Fischer et al., 2000; Worell & Remer, 2003). The eighth and twelfth

hypotheses conclude that traditional gender roles are higher in married and older females than in unmarried and younger females.

CHAPTER 7

CONCLUSION, IMPLICATIONS, LIMITATIONS, AND SCOPE FOR FUTURE RESEARCH

Conclusion:

The study's objective was to study the determinants of Internalized Misogyny along with a comparative study of age and marital status. The results revealed that while sexism, body surveillance and traditional gender roles are positively correlated with internalized misogyny, age is negatively correlated, while no significant correlation was found with marital status; there was a significant difference in Internalized Misogyny among the four age groups (highest in teens with a U-shaped trajectory); a significant difference in Body Surveillance among the four age groups (higher in younger female population as compared to older female population); a significant difference in Body Surveillance between unmarried and married females (higher in unmarried); a significant difference in Traditional Gender Roles between unmarried and married females (higher in married). Hence, ten out of thirteen alternate hypotheses were accepted.

Limitations:

1. Since the study was questionnaire-based, the chances of response bias could not have been avoided.
2. As convenience sampling was used, the sample could not be randomized.
3. The sample is based only on females in Punjab, I.e., it is not geographically diverse. Hence, a more inclusive sample could be attained.

Implications:

Although this study has some limitations, it may provide essential insight into the need to explore this topic more. Research in internalized misogyny, especially in the Indian context, has been limited, and hence a lot is still left behind to be further explored. It could lead to the practitioners helping clients increase their awareness regarding the psychological and sociological impact of internalized misogyny and its causal factors on us. For e.g., a female therapist's self-objectification tendencies prevent them from recognizing her clients' self-objectification and can unintentionally objectify the client. Also, various counseling and psycho-educational programs can be organized to increase awareness regarding how to tackle this issue of internalized misogyny and the various factors that could be contributing to it.

Future Research:

We can conduct similar studies on the issue with different age groups, extended with cross-cultures, different social statuses, financial backgrounds, etc. Such studies in this field can provide a deeper understanding of the variables and the relationship between Age, Marriage, Sexism, Body Surveillance, Traditional Gender Roles, and Internalized Misogyny. Results that do not find significant differences should be equally valued if we are to have a balanced and complete perspective on this issue, and significant results should be replicated to increase confidence in these findings. Still, plenty of further empirical work is required in this area.

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Appendixes

Participant Consent Form

CONSENT FORM

Greetings!

I am Harleen Kaur, a student at Thapar Institute of Engineering and Technology Patiala, Punjab. I am pursuing a degree in Master's in Psychology and as a part of it, working on my dissertation. I am conducting research on age and marital differences in females across various variables. Your Participation in this research is completely voluntary. All the information you provide will be kept confidential, and no harm (physical or psychological) is associated with the research study. The information will be used only for educational research purposes. I would be grateful if you could spare some time to respond to the survey. It will take just 15-20 minutes of precious time.

If you have any doubts or queries you can reach me out at:

hkaur_ma21@thapar.edu

Thank you for participating in the study.

I, (Frist Name) (Last Name),

Understanding that my participation in this experiment is voluntary, I hereby consent to participate in the study.

Date

Signature of the participant

Appendix-A

AMBIVALENT SEXISM INVENTORY(GLICK & FISKE)

Below is a series of statements concerning men and women and their relationships in contemporary society. Please indicate the degree to which you agree or disagree with each statement using the following scale: 0 = disagree strongly; 1 = disagree somewhat; 2 = disagree slightly; 3 = agree slightly; 4 = agree somewhat; 5 = agree strongly.

- B(I) 1. No matter how accomplished he is, a man is not truly complete as a person unless he has the love of a woman.
- H 2. Many women are actually seeking special favors, such as hiring policies that favor them over men, under the guise of asking for "equality."
- B(P)* 3. In a disaster, women ought not necessarily to be rescued before men.
- H 4. Most women interpret innocent remarks or acts as being sexist.
- H 5. Women are too easily offended.
- B(I)* 6. People are often truly happy in life without being romantically involved with a member of the other sex.
- H* 7. Feminists are not seeking for women to have more power than men.
- B(G) 8. Many women have a quality of purity that few men possess.
- B(P) 9. Women should be cherished and protected by men.
- H 10. Most women fail to appreciate fully all that men do for them.
- H 11. Women seek to gain power by getting control over men.
- B(I) 12. Every man ought to have a woman whom he adores.
- B(I)* 13. Men are complete without women.
- H 14. Women exaggerate problems they have at work.
- H 15. Once a woman gets a man to commit to her, she usually tries to put him on a tight leash.
- H 16. When women lose to men in a fair competition, they typically complain about being discriminated against.
- B(P) 17. A good woman should be set on a pedestal by her man.
- H* 18. There are actually very few women who get a kick out of teasing

men by seeming sexually available and then refusing male advances.

- B(G)** 19. Women, compared to men, tend to have a superior moral sensibility.
- B(P)** 20. Men should be willing to sacrifice their own well being in order to provide financially for the women in their lives.
- H*** 21. Feminists are making entirely reasonable demands of men.
- B(G)** 22. Women, as compared to men, tend to have a more refined sense of culture and good taste.

Note. Copyright 1995 by Peter Glick and Susan T. Fiske. Use of this scale requires permission of one of the authors. A Spanish-language version of the ASI is available from the authors. H = Hostile Sexism, B = Benevolent Sexism, (P) = Protective Paternalism, (G) = Complementary Gender Differentiation, (I) = Heterosexual Intimacy, * = reverse-scored item.

Scoring Instructions

The ASI may be used as an overall measure of sexism, with hostile and benevolent components equally weighted, by simply averaging the score for all items after reversing the items listed below. The two ASI subscales (Hostile Sexism and Benevolent Sexism) may also be calculated separately. For correlational research, purer measures of HS and BS can be obtained by using partial correlations (so that the effects of the correlation between the scales is removed).

Reverse the following items (0 = 5, 1 = 4, 2 = 3, 3 = 2, 4 = 1, 5 = 0): 3, 6, 7, 13, 18, 21.

Hostile Sexism Score = average of the following items: 2, 4, 5, 7, 10, 11, 14, 15, 16, 18, 21.

Benevolent Sexism Score = average of the following items: 1, 3, 6, 8, 9, 12, 13, 17, 19, 20, 22.

Appendix-B

INTERNALIZED MISOGYNY SCALE (PIGGOTT)

INSTRUCTIONS: Participants are to rate the items on using this 7-point scale, indicate how much you agree or disagree with each of the following statements.

Strongly Disagree 1 Moderately Disagree 2 Slightly Disagree 3 Neutral 4

Slightly Agree 5 Moderately Agree 6 Strongly Agree 7

1. Women exaggerate problems they have at work
2. 2. Women are too easily offended
3. Women seek to gain power by getting control over men
4. When women lose to men in a fair competition, they typically complain about being discriminated against
5. It is generally safer not to trust women too much.
6. When it comes down to it a lot of women are deceitful
7. I think that most women would lie just to get ahead.
8. I am sure I get a raw deal from other women in my life
9. Sometimes other women bother me by just being around.
10. I believe that most women tell the truth**
11. When I am in a group consisting of equal numbers of men and women and a woman dominates

12. I am uncomfortable when I hear a woman speaking with authority on male dominated topics such as football or horse-racing

13. I prefer to listen to male radio announcers than female.

14. The intellectual leadership of a community should be largely in the hands of men

15. I prefer to work for a male boss.

16. If I were to beat another woman for a job I would feel more satisfied than if I beat a man.

17. Generally, I prefer to work with men.

****Items that are reverse-coded**

Appendix-C

BODY SURVEILLANCE SUB-SCALE OF OBCS (MCKINLEY & HYDE)

Using this 7-point scale, indicate how much you agree or disagree with each of the following statements.

1=Strongly Agree, 2=Agree, 3=Slightly Agree, 4=Neither Agree Nor Disagree, 5=Slightly Disagree, 6=Disagree, 7=Strongly Disagree

1. I rarely think about how I look.
2. I think it is more important that my clothes are comfortable than whether they look good on me.
3. I think more about how my body feels than how my body looks.
4. I rarely compare how I look with how other people look.
5. During the day, I think about how I look many times.
6. I often worry about whether the clothes I am wearing make me look good.
7. I rarely worry about how I look to other people.
8. I am more concerned with what my body can do than how it looks.

Scoring: Scores are added, with higher scores indicating higher levels of body surveillance.

Appendix-D

SUPPORT FOR TRADITIONAL GENDER ROLES (WEGS)

Using this 5-point scale, indicate how much you agree or disagree with each of the following statements.

Strongly Agree - 5; Agree - 4; Neither Agree Nor Disagree - 3; Disagree - 2; Strongly Disagree - 1

1. 1. Changing diapers, giving the kids a bath, and feeding the kids are the mothers' responsibility.
2. 2. A man is the one who decides when to have sex with his wife.
3. 3. Only when a woman has a child is she a real woman.
4. 4. If a woman wants to avoid being pregnant, it is her responsibility alone.
5. 5. It's better to have more sons than daughters in a family.
6. 6. Women have the same rights as men to work and study outside of their home.
7. 7. A couple should decide together how many children to have.
8. 8. Men should help with the household duties.
9. 9. It is just as important for a girl to go to school as it is for a boy to go to school.

Scoring: Sum the item scores and divide it by the number of items. The scale score range is 1-5, and a higher scale score indicates a higher support for traditional gender roles.