Traditional Gender Role Attitudes and Mental Health among Latinx and African American Young Adults
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Method

Participants:
• Latinx (n=54) and African American (n=91) college students were on average 20 years old (SD = 1.32) and the majority self-identified as women (69.0%) and reported being born in the U.S. (96.6%).

Procedures and Sample:
• African American and Latinx young adults attended a Predominantly White University (PWI) in the Midwest.
• Participants completed an initial 1.5-hour assessment on a computer in the laboratory.
• Participants were paid $10 for the assessment.

Measures:
Traditional Gender Role Attitudes: Participants completed the Tradition Gender Role Attitudes scale.
• 10 items total on a 4-point Likert scale.
  • “Men should make the really important decisions in the family.”
• Respondents reported whether the event occurred in the past year.
• Scale responses ranged from 1 (strongly disagree) to 4 (strongly agree).

Anxiety Symptoms: Participants completed the Beck Anxiety Inventory (Beck, Epstein, Brown, & Steer, 1988).
• 21 item scale on a 4-point Likert scale.
  • Participants were asked, “How much have you been bothered by: numbness or tingling”
  • Respondents reported whether the symptom occurred during the past month
  • Scale responses ranged from 1 (not at all) to 4 (severely, it bothered me a lot).
• Responses for each item were summed to obtain a total score ranging from 0 to 63, with higher scores reflecting more anxious symptoms.

Results
• Correlation analyses were conducted in order to see if there was an association between traditional gender role attitudes and symptoms of anxiety.
• Results (Table 1) indicated that there was no association (r = -.04, p = .67).

Table 1
Association Between Traditional Gender Role Attitudes and Anxiety Symptoms

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>SD</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Traditional gender role attitudes</td>
<td>1.40</td>
<td>.52</td>
<td></td>
</tr>
<tr>
<td>2. Anxiety symptoms</td>
<td>13.64</td>
<td>11.62</td>
<td>-.04</td>
</tr>
</tbody>
</table>

Note. M indicates means. SD indicates standard deviations.

Conclusions and Implications
• Although previous research has linked traditional gender role attitudes and poor mental health symptoms (Philipp et al., 2020), no association emerged in the current study.
• Traditional gender role attitudes may have changed over generations within Latinx and African American young adults.
• Future studies should:
  • Investigate associations among non-U.S. born individuals.
  • Examine other indicators of mental health and well-being (e.g., depressive symptoms, self-esteem).