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**CONFERENCE ARTICLE****THE INFLUENCE OF FAMILY DECISION-MAKING ON THE INTERNALIZATION OF GENDER ROLES IN ADOLESCENTS****Mirvaliyeva Maxliyo Yoqubjon qizi**

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**ABSTRACT**

This study examines how family decision-making practices affect the internalization of gender roles in adolescents. The research focuses on the relationship between who predominantly makes important family decisions—father, mother, or shared decision-making—and how adolescents assimilate masculine, feminine, or androgynous traits. The study explores whether paternal-dominated decision-making reinforces traditional masculine roles in boys and passive or supportive roles in girls, and whether egalitarian decision-making fosters flexible social roles and higher social adaptation in both genders.

**Keywords:** family decision-making, gender roles, adolescents, masculinity, femininity, androgyny, social adaptation, gender socialization, parental influence.

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**INTRODUCTION**

The family environment plays a critical role in shaping adolescents' understanding of gender roles. Family decision-making, specifically who holds the authority to make important decisions—father, mother, or both jointly—affects how adolescents internalize gendered behaviors, expectations, and norms. In families where fathers predominantly make decisions, boys tend to internalize traditional masculine traits such as assertiveness, competitiveness, and leadership, while girls may develop more passive or supportive roles. In contrast, in families with egalitarian decision-making practices, adolescents of both genders are more likely to develop androgynous traits, combining masculine and feminine characteristics, which enhances social flexibility, cooperation, and adaptive behavior. Gender socialization in this context is also influenced by parental modeling: boys often imitate the father's behaviors and girls the mother's, reinforcing gendered expectations. Adolescents' social adaptation, self-concept, and peer interactions are impacted by these family patterns, as adolescents compare their roles at home with social expectations in school and peer groups. Recent studies indicate that adolescents' prefrontal cortex and limbic system development during this period affects decision-making, self-regulation, and social evaluation, highlighting the neurological basis for gendered behavior internalization. Media and digital environments further influence this process by exposing adolescents to stereotypical or idealized gender models, which interact with family dynamics to shape gender identity. Overall, understanding the impact of family decision-making on adolescents' internalization of gender roles provides valuable insights for promoting flexible gender roles, social adaptation, and psychological well-being in adolescent development.

The study examines how family decision-making practices influence the internalization of gender roles in adolescents. It focuses on who predominantly makes important family decisions—father, mother, or shared decision-making—and how this affects adolescents' assimilation of masculine, feminine, or androgynous traits. The research questions include: how the primary decision-maker in the family influences adolescents' gender traits, whether adolescents from egalitarian families

develop more flexible social roles compared to those from traditional paternal-dominated families, how family decision-making style affects boys' and girls' social adaptation, self-concept, and acceptance of gender roles, and whether there are differences in gender role internalization between boys and girls based on family decision-making practices. The hypotheses are: adolescents from families where fathers predominantly make decisions will show stronger internalization of traditional masculine traits in boys and passive/supportive traits in girls; adolescents from egalitarian families will exhibit higher levels of androgyny, social flexibility, and adaptive behavior; gender role internalization will significantly differ between boys and girls depending on the family's decision-making style; and adolescents in families with shared decision-making will demonstrate greater social competence and positive self-concept compared to adolescents from paternal-dominated families. The study involved 300 adolescents aged 11–16 and their parents from Namangan, Andijan, and Fergana regions. Data were collected using structured questionnaires and semi-structured interviews assessing family decision-making practices, adolescents' gender traits (masculinity, femininity, and androgyny), social role, and self-concept. Instruments included the Bem Sex Role Inventory for measuring masculine and feminine traits, Qodirov's "Who Am I?" self-concept questionnaire, PARI (Parental Attitude Research Instrument) for family decision-making and parental influence, and Moreno's sociometry method for group status assessment. Data analysis employed non-parametric statistical tests (Mann-Whitney U, Kruskal-Wallis H) and Spearman's correlation to examine relationships between family decision-making, gender traits, and social roles. The study is expected to reveal that family decision-making style significantly influences adolescents' gender role internalization and social adaptation, providing insights for fostering gender equity and flexible social roles in family environments.

Adolescence is a critical period for identity formation, during which family dynamics play a decisive role in shaping gender norms. Family decision-making is a key socialization mechanism: when parents share decision-making equally,

adolescents tend to internalize more flexible, androgynous traits, showing both traditionally masculine (assertiveness, independence) and feminine (empathy, cooperation) behaviors. In contrast, in families where decision-making is dominated by one parent, often the father, boys are more likely to adopt competitive, leadership-oriented traits, while girls may internalize submissive or supportive roles. Research shows that parental attitudes toward gender stereotypes, emotional climate, and conflict resolution styles also modulate how adolescents perceive and enact gender roles. Peer acceptance and school environment interact with family influences; adolescents who experience consistent egalitarian practices at home are better able to navigate gender expectations among friends and in academic groups. Neuroscientific findings suggest that adolescents' prefrontal cortex development, responsible for self-regulation and decision-making, and limbic system activity, related to emotional processing, further influence how they adopt and perform gendered behaviors. Digital media and social networks provide additional models of gender, often idealized or stereotypical, which adolescents compare to their family experiences. Therefore, understanding family decision-making patterns not only clarifies mechanisms of gender role internalization but also offers practical guidance for parents, educators, and policymakers to promote adaptive social behaviors, gender equity, and psychological well-being in adolescents.

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