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GENDER DIFFERENTIATION IN EMOTION RECOGNITION

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Abstract:

This article explores gender differences in the ability to recognize and distinguish emotional states. It focuses on the cognitive and behavioral characteristics of men and women in interpreting emotional cues such as facial expressions, tone of voice, and gestures. Existing psychological studies are reviewed, with emphasis on biological, sociocultural, and educational factors contributing to gender-based differences. The aim of the paper is to identify the nature and extent of gender differentiation in emotion perception, as well as its implications for interpersonal communication and social adaptation.

Keywords: Characteristics of emotions, subjective reflection, higher emotions, gender differences, gender identity, emotional consciousness.

Introduction

Nowadays, in our country, understanding the differences in emotional expression between men and women is very important for properly managing family relationships, positively influencing people's psychological well-being, increasing balance and efficiency in the workplace, and creating a positive environment in educational settings. Indeed, taking into account gender-related emotional differences strengthens mutual understanding within the family, positively affecting child-rearing, couple relationships, and social life in general.



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The attitudes of the general public toward society, nature, and the individual are expressed through their needs, desires, interests, behavioral motives, beliefs, views, ideas, national traditions, and patterns of emotional expression. At the core of relationships lie symbols, images, representations, impressions, volitional qualities, character traits, elevated emotions, intelligence, and the stable qualities of a fully developed personality in the human mind.

Literature Review and Methodology

Before addressing gender differences in emotional experiences, it is important to consider the individual characteristics of emotions. Emotional experiences and states are inherently personal and vary from one individual to another. Specifically, emotions differ in their onset speed, intensity, and stability across individuals. Some individuals exhibit emotions gradually, with moderate intensity, and maintain a stable emotional state. These individuals are typically characterized as calm and even-tempered. Conversely, there are individuals whose emotions arise rapidly, manifest intensely, and are emotionally unstable. Such individuals are often described as energetic, inquisitive, and lively.

Moreover, the triggers for emotional responses can vary significantly among individuals. For some, emotions are elicited primarily by significant or extraordinary events, whereas for others, even minor incidents can provoke intense emotional reactions. This variability underscores the importance of considering individual emotional profiles when studying gender differences in emotional experiences.

The manifestation of emotions and gender differences in emotional expression have been the focus of numerous international studies. Researchers such as P. Ekman, K. Izard, D. Goleman, and J. Mayer have extensively explored the nature of emotions, the mechanisms underlying their emergence, and the concept of emotional intelligence. P. Ekman's investigations into the universal and culture-specific aspects of emotional expression have provided a critical foundation for



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understanding emotional differentiation between genders. Similarly, A. Bandura and his colleagues, through the framework of social learning theory, have examined how emotional roles are shaped during the process of gender differentiation.

In Russia, scholars such as V. V. Boyko have made significant contributions by developing methodologies on “emotional culture” and “emotional intelligence,” and by conducting practical research on the regulation of emotional states and gender differences. E. P. Ilyin, in his seminal work *Psychology of Emotions and Feelings*, analyzed emotional experiences and highlighted distinctions associated with gender characteristics.

Within Uzbek psychology, several studies have addressed similar issues. Notably, A. A. Rasulev, D. K. Karimova, and Sh. A. Nabiev have examined the influence of cultural and social factors on individual emotional development. Their research underscores, at least partially, the role of gender differences in shaping emotional states.

Overall, these studies provide a solid theoretical and empirical foundation for exploring the ways in which gender influences emotional experiences, while also highlighting the importance of considering cultural, social, and individual factors in understanding emotional differentiation.

Results and Discussion

Emotion can be understood as an individual’s subjective experience of their relationship with reality, arising from personal needs and interests, and manifesting as either pleasant or unpleasant feelings. Broadly speaking, the concept of feelings is more comprehensive than that of emotion, encompassing various aspects of an individual’s daily life, behavior, and overall lifestyle. From the perspective of their emergence, feelings are closely connected to a person’s needs, interests, and aspirations. For instance, the satisfaction of organic or physiological needs typically generates feelings of pleasure, comfort, and



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contentment. Conversely, the inability to fulfill these needs can adversely affect a person's psychological state, resulting in mood disturbances, distress, frustration, or impatience. Furthermore, gender differences play a significant role in the manifestation and regulation of emotional states. Research indicates that men and women often differ in emotional expression, intensity, and stability. Women tend to demonstrate higher emotional expressiveness and sensitivity, whereas men may exhibit more restrained emotional reactions in similar contexts. These differences are shaped not only by biological factors but also by cultural norms, social expectations, and individual experiences. Understanding these dynamics is crucial, as it allows for better interpretation of emotional behaviors in various contexts, including family relationships, educational environments, and workplace interactions. By recognizing how gender influences emotional responses, interventions and strategies can be developed to improve communication, foster empathy, and enhance psychological well-being across diverse social settings.

Overall, these findings underscore the importance of considering both individual and gender-specific characteristics when studying emotional experiences, highlighting the complex interplay between biological, social, and psychological factors in shaping human emotions. To investigate the differential psychophysiology of women and men, our study employed the methodology developed by Johnson and G. Shulman, titled "*Identifying Gender Differences in the Perception of Personal Emotions.*" The study involved 117 students from the Faculty of Pedagogy and the Faculty of Physics and Mathematics at Fergana State University.

The demographic characteristics of the participants are presented in Table 1 and Figure 1.

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Table 1. Demographic Characteristics of Participants by Faculty and Age

Faculty	Female		Male	
	19-21 years	22-26 years	19-21 years	22-27 years
Pedagogy	18	17	11	16
Physics and Mathematics	28	6	7	14
Total:	46	23	25	23
	69		48	

The research methodology involved 12 images depicting different emotional states, each accompanied by multiple-choice options describing the corresponding emotions. This approach allowed for the assessment of participants' ability to recognize both primary and secondary emotional expressions. Gender differences in the recognition of facial expressions were evaluated based on the repetition of correct responses. According to the results obtained, the quantitative analysis of responses provided by female participants is presented in Table 2.

Table 2. Number of Correct Responses by Female Participants in Recognizing Facial Expressions

No.	Emotion	Number of Correct Responses by Female Participants	
		Number of Respondents	Percentage (%)
1	Anger	30	43,5
2	Silence / Quietness	27	39,1
3	Doubt	28	40,6
4	Feeling Unwell	9	13,0
5	Deep Sadness	6	8,7
6	Shyness	36	52,1
7	Happiness / Joy	51	73,9
8	Indifference	42	60,8
9	Hostility	12	17,3
10	Regret / Sorrow	15	21,7
11	Rage	6	8,7
12	Excited Joy / Enthusiasm	45	65,2

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The graphical representation of the responses is illustrated in Figure 2.

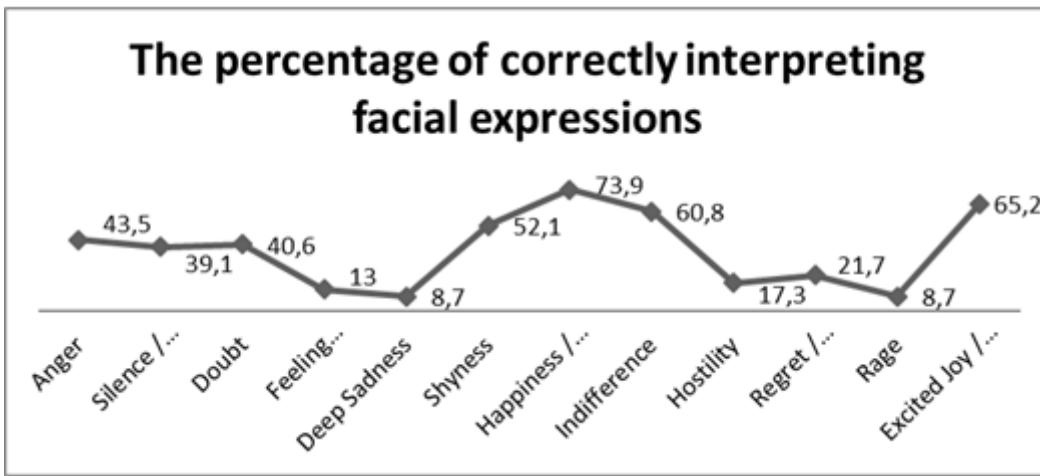


Figure 2.

According to the results obtained, the facial expressions correctly interpreted by more than 50% of the female respondents in the study were as follows: happiness (73.9%), exuberant joy (65.2%), indifference (60.8%), and shyness (52.1%). The lowest scores were recorded for deep sadness (8.7%) and anger (8.7%). This may be explained by the lower expression of negative emotions in girls' outward expressiveness, as socialization practices tend to discourage the display of emotions such as anger and aggression in girls, while encouraging them to express more positive emotions. It was noted that the quality of responses given by boys in interpreting the depicted facial expressions differed from those given by girls. The number of correct responses among boys was significantly lower compared to the correct responses given by girls. Table 3 presents a quantitative analysis of the responses given by boys.

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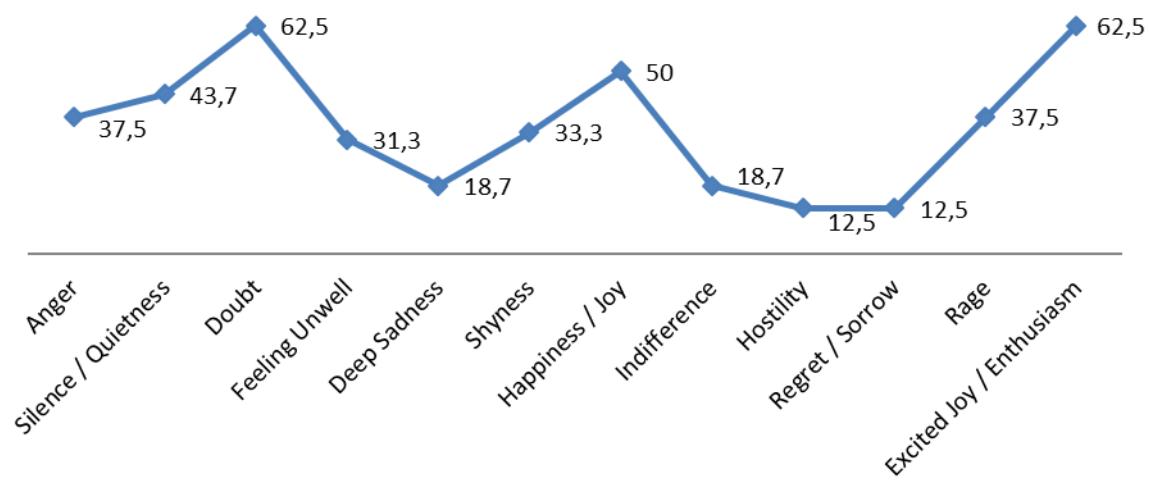
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Table 3. The number of correct responses given by boys in interpreting facial expressions.

No.	Emotion	Number of Correct Responses by Male Participants	
		Number of Respondents	Percentage (%)
1	Anger	18	37,5
2	Silence / Quietness	21	43,7
3	Doubt	30	62,5
4	Feeling Unwell	15	31,3
5	Deep Sadness	9	18,7
6	Shyness	16	33,3
7	Happiness / Joy	24	50,0
8	Indifference	9	18,7
9	Hostility	6	12,5
10	Regret / Sorrow	6	12,5
11	Rage	18	37,5
12	Excited Joy / Enthusiasm	30	62,5

The percentage of correctly interpreting facial expressions



The graphical representation of the responses is shown in Chart 3.



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The emotions most accurately interpreted by boys were as follows: doubt (62.5%), exuberant joy (62.5%), happiness (50.0%), and calmness (43.7%). The difference in correctly identifying positive and negative emotions in these responses was only 6.2%. This indicates that boys are almost equally capable of interpreting positive and negative emotions, although the quality of their interpretations may be lower. The emotions least accurately identified by the boys in the study were longing (12.5%), hostility (12.5%), and deep sadness (18.7%). According to the results obtained, women were found to be stronger than men in correctly interpreting emotional states. Both our theoretical and practical analyses confirmed the presence of gender differences in the course and outward expression of emotional states.

Conclusion

To study the process of gender differentiation in the manifestation of emotions and feelings in men and women, psychological literature on gender differences in the emotional domain was analyzed from a scientific and theoretical perspective. General conclusions were drawn regarding the psychology of emotions and their differentiation. According to the findings, women's emotional domain is significantly more differentiated and complex compared to men's, and there are notable differences in the expression of primary emotions between men and women. In early childhood, boys and girls do not show noticeable differences in the duration and frequency of anger expression, but as they grow older, this emotion tends to increase in boys in terms of recurrence and persistence, while in girls it decreases. Although girls have tendencies toward aggression similar to boys, such behavior is often suppressed due to the inevitability of social punishment, whereas in boys, aggressive behavior tends to be met with tolerance or acceptance by their surroundings. The expression of sadness is higher in women compared to men. In senior-grade girls, the social environment exposes them to emotionally challenging events that cause stress, leading to a higher level



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of psychological strain, whereas boys show only mild levels of stress. Different responses of women and men to alternative pressure have been observed under stress conditions. In stressful situations, men expend more energy compared to women. Women, on the other hand, openly display fear and sadness more than men during stress. It was found that gender differences in the manifestation of facial expressions are not very pronounced. However, women tend to show slightly higher emotionality, and these differences become more pronounced with age, as men are known to hide their emotions and try not to show them.

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