

Research Article

Conducting Behavior Features among the Pensioners with Different Gender

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ABSTRACT:

The article examines the results of coping behavior empirical study among the pensioners with different biological nature and gender. It was found that women cope better with difficult stressful situations in comparison with men. Pensioners with androgynous gender are more likely to use emotions, avoidance, distraction and social distraction in difficult stress situations than the pensioners of masculine gender. Feminine pensioners with are more likely to use emotions and social distraction than the pensioners of masculine gender.

Keywords: conducting behavior (coping behavior); coping focused on problem solution; emotionally oriented coping; avoidance oriented coping; abstraction; social distraction; gender; masculinity; femininity; androgyny, pensioners.

INTRODUCTION

The concept of "gender" differs from the concept of "biological sex" and includes social characteristics that are developed by society. The concept of "gender" has become widespread due to the development of feminist theory and gender studies [1, 3, 6, 13, etc.]. In Russia, gender issues began to be developed actively only in the mid 1990-ies, [2, 8, 9, etc.]. The society creates different models of behavior for men and women and expects that they will implement these models [17, 19, 20, etc.]. The traditional concept of male and female roles has historical roots and is associated with gender polarization and gender division of labor. Men's roles are considered as primary, dominant, more positive and socially rewarded than women's. Women's roles are considered as secondary, dependent and less significant as compared to men's [14, 15, 16, etc.].

In addition to traditional ideas about male and female roles there are unconventional (alternative, egalitarian) notion about these roles in society. New ideas about male and female roles imply a rejection from gender-differentiated educational influences; The mitigation of socially determined differences between men and women; The recognition of

female and male social roles interchangeability; The realization of gender equality ideas in different spheres of life and activity; The encouragement of individual interests and personal preferences, to which gender has no relation any longer; The creation of conditions for the realization of the possibility to be different boys/men and girls/women [1, 2, 3, 13].

The studies were conducted in different countries that examined the attitude of men and women to traditional and non-traditional male and female roles, the results of which turned out to be ambiguous ones [2, 13]. At present the relationship between men and women undergo serious changes although traditional stereotypes are still very strong. At the present stage of society development gender studies are very relevant and are conducted all over the world [2, 3, 12]. We studied the gender characteristics of young men and women aggressiveness, the aggressiveness among the students of the final classes at general education school [5]. The participants of a large number of gender studies are students [4, 10, 14]. There are the studies devoted to gender inequality in the sphere of work [7, 9, 11, etc.]. The study among men and

women of retirement age, whose number in the world increases every year is of particular interest. Retirement is a difficult critical period to which every person has to adapt.

Most domestic researchers (Sirota N.A., Yaltonsky V.M., Kryukova T.L., Zhuravlev A.L., Sergienko E.A., etc.) understand a special kind of a person social behavior, ensuring or destroying his health and well-being under coping behavior (coping behavior - calque from English). It allows a subject to cope with stress or a difficult life situation through conscious actions and is directed to active interaction with a situation - its change (when it is possible to control) or adaptation to it (in case when a situation can not be controlled) [12]. In connection with the changes that occur in the gender identity of men and women, it seems important to identify the characteristics of coping behavior among the pensioners with different gender. The research hypothesis was

that the coping behavior of pensioners with different biological nature and gender has its own characteristics. Women better cope with difficult stressful situations than men, androgynous retirees better cope with corresponding situations than masculine retirees.

MATERIALS AND METHODS OF RESEARCH

43 people of retirement age took part in the empirical study, 17 of them are men and 26 are women. The retirement age in Russia starts from 55 years among women and from 60 years among men.

The study was carried out using the questionnaire of gender identity written by S. Bam and the methodology "Coping behavior in stressful situations" (S.Norman, D.F. Endler, D.A. James, M.I. Parker, the adapted version by T.A. Kryukova).

RESULTS AND THEIR DISCUSSION

The levels of coping behavior expression ways among retired men and women are presented in Table 1.

Table 1: Levels of coping behavior way expression among retired men and women

Values	Task solution scale		Scale of emotions		Scale of avoidance		Subscale of avoidance		Subscale of social avoidance	
	M	F	M	F	M	F	M	F	M	F
Low	0	0	0	0	0	0	0	0	0	0
Reduced	0	0	58,8	7,7	29,4	7,7	35,3	30,8	23,5	3,8
Average	29,4	7,7	41,2	61,5	70,6	50	64,7	38,5	47,1	19,2
Elevated	47,1	73,1	0	26,9	0	42,3	0	30,8	29,4	65,4
High	23,5	19,2	0	3,8	0	0	0	0	0	11,5

As can be seen from Table 1, the men of retirement age in difficult stress situations use coping aimed at problem solution most often (23.5% at a high level, 47.1% at an elevated level, 29.4% at an average level) and social distraction (29.4% at an elevated level, 47.1 at an average level, 23.5% at a reduced level), least often - emotionally oriented coping (58.8% at a reduced level, 41.2% at an average level), distraction (35.3% at a reduced level, 64.7% at an average level) and coping focused on avoidance (29.4% at a reduced level, 70.6% at an average level). Retired women use coping in difficult stress situations aimed at problem solution most often (19.2% at a high level, 73.1% at an elevated level, 7.7% at an average level), and social distraction (11.5% % at a high level, 65.4% at an elevated level, 19.2% at an average level, 3.8% at a reduced level), coping aimed at avoidance (42.3% at an elevated level, 50% at an average level, 7.7% at a lower level), emotionally oriented coping (3.8% at a high level, 26.9% at an elevated level, 61.5% at an average level, 7.7% at a reduced level) and they use distraction less than other types of coping (30.8% at a reduced level, 38.5% at an average level, 30.8% at an elevated level).

Thus, retired men and women use the methods of coping behavior aimed at problem solution most often in difficult stressful situations, as compared with other types of coping. From our point of view, it is associated with the experience accumulated during the previous life. This type of coping is considered as one of the most productive ways of coping behavior in the situations, the solution of which is controlled by humans. Social distraction occupies the second place concerning the frequency of use,

both among men and women. Men have more developed problem-oriented coping and social distraction and less developed emotionally oriented coping, distraction, the coping aimed at avoidance. Women have all kinds of developed coping. Men use avoidance and women use distraction less often than in other types of coping. All methods of coping behavior are much more pronounced among women than among men. Women better cope with difficult stressful situations as compared to men, especially in the situations that are not under human control (for example, natural disasters, catastrophes, etc.).

The distribution of retired men and women by gender is shown in Table 2.

Table 2 Distribution of retired men and women by gender

Biological sex type	Gender type	%
Female	Masculine	29,4
	Feminine	0
	Androgynous	70,6
Male	Masculine	0
	Feminine	42,3
	Androgynous	57,7

As can be seen from Table 2, there are no subjects with feminine gender among men, and no subjects with a masculian gender among women, there are more men with androgynous gender than women.

The levels of coping behavior ways expression among the pensioners with different gender are presented in Table 3.

Table 3: Levels of coping behavior ways expression among the pensioners with different gender (in %)

Values	Task solution scale			Scale of emotions			Scale of avoidance			Subscale of avoidance			Subscale of social avoidance		
	M	F	A	M	F	A	M	F	A	M	F	A	M	F	A
Low	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Reduced	0	0	0	60	9,1	29,6	60	9	11,1	60	45,5	22,2	40	9	7,4
Average	0	0	25,9	40	63,6	51,9	40	54,5	63	40	36,4	55,6	40	27,2	29,6
Elevated	60	81,8	55,6	0	27,3	14,8	0	36,4	25,9	0	18,2	22,2	20	63,6	51,9
High	40	18,2	18,5	0	0	3,7	0	0	0	0	0	0	0	0	11,1

As can be seen from Table 3, most often the pensioners with masculine gender use coping aimed at a problem solution in difficult stress situations (40% at a high level and 60% at an elevated level) and social distraction (20% at an elevated level, 40% at an average level and 40% at a reduced level), the other three methods of coping behavior are used least often: emotionally oriented coping (40% at an average level and 60% at a reduced level), avoidance-oriented coping (40% at an average level and 60% at a reduced level) and distraction (40% at an average level and 60% at a reduced level).

Most often the retired of feminine gender use problem oriented coping in difficult stressful situations (18.2% at a high level, 81.8% at an elevated level) and social distraction (63.6% at an elevated level, 27.2% at an average level, 9.1% at a reduced level), then avoidance coping is followed by severity degree (36.4% on an elevated level, 54.5% at an average level, 9.1% at a reduced level) and emotionally oriented Coping (27,3% at an elevated level, 63,6% at an average level, 9,1% at a reduced level), distraction is used least often (45.5% at a reduced level, 36.4% at an average level, 18.2% at an elevated level).

The pensioners with androgynous gender use the problem-oriented coping most often (18.5% at a high level, 55.6% at an elevated level, 25.9% at an average level) and social distraction (11.1% at a high level, 51.9% at an elevated level, 29.6% at an average level, 7.4% at a reduced level), followed by avoidance coping according to expression degree (25.9% at an elevated level, 63% at an average level, 11,1% at a reduced level) and distraction (22.2% at an elevated level, 55.6% at an average level, 22.2% at a reduced level) and emotional oriented coping is used less often (29.6% at a reduced level, 51.9% at an average level, 14.8% at an elevated level, 3.7% at a high level).

Problem-oriented coping is more pronounced among masculine retirees and less pronounced among androgynous pensioners; emotionally oriented coping is more pronounced among feminine pensioners and less pronounced among masculine retirees; the coping focused on avoidance is more pronounced among feminine retirees and less pronounced among masculine retirees; distraction is more pronounced

among androgynous pensioners and less pronounced among masculine retirees; social distraction is more pronounced among androgynous and feminine retirees and less pronounced among masculine retirees. Thus, distraction is more pronounced among androgynous pensioners, as compared with other investigated groups of pensioners, i.e. they use the actions directed on the immersion in favorite business with the purpose to forget about difficulties more often than other groups of pensioners in a difficult stressful situation. Nowadays, there is a tendency of people increase with androgynous gender and the tendency not to solve the emerging problems by switching to other activities.

The reliability of the differences between the coping behavior strategies among the pensioners with different gender was calculated using the Mann-Whitney U criterion. The data obtained are presented in Table 4.

Table 5 Reliability of the differences between the coping strategies of pensioners with different gender

	Masculinity - Feminity $U_{kp}=7, p\leq 0,01; U_{kp}=12,$ $p\leq 0,05$	Feminity - Androgyny $U_{kp}=75, p\leq 0,01; U_{kp}=96,$ $p\leq 0,05$	Masculinity - Androgyny $U_{kp}=22, p\leq 0,01; U_{kp}=35,$ $p\leq 0,05$
Scale of problem solution	21,5	112	39
Scale of emotions	5*	108	29,5**
Scale of avoidance	13	127	24,5**
Subscale of distraction	13	137	26**
Subscale of social distraction	10,5**	133	24,5**

*- The differences are statistically significant at $p\leq 0,01$;

** - The differences are statistically significant at $p\leq 0,05$.

Table 9 shows that the greatest numbers of differences are recorded between masculine and androgynous pensioners. Statistically significant differences are set within the scale of emotions, the scale of avoidance, in the subscale of distraction and the subscale of emotional distraction between the pensioners with masculine gender and androgynous gender. According to all these scales, androgynous pensioners have higher values. No differences were found according to the scale of problem solution. Statistically significant differences in the scale of emotions and in the subscale of social distraction were revealed between masculine and feminine pensioners. According to these scales, feminine pensioners have higher values. There were no statistically significant differences in the scale of problem solution, in the scale of avoidance and in the distraction subscale. There were no statistically significant differences between the pensioners with feminine gender and the pensioners with androgynous gender.

SUMMARY

During the performed study they found that the coping behavior of retired men and women has both general trends and significant differences. Coping behavior aimed at a problem solution and a social distraction in difficult, stressful situations is used by retired men and women more often than other strategies of coping behavior. Men have more developed problem-oriented coping and social distraction and less developed emotionally oriented coping, distraction and the coping aimed at avoidance. Women developed all kinds of coping. Men use avoidance and women use distraction less often than in other types of coping. All methods of coping behavior are much more pronounced among women than among men. Women better cope with difficult stressful

situations as compared to men, especially in the situations that are not under human control (for example, natural disasters, catastrophes, etc.). The persons with androgynous gender are dominated among men and women of retirement age. The coping behavior of pensioners with different gender has both general trends and significant differences. Coping behavior aimed at a problem solution and social distraction in difficult, stressful situations is used by the pensioners with different gender sex more often than other strategies of coping behavior. Problem-oriented coping is more pronounced among masculine retirees and less pronounced among androgynous pensioners; Emotionally oriented coping is more pronounced among feminine pensioners and less pronounced among

masculine retirees; Coping focused on avoidance is more pronounced among feminine retirees and less pronounced among masculine retirees; Distraction is more pronounced among androgynous pensioners and less expressed among masculine retirees; Social distraction is more pronounced among androgynous and feminine retirees and less expressed among masculine retirees. The greatest number of differences in coping behavior is recorded between masculine and androgynous pensioners. Androgynous pensioners use all strategies of coping behavior more often than masculine pensioners, except problem-oriented coping, according to which there are no statistically significant differences. The hypothesis of the study was fully confirmed.

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