

Gender stereotypes in help-giving and help-seeking

XiaoJin Xu*

University Global Education, Guangzhou, Guangdong, China

Abstract. The study looked at how prosocial conduct is impacted by gender stereotypes, and it also explores the influence of gender stereotypes on women's and men's help-seeking behaviors. The findings suggest that gender stereotypes may act as barriers to prosocial behavior, which in turn affects how people help gender-specific groups. From the point of view mentioned, for the act of offering help, people should give the appropriate help according to the actual situation of the victim, without considering only their gender. This means discarding gender stereotypes and providing tailored help based on individual needs and circumstances. This philosophy can help people to see and solve problems more objectively in practice. These factors may affect people's attitudes and behaviour towards victims of domestic violence and their need for help. Examining these issues can help researchers better understand gender dynamics in domestic violence and provide a reference for more effective support and help. In conclusion, gender stereotypes have some influence on prosocial behavior. Future research could further explore the impact of education level and cultural factors on gender stereotypes and prosocial behaviors in the circumstance of domestic violence to advance researchers' knowledge and understanding of this area.

1 Introduction

Gender stereotypes claim that men tend to be more agentic, and women are highly communal [1]. Gender stereotypes highlight the normal differences between men and women, but it's also evident from understanding its roots and core that they also govern the kind of individuals men and women should be and behave like in various contexts. When researchers look at the roots and effects of gender stereotypes, it becomes clearer how they link to gender inequities in society. Therefore, gender stereotypes express both how people think men and women should act and how people perceive their actions. In addition, prosocial behavior encompasses a wide range of behaviors that are often viewed as being advantageous to others by a sizable portion of society or otherwise members of one's social circle. Psychology broadly and social psychology particularly have a long history of studying prosocial behavior. Individual differences within helping, prosocial motivation, social impact, and social identity are all parts of prosocial conduct. Prosocial behavior also includes cooperative and group-level prosocial action. Behavior that fosters social distinctiveness can include being helpful. Helping over time may result in receivers feeling lower status, dependent, and helpless. The act of helping may be utilized to develop or perpetuate views of status inequalities between helpers and recipients.

The current research on gender stereotype showing that relational characteristics predominate the way people perceive and judge women makes the implicit consequences of gender stereotypes very obvious [2]. In fact, despite the fact that they do not rate males in this

way, both men and women tend to value women's looks more than their accomplishments. Because of this, even in circumstances in which they ought to be irrelevant, appearances rule people's evaluation of the general worth of women. Related to prosocial behavior and personality, studies have shown that prosocial tendencies in particular, as well as personality traits and temperament in general, exhibit long-term constancy. In a sample of young adults, for instance, showed consistency in prosocial dispositions over five years, and they discovered that these characteristics were associated to assessments of empathy and prosocial responding given to the adults when they were young children. Children were classified as resilient, overcontrolled, or uncontrolled using the "type" approach by. They discovered that kids with resilience were more inclined to be volunteers ten years later than the other two types. More recent research provided more support for the distinction between individual and collective helping procedures [2]. They found that because connection to the individual in need plays a key role in arousing sympathetic concern, empathy is a greater predictor of helping an ingroup members than an outgroup member. In contrast to an ingroup member (including, for whom attraction is frequently depersonalized), an outgroup member is more likely to benefit from interpersonal elements like attraction. Additionally, there are two different kinds of aid: dependency-oriented help and autonomy-oriented help. According to a well-known proverb, "Give a man a fish, and you feed him for one day; but teach a guy to fish, and you feed him for a lifetime." This proverb captures the difference between dependency-oriented help, which at first at first includes

*Corresponding author: belcome.xu@talebase.com

direct assistance from the helper's perspective, and autonomy-oriented help, which entails giving the recipient the skills that are required for independent managing in the future (for example, through explaining to the recipients how the problem should be tackled). People frequently offer dependency-focused assistance to those they perceive to be incapable of coping on their own. For instance, women are more inclined to aid men in domestic activities in a way that is dependent on them. And on some difficult tasks, men frequently assist women in a dependency-focused manner.

Nowadays, people pay more and more attention to the equality between men and women, and the problem of gender stereotypes is gradually paid attention to [1]. People are accustomed to providing gender-specific help to people of different genders and to defining the abilities of men and women based on stereotypes, for example, women are better at housework and men are better at heavy work. Prosocial behavior is becoming more commonplace, and theories about why people offer help are evolving. Providing assistance can be a strategy for fostering social distinction. Helping over time may result in receivers feeling lower status, dependent, and helpless. Helping can be used to build or perpetuate perceptions of status inequalities between helpers and recipients.

2 Gender stereotype as a barrier to prosocial behavior

An integrated process model, the Gender Roles The inhibition of Prosociality (GRIP) model, describes how gender stereotypes impair prosocial behavior [3]. It combines ideas from the theories of deliberate conduct and social roles to explain the proximal and distal barriers to people offering aid in a gender-specific way. For example, "Men should be strong", "women should be gentle", "men should be outside, and women should be inside". A study was first carried out to gather and test examples of gender-consistent as well as -inconsistent types of help prior to the main trials (Pretest). After that, they evaluated beliefs about subjective norms, self-efficacy, and attitudes toward gender non-conformity. Men often assist in an agricultural capacity, while women typically assist in a community capacity, in accordance with conventional gender roles and assumptions. The prosocial gender role inhibition model indicates that gender stereotypes concerning gender contradiction relate to negative attitudes. This model is based on the concept of planned behavior. According to all the investigations, traditional gender roles stereotypes have been identified as obstacles to providing aid to others. It has been demonstrated that gender-incongruous psychosocial behaviors include negative attitudes and views of constricting subjective norms, particularly low egos. In summary, there is a relationship between gender differences and different types of help.

3 The effect of gender stereotype on helping women and men

3.1 Dependency-oriented help and women

In order to maintain traditional gender roles, benevolent sexism promotes involvement in transgender partnerships. Benevolent sexism did not predict male and female involvement in dependent-oriented help relationships in same-sex interactions. In transgender interactions, if men have higher benevolent sexism, men will provide more dependent-oriented help to women, and if women have higher benevolent sexism, then women will be more likely to seek dependent-oriented help rather than self-directed help. In addition, it seems that the benevolent sexism of men predicts that they will be more inclined to offer dependent-oriented help to women in need [4]. This may be because the man assumes that the woman does not possess the skills needed to perform the task, for example, when doing a difficult or strenuous task, or thinks that the woman cannot do the job on her own. In this experiment, several mathematical problems were used to analyze and test mathematical logical thinking and ability, and it was investigated how benevolent sexism affects how people are treated. High levels of benign sexism among men would lead to their giving more dependent-oriented assistance to women, and significant amounts of benevolent sexism among women would lead them asking for more dependent-oriented assistance from men.

Hostile sexism is a gender bias against women based on hostile feelings. This is a classical form of gender bias and refers primarily to non-traditional women who violate traditional gender roles. The team investigated the relationship between male hostility to sexism and biased perceptions of partner support [5]. The research group tested both ideas by assessing biases toward a partner's behavior that challenges dominance (coaching, criticizing, taking over) and behavior. And in this experiment, participants completed questionnaires that measured their sexist attitudes and relationship satisfaction and insecurity [5]. In (a) a lab-based conversation and (b) six-month retrospective observations about an ongoing significant aim, each of the members of 100 heterosexual couples indicated how often they obtained and engaged in these behaviors. Hostile sexism among men was associated with underestimating dependability-related assistance in both support situations, particularly when partners reported poor support. For the behavior associated with dominance, this trend does not appear. These findings suggest that aggressive sexism among men includes anxieties about dependence, leading to inaccurate assumptions about the reliability of female partners. These findings show that males who engage in hostile sexism experience anxiety related to reliance, which leads them to believe that their female partners are less trustworthy than they actually are. At the same time, the result of the previous paragraph is confirmed.

However, women are not all like that. Women do not necessarily want dependency-oriented help because

everyone wants to be independent, competent and confident. The research team investigated how women respond to this sexism by using behavioral uncertainty about the personal applicability of stereotypes [6]. In this experiment, the research team manipulated participants' stereotypes about men's dependence on women (dependence stereotypes vs. no stereotypes). They were then observed to subsequently seek help from men or women [6]. In comparison to participants in the non-stereotype condition, participants in the dependence stereotype condition thought that men reinforced the female stereotype associated with dependency to a larger level. In the stereotype-dependent condition, the association was, as expected, negative in value and substantial, and therefore requesting help was linked to feeling worse. Also, as predicted, the correlation is not significant in the absence of stereotypes. Overall, women who were aware of sexist stereotypes reported more negative feelings after receiving favors. This goes to show that women do not necessarily need help to get things done because they all want to be more independent.

As for why men choose to help women directly, it may be because men need to establish intimacy in this way, and direct help allows them to feel that the woman is dependent on him and thus gain satisfaction, so the perception persists [7]. At the same time, even well-intentioned sexism can hinder intimacy between the opposite sex if its chivalrous prescriptions favor the needs of men over those of women. Men who support benign sexism offer more dependency-oriented help, ignoring the recipient's own skills and abilities, while explicitly offering ideas and solutions that leave their female partners feeling inadequate and disrespected. Women who supported benevolent sexism, on the other hand, gave more relationship-focused support marked by affection and an emphasis on beneficial outcomes related to partner goals. Therefore, women should not only safeguard their own rights and interests, but also establish normal intimacy with men. However, it is extremely unhealthy for a man to start an intimate relationship with direct help, as such a relationship would damage self-esteem and the woman would not be able to complete the task independently. Such behavior limits a woman's ability to succeed on her own and also promotes the gratification of a man's need for closeness.

3.2 No help-seeking for men

Gender stereotyping negatively impacts the rights and interests of both men and women. It affects women's rights to seek and receive help. Because gender stereotypes make women feel incapable of independence and autonomy, they are forced to accept help. Women can also lose abilities and skills due to regular help. At the same time, it affects men's right to seek and receive help. Men are frequently expected to project a strong image, thus male victims are commonly overlooked as a "hidden" group of victims, despite some studies and government statistics suggesting they exist. Researchers found that discussions of the effects of services

involving male victims of violence tended to focus on the requirement for acknowledgment, awareness-raising, funding increases, as well as the delivery of gender-inclusive services that cater to the needs of men. This was because researchers investigated the experiences of male victims, including the challenges they face in seeking help [8]. In addition, studies have found that women also have problems with excessive control and aggression, making it difficult for men to seek help [8]. Therefore, people need to break down gender stereotypes and provide equal support and attention to men and women.

It's not just men who have stereotypes about themselves, other people have stereotypes about men. Male victims had a lower likelihood than female victims to seek assistance for their exploitation. Even if men were more aware of seeking help, they would still encounter numerous obstacles, such as people around them not agreeing with their victimization and society's different perception of men seeking help. The purpose of the present research was to look at the obstacles to getting help that males who were subjected to IPV in connections with partners of a different gender had described [9]. A total of 147 men who reported being abused by a female spouse completed the survey. Parts 1 and 2 consist of two parts. In the first part of the survey, a general survey of demographics and the nature of relationships is conducted, followed by a detailed investigation of physical and non-physical forms of violence. After analysing the data by deductive topic analysis, one and two topics were found. The analysis is based on the six-step approach of Braun and Clark (2006). The six processes are: (1) familiarizing yourself the information, (2) creating initial code, (3) choosing a subject, (4) reviewing the preliminary topic, (5) identifying and defining the subject, and (6) creating a report. The deductive analysis provides two main themes (sub-themes are highlighted in parentheses): gender stigma and barriers to access to treatment (health and mental health; standing and credibility); And the response to the initial appeal for help. Two basic themes for seeking help early on are stigma and gender. The second section of the survey questionnaire focused on obstacles to receiving assistance. The themes presented primarily support the findings of additional studies conducted on populations requesting assistance in other Western and European nations. The experiences of this sample of male victims are also explicitly expressed and acknowledged as cultural, internalized, and anticipated stigma thanks to the use of Overstreet and Quinn's model of IPV stigma, which may serve as an educational starting point for people, organizations, and politicians. [9]. If stigma arises from social contact, barriers can be lowered and perceptions can be changed, even though stigma may not exist in one social situation but exist in another. The model's application does, however, demonstrate how personal and cultural judgments play a significant role in both the barriers to getting help and the replies to it.

Men face internal and external barriers when seeking help. The anxiety of asking for help and having nowhere to go are examples of external barriers, i.e., men may

fear that seeking help will bring negative social evaluations or be seen as weak, while also finding that there are no appropriate resources or support systems available to them [10]. There are four themes within the disorder: blind awareness of harm, maintaining relationships, male roles, and advocacy. One of the reasons why so many men delay seeking help is their own lack of awareness of their own harm, and their possible inability to accurately judge the risks and consequences they face. In addition, some men struggle to maintain family stability and may feel they need to shoulder all the responsibility and maintain a tough image, so they are reluctant to show their vulnerable or needy side. There are also those who believe in the traditional male stereotype that men should be independent and strong and should not seek help from others. In addition, some men are afraid to seek help for fear of being victimized again, and for fear that help agencies or professionals will not truly understand and support them. Other men may face a lack of programs or resources that specifically support men, making it difficult for them to access help. With these internal and external barriers, people should recognize that everyone has the right to get help and care for their own health and well-being. Men need to be more self-aware and realize that requesting assistance is not a show of weakness or helplessness. At the same time, societies and institutions should also provide additional programs and resources that specifically support men so that they can get the help they need in a timely manner.

4 Conclusion

Traditional gender role stereotypes can create certain barriers to helping others, because they limit the freedom of expression and development of individuals within gender roles. There is a relationship between gender differences and different types of help. Benevolent sexism may encourage participation in relationships, thus perpetuating traditional gender roles, while hostile sexism is gender bias against women based on hostility. Socially, men are more likely to help women even when the latter does not need it. This may be because men establish intimacy with women in this way, and direct help gives them a sense of satisfaction that the woman is dependent on them. When the perception became routine and inflexible, it creates burden and limitation in the relationship. Moreover, gender stereotypes negatively affect the rights and interests of both men and women. In the face of exploitation, men who are victims are more hesitant than female victims to ask for assistance. Men may face internal and external barriers when seeking help, making it more difficult for them to get the support and help they need. Gender stereotypes can prevent men accept their needs and vulnerability. To reverse this, people need to promote gender equality and reduce sexism as much as possible. This can be done through education and advocacy to help people recognize the negative effects of gender role stereotypes and to encourage the free choice and development of individuals beyond traditional gender roles. Women

should be viewed as independent and capable individuals, and their pursuit in career and life goals should not be discouraged. At the same time, people also need to build a safe environment for men to seek for help to ensure they receive the support and attention they deserve. Only through joint efforts can the goals of gender equality and the elimination of gender discrimination be achieved.

There are some experimental limitations to consider. First, education level not only determines a person's attitude and behavior towards domestic violence, but may also can be influenced by other factors, such as cultural traditions, personal experiences, etc. Education levels should be taken into account in future research. Second, sample selection in surveys can be biased and more rigorous sampling methods are needed to ensure that the results are representative. In addition, researchers may need to consider additional latent variables in the survey, such as age and culture. For the future, researchers can further expand the sample size and conduct longer-term studies to observe evolving trends in the concept of gender bias and prosocial behavior. In order to compare disparities across other groups, the poll might be broadened to include persons from various areas and backgrounds. In addition, qualitative research methods should be combined to gain insights into the reasons and motivations behind the attitudes and behaviors of individuals regarding gender bias and domestic violence in order to obtain a more comprehensive understanding in this area.

References

1. N. Ellemers, *ARP*, **69**, 275-298 (2018)
2. O. Bareket, N. Shnabel, A. Kende, N. Knab, Y. Bar-Anan, *JPSP*, **120**, 1175 (2021)
3. N. Shnabel, Y. Bar-Anan, A. Kende, O. Bareket, Y. Lazar, *JPSP*, **110**, 55 (2016)
4. J.R. Wakefield, N. Hopkins, R.M. Greenwood, *PWQ*, **36**, 423-431 (2012)
5. C. Atkinson, H. Buie, G. Sandstrom, L. Akin, A. Croft, *SR*, **85**, 440-462 (2021)
6. M.D. Hammond, N.C. Overall, *PSPB*, **46**, 1491-1506 (2020)
7. M.D. Hammond, N.C. Overall, *PSPB*, **41**, 1180-1194 (2015)
8. B. Hine, E.A. Bates, S. Wallace, *JIV*, **37**, NP5594-NP5625 (2022)
9. J.C. Taylor, E.A. Bates, A. Colosi, A.J. Creer, *JIV*, **37**, NP18417-NP18444 (2022)
10. A. Lysova, K. Hanson, L. Dixon, E.M. Douglas, D.A. Hines, E.M. Celi, *IJOTCC*, **66**, 538-559 (2022)