

## Topic 3 DQ 2

**The weekly readings describe how psychologists define the terms “sex” and “gender” as two distinctly different concepts. Explain how psychologists define “sex.” Explain how psychologists define “gender.” Why is it important to understand the difference between the terms and how distinguishing between the two help psychologists learn more about human behavior?**

Contrary to popular assumption, gender and sex are not the same thing. It is compared between gender inequality and discrimination based on gender. Sexual and reproductive characteristics between men and women are referred to as gender differences. Although they are not the same, gender and sexual orientation are frequently confused. While sex refers to a person's physical traits, with males having a penis and females having a vagina, gender refers to a person's interior feelings of being either male or female. Sexual expression and biological elements differ regardless of whether it is classified as female or male. Women, girls, boys, men, and transgender persons all have roles, vocabulary, behaviors, and identities that are socially constructed according to their gender. According to the social development theory, young children pick up on gender identity through observing and imitating others. To be clear, the like. Parents would encourage a kid if he played football like his father did. But if he started playing with dolls and makeup like his sister, his parents would discipline him. These activities help kids define their gender identities. The boy will believe that women can do housework if the mother cooks and cleans. This exemplifies how gender identity creation negatively impacts the future. Gender is a product of society. Males and females may differ biologically, but they nevertheless have equal rights in society because there are no obligations that are just applicable to one gender (Grison & Gazzaniga, 2019).

Sex refers to the biological differences that exist between males and females. Because males and females have varying quantities of these hormones, hormones such as testosterone, estrogen, and progesterone can distinguish a male from a female (Newman, 2018). The two sexes are also distinguished by genetics. XX chromosomes are found in females, while XY chromosomes are found in males (Grison & Gazzaniga, 2019).

Gender refers to the masculine and female qualities that an individual develops in reaction to their surroundings. Gender is influenced by cultural norms, rules, relationships, media, peers, and family (Newman, 2018). Gender is a variable that can be altered. Gender schemas split society into masculine and feminine categories, and how we act determines whether we are more masculine or feminine, based on social expectations, qualities, interests, and feelings (Grison & Gazzaniga, 2019).

### Reference

- Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.
- Newman, T. (2018, February 7). Sex and gender: Meanings,