Examining Factors that Predict Commitment and Trust Differences

Between Men and Women throughout Adulthood

Graduate Thesis Paper for

PSY 589: Thesis

Presented to Professor, Dr. Donald Graves

Department of Psychology

Sage Graduate School

In Partial Fulfillment

of the Requirements for the Degree of

Master of Arts in Counseling & Community Psychology

Lisa M. Farley

May 2010

Examining Factors that Predict Commitment and Trust Differences

Between Men and Women throughout Adulthood

We represent to Sage Graduate School that this thesis/dissertation and abstract are the original work of the author(s) and do not infringe on the copyright or other rights of others.

Lisa M. Farley	Date of Signature

Dr. Donald Graves Professor of Psychology Thesis Advisor	Date of Signature

TABLE OF CONTENTS

Abstract

Hypergender beliefs affect individual's perception of how men and women should behave in society and whether they should adhere to societal expectations. This study surveyed both men and women to determine whether their gender beliefs affected their level of trust and their love attitude towards romantic relationships. Their level of gender beliefs was expected to be a predictor of their level of trust and commitment in romantic relationships. For Experiment 1, both men and women between the ages of 18 to 26 years old were surveyed. The most critical result revealed that women who were hypergendered had lower levels of trust, higher levels of game playing love (Ludus) and lower levels of selfless love (Agape). Men with higher levels of trust were less likely to participate in game playing love. For Experiment 2, both men and women were surveyed again except this time the age group was expanded using participants 18 years old and older. This experiment revealed that both men and women who were hypergendered had lower levels of trust and higher levels of game playing love. Men who were hypergendered had lower levels of selfless love while women continued to have higher levels of selfless love when hypergendered. Results suggest that individuals in later adulthood (56 years and older) can develop broader gender beliefs and higher levels of trust towards their romantic partner. These findings will be discussed in relation to hypergender ideologies and sex role socialization theory.

Suggested Keywords: hypergender beliefs, gender roles, gender differences, commitment, trust, game playing love, selfless love

Examining Factors that Predict Commitment and Trust Differences

Between Men and Women throughout Adulthood

Gender role ideologies influence men and women's behaviors, thoughts and attitudes about what is seen as socially acceptable for each gender. Whether gender differences in males and females affect their level of commitment and trust in romantic relationships was examined. Gender role ideologies consist of hypermasculinity and hyperfemininity, which are two gender specific domains that start at an early age and shape an individual's behavioral norms (Hamburger, Hogben, McGowan, & Dawson, 1996). These gender roles create expectations of what is seen as socially acceptable behavior for men and women. Hypermasculinity refers to men who are seen as the head of the household whereas hyperfemininity refers to women who are more likely to be mothers and homemakers. Past studies (Griffen, 1971; Hamburger et al., 1996; Malamuth, Sockloskie, Koss, & Tanaka, 1991; Muehlenhard, Harney & Jones, 1992; Weis & Borges, 1973) suggest that social expectancies encourage men to be more dominant and assertive where as women are expected to be more submissive and passive.

Not only do gender role ideologies affect expectations but they also influence adherence to societal norms and rules. The idea that women are socialized to obey societal expectancies whereas rules are not always insisted upon towards men is described as sex-role socialization theory (Ward & Beck, 2001). This theory bases gender dishonesty on the idea that internalized role requirements affect sex-role socialization. The problem addressed is that societal roles and expectations may be influencing gender differences in commitment and trust during romantic relationships. Men who are hypermasculine and behave according to sex-role socialization, may feel that men should be dominant over women whereas women should be more loyal towards men. Women who also behave according to these ideas may be more likely to put their partner's

needs before themselves and remain completely committed to them. By looking at men and women's views of themselves and their gender roles in society, it is possible to determine their level of commitment and trust in romantic relationships.

Experiment 1 was conducted to determine how masculinity and femininity play a part in romantic relationships during early adulthood. The hypothesis of this study was that women who were hyperfeminine and who were influenced by gender socialization roles would be more likely to be committed and trusting in romantic relationships. Commitment is determined by examining the level of Ludus love and Agape love. Ludus love refers to an individual who takes part in game playing love, which consists of constantly testing or playing mind games with their partner. This can also include having multiple partners and infidelity. Agape love refers to selfless, all giving love. This individual tends to put their partners needs and happiness before their own. Based on the theory of sex-role socialization, men who were hypermasculine would be less committed to women and would expect women to be more submissive and compliant to men. This theory suggests that society influences men to believe that they are less obligated to follow societal norms and rules. When looking at romantic relationships this could include rules such as commitment and trust-worthy behavior. This research will help to determine if this includes fidelity in committed relationships. This study will also determine whether traditional gender role ideologies and societal obligations of women increase the likelihood of their commitment and trust in romantic relationships.

Adults stemming from early adulthood into later life were examined in Experiment 2. Whether hypergender beliefs are evident across adulthood and if they influence trust and commitment were examined for this experiment. Men and women's hypergender ideologies may continue to shape behavioral norms throughout life. Comparing commitment and trust levels

over a wide range, from early adulthood into later life, may reveal how permanent hypergender beliefs are and how likely they may be to change with age and relationship experience. Since both personal and interpersonal factors affect satisfaction and commitment in relationships, relationship experiences may have just as much of an effect on an individual as do gender role beliefs (Boesch, Cerqueira, Safer & Wright, 2007). This suggests that individuals may change through experiences and increased age. These personal experiences as well as experiences with interpersonal relationships help to shape our views of our selves and others. As individuals age, these experiences may allow them to have less hypergender ideologies about men and women and gain a broader sense of gender role beliefs. Partners in later life may be able to widen their beliefs of what is seen as socially acceptable for each gender. These previous traditional stereotypes may become less important when affecting their abilities to trust their partner and commit to the relationship.

Within the past few decades, Western society's views have shifted and there is an increasing tolerance for gender equality and autonomy (Poortman & Van Tilburg, 2005). This shift towards gender equality may suggest that individuals' behaviors and attitudes may also be shifting. This may reveal that adults may be more open to equal opportunity and have less stereotypical gender role beliefs. This shift towards equality may also lead to an increase in ideas of autonomy, devaluing traditional commitment ideas in romantic relationships. It would be interesting to see if gender role ideologies either continue or diminish across the age span. In older adults, perceived equality was the strongest predictor of relationship satisfaction and commitment (Boesch et al., 2007). This may be likely to reveal a negative correlation between hypergender beliefs and trust and commitment in older adults. This suggests that perceived equality increases the individual's ability to be committed and trusting in relationships and

expands their gender role beliefs. Later adulthood increases the likeliness of widowhood, divorce, and retirement, all factors that can affect trust, commitment, and overall gender beliefs (Sears-Roberts Alterovitz & Mendelsohn, 2009). When examining older adults' commitment and trust levels based on gender role beliefs, it is beneficial to have younger age groups in comparison. This will examine whether personal and interpersonal experiences affect gender role beliefs across the lifespan. If older adults have fewer hypergender beliefs than a younger population than this will support the ideas that perceived equality and personal experiences are strong predictors of commitment and relationship satisfaction.

Experiment 2 was done to determine how masculinity and femininity play a role in romantic relationships exploring a range of age groups from early into later adulthood. This research is expected to reveal that individuals who are older and have more personal and interpersonal experiences, their levels of trust will increase and their gender beliefs will widen and become less hypergendered. Hypothesis 1 for Experiment 2 is based on the results from Experiment 1, that women who are hypergendered will have lower levels of trust, higher levels of game playing love (Ludus) and lower levels of selfless love (Agape). Hypothesis 2 is that as both men and women who are older, will be more likely to have a wider view of gender beliefs and will be more likely to have increased levels of trust, increased levels of selfless love and decreased levels of game playing love. This study may benefit future generations in that it may reveal how societal expectations influence gender differences pertaining to commitment and trust in romantic relationships.

Experiment 1

Experiment 1 consisted of a convenient sample of participants taken on a volunteer basis. The age group of 18 to 26 years old was targeted. This age group was identified because it is a

transitional period from late adolescence into adulthood. Participants were asked to complete an anonymous survey determining their level of hypergender beliefs, level of trust, level of game playing love and level of selfless love. The first hypothesis of this study is that women in the 18 to 26 age range who are hyperfeminine will have higher trust levels, lower levels of game playing love and higher levels of selfless love during romantic relationships. Since hyperfemininity suggests that women tend to be more passive towards men, this would reveal a correlation between hypergender beliefs and selfless, all giving love. This type of selfless love would be considered hyperfeminine or submissive due to the fact that it involves putting a partner's needs and happiness before their own. The second hypothesis is that men who are hypermasculine would have lower trust levels, higher levels of game playing love and lower levels of selfless love. Sex-role socialization theory suggests that men are less likely to follow societal norms. This could include being more likely to take part in game playing love, decreasing the likelihood of trusting their partner(s). Hypergender beliefs suggest men should have more dominant qualities decreasing the likelihood of participation in selfless love and putting their partner's needs before their own.

Methods

Participants

The participants were recruited from a small, private college and employees at a local restaurant in upstate New York, during the Fall 2008 semester. The participants were graduate and undergraduate students from varied majors. The local restaurant employees were both part and full-time workers. No remuneration was given to participate but they may have gained knowledge on research and survey taking.

Forty-five subjects participated in this survey. Out these subjects, 19 (42%) consisted of males and 26 (58%) females. Out of the 19 males, 47% were Caucasian, 32% were African American, 16% were Hispanic/Latino and 5% were Asian. Twenty-one percent of the males were in between 18-20 years old, whereas 32% were 21-23, 42% were 24-26 and 5% were 27 years old or older. Out of the 26 females, 81% were Caucasians, 11% African Americans, 4% Hispanic/Latina and 4% Asian. Four percent of the females were in the age range of 18-20 years old, 31% were between 21-23, 61% were between 24-26 and 4% was 27 years old or older. Most of the total participants (87%) were of Catholic or Christian religion. Seven percent marked that they were undecided about their religion, 4% were Agnostic and 2% stated that they were Jewish. Sixty-nine percent of the 45 participants had earned a bachelors degree and 13% completed a Masters degree. The other 18% of participants had at least a high school diploma or equivalency. There was a wide range of income spanning from less than $20,000 a year to over $100,000 a year for total household income. Out of the 19 males, 10% stated that they were romantically interested in males, while the other 90% stated females. Out of the 26 females, only 4% stated that they were romantically interested in females with the other 96% interested in males.

Materials

The survey consisted of four types of scales used in order to determine the topics expressed. These four topics determined the participant's demographics, level of masculinity/femininity, love attitudes and trust abilities. Questions were taken from the investigator's own demographic survey, the Hypergender Ideology Scale (Hamburger et al., 1996), the Trust Scale (Couch & Jones, 1997; Couch, Adams, & Jones, 1996), and the Love Attitudes Scale (Hendrick & Hendrick, 1986). The demographic survey included seven questions

pertaining to the participant's gender, age, ethnicity, religious views, income, educational

background and romantic partner gender preference. (See *Appendix A*. Demographic Survey)

The experimental survey consisted of fourteen questions that were taken from the short

form of the Hypergender Ideologies Scale (Hamburger et al., 1996). This scale determines the

participant's masculinity/femininity by measuring adherence to stereotypic gender roles. Two

questions were removed from this scale due to their sensitive nature. Scoring was adjusted to

reflect this when analyzing the data.

Eight questions were taken from the Trust Inventory Scale (Couch & Jones, 1997; Couch,

Adams, & Jones, 1996). This scale measures one's trust in romantic relationships as well as their

feelings and confidence in romantic relationships. Its original reliability coefficient is .80 and it

has been shown to be reliable in correlating feelings of love with happiness. Only questions that

pertained to romantic partner trust were taken from this survey.

Fourteen questions were taken from the Love Attitudes Scale (Hendrick & Hendrick,

1986); seven questions from the Ludus sub-section and seven questions from the Agape sub-

section. Ludus referring to game playing love and Agape referring to all giving, selfless love.

Game playing love consists of using mind games to constantly test a partner or breaking fidelity

and having multiple partners. All giving, selfless love consists of putting a partner's needs and

happiness before their own. The intent of this scale is to measure the love attitudes held by the

participants. The complete survey consists of 43 questions, seven of demographics and 36

pertaining to the three scales measured. (See *Appendix B*. Experimental Survey)

Procedures

Cover letters, consent forms and surveys were handed out in a group setting at the end of

class/end of a work shift and then the investigator left the room. The participants could either fill

them out or leave them blank. Then they folded the surveys in half and placed them in a box

marked "SURVEYS". The participants then folded their informed consent forms in half and

placed them in a box marked "CONSENT FORMS". Afterwards the investigator came back into

the room and handed out the debriefing forms while also shaking up both of the boxes. The

teacher, employer, investigator and other participants were not aware of who did or did not fill

out the survey. Neither the teacher or employer participated in the study and no time was taken

out of the class time or work shift. If a participant felt uncomfortable completing the research

they were able to stop at any time. Besides filling out questions about themselves, their

backgrounds and their views on relationships, no questions that would reveal their personal

identity was asked and their surveys remained anonymous.

Scoring

The 5-item Likert Scale that was used required participant's to answer on a 1 to 5 point

scale. One stated that they strongly disagreed, 2 that they disagreed, 3 that they were neutral, 4

that they agreed and 5 that they strongly agreed. The Hypergender Beliefs Scale consisted of 14

questions, four of them reversed score. A score of 70 shows the highest level of hypergender

beliefs and a score of 14 reveals no beliefs in hypergender ideology. Examples of hypergender

belief questions are; *A real man can get any woman to have sex with him* and *I believe some

women lead happy lives without having male partners.* The Trust Scale consisted of eight

questions and seven of them were reversed scored. An example of a trust question is; *when my

partner is with others, I worry that he/she will be unfaithful*. A score of 40 would reveal an

extremely high level of trust, where the lowest possible score of eight would reveal absolutely no

trust. The Ludus Love Scale (game playing love) consisted of seven questions, a 35 reveals the

highest level of game-playing love. An example of a Ludus question is; *I have sometimes had to*

keep two of my lovers from finding out about each other. The Agape Love Scale (selfless love)

also consisted of seven questions with a score of 35 being the highest level of selfless love. An

example of an Agape question is; *When my lover gets angry with me, I still love him/her fully*

and unconditionally.

Results

The Statistical Package for the Social Sciences (SPSS, 2008) was used to statistically

analyze the four dependent variables; hypergender beliefs, trust, Ludus love and Agape love. A

multiple regression analysis was used to determine the differences in males and females in how

their gender beliefs may predict variance in their trust level and love attitude. Within each model

the Pearson product-moment correlation (*r*), was used to indicate the strength of association

between a predictor and a dependent variable. The level of significance was .05. The multiple

regression analysis revealed that for women, gender beliefs predicted 49% of the variance in

trust and love scales. The score for men was insignificant with only 7% of variance accounted

for by the model.

For the Pearson correlations, the only significant correlation for men was between trust

and game playing love, $r(17) = -.56$, $p = .007$, $R^2 = .31$. For men, there was no significance

between gender beliefs and trust, $r(17) = -.12$, $p = .311$, $R^2 < .01$, gender beliefs and game

playing love, $r(17) = .05$, $p = .415$, $R^2 < .01$, gender beliefs and selfless love, $r(17) = -.21$, $p =$

.198, $R^2 = .04$ and trust and selfless love, $r(17) = -.09$, $p = .356$, $R^2 < .01$. (See Figure 1.

Experiment 1: Path Model for Males)

For women, there were many significant findings. Gender beliefs and game playing love

had a significant, positive correlation of $r(24) = .63$, $p < .001$, $R^2 = .40$. Negative correlations

that were significant consisted of gender beliefs and trust $r(24) = -.34$, $p = .044$, $R^2 = .12$, gender

beliefs and selfless love $r(24) = -.46$, $p = .009$, $R^2 = .21$, trust and game playing love $r(24) =$ -.58, $p < .001$, $R^2 = .34$ and trust and selfless love $r(24) = -.36$, $p = .037$, $R^2 = .13$. (See Figure 2. Experiment 1: Path Model for Females)

Even though there were many gender differences in these correlations, males and females had similar overall means and standard deviations when comparing levels of trust and levels of game playing love. These averages greatly differed when comparing selfless love and gender beliefs between men and women. (See Table 1. Experiment 1: Means and Standard Deviations of Males and Females)

Discussion

The first hypothesis stated that men who were hypermasculine would be less committed to women and expect women to be more submissive and compliant to men. The multiple regression analysis revealed that hypergender beliefs have only a 7% predictability of trust and love attitude for males. This means that the male participant's gender beliefs did not highly affect their level of trust or their love attitude. There was no shown consistency in males for almost all of the scales measured. Males' gender beliefs did not appear to affect their trust level, game playing love level or selfless love level. There was also no significance in males trust affecting their selfless love level. The only statistically significant finding for men was a negative correlation showing that as men's level of trust increases, their level of game playing love decreases. This suggests that the more trusting these male participants are the less likely they are to distrust their partner and want to take part in game playing or infidelity. Hypothesis 1 was not supported in these findings due to the low level of significant findings for males between gender beliefs and the other scales measured. This suggests that either the sample size was too small to support the hypothesis or that men at this age are not as highly affected by hypergender beliefs

than originally predicted. Higher trust levels did predict lower levels of game playing love but hypergender beliefs were not shown to significantly affect trust, game playing or selfless love.

Hypothesis 2 stated that women who were hyperfeminine and who were influenced by gender socialization roles would be more likely to be committed and trusting in romantic relationships. The multiple regression analysis revealed that female's gender beliefs predicted 49% of their trust level and love attitude, which was a significant finding, supporting the hypothesis that females' gender beliefs affect their levels of trust and love attitudes. This suggests that women's hypergender ideologies contribute to trusting their partner. Even though women also participate in game playing love, hypergender beliefs suggest they have higher levels of selfless love. This selfless, Agape love suggests women with these hyperfeminine beliefs tend be more submissive towards men because they put their partners needs and happiness before their own supporting the ideas behind hypergender ideologies.

These findings partially support the hypothesis. Gender beliefs influenced females' trust and attitudes; however did not affect them as predicted. Instead of hyperfemininity increasing females' level of trust, it actually decreased it. Females who were hyperfeminine had significantly lower levels of trust. Hyperfemininity was also related to higher levels of game playing love. Even though the increase in game playing love due to hypergender beliefs was not what was expected, it still supports the idea that hypergendered females showed similar scores in their levels of trust and love attitudes. This suggests that hyperfeminine beliefs still affect trust and love attitudes but conversely from what was predicted. It may be that women's views of hyperfemininity have broadened and now they are more likely to take on different behaviors. These females may be more open to straying away from previous gender stereotypes, allowing them to feel less obligated to follow rules of commitment thus increasing their level of game

playing love and decreasing their ability to trust. Hyperfeminine women may want to test men in order to see whether they are hypermasculine, which makes them traditionally more likely to be promiscuous and expect women to be submissive and compliant towards them. This suggests that hyperfeminine women may be more likely to believe in sex-role socialization theory, that men do not have to comply with societal rules and women may be more likely to take part in game playing love to test their male partner's level of trust and commitment.

Women who had higher levels of trust were less likely to have high game playing love, similar to the findings of the men. Higher trust also related to higher levels of selfless, agape love in females. These results support that women have similar thought processes when it comes to trust and love attitudes. The level in which women believe in gender roles has a predictable and reliable effect on how much they trust and view love in romantic relationships.

For hypergender beliefs men had a mean score of 35 with a standard deviation of 7.2. This revealed that the average score for males for gender beliefs was 35 out of 70. The standard deviation represents the range below and above the standard mean that many of the male scores fell in. This shows that most of the men scored between a 28 and 42, with an average score of 35. This shows that men typically had an average level of gender beliefs. These beliefs are still present, they are just not seen as extremely hypergendered. This could explain why men did not have that many significant correlations, since most of them did not score high on the hypergender beliefs scale.

Women had an average score of 26 for gender beliefs with a standard deviation of 6, showing that most of their answers fell in the 20 to 32 range. This is a typically low level of hypergender beliefs, which suggests that women are straying away from traditional feminine

roles and taking on more masculine qualities considering they scored similar to men in the level of game playing love.

Game playing love (Ludus) was shown to be extremely similar with a 16.1 for men and a 16.5 for women with the highest level allowed being 35. The results for trust were also extremely similar with a score of 29 for the males and 30 for the females with 40 being the highest level of trust. Since hypergender beliefs were correlated with lower levels of trust, these means are accurate in that these participants scored high levels of trust because they did not have high levels of hypergender beliefs. Not as close but still somewhat similar was the males' score of 26 for selfless love (Agape) with the females scoring 21 out of the 35 possible points. (See Table 1. Experiment 1: Means and Standard Deviations of Males and Females)

Experiment 2

In Experiment 2, participants also consisted of a convenient sample but were recruited differently from Experiment 1. Students at the same small, private college in upstate New York were contacted through the colleges email directory and users of the public networking website www.Facebook.com were contacted through an available link. This was done to increase the number of participants and level of anonymity. Instead of using paper copies of the survey used in Experiment 1, Experiment 2 provided all surveys electronically. The age group of 18 years old and up was targeted. This experiment not only examined the transitional period from late adolescence into adulthood but also adulthood into later life. This was done to examine how gender beliefs differ across age groups. These ages were measured to determine if interpersonal and personal factors affect ones trust and commitment level. Since gender equality was the strongest predictor of relationship satisfaction, it would be interesting to see whether older adults had less hypergender beliefs. Participants were asked to complete the same exact anonymous

survey as Experiment 1. Hypothesis 1 is based on the results from Experiment 1, that women

who are hypergendered will have lower levels of trust, higher levels of game playing love

(Ludus) and lower levels of selfless love (Agape). Hypothesis 2 is that as both men and women

age they are more likely to have a wider view of gender beliefs and will be more likely to have

increased levels of trust, increased levels of selfless love and decreased levels of game playing

love.

Methods

Participants

The researcher used the subjects who agreed to participant as an online surveyor. The

participants consisted of both men and women ages 18 years old and older. The researcher

received a total of 368 participants who agreed to the consent form but only 319 answered the

surveys. Out of the 319 surveys used, 98 (31%) answered by males and 221 (69%) by females.

One of the females accounted for identified herself as a transgendered female. The participants

were broken down into four age groups: Group 1 (18-27) consisted of 62% of the males and 64%

of the females, while Group 2 (28-39) had 16% males and 20% females, Group 3 (40-55) had

13% of males and 12% of females and Group 4 (56-older) had 9% of the total males and 4% of

the total females. For males, 90% of the participants were Caucasian, 4% African American, 4%

Hispanic/Latino, 1% Asian and 1% identified themselves as Bi-racial. For females, 93% of the

participants were Caucasian, 3% African American, 1% Hispanic/Latina and 3% Asian. Fifty-

three percent of the total participants had a Bachelors degree, 17% had a Masters degree, 6% has

a Doctorate/Post Graduate degree and the other 24% had at least a High School or Graduate

Equivalency Diploma. There were similar percentages for almost every household income range

from less than $20,000 to over $100,000 per year. The highest income bracket was 19% for $46-65,999 and the lowest was 11% for less than $20,000 annual household income.

Catholicism was the highest acknowledged religion with 57% of the participants while 26% declared Christianity. Seven percent reported being Atheist, 6% Agnostic, 2% Jewish, 1% Muslim and 1% marked undecided. Eighty-six percent of the males said that they were romantically interested in females, 12% said males and 2% said that they were bi-sexual. Ninety-four percent of the females said that they were romantically interested in males, 4% said females and 2% said that they were bi-sexual. These individuals participated on a volunteer basis and no incentive was given. The participants consisted of a convenient sample and participated on a volunteer basis. The surveys were completely anonymous. Participants were recruited from the social networking website www.Facebook.com and through the colleges email directory. Once the volunteer read the recruitment cover letter, they clicked on a link that continued them to the www.SurveyMonkey.com webpage.

Materials

See Experiment 1 for a description of the materials.

Procedures

A public link was added to the researchers Facebook page. Any friends on this site could view the link as well as any of their friends. The email directory was used to find students' emails, out of this directory the first 32 names of each letter were emailed. Once the participant had been recruited from either www.Facebook.com or through their email account, they clicked on a link to proceed to the www.Surveymonkey.com website. This is where they agreed to the consent form. Then they proceeded to take the survey. This online survey was an exact replica of the paper survey used in Experiment 1. If a participant felt uncomfortable completing the

research, they were able to stop at any time. The participants were able to skip any questions

they did not feel comfortable answering. For unanswered questions, the participants were

automatically given a score of 3-neutral for that question in order to score and analyze the data.

The participants were not asked to put their names on their surveys. Besides filling out questions

about themselves, their backgrounds and their views on relationships, no questions revealing

their personal identity were asked and the surveys remained anonymous. Only the researchers

had access to review the responses to the surveys. All participants IP addresses were hidden, so

that there was no way to contact or find out the identity of the individuals who completed the

survey.

Scoring

The analysis paralleled Experiment 1, with the addition of the age of the respondents as a

variable. The participants were divided into four age groups: Group 1 (18-27 years old), Group 2

(28-39), Group 3 (40-55) and Group 4 (56-older). Age was analyzed as a variable to determine if

the pattern found in the 18-26 age group in Experiment 1 held true compared to older ages.

<div align="center">Results</div>

Similar to Experiment 1, SPSS (2008) was used to statistically analyze the four

dependent variables: hypergender beliefs, trust, Ludus (game playing love) and Agape (selfless

love). A multiple regression analysis was used to determine the differences in males and females

in how their gender beliefs may predict variance in their trust level and love attitude. Within each

model the Pearson product-moment correlation (r), was used to indicate the strength of

association between a predictor and a dependent variable. The level of significance was .05.

Compared to Experiment 1, Experiment 2 used a wider range of age groups, so not only was

gender studied but age as well.

For Group 1 males, there was a significant affect of the regression model, $F(3,57) = 3.79$, $MSE = 57.11$, $p = .015$, $eta^2 = .17$, thus 17% of the males behavior was predicted by their gender beliefs. For the Pearson (r) correlations within the multiple regression analysis for men, Group 1 showed a significant correlation between hypergender beliefs to game playing love, $r(11) = .37$, $p = .002$, $R^2 = .14$ and hypergender beliefs compared to selfless love, $r(11) = -.29$, $p = .012$, $R^2 = .08$. For Group 1 females, there was a significant affect of the regression model, $F(3, 136) = 7.51$, $MSE = 35.97$, $p = .000$, $eta^2 = .14$, thus 14% of females behavior was predicted by their gender beliefs. For the Pearson (r) correlations for women in Group 1, all three correlations were significant with hypergender and trust, $r(11) = -.22$, $p = .005$, $R^2 = .05$, hypergender and game playing love, $r(11) = .27$, $p = .001$, $R^2 = .07$ and hypergender and selfless love, $r(11) = .23$, $p = .004$, $R^2 = .05$. For Group 2 males, there was a significant affect of the regression model, $F(3,11) = 4.17$, $MSE = 24.16$, $p = .034$, $eta^2 = .53$, thus 53% of males behavior was predicted by their gender beliefs. For men in Group 2, all three correlations were significant with hypergender and trust, $r(11) = -.48$, $p = .036$, $R^2 = .23$, hypergender and game playing love, $r(11) = .62$, $p = .007$, $R^2 = .38$ and hypergender and selfless love, $r(11) = -.48$, $p = .037$, $R^2 = .23$. For Group 2 females, there was a significant affect of the regression model, $F(3, 41) = 4.54$, $MSE = 30.46$, $p = .008$, $eta^2 = .25$, thus 25% of females behavior was predicted by their gender beliefs. In Group 2, women showed significant correlations in hypergender and trust, $r(11) = -.36$, $p = .007$, $R^2 = .13$ and hypergender and game playing love $r(11) = .38$, $p = .005$, $R^2 = .14$.

For Group 3 males, there was a significant affect of the regression model, $F(3,9) = 12.34$, $MSE = 11.06$, $p = .002$, $eta^2 = .80$, thus 80% of males behavior was predicted by their gender beliefs. The men in Group 3 showed significant correlations between hypergender and trust, $r(11) = -.67$, $p = .006$, $R^2 = .45$ and hypergender and game playing love, $r(11) = .85$, $p < .001$, R^2

= .72. For Group 3 females, there was a significant affect of the regression model $F(3, 23) =$ 8.42, $MSE = 9.85$, $p = .001$, $eta^2 = .52$, thus 52% of females behavior was predicted by their gender beliefs. These women in Age group 3, had two significant correlations between hypergender and trust, $r(11) = -.44$, $p = .010$, $R^2 = .19$ and hypergender and game playing love $r(11) = .68$, $p < .001$, $R^2 = -.46$. For Group 4 males, there was no significant affect of the regression model, $F(3, 5) = 1.37$, $MSE = 20.44$, $p = .354$, $eta^2 = .45$ as well as no significant affect for Group 4 females, $F(3, 4) = .372$, $MSR = 26.10$, $p = .779$, $eta^2 = .22$. In Age group 4 for both men and women there were also no significant Pearson (r) correlations. Group 4 was non-significant due to its small sample size for each group.

Discussion

For men in Age group 1, the results suggest that as men that are more masculine identified at this age, they are more likely to have higher levels of game playing love and lower levels of selfless love. As men, in this age group, have higher hypergender beliefs then they are more likely to take part in game playing love and less likely of providing selfless love. This supports the literature on sex-role socialization theory suggesting that men may be less likely to follow societal norms such as commitment in romantic relationships when they have hypergender beliefs (Ward & Beck, 2001). As their gender beliefs become hypermasculine then they may be more likely to take on more dominant qualities. Sex-role socialization theory suggests that this may cause men to not always abide by societal norms and expectancies. This can also be related to relationships. As these men had higher levels of hypergender beliefs, they had higher levels of game playing love and were less likely to construct to societal rules such as monogamy.

For women in Age group 1, the analysis of hypergender beliefs suggest that hyperfeminine beliefs reflect lower levels of trust, similar to the men in this age group. Women also scored similar to men in that higher levels of hypergender beliefs were associated with higher levels of game playing love. This refutes the literature suggesting sex-role socialization theory for women (Ward & Beck, 2001). Women now, who are more hyperfeminine, show less commitment and more game playing love. This suggests that since sex-role socialization theory was developed, women tend to show more masculine traits and are less likely to follow rules constructed by societal norms such as always following monogamy in relationships. Women may still tend to identify as hyperfeminine but the definition of hyperfemininity may have changed. This does support the literature that suggests Western societies views have shifted and there is an increasing tolerance for gender equality since women are scoring similarly to men (Poortman & Van Tilburg, 2005). Unlike the men's results though, women of this age also showed selfless love correlated to hypergender beliefs. These results suggest that women of this age group who are hyperfeminine are just as likely to participate in game playing love as they are selfless, all giving love. Even though women are now more likely to participate in more traditional masculine traits such as game playing love they can still conform to the hyperfeminine ideas of being submissive to their partners needs. Women's behavior towards game playing may have changed but they continue to have traits that allow them to put their partner's needs and happiness before their own.

The results of the men in Age group 2, reveal that men who are more masculine identified are less likely to have high levels of trust towards their partner. Similar to men in Age group 1, Age group 2 results suggest that hypermasculinity relates to more game playing love and less selfless love. Men in Age group 3 also presented similar results. They too were shown to

have lower levels of trust and higher levels of game playing love associated with hypergender beliefs. In the first three age groups, the data continues to support the sex-role socialization theory for males. This shows that as men are more hypermasculine then they are less likely to follow general rules, such as taking part in playing mind games and infidelity, and may be more likely to be less committed in romantic relationships (Ward & Beck, 2001).These results also suggest that men who are less hypermasculine are more likely to follow societal rules such as relational monogamy and are more likely to be committed and trusting in romantic relationships.

The women in Age groups 2 and 3 also revealed that gender roles continue to similarly affect their trust and love attitude in romantic relationships. These results suggest that sex-role socialization theory is becoming less relevant now that women are not socially expected to follow societal rules to the degree that they were before. The sex-role identification shows that women still identify as being hypergendered but now their behavior has changed. Even though these women identify themselves as hyperfeminine, they are no longer traditionally passive. Due to the shift in Westernized views, women's behavior is now socially acceptable to have more masculine qualities. Women may partake in more traditional masculine behaviors such as game playing love to achieve power but they continue to view themselves as hyperfeminine. The women in Age groups 1 through 3 support Experiments 2's, Hypothesis 1. Women who are more hypergendered have lower levels of trust and higher levels of game playing love. The result that refutes this hypothesis is that no matter how hypergendered women's beliefs are they maintain the same level of selfless love suggesting that even though women take part in more game playing love does not mean they do not believe in selfless love during romantic relationships.

It is not until Age group 4 that men in later life are able to identity with masculine beliefs and still be trusting of their romantic partner. Similar to men, the women in Age group 4 present

a change in that hypergender beliefs presents the ability to be hyperfeminine and trusting of their romantic partner. The majority of men and women scored average to low on the hypergender beliefs scales in all four age groups. This supports the idea that Westernized societies views have shifted and there are more socially acceptable views of both men and women when adhering to societal norms and romantic relationships (Poortman & Van Tilburg, 2005). In general, the results show that men and women in all four age categories had average to low levels of hypergender beliefs suggesting that traditional gender stereotypes were not common held beliefs by this study's participants.

Looking at the means and the standard deviations table for males (See Table 2. Experiment 2: Means and Standard Deviations of Males), as age increases they were shown to be less hypermasculine identified. This supports the hypothesis that people who are older, their gender roles expand due to relationships and life experiences (Sears-Roberts Alterovitz & Mendelsohn, 2009). As men age, they start to become less hypermasculine. As they broaden their gender role beliefs they become more trusting of their partner in romantic relationships. As they become more trusting their ability to participate in selfless, all giving love increases. For men, their game playing (Ludus) love is highest in Age group 2 (28-39 years old). These results suggest that men after this age group have significant decreases in their game playing lifestyle.

Agape or selfless, all giving love continues to increase with each age group for men and then starts to slightly decrease in Group 4. This may suggest that by the time males are in the age group of 56 and older they may be more likely to be in a stable, long term relationships making their commitment style more comfortable and less likely for them to be overly selfless and giving. Men at this age may be less hypermasculine and more trusting towards their partner making them less likely to take part in game playing in their relationship. This increase in trust

may also make the relationship more stable and permanent making them feel less likely to have to always put their partner's needs first and the relationship may become more neutral as far as putting in effort.

Women also show lower levels of hypergender beliefs in older age, which also supports Hypothesis 2. This concurs with the research that suggests that perceived equality is the strongest predictor of relationship satisfaction and commitment (Sears-Roberts Alterovitz & Mendelsohn, 2009). Similar to men, women's trust level is higher in older age. As females become less hyperfeminine their trust is higher and their game playing love is lower. Women's level of Agape or selfless love was similar throughout all four age groups. This may suggest that even though women are selfless when in a committed relationship, as they are younger they may take part in more game playing love when not committed due to their lower levels of trust. As they get older and have higher levels of trust, they become less likely to play games within romantic relationships. This suggests that high levels of trust are needed in order for game playing love to decrease. (See Table 3. Experiment 2: Means and Standard Deviations of Females)

Overall Discussion

Both men and women in this study produced similar results. Hypergender beliefs suggest lower levels of trust and higher levels of game playing love. The major difference between genders was that men's selfless love was highest in the oldest category where as women's stayed the same throughout the age groups. For both genders, hypergender beliefs and game playing love were lower in the older age groups while trust was higher. This reveals that with age and life experiences, people who are older have higher levels of perceived equality between genders in romantic relationships. Experiences and age allow both men and women to have fewer hypergender beliefs and develop higher levels of trust for their partner, making them less likely

to take part in game playing love. This suggests that individuals in later life, are more likely to have less strict views on what is seen as socially acceptable for each gender. These views of equality allow them to increase the level of trust for their partner making them less likely to take part in game playing love such as testing their partner of breaking fidelity.

A limitation of this study is lack of diversity. Most of the participants were Caucasian. Even though some of the participants were African American, Hispanic/Latino, Asian and Bi-racial, it was not clear whether they identified with their own ethnicity or with that of Westernized culture. Future research using multiple ethnicities as well as participants from different countries would be helpful in determining how culture may affect one's gender beliefs. It may be important to explore what other factors besides gender beliefs may be affecting individuals trust level and love attitude. Personal as well as interpersonal factors are probable to greatly affect one's views of trust and love attitude, so a variety of correlations could be examined. It may also be useful to cross-examine other demographics besides age and gender. Exploring the affect ethnicity, education and religion would also greatly enhance the results of future studies.

Hypergender beliefs, although less in the older groups, were evident in both men and women. Women's hypergender beliefs were significantly less than their male counterparts. However, it is the content of these beliefs that is different in women. It may be important to base future theories on the modification of sex-role socialization theory now that hypermasculinity and hyperfemininity may have different definitions. This study revealed that hyperfeminine beliefs of the women in this sample differ significantly from hyperfemininity described by sex-role socialization theory of 20 years ago.

References

Boesch, R. P., Cerqueira, R., Safer, M. A., & Wright, T. L. (2007). Relationship satisfaction and

commitment in long-term male couples: Individual and dyadic effects. *Journal of Social

and Personal Relationships, 24(*6), 837-853.

Couch, L. L., Adams, J. M., & Jones, W. H. (1996). The assessment of trust orientation. *Journal

of Personality Assessment, 67(*2), 305-323.

Couch, L. L. & Jones, W. H. (1997). Measuring levels of trust. *Journal of Research in

Personality, 31*, 319-336.

Griffen, S. (1971). Rape: The all-American crime. *Ramparts, 10,* 26-35.

Hamburger, M. E., Hogben, M. H., McGowan, S., & Dawson, L. J. (1996). Assessing

hypergender ideologies: Development and initial validation of a gender-neutral measure

of adherence to extreme gender-role beliefs. *Journal of Research in Personality, 30,* 157-

178.

Hendrick, C. & Hendrick, S. (1986). A theory and method of love. *Journal of Personality and

Social Psychology, 50*(2), 392-402.

Malamuth, N. M., Sockloskie, R. J., Koss, M. P., & Tanaka, J. S. (1991).

Characteristics of aggressors against women: Testing a model using a national sample of

college students. *Journal of Consulting and Clinical Psychology, 59,* 670-681.

Muehlenhard, C. L., Harney, P. A., & Jones, J. M. (1992). From "victim-

precipitated rape" to "date rape". How far have we come? *Annual Reviews of Sex

Research, 3,* 219-253.

Poortman, A. R. & Van Tilburg, T. G. (2005). Past experiences and older adults' attitudes: A

lifecourse perspective. *Ageing and Society, 25,* 1, 19-39.

Sears-Roberts Alterovitz, S. & Mendelsohn, G. A. (2009). Partner preferences across the life

      span: Online dating by older adults. *Psychology and Aging, 24,* 2, 513-517.

SPSS for Windows. (2008). Rel. 17.0.0. Chicago: SPSS Inc.

Ward, D. A. & Beck, W. L. (2001). Gender and dishonesty. *The Journal of Social Psychology,*

      *130(*3), 333-339.

Weis, K. & Borges, S. S. (1973). Victimology and rape: The case of the legitimate

    victim. *Issues in Criminology, 8,* 71-115.

Table 1.

Experiment 1: Means and Standard Deviations of Males and Females

Scales	Gender	
	Males	Females
Gender Beliefs	35.0 (7.2)	26.2 (6.3)
Trust	29.4 (6.5)	30.7 (6.2)
Game Playing Love	16.1 (4.4)	16.5 (4.2)
Selfless Love	26.8 (4.5)	21.8 (3.5)

Note: Means (Standard Deviations); Sample had 19 males and 26 females.

Table 2.

Experiment 2: Means and Standard Deviations of Males

	Males			
	Age Group			
Scales	1 (18-27)	2 (28-39)	3 (40-55)	4 (56-up)
Gender Beliefs	34.98 (8.07)	34.40 (6.37)	30.08 (6.51)	30.33 (4.82)
Trust	27.59 (6.40) -*	27.47 (6.14) -*	31.69 (3.73) -*	31.89 (3.14)
Game Playing Love	17.98 (4.61)	20.00 (4.28) +*	17.38 (5.17) +*	14.78 (4.38)
Selfless Love	25.23 (3.51) -*	25.33 (3.31) -*	27.31 (4.13)	24.56 (1.74)

Note. Means (Standard Deviations). Out of this sample, there are 98 males represented. +* Significant, positive correlation, -* Significant, negative correlation.

Table 3.

Experiment 2: Means and Standard Deviations of Females

	Females			
	---	---	---	---
	Age Group			
Scales	1 (18-27)	2 (28-39)	3 (40-55)	4 (56-up)
Gender Beliefs	28.14 (6.41)	26.29 (6.15)	24.26 (4.28)	24.75 (4.37)
Trust	27.21 (6.88) -*	30.87 (6.58) -*	29.81 (6.56) -*	32.38 (7.63)
Game Playing Love	16.10 (4.24) +*	15.38 (4.48) +*	14.74 (4.04) +*	14.63 (2.72)
Selfless Love	22.76 (4.08) +*	22.47 (3.64)	21.19 (3.86)	21.75 (4.46)

Note. Means (Standard Deviations). Out of this sample, there are 221 females represented. +* Significant, positive correlation, -* Significant, negative correlation.

Figure 1.

Experiment 1: Path Model for Males
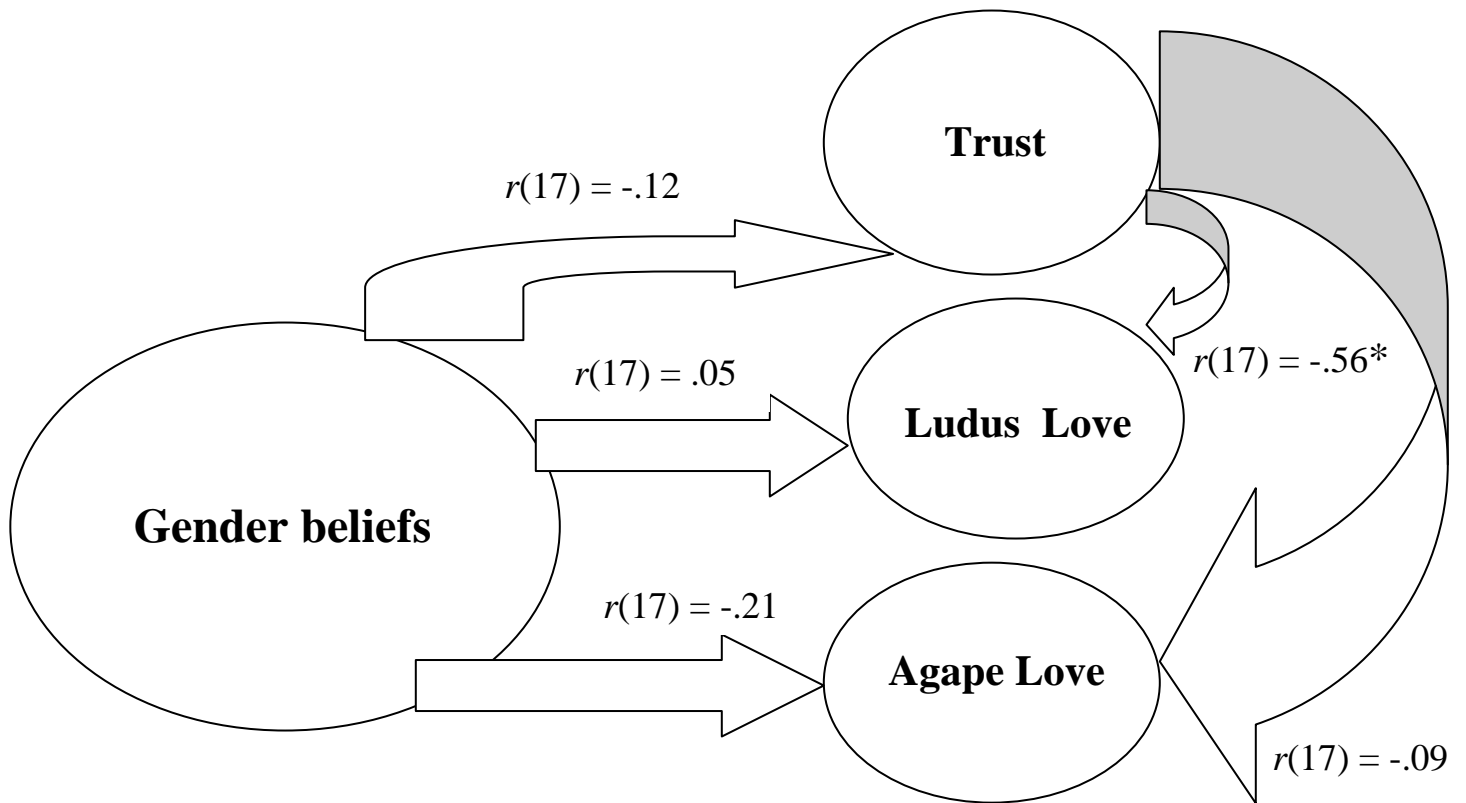
Note. *r*(17) is the number of male participants minus two degrees of freedom. Total number of male participants is 19; * = Significant correlation

Figure 2.

Experiment 1: Path Model for Females
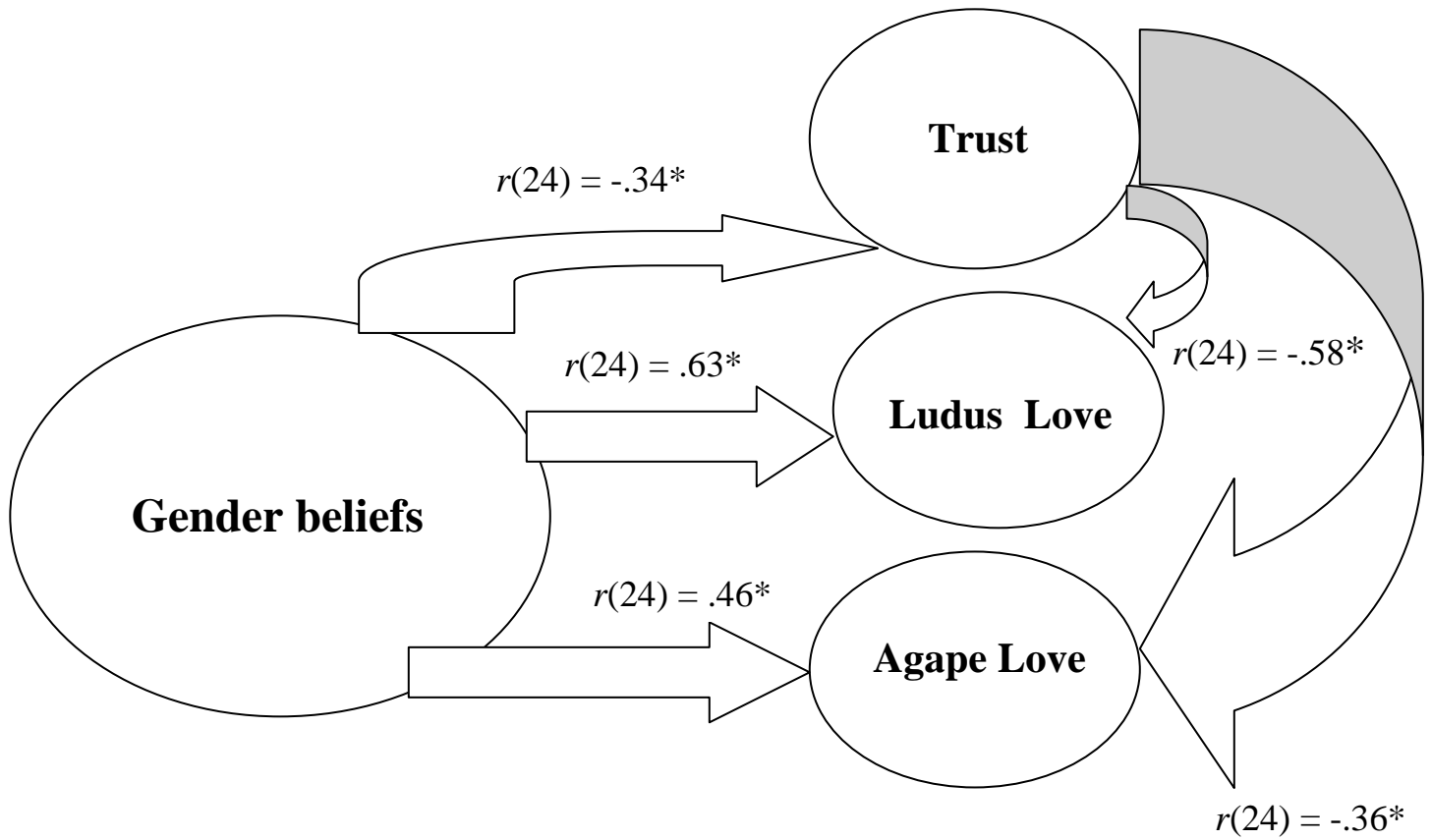
Note: $r(24)$ is the number of female participants minus two degrees of freedom. Total number of female participants is 26; * = Significant correlation

Appendix A

<u>Please check which one applies:</u>

1) Gender:

Male_____   Female_____

2) Age Range:

18-22_____   23-27_____   28-32_____   33-39_____
40-46_____   47-55_____   56-64_____   65 & up_____

3) Ethnicity:

Caucasian_____   African American_____   Asian_____

Hispanic/Latino_____   Other_____
                                   (please specify)

4) Level of Completed Education:

High School/GED_____   Bachelors Degree_____   Masters Degree_____

Post Graduate_____   Other_____
                                   (please specify)

5) Household Income:

Less than $20,000_____ $20-35,999_____ $36-45,999_____

$46-65,999_____ $66-85,999_____ $86-100,000_____

Over $100,000_____

6) Religion:

Catholic_____   Christian_____   Jewish_____   Muslim_____

Agnostic_____   Atheist_____   Other_____
                                   (please specify)

7) Gender of Romantic Relationship Interest:
Male_____   Female_____   Other_____ (please specify)

Appendix B

<u>This survey will remain anonymous, so please answer honestly.</u>
<u>Please use current and/or past relationships when answering the following questions. If you have not been in a romantic relationship please mark your predicted answer.</u>

<u>Mark one that best applies.</u>

L 1) I have sometimes had to keep two of my lovers from finding out about each other.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 2) I am usually willing to sacrifice my own wishes to let my lover achieve his/hers.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 3) I am doubtful that my partner will always be there for me if I need him/her.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H (r) 4) Gays and lesbians are generally just like everybody else.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 5) It is dangerous to let your guard completely down with your partner.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 6) I try to keep my lover a little uncertain about my commitment to him/her.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 7) It's okay for a man to be a little forceful to get sex.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 8) When my partner is with others, I worry that he/she will be unfaithful.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 9) I cannot be happy unless I place my lover's happiness before my own.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 10) If men pay for a date, they deserve something in return.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 11) When my lover gets angry with me, I still love him/her fully and unconditionally.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 12) A real man can get any woman to have sex with him.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T 13) I tell my partner that I trust him/her completely.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 14) I believe that what my lover doesn't know about me won't hurt him/her.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 15) I am skeptical that relationships ever really work out.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 16) In relationships, I tend to be alert for the possibility of rejection or betrayal.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 17) My lover would get upset if he/she knew of some of the things I have done with other people.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H (r) 18) I believe some women lead happy lives without having male partners.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 19) I am afraid that my partner will hurt me emotionally.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 20) Any man who is a man needs to have sex regularly.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 21) I would rather suffer myself than let my lover suffer.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 22) I can get over love affairs pretty easily and quickly.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 23) When my lover gets too dependent on me, I want to back off a little.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 24) Men should be ready to take any risk, if the payoff is large enough.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H (r) 25) No wife is obliged to provide sex for anybody, even her husband.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 26) A true man knows how to command others.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 27) Men who have feminine characteristics or attitudes deserve to be ridiculed.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

T (r) 28) I am afraid my partner will betray me.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 29) I would endure all things for the sake of my lover.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

L 30) I enjoy playing the "game of love" with a number of different partners.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 31) Women don't mind a little force in sex sometimes because they know it means they must be attractive.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H (r) 32) Homosexuals can be just as good at parenting as heterosexuals.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 33) Women instinctively try to manipulate men.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 34) Whatever I own is my lover's to use as he/ she chooses.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H 35) Women should break dates with female friends when guys ask them out.

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

A 36) I try to use my own strength to help my lover through difficult times. (I try to always help my lover through difficult times).

1	2	3	4	5
strongly disagree	disagree	neutral	agree	strongly agree

H- Measures Hypergender beliefs
T- Measures Trust
L- Measures Ludus (game playing love)
A- Measures Agape (selfless love)
(r) reversed scored