

## **Emotions of Women and Men – Similarities – Differences – Development**

### **Abstract**

The article presents a survey of empirical studies and meta-analyses on the similarities and differences in the emotionality of women and men. Women's and men's emotions are analyzed in terms of their experiencing and expression. Special attention is paid to emotions connected with caring and aggression. Differences and similarities are presented in different age groups.

**Keywords:** *emotions, masculinity, femininity, gender psychology*

### **Emotions of women and men in the early psychological research**

In common opinions women are considered as more emotional and affectional than men. At the same time, it is thought that women are less capable of controlling their emotional states than men, they rarely conceal their emotions, they are very vulnerable and it is easy to make them cry.

In Western culture women's and men's emotions are described in terms of "heart" and "mind." "Heart," or emotionality is considered as the essence of femininity, whereas "mind" is a symbol of masculine rationality.

The contrast between "heart" and "mind" in women and men was also emphasized in early scientific conceptions in psychology. In his book "Psychology of Women" (1910, after: Fisher, 1998), G. Heymans, founder of the Dutch school of experimental psychology, wrote that women's emotionality suppresses their ability to think in an abstract, innovative and independent way. Stanley Hall (1984, after: Fisher, 1998) claimed that women follow their intuition more often and such emo-