

**INTERNALIZATION OF PATRIARCHAL IDEAS AND ITS PSYCHOLOGICAL
IMPACT ON WOMEN: A LEARNED HELPLESSNESS PERSPECTIVE**



BACHELORS THESIS

ZAINAB IKRAM

PARTICIPANT ID: 110603003

SESSION: 2011-2015

**DEPARTMENT OF PSYCHOLOGY
SCHOOL OF SOCIAL SCIENCES AND HUMANITIES
UNIVERSITY OF MANAGEMENT AND TECHNOLOGY, LAHORE**

**Internalization of patriarchal ideas and its psychological impact on women: A learned
helplessness perspective**

ZainabIkram

ID: 100603003

Session (2011-2014)

BS Psychology

Department of Psychology

School of Social Sciences and Humanities

University of Management and Technology, Lahore

**Internalization of patriarchal ideas and its psychological impact on women: A learned
helplessness perspective**

ZainabIkram

ID: 100603003

Session (2011-2014)

BS Psychology

**A thesis submitted in part fulfillment of the requirements for the Degree of Bachelors In
Psychology**

Department of Psychology

School of Social Sciences and Humanities

University of Management and Technology, Lahore

Certificate Approval

It is accepted by the Faculty of the Department of Psychology, School of Social Sciences and Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirement of the degree of Bachelors in Psychology.

Haya Fatimah Haider

Supervisor

External Examiner

Prof. Dr. Iftikhar Ahmad

Chairman

Prof. Dr. Abdul Hameed

Dean, SSSH

Declaration

I, Miss ZainabIkram, Roll No. 110603003, student of BS in the subject of Psychology, session 2011-2014, hereby declare that the material printed in this thesis titled “Internalization of patriarchal ideas and its psychological impact on women: A learned helplessness perspective” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institute, etc. in Pakistan or abroad.

Dated:

Signature of the declarer

Acknowledgement

I am extremely thankful to Allah Almighty for giving me the patience, will-power and dedication to start and finish this research thesis.

I would like place gratitude of appreciation to my supervisor, Miss Haya Fatimah Haider, for her guidance and support. Her constant support was present every step of the way.

Next I would like to thank my friends, parents and siblings for their un-dying support throughout my research. I am grateful to them for standing by me and easing the load of my shoulders.

Table of Contents

| | |
|--|----|
| Abstract..... | 4 |
| Introduction..... | 5 |
| Objectives..... | 7 |
| Literature Review..... | 8 |
| Culturally Relevant Research Studies..... | 12 |
| Research Hypotheses..... | 15 |
| Method..... | 16 |
| Participants..... | 16 |
| Instruments..... | 16 |
| Statistical Analysis..... | 17 |
| Results..... | 18 |
| Participant characteristics..... | 18 |
| Endorsement of Patriarchy..... | 18 |
| Education and endorsement of patriarchy..... | 19 |
| Patriarchy and self-esteem..... | 20 |
| Attitude towards Women and Self-esteem..... | 20 |

| | |
|-------------------|-------------------|
| Discussion..... | 21 |
| Implications..... | 22 |
| Limitations..... | 26 |
| Strength..... | 27 |
| Conclusion..... | 27 |
| References..... | 39 |
| Appendices..... | 44 |
| Appendix A..... | Questionnaire |
| Appendix B..... | Plagiarism Report |

Table of Contents

| | |
|---|----|
| Tables | 30 |
| Means, standard deviations and correlations of variables | 30 |
| Group Statistics and Independent Sample T-Test between Patriarchal Beliefs and Gender | 31 |
| Group Statistics and Independent Samples T-Test between Attitude towards Women and Gender..... | 33 |
| Regression analysis for Years of Education and Patriarchal Beliefs | 35 |
| Regression analysis for Patriarchal Beliefs and Self-esteem..... | 37 |
| Figures..... | 39 |
| Scatter Plot between Years of Education and Patriarchal Beliefs..... | 39 |
| Scatter plot between Patriarchal Beliefs and Self-Esteem..... | 40 |

Internalization of patriarchal ideas and its psychological impact on women: A learned helplessness perspective.

Abstract

The primary objective of this study is to explore the factors associated with endorsement of patriarchal beliefs. We investigated if education negatively impacts patriarchal beliefs system in men and women. Furthermore, the influence of the internalization and acceptance of patriarchal ideology on women's self-esteem was studied. Self-report data was provided by two hundred participants recruited from University of Management and Technology, including students, teachers and staff-workers (aged >18), years of formal education, patriarchal beliefs, and self-esteem using Urdu translations of these psychometrically valid instruments: Self-Esteem scale (Rosenberg 1965) and the Patriarchal Beliefs scale (Emery et al., 2013). As a result, there was a significant negative correlation between the level of education and patriarchal ideology in both men and women ($r = .038, p < .05$). Moreover, there is a negative significant correlation between the patriarchal beliefs and self-esteem in women ($r = .039, p < .05$). Findings show that education protects against the maintenance of patriarchal ideology. In women, the endorsement of patriarchal beliefs is associated with a lower self-esteem and hence could be a risk factor for psychological distress in vulnerable population. Instilling feminist ideology may promote self-esteem and mental health in Pakistani women.

Keywords: Patriarchal ideology, education, self-esteem