

## THE GENDER IDENTITY OF GIRLS AS A FACTOR IN THEIR PSYCHOLOGICAL WELL-BEING

**Tuniyants Anna Aleksandrovna**

Tashkent Branch of Moscow State University named after M.V. Lomonosov

**UZBEKISTAN**

E-mail: anna.tuniyants@gmail.com

### ABSTRACT

In this study, gender identity is viewed as a multidimensional construct that encompasses the subject's attitude to his / her gender, the feeling of compatibility with his gender group, attitudes towards gender groups, regulation of behavior in relation to gender, and feelings of pressure towards gender conformity. We view gender identity as a multidimensional construct encompassing an individual's (a) knowledge of membership in a gender category, (b) felt compatibility with his or her gender group (i.e., self-perceptions of gender typicality as well as feelings of contentment with one's gender), (c) felt pressure for gender conformity, and (d) attitudes toward gender groups. Social identity can support the subject's sense of community and high self-esteem. But the more attachment a person feels to his group, the more difficult it is for him to build relationships with representatives of other groups. In order to track the effects of high gender identity, we investigated its relationship with psychological well-being. It was shown that, with the exception of feelings of pressure, these components of gender identity in girls are moderately interrelated. In addition, they affect psychological well-being in different ways (in particular, they can reduce autonomy, personal growth, and emotional well-being). Therefore, when advising on gender identity, the heterogeneity of this construct should be taken into account.

**Keywords:** Gender identity, psychological well-being, gender typicality, positive relations with others, emotional well-being.