The Assessment of Gender Role Stress for Chinese

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The present study aimed to extend the generality of the construct of gender role stress (GRS) to Chinese samples. Specific objectives included (1) devising Chinese versions of the Masculine Gender Role Stress Scale (MGRS) and Feminine Gender Role Stress Scale (FGRS) developed by Eisler and his colleagues, (2) examining the relationship between GRS and gender role orientation, and (3) evaluating the concurrent validity of GRS by correlating it with a measure of health adjustment. Fifty-one male and 58 female Chinese college students in Hong Kong participated in Study 1, which aimed to develop Chinese versions of the two GRS scales. Similar to Americans, Chinese male students scored higher on the MGRS scale, but lower on the FGRS scale than Chinese female students. Students' scores on the two GRS scales were independent from their global ratings of stereotypic masculinity and femininity. A second sample, consisting of 46 male and 73 female Chinese nurses, was recruited for Study 2, which evaluated the association between GRS and health adjustment. As hypothesized, a high level of MGRS or FGRS was positively related to a high level of health and mental health disturbances for both male and female nurses.

Gender role identification has always been linked to personal adjustment. Studies have been equivocal about which gender role attributes are the most psychologically healthy. Traditional view in Western and Chinese cultures holds that stereotypical masculine traits are more socially desirable

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