



Psychology of Gender: Fifth Edition

Vicki S. Helgeson

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Noted for its fair and equal coverage of men and women, this book reviews the research and issues surrounding gender from multiple perspectives including psychology, sociology, anthropology, and public health, with an emphasis on the interaction between biological and social theories. The implications of social roles, status, and gender-related traits on relationships and health that are central to students' daily lives are emphasized throughout. Students learn how to distinguish the similarities and differences between the sexes and the theories that explain the differences. Methodological flaws that may impact the observance of sex differences are also examined.

Psychology of Gender is noted for its engaging learning tools:

- Do Gender* exercises which provide an opportunity to test hypotheses and explore data
- *Sidebars* on special interest topics and numerous visuals that bring the studies to life
- Take Home Points* that summarize key concepts in bulleted format
- Boldfaced** key terms and definitions, chapter summaries, discussion questions, and suggested readings which help students review the material

Updated throughout the new edition features:

- Expanded sections on cohabitation, homosexuality, online relationships, social media influences, single-sex classrooms, sex differences in math abilities, and gender implications of divorce on health
- Expanded coverage of gender and parenting, gender and the workplace, gender and power, and balancing work and family
- An expanded intersectional approach that highlights how gender is connected to social class, race, and ethnicity, including more coverage of gender system justification theory
- Coverage of transgender issues including recent changes in the *DSM* guidelines
- Streamlined discussions to further engage students to think about gender issues
- A website at www.routledge.com/products/9781138100343 where instructors will find Power Points, a test bank, and a conversion guide for current adopters and for students chapter outlines, key terms with definitions, and hotlinks to related journal articles and websites.

Divided into three parts, each section builds on the previous one. First, gender and the development of

gender roles across cultures are introduced. Scientific methods used to study gender, attitudes toward gender, and the latest data and theories on sex differences in cognitive, social, and emotional domains are then introduced. Theories of gender-role development, including evolutionary, social learning, social role, and gender schema theories are reviewed along with the implications of gender on achievement. Part one reviews the key information on the similarities and differences between the sexes and the theories that explain the differences which lay the foundation for the remainder of the book. Part two examines the role of gender in relationships including communication styles and the impact of these interactions on friendship and romantic relationships. The third part examines the role of gender on physical and mental health. The effects of marriage and parenting on health are reviewed, including domestic abuse, along with how gender affects the association between work and health.

This is an ideal text for upper level gender-focused courses including the psychology of gender, psychology of women or men, gender issues, and gender, women's, or men's studies taught in psychology, women's studies, gender studies, sociology, and anthropology.

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