

# Social Hierarchy and Male Domination

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**Social hierarchy** refers to the ranking of individuals or groups in a society based on their:

social status

power

and

wealth

**Gender hierarchy** refers to the unequal distribution of:

power

and

resources

and

opportunities

between genders. This hierarchy is deeply ingrained in many societies and is often perpetuated through:

social norms

and

cultural practices

**institutional  
policies**

**The causation of gender hierarchy can be traced back to historical and cultural factors such as patriarchy, which has traditionally placed men in positions of power and authority.**

**Patriarchy** has been reinforced by religious and legal systems that have codified gender roles and expectations.

**Male domination,** on the other hand, refers to the

**social**

**and**

**economic**

**political**

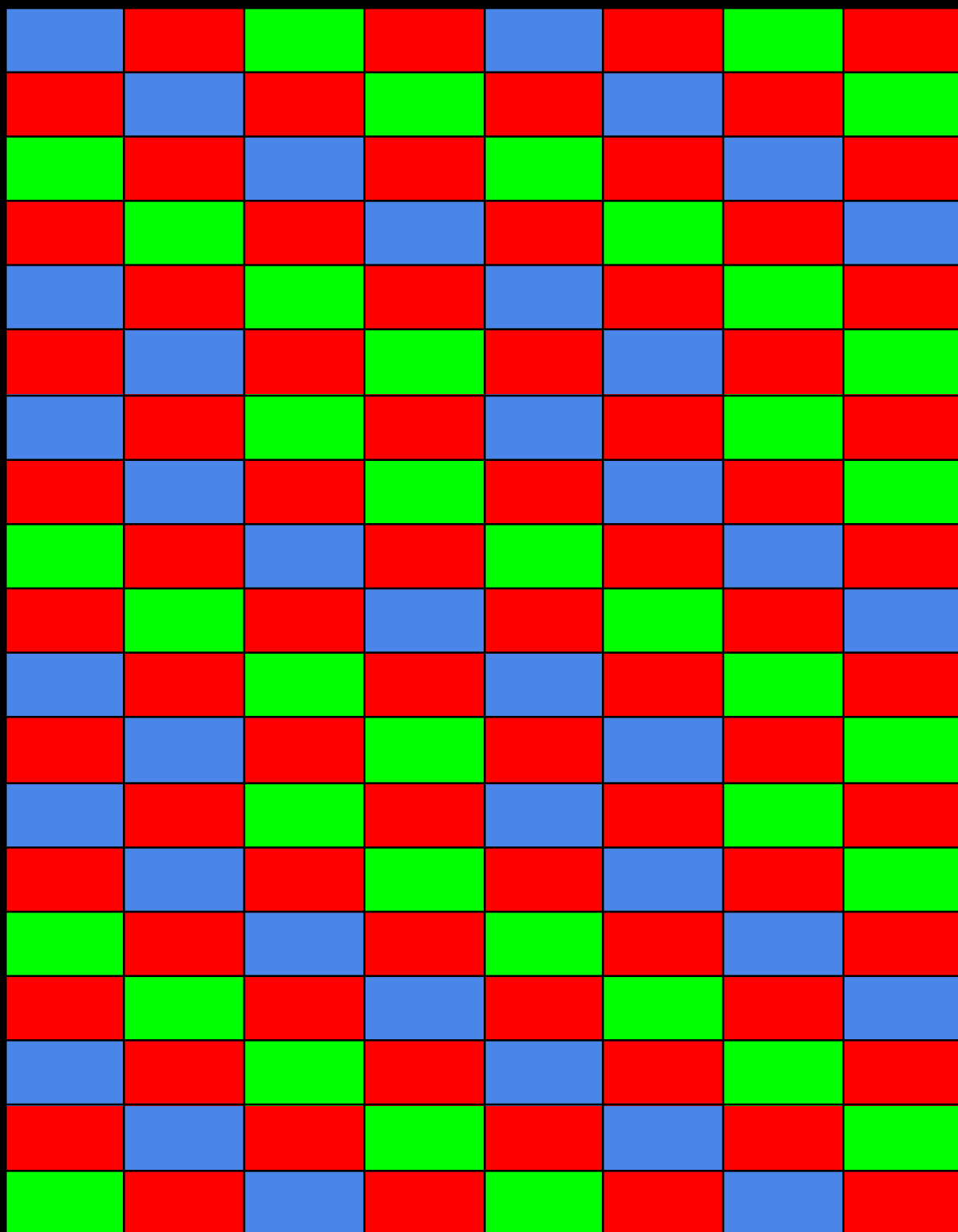
**These two concepts are closely related and have been studied extensively by:**

**sociologists**

**anthropologists**

**and other scholars.**

**dominance of men over women in various aspects of life.**



## Masculine ideology, masculine norms, and gender-role conflict

Masculine ideology, masculine norms, and gender-role conflict are all **social constructs** that have been developed over time to define what it means to be a man in **society**. These constructs are often influenced by:

- cultural
- social
- and historical factors

and can have a significant impact on men's mental health and well-being.

**Masculine ideology** refers to the beliefs and values that are associated with being a man in **society**. These beliefs often include the idea that men should be:

- strong
- independent
- Stoic

- and **self-reliant**.

**Masculine norms** refer to the behaviors and attitudes that are expected of men based on these beliefs. These norms can include things like:

- **aggression**
- **competitiveness**
- **perpetuating male gaze**
- and **emotional restraint**.

**Gender-role conflict** refers to the psychological stress that can arise when there is a discrepancy between a man's personal values and the expectations placed on him by society. This conflict can manifest in a variety of ways, including:

- **anxiety**
- **depression**
- and **relationship problems**.

**Research has shown that there is a correlation between adherence to masculine norms and gender-role conflict with negative outcomes such as:**

- **increased risk-taking behaviors**
- **substance abuse**
- **poor mental health outcomes**
- **and decreased help-seeking behavior among men.**

## **Causation and Correlation:**

**The causation of social hierarchy and male domination is complex and multifaceted. Some scholars argue that these phenomena are rooted in biological differences between men and women, while others point to cultural and historical factors as the primary causes.**

**There is also debate about the correlation between social hierarchy and male domination. Some studies suggest that societies with greater levels of social stratification tend to be more patriarchal, while others find no significant relationship between the two.**

**Correlation between gender hierarchy and various social outcomes has been well-documented. For example, countries with higher levels of gender inequality tend to have:**

- **lower levels of economic development**
- **higher rates of violence against women**
- **and lower levels of political representation for women**

**These correlations suggest that reducing gender inequality is not only a matter of fairness but also a key factor in promoting social progress.**

### **Anatomical Location:**

**The anatomical location of human males and females has also been linked to social hierarchy and male domination. For example, some scholars argue that the physical strength and size of males have historically given them an advantage in:**

- **hunting**
- **warfare**
- **and other activities that require physical prowess.**

**This has led to the development of patriarchal societies in which men hold more power and influence than women.**

**Differences in anatomical location between genders can also play a role in the perpetuation of gender hierarchy. Men have historically held positions of power in part because they are physically stronger than women. This physical difference has been used to justify the exclusion of women from certain roles and activities, such as combat or manual labor.**

**Moreover, research has also shown that there are differences in how men experience gender-role conflict based on their anatomical location. For example, men who identify as gay or bisexual may experience more conflict due to societal expectations around masculinity and sexuality.**

**However, it is important to note that anatomical differences do not necessarily determine gender roles or capabilities. Women have demonstrated their ability to excel in a wide range of fields traditionally dominated by men, including:**

- **politics**
- **science**
- **and business.**

**Furthermore, there is significant variation within genders in terms of physical strength and other characteristics.**

In **conclusion**, **gender hierarchy** is a **complex phenomenon** with **deep roots** in **history** and **culture**. **While anatomical differences** may **contribute to the perpetuation of gender inequality**, **they do not determine one's abilities or potential**. **Addressing gender inequality requires a multifaceted approach that addresses both cultural norms and institutional policies.**

**As well**, **masculine ideology**, **masculine norms**, and **gender-role conflict** are **complex constructs** that have a **significant impact on men's mental health** and **well-being**. **Understanding these constructs is essential for developing effective interventions to support men's health.**

### ***Authoritative Reference:***

**United Nations Development Programme (UNDP)**

**World Economic Forum (WEF)**

**World Health Organization (WHO)**

**Connell, R.W. "Gender." International Encyclopedia of the Social & Behavioral Sciences (Print).**

**Fausto–Sterling, Anne. "The Biological Connection: An Ecofeminist Perspective." Feminist Theory Reader: Local & Global Perspectives (Print).**

**Lorber, Judith. "Gender Inequality: Feminist Theories and Politics." Gender Inequality: A Comparative Study of Discrimination and Participation (Print).**

**Macionis, John J., and Linda M. Gerber. Sociology (Print).**

**Wood, Julia T. Gendered Lives: Communication, Gender, and Culture (Print).**

**Understanding Social Hierarchies: The Neural and Psychological ...**  
In **this review we explore the nature of social hierarchies and the traits associated with status in both humans and nonhuman primates, and how ...**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5494206/>

**Social hierarchies and social networks in humans – PMC**  
Across **species, social hierarchies are often governed by dominance relations. In humans, where there are multiple culturally valued axes of distinction, social ...**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8743884/>

**Social hierarchies and social networks in humans – Journals**  
Across **species, social hierarchies are often governed by dominance relations. In humans, where there are multiple culturally valued axes of ...**

<https://royalsocietypublishing.org/doi/10.1098/rstb.2020.0440>

**Social dominance mediates behavioral adaptation to chronic ...**  
**We found that male hierarchies were steeper, more linear, more despotic, and had higher directional consistency than those of females.**

<https://elifesciences.org/articles/58723>

**Men's Motivation for Dominance Over Women Affects Their Tendency to ...**

**We found that men's social dominance orientation (SDO) correlated with their tendency to sexually objectify women (Study 1).**

<https://journals.sagepub.com/doi/10.1177/0361684319871913>

**relations between a ...**

**We argue that gender ideology is shaped, in large parts, by the way people make sense of gender differences. Specifically, people often**

...

<https://royalsocietypublishing.org/doi/10.1098/rstb.2020.0141>

**A meta-analysis of sex differences in human brain structure – PMC**  
**The GPR-CMBA estimates the extent/variance of such an inconsistency/heterogeneity in our study pool, similar to RFX variance in hierarchical models. Group ...**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5494206/>

**Understanding Social Hierarchies: The Neural and Psychological ...**

**Gender** may influence **status** as well, depending on the particular **species** ... Importantly, humans **occupy** many different **social hierarchies**, ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3969295/>

**CHAPTER 1: AN INTRODUCTION TO GENDER** Sex and gender  
It is commonly argued that biological differences between males and females determine gender by causing enduring differences in capabilities and dispositions.

<https://web.stanford.edu/~eckert/PDF/Chap1.pdf>

**Social Role Theory of Sex Differences and Similarities: A Current Appraisal**

sexual division of labor and gender hierarchy, are the root cause of sex- differentiated behavior. ... If sex differences in human behavior originate.

[https://dornsife.usc.edu/assets/sites/545/docs/Wendy\\_Wood\\_Research\\_Articles/Gender\\_Differences\\_in\\_Social\\_Behavior/Eagly.Wood.Diekman.2000\\_Social\\_role\\_theory\\_of\\_sex\\_differences\\_and\\_similarities.pdf](https://dornsife.usc.edu/assets/sites/545/docs/Wendy_Wood_Research_Articles/Gender_Differences_in_Social_Behavior/Eagly.Wood.Diekman.2000_Social_role_theory_of_sex_differences_and_similarities.pdf)

**Gender Norms, Gender Role Conflict/Stress and HIV Risk Behaviors ...**  
This research is based on two related psychosocial scales, the **Gender Role Conflict Scale**, developed by O'Neil (1986) [29], and the **Masculine Gender Role** ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6440537/>

**What's Right With Men? Gender Role Socialization and Men's Positive**

...

**This study explored relations between conformity to masculine norms, gender role conflict, hope, and psychological well-being among a sample of 389 men from ...**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6440537/>

### **Toward an Integrative Psychology of Masculinities**

**Masculinity ideologies, the socially constructed belief and value systems that stipulate standards against which men are judged. (Levant & Richmond, 2016), form ...**

<https://www.apa.org/pubs/journals/features/men-men0000387.pdf>

**Understanding the gendered self: Implications from EI Theory, EI Self**

...

**Masculine ideology is related conceptually to, and strongly correlated with, gender role conflict (Levant, 1998; Levant et al., 2003).**

<https://commons.lib.jmu.edu/cgi/viewcontent.cgi?article=1119&context=diss201019>

**Examining the Role of Traditional Masculinity and Depression in Men's ...**

**The aim of the present study was to investigate the relationship between traditional masculinity measured by different conceptual constructs (gender role ...**

<https://www.mdpi.com/2076-328X/12/3/80>