

Fourth Edition

WOMEN'S LIVES

A Psychological Exploration



Claire A. Etaugh • Judith S. Bridges



Women's Lives

This cutting-edge and comprehensive fourth edition of *Women's Lives: A Psychological Perspective* integrates the most current research and social issues to explore the psychological diversity of girls and women varying in age, ethnicity, social class, nationality, sexual orientation, and ableness. Written in an engaging and accessible manner, its use of vignettes, quotes, and numerous pedagogical tools effectively fosters students' engagement, active learning, critical thinking, and social activism.

New information covered includes:

- neoliberal feminism, standpoint theory, mujerista psychology (Chapter 1)
- LGBT individuals and individuals with disabilities in media (Chapter 2)
- testosterone testing of female athletes, precarious manhood (Chapter 3)
- raising a gender nonconforming child, impact of social media on body image (Chapter 4)
- gender differences in narcissism and Big Five personality traits, women video-game designers (Chapter 5)
- asexuality, transgender individuals, sexual agency, "Viagra for women" controversy (Chapter 6)
- adoption of frozen embryos controversy (Chapter 7)
- intensive mothering, integrated motherhood, "living apart together," same-sex marriage (Chapter 8)
- single-sex schooling controversy (Chapter 9)
- combat roles opened to U.S. women, managerial derailment (Chapter 10)
- work-hours dilemmas of low-wage workers (Chapter 11)
- feminist health care model, health care for transgender individuals, Affordable Care Act (Chapter 12)
- feminist critique of CDC guidelines on women and drinking (Chapter 13)
- cyberharassment, gendertrolling, campus sexual assault (Chapter 14)
- transnational feminism, men and feminism (Chapter 15)

Women's Lives stands apart from other texts on the psychology of women because it embeds within each topical chapter a lifespan approach and robust coverage of the impact of social, cultural, and economic factors in shaping women's lives around the world. It provides extensive information on women with disabilities, middle-aged and older women, and women in transnational contexts.

Its up-to-date coverage reflects current scientific and social developments, including over 2,200 new references. This edition also adds several new boxed features for student engagement. *In the News* boxes present current, often controversial, news items to get students thinking critically about real-life applications of course topics. *Get Involved* boxes encourage students to actively participate in the research process. *What You Can Do* boxes give students applied activities to promote a more egalitarian society. *Learn About the Research* boxes expose students to a variety of research methods and highlight the importance of diversity in research samples by including studies of under-represented groups.

Claire A. Etaugh, Caterpillar Professor of Psychology at Bradley University, has taught Psychology of Women for 35 years. Her research on gender has been published in several journals including *Psychology of Women Quarterly*, *Sex Roles*, *Developmental Psychology*, and *Journal of Marriage and Family*.

Judith S. Bridges, Professor Emerita of Psychology at the University of Connecticut, taught Psychology of Women courses for many years. Her research on women and gender has been published in *Psychology of Women Quarterly* and *Sex Roles*.



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Claire A. Etaugh
Judith S. Bridges

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To my grandchildren, Anthony and Isabel, who enrich my life and
embody my hopes for the future.

—C.E.

To my grandsons Nick, Benjamin, and Devin, who reflect the promise
of a more gender-neutral tomorrow.

—J.S.B.



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PREFACE

Over the last few decades, the burgeoning interest in psychology of women has been reflected in a rapidly expanding body of research and a growing number of college-level courses in the psychology of women or gender. The fourth edition of *Women's Lives: A Psychological Exploration* draws on this rich literature to present a broad range of experiences and issues of relevance to girls and women. Because it does not presuppose any background in psychology, this book can be used as the sole or primary text in introductory-level psychology of women courses and, with other books, in psychology of gender or interdisciplinary women's studies courses. Additionally, its presentation of both current and classical research and theory makes it a suitable choice, along with supplementary materials, for more advanced courses focused on the psychology of women or gender.

Every chapter in this textbook reflects substantial changes in this field during the past few years. We have made several changes based on the extremely helpful comments from reviewers and the many students and faculty who have used the two life span editions and the three topical editions of this book. This new topical revision includes the following highlights:

- Over 2,200 new references emphasize the latest research and theories, with more than half from 2015 to the present.
- *In the News*, a boxed feature in each chapter, presents current, and often controversial, news items to engage students in critically thinking about gender-related current events and to illustrate the real-life applications of course materials.
- *What You Can Do*, a boxed feature in each chapter, provides students with hands-on activities to both empower themselves and help promote a more egalitarian society.
- *Get Involved* is a set of activities in each chapter that promotes active student participation in research.
- Material highlighting the cultural, social, and economic forces that shape women's lives around the world (previously part of a boxed feature called *Explore Other Cultures*) is now integrated into the text, facilitating comparisons with women of other backgrounds, and making transnational issues a more integral and seamless part of the narrative.
- The unique life span approach of two previous chronological editions is embedded within topical chapters on sexuality, reproduction and childbearing, education and achievement, employment, physical health, mental health, and violence against girls and women.
- Coverage of the lives of women in the middle and later years and of women with disabilities is far more extensive than in any other textbook in the field.
- An updated list of Websites and an entirely new list of current books at the end of each chapter provides students with resources for additional study and research.
- Expanded use of vignettes and quotes from women add richness to the data and help students personally connect with the material.
- New and expanded coverage of many topics reflects scientific and social developments of the second decade of the new millennium.

These changes are broken down by chapter with key terms highlighted and include:

Chapter 1:

- Updated material on feminist research methods, including **standpoint theory**
- New discussion of **neoliberal feminism**
- New information on **mujerista psychology**
- Updated discussion of **social constructionism**
- New discussion of the relationship between power and **privilege**

Chapter 2:

- New section on portrayal of LGBT individuals in the media
- New section on portrayal of individuals with disabilities in the media

- Updated material on the depiction of older women in the media
- New discussion of **androcentrism** in language

Chapter 3:

- Updated coverage of multiple genders
- New material on the controversial testosterone testing of female athletes
- New discussion of **precarious manhood**

Chapter 4:

- New section on raising a gender nonconforming child
- New section on the trend toward gender-neutral clothing and toys
- Expanded material on body image in girls and women, including a new section on the influence of social media

Chapter 5:

- New section on gender-related differences in **narcissism**
- New section on gender-related differences in the **Big Five personality traits**
- Expanded section on factors affecting girls' and women's participation in STEM fields
- New section on women video game players and women in video game design

Chapter 6:

- New section on **asexual individuals**
- Expanded coverage of transgender individuals and gender identity
- New material on the concept of **sexual agency**
- New section on the controversy surrounding “Viagra for women”

Chapter 7:

- New section on the controversy regarding adoption of frozen embryos
- Updated trends in birthrates of teens and women over 35
- New information on assisted reproductive technologies and hormone replacement therapy

Chapter 8:

- New material on the effects of **intensive mothering**
- New material on the concept of **integrated motherhood**
- Expanded section on alternative couple arrangements such as **living apart together**
- Updated information on same-sex marriages in the U.S. and abroad

Chapter 9:

- New section on Malala Yousafzai, advocate for the education of girls in developing nations
- New material on the controversy surrounding the impact of single-sex schooling
- Updated information on the academic climate for women of color

Chapter 10:

- New material on opening of all U.S. combat roles to women
- Updated information on challenges for women in leadership roles, including **managerial derailment**
- New material on workplace issues for sexual minority women

Chapter 11:

- New section on shifting attitudes toward women's and men's work–family balance
- New material on the work-hours dilemmas of low-wage women workers

Chapter 12:

- New material on the **feminist health care model**
- New section on women and the Affordable Care Act
- New information on health care issues for transgender individuals

Chapter 13:

- New section on the feminist critique of new CDC guidelines on women and drinking
- Updated section on mental health issues of sexual minority women

Chapter 14:

- New section on cyberharassment and gendertrolling
- New material on **racialized sexual harassment**
- Expanded coverage of global violence against girls
- Expanded coverage of sexual assault on college campuses

Chapter 15:

- New and expanded coverage of transnational feminism
- Expanded coverage of men and feminism

SPECIAL FEATURES RELATED TO CONTENT AND ORGANIZATION

LIFE SPAN APPROACH EMBEDDED WITHIN TOPICAL CHAPTERS. Virtually all textbooks on the psychology of women or psychology of gender use a topical approach and also include two or three chronological chapters. Typically, there is a chapter or two on childhood and adolescence and one on women in the middle and later years. Almost all coverage of midlife and older women is contained in that one chapter. The result is that many of the issues and experiences relating to women in midlife and beyond are barely touched on or simply are not covered at all. These older women remain relatively invisible.

Our approach is different. We have taken the unique life span approach of our two earlier chronologically focused texts and have embedded this approach within almost all chapters, including topical chapters on sexuality, reproduction and childbearing, education and achievement, employment, physical health, mental health, and violence against girls and women. Midlife and older women are discussed in all chapters except the one on infancy, childhood, and adolescence.

INTERSECTIONAL APPROACH THAT INTEGRATES WOMEN'S DIVERSE IDENTITIES. The text provides extensive coverage of women of color, women in other cultures around the world, and sexual minority women. Although there is less information available, we have also included material on low-income women and women with disabilities whenever possible. We use an intersectional perspective that integrates women's diverse identities within each chapter rather than examining subgroups of women in separate chapters. We emphasize that women's identities are shaped not simply by adding the effects of their class, ethnicity, age, sexual orientation, physical ability, religion, and nationality, but by a complex combination of all these characteristics in which the whole is greater than the sum of its parts.

THOROUGH EXAMINATION OF BALANCING FAMILY AND WORK. It is clear that the balancing of family and work has become a major issue facing families around the globe. We have devoted an entire chapter to this timely topic in order to thoroughly explore the theories, challenges, benefits, and solutions associated with this worldwide reality of the twenty-first century.

PEDAGOGICAL FEATURES

INTRODUCTORY OUTLINE. Each chapter begins with an outline of the material, thus providing an organizational framework for reading the material.

OPENING VIGNETTES. To grab students' attention and connect the material to real life, each chapter begins with one or two actual or hypothetical experiences illustrating one or more issues discussed in the chapter.

IN THE NEWS. This new boxed feature presents current, and often controversial, news items designed to engage students in thinking critically about gender-related current events, and to illustrate the real-life applications of course materials.

WHAT YOU CAN DO. This boxed feature provides students with experiential activities that help them to both empower themselves and promote a more egalitarian society.

WHAT DO YOU THINK? The text includes critical-thinking questions in every chapter. The end-of-the-chapter questions foster skills in synthesis and evaluation by asking the student to apply course material or personal experiences to provocative issues from the chapter.

GET INVOLVED. As a means of providing firsthand involvement in the material, each chapter contains a number of student activities. Some require collecting data on a small number of respondents and others focus solely on the student. Furthermore, each exercise is accompanied by critical-thinking questions that focus on explanations and implications of the activity's findings.

The active learning involved in these activities serves several purposes. First, it reinforces the material learned in the text. Second, those exercises that involve surveys of other people or analyses of societal artifacts introduce students to the research process, which, in turn, can stimulate interest in research, increase familiarity with a variety of assessment techniques, and provoke critical evaluation of research techniques. Third, the Get Involved activities demonstrate the relevance of the course material to students' experiences or to the experiences of important people in their lives.

LEARN ABOUT THE RESEARCH. To stimulate students' interest in and appreciation of research as a source of knowledge about girls and women, each chapter has one or two boxed sections that focus on research. These Learn About the Research sections either highlight an interesting recent study or present an overview of recent findings in an intriguing research area. We expose students to a variety of research techniques (content analysis, interviews, questionnaires) without requiring that they have any background in psychological research methods. Furthermore, to highlight the importance of diversity in research samples, our selections include studies of underrepresented populations.

Following the research presentation are What Does It Mean? questions. These provoke more critical thinking by asking the student to consider a variety of issues related to the research, such as explanations and implications of the findings.

EXPLORE OTHER CULTURES. In order to provide students with a deeper appreciation of women in a global context, each chapter features material that highlights the role of cultural, social, and economic factors in shaping women's lives around the world. In previous editions, this information was presented in separate boxes (Explore Other Cultures), but it is now integrated into the text in order to facilitate comparisons with women of other backgrounds and to make transnational issues a more integral and seamless part of the text.

KEY TERMS. Terms in bold and definitions in italics within the text help students preview, understand, and review important concepts. These terms appear again at the end of each chapter, along with the page number on which the term appears.

SUMMARY. The point-by-point end-of-the-chapter summary helps students synthesize the material.

IF YOU WANT TO KNOW MORE. Recommended readings at the end of each chapter facilitate more extensive examination of the material. This edition includes completely updated lists of nearly 200 new and current recommended books to stimulate students to expand their knowledge.

WEBSITES. An updated list of Websites at the end of each chapter provides students with additional resources.

WRITING STYLE

In order to engage the student and construct a nonhierarchical relationship between ourselves and the student, we use a nonpedantic first-person writing style. To reinforce this relationship in some