Activity 63

Mental Health

Concept and Goal
This activity demonstrates that gender is a variable other than the actual mental health status of an individual that affects judgments of a person’s normality and abnormality. You should complete the checklist individually, but the class should analyze and discuss the results and the discussion questions.

Instructions
Your instructor will give you the instructions for completing the “blanks” in the instruction section. Think of a normal adult __________. Check each item below that describes a mature, healthy, socially competent adult __________.

1.  _____ not at all aggressive
2.  _____ conceited about appearance
3.  _____ very ambitious
4.  _____ almost always acts as a leader
5.  _____ very independent
6.  _____ doesn’t hide emotions at all
7.  _____ sneaky
8.  _____ cries easily
9.  _____ very active
10.  _____ easily influenced
11.  _____ very objective
12.  _____ very self-confident
13.  _____ has difficulty making decisions
14.  _____ dependent
15.  _____ likes math and science very much
16. ____ very direct
17. ____ very passive
18. ____ knows the ways of the world
19. ____ very logical
20. ____ not at all competitive
21. ____ feelings easily hurt
22. ____ not at all emotional
23. ____ very strong need for security
24. ____ excitable in a minor crisis
25. ____ very adventurous
26. ____ very submissive
27. ____ not uncomfortable about being aggressive

Your instructor will give you instructions to complete the activity.

Discussion Questions
1) Broverman and colleagues (1970) found that descriptions of males fit the description of a "normal person" and descriptions of females fit the description of an "abnormal person." Does the class's data support the Broverman et al. hypothesis?

2) If the class's data match those of Broverman et al., what are possible implications for diagnosing a person's mental health?

3) Is it possible that the Broverman et al. (1970) data are dated and no longer relevant, given the changes in gender roles that have occurred in the past 30 years?
References


