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Journal 1 (Gender Stereotyping)

There are many stereotypes associated with genders, and the effects of these stereotypes are usually damaging to women. Stereotype are the characteristics associated with a specific group of people and are considered facts regardless of any proof. Gender Stereotypes can be related to a particular gender on various degrees, and they are expected to behave in that manner.

Stereotypes vary in their form, and they can be divided into four different types which include Occupations, Personality traits, Domestic behaviors, Physical appearance.

**Occupations:** Some occupation is associated with a specific gender. Women are usually related to professions like nursing and teaching while men are associated with engineering, piloting, and other stereotypical occupations. This stereotypical representation leads women into thinking that they are inferior to men. The condition can't be considered facts. Women can also perform as these occupations.

**Personality traits:** Women are anticipated to be emotional and kind. On the other hand, men are regarded as antagonistic and emotionally intense. The stereotype is damaging to both women and man. Men are most likely to suppress their emotion even when they need to express them while women are expected to show their emotion even when they don't need to. The situation feeds the ego of men while at the same time making women more submissive. This situation is not a fact as women can be equally strong emotionally.

**Domestic behaviors:** In some cases and cultures women are considered local. They are expected to take care of children, care for the house and cook. On the other hand, men are supposed to take care of finances, do the repairs in the home and other stuff. Both men and women can perform these job, so they are not dependent on gender.

**Physical appearance:** Women are expected to be slim and curvy while men are supposed to be muscular and tall. Both of the genders can live without these physical traits, so their lives are not dependent on it.

The video Chimamanda Ngozi Adichie shows how women are perceived in society, and the stereotypes associated with them are not limited to their personal life. Society expects thing form women that are not their biological traits and could easily be found in man. The things that are expected of men are not always right, and this situation leads to the oppression of many women at various phases of life.