

INTRODUCTION TO THE LAB REPORT

Adolescence and the teen age is one of the most important episodes of a person's life. This is because it is characterized by immense emotional and psychological changes that could affect future attitudes, values and personality during adulthood. Massad (1981) has studied the subject of sex role identity and self or peer adjustment at adolescence stage. Although there have been several studies in this area, there is no consensus whether sex identity determines sex roles or the other way round. The purpose of this study will be to outline the relationship between sex identity and sex roles. **It is a replication of Christopher Massad's study entitled "Sex Role Identity and Adjustment During Adolescence."** Martin, Ruble and Szkrybalo (2002) point out that although sex is a biological property, social constructs determine what members of a certain sex should do. This cultural determination of gender and sex-based expectations has always led to the confusion regarding the direction of causality. The focus of this study will be on how societal expectations about the roles of adolescent girls and boys affects their perception of body image and how these perceptions affect their identity. It seeks to clarify the nature of relationship between masculinity or femininity concepts with the roles that adolescents take up in society.

It is very important to study this subject because of various reasons. Mainly, understanding dynamics of adolescence makes it possible to plan for them, design programs and also know their needs. It is expected that the adolescents who do not meet the expectations of the society develop defense mechanisms or personalities that may be considered wayward. The society expects boys and girls to be masculine and feminine respectively (sex identity) (Martin & Ruble, 2004). To measure sex identity, the study explores the expectations of the society. However, the real practices which adolescents do constitute their roles.

References

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