Stereotypes, Stereotype Threat and Self Fulfilling Prophecy

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Social constructs or constructions are used to define connotations and notions which are basically assigned to various objects and also events in the atmosphere or environment we are living in and also individuals' notion to these and their interaction with them. According to social constructionist thought, a social contract is an idea or a notion that looks obvious to the people who have accepted it, but it is not necessary that it represents reality; as a result, it remains an invention or a deception of a particular community or society.

Gender and sexuality construction represents a way of walking, talking and perceiving men and women. In the light of gender and sexuality construction, they are entitled to some particular things and roles which is not natural, but it is given by the society. For example, in many societies, it is believed that woman should stay indoors and take care of the house while it is the responsibility of the men to go out and earn money. Although this is greatly flawed because it is only the perception of society who has assigned this role to both of them, in reality, there is no such comparison of both. Women can also go out and earn, and men can also help in house chores when at home.

As humans, we live in a society, and society greatly affect the way we think. Stereotypes and adaptations develops with time. As we all are free to think which results in the development of these stereotypes, when we look at a certain society and if we find one or two common things we assume that this particular thing may be present in the entire society or if we observe one or two things in one gender we assume that this particular characteristic may be present in the entire gender. For example, it is a common stereotype that all white Americans are lazy and obese, but if we look at the real picture it will be clear that not all are the same there is a small fraction of the White Americans who are obese, but not everyone is same. Likewise, there are some games which are only specified to males, like it is believed that girls cannot play football, but in reality, there is no gender-specific game. It is only the society who have specified them; otherwise, there is no reality in them.