



The Moderating Role of Gender in Relation with Traditional Gender Roles and Self- Efficacy

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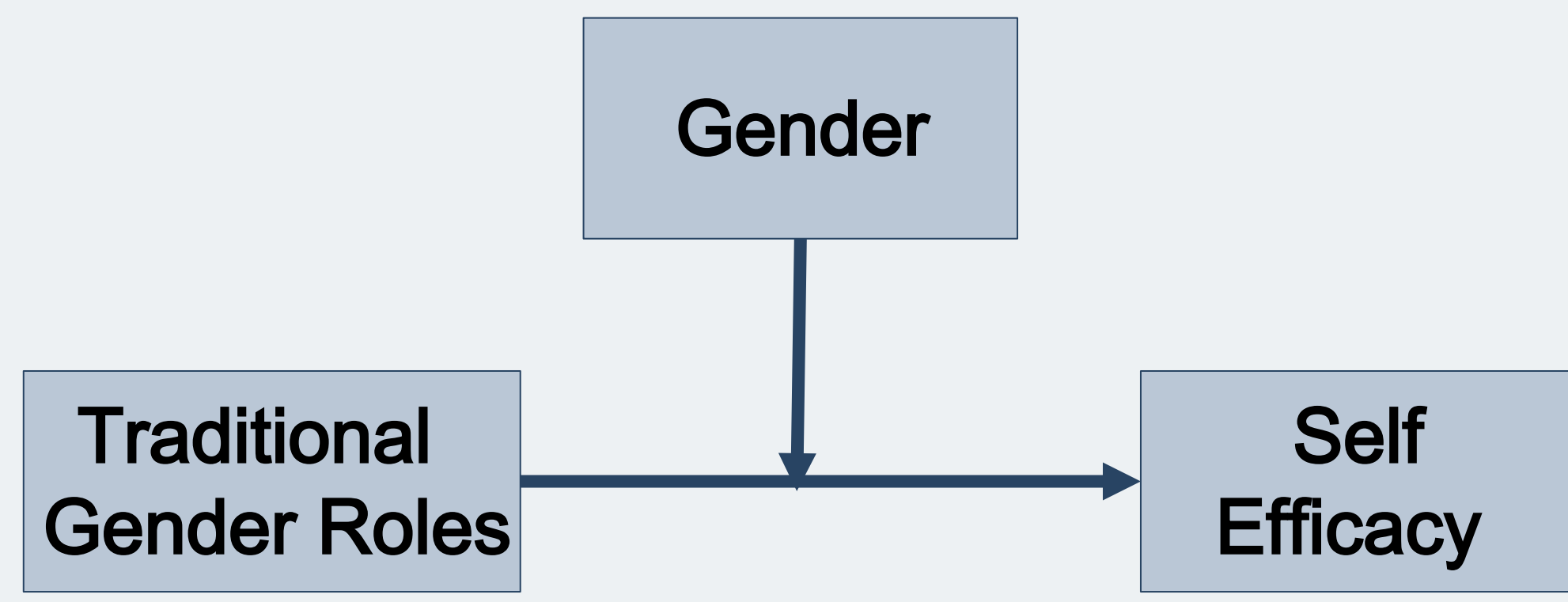
INTRODUCTION

Adherence to traditional gender roles plays an important role in Latin American culture (Galanti, 2003). Gender roles refer to the societal standards and responsibilities assigned to men and women based on their biological sex (Ickes, 1993). Traditional gender roles take a conservative approach to these distinctions and typically expect men to work outside the home, provide financially and lead the family in decisions whereas women are primarily expected to be housewives, stay-at-home parents and tend to domestic chores and the needs of the home (Galanti, 2003). Traditional views on gender may relate self-efficacy, which is defined as an individual's faith in their capacity to pursue behaviors needed to achieve specific goals (Bandura, 1977). Indeed, previous research has found that adherence to traditional gender roles is related to levels of self-efficacy (Buchanan & Selman, 2008). While studying differences in self-efficacy among Latinos in Chile, Saldaña and colleagues (2019) found that men report higher levels of self-efficacy than women when traditional gender roles are valued. Nevertheless, the relationship between traditional gender roles and self-efficacy has not been explored in Latinos living in the United States.

Hypotheses

- 1) Adherence to traditional gender roles will be negatively related to self-efficacy in Mexican-American college students.
- 2) The relationship between traditional gender roles and self-efficacy will be moderated by gender with negative effects being stronger for women.

Figure 1. Original conceptual model of the moderating effect of gender on the relationship between traditional gender roles and self-efficacy.



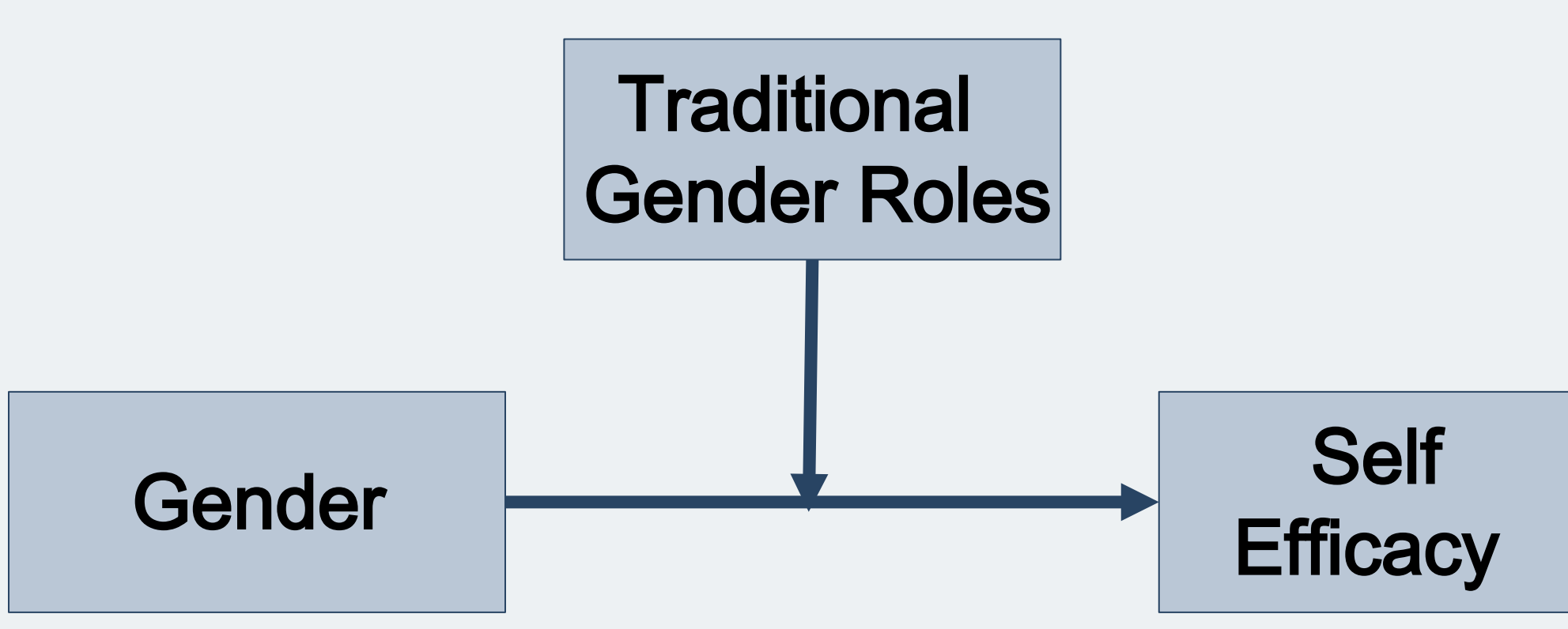
METHODS

Participants

- N = 374 undergraduate Mexican- Americans (83 male, 291 female), aged 18- 37 (M= 22 years)
- Recruited from several universities in North Texas
- Scales were administered through Qualtrics
- All surveys were anonymous and did not include personal identifiers.

RESULTS

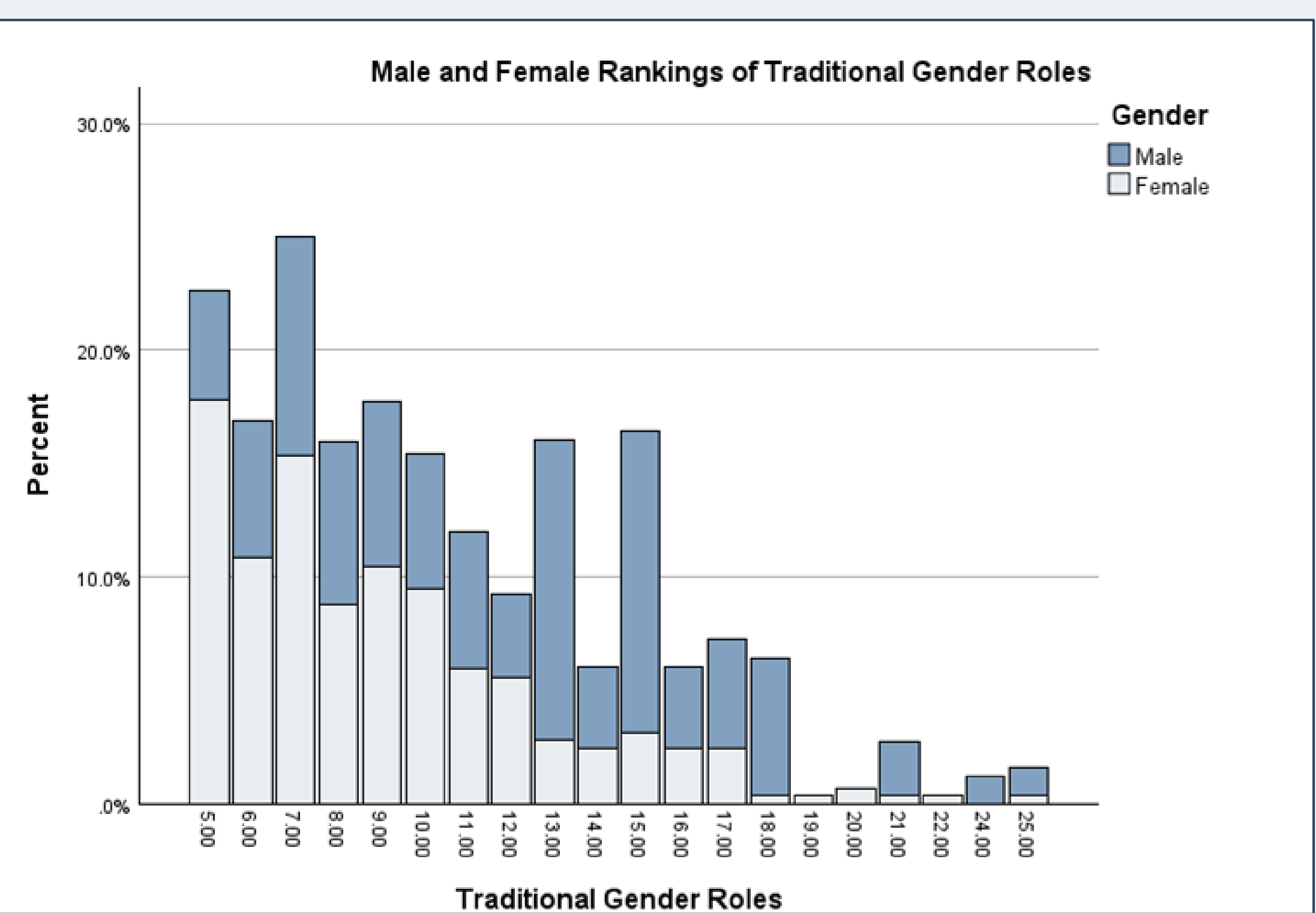
Figure 2. Updated model of the moderating effect of traditional gender roles on the relationship between gender and self-efficacy.



The original conceptual model examined whether gender moderated the relationship between gender roles and general- self- efficacy (see Figure 1). To do so, the current study conducted moderation analysis in SPSS. Model 1 was not significant ($F(2, 364) = 5.517, p = .258$). The second model examined whether gender roles moderated the relationships between gender and self - efficacy (see Figure 2). Model 2 was significant ($F(2, 364) = 5.517, p <.005$) and the direct main effect of gender on self - efficacy was ($\beta = -2.146, SE = .665, t = -3.227, p <.001$). However, the interaction term was not a significant predictor of self- efficacy ($\beta = .094, SE = .246, t = .382, p = .703$).

Measures

- **Traditional Gender Roles:** Traditional gender roles were measured on subscale of the Mexican - American Cultural Values Scale (Knight et al., 2010), One through five, one being “not at all” and five being “completely”. An example of a question from the survey is “It is important for the man to have more power in the family than the woman.”
- **Self- efficacy:** Self- efficacy was measured through the General Self- Efficacy Scale (Schwarzer & Jerusalem, 1995). An example question from the survey is “If someone opposes me, I can find the means and ways to get what I want”, on a scale of one through four, one being “not at all true” and four being “exactly true”.



DISCUSSION

We found that gender did not moderate the relationship between traditional gender roles and self- efficacy. This contradicts previous work (Buchanan & Selman, 2008). However, findings match those of Saldaña and colleagues (2009) who found that traditional gender roles were negatively correlated with self- efficacy. These findings suggest that subscribing to traditional gender roles be associated with lower self- efficacy in Latino college students living in Texas.

Implications

These findings have important implications on theory. Regarding theory, these findings suggest that moderation is likely playing a role in research on self- efficacy. Moderators should be included in studies to see how self- efficacy is related to gender depending on several factors.

Future Directions & Limitations

This study had several limitations. First, our sample consisted of college students. Prior research indicates that each generation is less likely to comply with gender role (Fazloon et al., 2024). Since our sample is likely more liberal than previous generations, we may not see effects due to the relative lack of diversity in age. Another limitation is that all of the participants were from universities located in large cities. With this in mind, their location can impact their responses due to there being more liberal point of views in cities compared to rural areas who can have stronger traditional views/ structures. (Luca et al., 2023). Our last limitation is our sample is highly educated. Highly educated people tend to subscribe less to traditional gender roles which may account for why we found no relationship. (Du et al., 2020). Future researchers should test this model in other diverse populations as well as rural communities. Additionally, researchers should explore the role of age as a potential moderator between self- efficacy and traditional genders roles.

Acknowledgements

We would like to acknowledge Dr. Chiachih DC Wang and the Cross- Cultural Attachment Lab for providing data to conduct this study.

References:

