

Consequences of Housewives' Gender Perceptions in Turkey: Self-Alienation and Burnout

Türkiye'de Ev Kadınlarının Cinsiyet Algılarının Sonuçları: Kendine Yabancılaşma ve Tükenmişlik

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Highlights

- As a result of the study, it was determined that factors such as age, number of children, special time of the day, type of marriage and family structure were directly related to the gender perceptions of housewives.
- It has been determined that the gender perceptions of housewives are directly related to their burnout and self-alienation levels.
- It was determined that these women experienced severe burnout and self-alienation as a result of their gender perceptions due to the expectations in the society they lived in. In this context, the following actions can be suggested.

Abstract: This study aims to determine the levels of self-alienation and burnout among housewives in the context of gender perceptions. In this context, the study is carried out with descriptive, cross-sectional and relational design. The study is conducted with 368 housewives living in Turkey. Personal information form, gender perception scale (GPS), self-alienation scale (SAS) and housewives burnout scale (CUBAC) are used for data collection. In the analysis of the data, SPSS package program is used and descriptive statistics are made with Linear Regression. In line with the analysis, it is determined that the mean age of the women is 40.53 ± 10.14 , the mean number of children is 2.25 ± 1.62 , and the mean private time allotted to herself in a day is 2.08 ± 2.01 . It is found that 65% of women got married in traditional way. In addition, 32% of participations has the primary responsibility for the domestic work, 34% of women need psychological support, and 33% of women define themselves as responsible person. According to the findings, the mean score of GPS is 95.61 ± 16.12 , CUBAC is 54.68 ± 14.28 , and SAS is 69.19 ± 10.65 . It has been determined that the gender perceptions of housewives are directly related to their burnout and self-alienation levels. It is determined that these women experience severe burnout and self-alienation especially as a result of their gender perceptions due to the expectations in the society they live in.

Keywords: Housewife, Gender perception, Burnout, Self-alienation.

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Öne Çıkanlar

- Araştırma sonucunda yaş, çocuk sayısı, gün içinde geçirilen özel vakit süresi, evlilik türü ve aile yapısı gibi faktörlerin ev hanımlarının toplumsal cinsiyet algılarıyla doğrudan ilişkili olduğu belirlenmiştir.
- Ev kadınlarının toplumsal cinsiyet algılarının tükenmişlik ve kendine yabancılaşma düzeyleriyle doğrudan ilişkili olduğu belirlenmiştir.
- Ev hanımlarının yaşadıkları toplumdaki beklentilerden dolayı oluşan toplumsal cinsiyet algıları sonucunda ciddi bir tükenmişlik ve kendine yabancılaşma yaşadıkları belirlenmiştir.

Öz: Bu çalışmada ev hanımlarının kendine yabancılaşma ve tükenmişlik düzeylerinin toplumsal cinsiyet algıları çerçevesinde incelenmesi amaçlanmaktadır. Bu bağlamda çalışma tanımlayıcı, kesitsel ve ilişkisel tasarımla gerçekleştirilmiştir. Araştırma Türkiye'de yaşayan 368 ev kadını ile gerçekleştirilmiştir. Verilerin toplanmasında kişisel bilgi formu, Toplumsal Cinsiyet Algısı Ölçeği (TCAÖ), Kendine Yabancılaşma Ölçeği (KYÖ) ve Ev Hanımları Tükenmişlik Ölçeği (EHTÖ) kullanılmıştır. Verilerin analizinde SPSS paket programından faydalanılmış olup, Linear Regresyon ile tanımlayıcı istatistikler yapılmıştır. Analizler doğrultusunda kadınların yaş ortalamasının $40,53 \pm 10,14$, çocuk sayısı ortalamasının $2,25 \pm 1,62$, kendilerine günlük ayırdığı ortalama özel zamanın ise $2,08 \pm 2,01$ olduğu belirlenmiştir. Kadınların %65'inin geleneksel şekilde evlendiği tespit edilmiştir. Ayrıca katılımcıların %32'sinin evde ev işlerinden sorumlu tek kişi olduğu, kadınların %34'ünün psikolojik desteğe ihtiyaç duyduğu ve kadınların %33'ünün kendisini "sorumluluk sahibi" olarak tanımladığı belirlenmiştir. Elde edilen bulgulara göre CAÖ puan ortalamasının $95,61 \pm 16,12$, EHTÖ puan ortalamasının $54,68 \pm 14,28$ ve KYÖ puan ortalamasının $69,19 \pm 10,65$ oldu tespit edilmiştir. Çalışma sonucunda, ev hanımlarının cinsiyet algılarının tükenmişlik ve kendine yabancılaşma düzeyleriyle doğrudan ilişkili olduğu anlaşılmıştır. Bu kadınların özellikle, yaşadıkları toplumun beklentilerinden kaynaklanan cinsiyet algılarına bağlı olarak ciddi bir tükenmişlik ve kendine yabancılaşma yaşadıkları belirlenmiştir.

Anahtar Kelimeler: Ev hanımı, Toplumsal cinsiyet algısı, Tükenmişlik, Kendine yabancılaşma.

Genişletilmiş Özet

Toplumsal cinsiyet, kültürün ve kültürün yarattığı toplumsal yapının kadın ve erkeğe yüklediği rolleri ve davranış kalıplarını ifade etmektedir (Coşkun and Özdilek, 2012; Ersöz, 2010; Sezgin, 2015). Connell'e göre (2013) bir düşünce olarak toplumsal cinsiyet, kadını ikincil bir pozisyona layık gören toplumsal bir sistem önermektedir. Butler (2007), özellikle ataerkil toplumlarda daha katı şekilde dayatılan bu ödevin ve bu ödevi yerine getirirken beklenen pasif, duygusal, uyumlu ve bağımlı davranışların reddedilmesi durumunda kadınların toplumdan dışlanma gibi ciddi bir tehdit ile karşı karşıya kalacaklarını belirtmektedir. Bu tehlike kadınların özellikle ruh sağlıkları için bir risk oluşturmaktadır (Kaplan, 2021a).

Nitekim çeşitli çalışmalar, toplumda diğerlerinin beklentilerinin ve bu beklentiler neticesinde oluşan çatışmaların kadınlar için depresyondan anksiyeteye, sosyal izolasyondan

intihara pek çok ruhsal soruna neden olabileceğini belirtilmektedir (Coşkun and Özdilek, 2012; Dökmen, 2010; Sezgin, 2015). Ancak bu sonuçların yanı sıra literatürde oldukça sınırlı sayıda incelenen kendine yabancılaşma (Bozkurt and Şahin, 2022) ve tükenmişlik (Artz, Kaya and Kaya, 2022) de özellikle ev hanımları için incelenmesi gereken ciddi sorun alanlarıdır. Bu doğrultuda çalışmamızın temel amacı da, ev hanımlarının kendine yabancılaşma ve tükenmişlik düzeylerini toplumsal cinsiyet algıları bağlamında incelemektir.

Çalışma kapsamına araştırmaya katılmaya gönüllü toplam 371 kadın dahil edilmiş olup, veriler kişisel bilgi formunun yanı sıra ölçek olarak TCAÖ, KYÖ ve EHTÖ kullanılmıştır. Dahil edilme kriterleri ise Türkiye'de ikamet eden, 18 yaş üstü, veri toplama araçlarını anlama, okuma ve doldurma konusunda herhangi bir zorluk yaşamayan ve gönüllü olarak katılmayı kabul eden evli kadınların olması şeklinde düzenlenmiştir. Çalışmada yalnızca evli kadınlara odaklanılmasının nedeni, ev kadınlarını ağırlıklı olarak evli kadınlar olarak algılayan Türkiye'deki kültürel algıdan kaynaklanmaktadır. Çalışmanın analizlerinde ise; Doğrusal Regresyon modeli ve Enter-Stepwise yöntemi kullanılarak mülteci toplumsal cinsiyet algıları ile bazı demografik özelliklerin kendine yabancılaşma ve tükenmişlik düzeyleri arasındaki ilişki incelenmiştir. Ayrıca katılımcıların sosyodemografik özelliklerini analiz etmek için tanımlayıcı istatistiklerden yararlanılmıştır.

Yapılan analizler sonucunda; kadınların sosyodemografik yapısı incelendiğinde ise kadınların %36.7'sinin ilköğretim mezunu olduğu, %88'inin çekirdek aile içinde yaşadığı tespit edilmiştir. Öte yandan kadınların %34'ünün kendilerini sorumluluk sahibi olarak nitelendirdikleri, kendilerine gün içinde ortalama olarak 2.08 ± 2.01 saat özel zaman ayırabildikleri, %65'nin görücü usulü ile evlendiği, %32'sinin ev işlerinden tek başına sorumlu olduğu ve %34'ünün psikolojik anlamda desteğe ihtiyacı olduğu anlaşılmıştır. Ayrıca kadınların TCAÖ puan ortalamasının $95,61 \pm 16,12$, EHTÖ puan ortalamalarının $54,68 \pm 14,28$ ve KYÖ puan ortalamalarının ise $69,19 \pm 10,65$ olduğu belirlenmiştir. Ayrıca kadınların toplumsal cinsiyet rol algılarının yaşadıkları tükenmişlik ve kendine yabancılaşma düzeyleri ile doğrudan ilişkili olduğu görülmüştür. Kadınların cinsiyet algılarının, tükenmişlik düzeylerinde yaklaşık olarak %32, kendine yabancılaşma düzeylerinin ise %41'ini açıkladığı tespit edilmiştir.

Bu çalışmalardan elde edilen veriler doğrultusunda ev kadınlarının her türlü kırılganlığının/ihtiyaçlarının giderilmesine yönelik projelerin geliştirilmesi, beceri eğitimlerinin planlanması, kadın merkezleri veya sosyalleşebilecekleri güvenli yerler kurulması ev kadınlarının korunmasına ve geliştirilmesine büyük katkı sağlayacaktır. Bu projelerin içeriğinde aile içi iletişim, çatışma çözümü, ben-sen dili, hayır deme, atılganlık gibi konular yer almalıdır. Evli olmayan genç

kadınlar/erkekler ve kız/erkek çocukları da özel gruplar olarak değerlendirilmeli ve planlanan projelerde göz ardı edilmemelidir. Cinsiyete duyarlı yaklaşımlarla hazırlanacak projelere anne adayı, baba ve yetişkin olarak katılmak toplumsal refah açısından büyük önem taşımaktadır. Ayrıca, özellikle ataerkil toplumlarda devletlerin eğitim düzeyi düşük olan ev hanımlarının eğitim haklarına yönelik hizmetler sunması ve bu hizmetlerin sürekliliğini sağlaması gerekmektedir. Toplumun en alt tabakasına inilerek okuma-yazma bilmeyen ev kadınlarının tespit edilmesi ve (aile dinamikleri dikkate alınarak) okuma-yazma kurslarının açılması gerekmektedir. Bu dersin içeriği aynı zamanda bilgiye erişme ve bilgiyi kullanma gibi becerileri geliştirmeyi de amaçlamalıdır.

Introduction

“Men should work outside and women should take care of home” is a normative role-sharing idea based on biological sexes that may be valid in almost all cultures (Dökmen, 2010; Goldstein-Gidoni, 2019). The concept of gender, which explains the basis of this idea, expresses the roles and behavior patterns that culture and the social structure created by culture impose on women and men (Coşkun and Özdilek, 2012; Ersöz, 2010; Sezgin, 2015). According to Connell (2013), gender, as an idea, proposes a social system that considers women worthy of a secondary position. Similarly, Ecevit (2011) states that society limits women to the duties they give in the context of gender roles and the positions deemed appropriate. This secondary position and limitation is generally created by the woman-home relationship and imposes some responsibilities on women that start with laundry/dishwashing, cooking and continue with childbearing and raising (Kaplan, 2021a). In this context, in most societies, the social duty determined for women within the framework of these responsibilities is to be a good wife and a good mother (Kaplan and Kul Uçtu, 2022).

Butler (2007) states that if these responsibilities, which are imposed more strictly in patriarchal societies, and the passive, emotional, adaptive and dependent behaviors expected while fulfilling these responsibilities are rejected, women will face a serious threat such as exclusion from society. This situation may pose a risk especially for the mental health of women (Kaplan, 2021a). As a matter of fact, various studies indicate that the expectations of others in society and the conflicts that arise as a result of these expectations may cause many mental problems for women, from depression to anxiety, from social isolation to suicide (Coşkun and Özdilek, 2012; Dökmen, 2010; Howard et al., 2017; Sezgin, 2015; Vo et al., 2015). However, in addition to these results, self-alienation (Bozkurt and Şahin, 2022) and burnout (Artz, Kaya and Kaya, 2022), which

are examined in a very limited number in the literature, are thought to be serious problem areas that should be examined in housewives in this context.

Self-alienation is defined as the inconsistency of the values, norms, needs and wishes of the society in which the individuals live with the feelings, thoughts and behaviors of the individual, and it is stated that it occurs as a result of the negative effects of the expectations of the people with whom they interact (Marx, 1976). In the context of this definition, it may be said that gender roles formed by the influence of culture pose a serious risk for housewives' self-alienation. As a matter of fact, especially women living in patriarchal societies; being exposed to a system that does not accept her individual expectations, does not give her a say in the work she has to do, and expects her to act with the will of others in general, makes it inevitable for women to have relational problems with others (Marx, 1976; Seeman, 1983). These expectations that cannot be denied and the relational problems caused by these expectations may cause feelings such as meaninglessness, powerlessness and helplessness, which naturally point to self-alienation in women (Bolton, 1972; Seeman, 1983).

Burnout is defined by Freudenberger (1974) as a situation that occurs as a result of failure, weariness, loss of energy/power or unmet demands. Within the framework of gender role-sharing, women are seen as primarily responsible for housework and child care, regardless of whether they are working or not (Lyonette & Crompton, 2015). These responsibilities, especially in patriarchal societies, are imposed on women without considering their opinions and it is expected to achieve a successful result by doing them with high motivation (Aldossari and Chaudhry, 2021; Kaplan, 2021a; Kaplan and Kul Uçtu, 2022). Many studies in the literature have emphasized that these intense demands and unshared responsibilities are a serious cause of burnout for housewives (Durak, Şenol-Durak & Karakose, 2022; Kaplan, 2021b).

As it can be understood, gender roles are a complex phenomenon that can cause negative effects on women in many areas. This negative effect can increase exponentially, especially in vulnerable groups such as housewives living in patriarchal societies. In this context, the main purpose of the present study is to examine the levels of self-alienation and burnout of housewives in the context of gender perceptions. The main hypothesis of the study is that housewives' gender roles imaginations are related to their levels of burnout and self-alienation. To address this, the following research questions are examined:

- Which variables are related to the gender perceptions of housewives?
- Is there a relationship between the gender perception of housewives and their level of burn out?

- Is there a relationship between the gender perception of housewives and their level of self-alienation?

Method And Material

Purpose and Design of the Study

The present study examines the levels of self-alienation and burnout among housewives in the context of gender perceptions. Therefore, the study focuses on the relationship between housewives' gender perceptions and their levels of self-alienation, as well as the relationship between their gender perceptions and levels of burnout. The aim of this study is to determine the extent to which the relationships between these couples affect each other. Therefore, the study has conducted a descriptive, cross-sectional, and correlational study and used an online-based data collection system.

Sample of the Study

The sample for our study is selected using the snowball method, which is a nonprobability sampling technique that involves participants selecting from among researchers' acquaintances (Baltar & Brunet, 2012). This method is particularly useful to reach difficult-to-reach groups or individuals (Bal, 2014).

A total of 368 housewives are included in the study sample, and the first contact is made with personnel (academic, administrative, and service personnel) who met the inclusion criteria in the researchers' institution, and they are asked to share the survey form with their relatives. To avoid bias, the researchers do not directly invite their relatives to participate in the study. Furthermore, the system is designed to ensure that participants could only answer the questions once.

Data Collection and Inclusion Criteria

To collect data for the study, an online-based data collection system is used. Initially, the research team sends out the online questionnaire, created using Google Forms, to potential participants through their mobile phones via WhatsApp and E-mail. The first part of the questionnaire includes brief information about the research and a letter asking for the women's permission to participate in the study. A total of 521 women were sent the questionnaire, out of which 371 agreed to participate. The researchers provided their contact information at the end of the questionnaire for any possible questions about the study. The online survey was conducted from September 15 to December 01, 2022.

The participants in this study are married women residing in Turkey, over the age of 18, who have no difficulty in understanding, reading, and completing data collection tools and who voluntarily agreed to participate. The reason for focusing on only married women is due to the cultural context in Turkey, which perceives housewives as predominantly married women.

Data Collection Tools

Personal Information Form

The form is created by the researcher in light of the literature to determine the various socio-demographic and personal characteristics of the participants (de la Rubia, Ramírez and Hernández, 2010; Kaplan, 2021b; Kaplan, 2023; Durak, Şenol-Durak and Karaköse, 202). The form consists of some questions such as age, education status, spouse's education status, marriage time, number of children staying at house, family type, marriage type, relationship status of spouse, relationship status of children, responsible for housework, individual in need of care living at house, self-identification in the framework of family relationships.

Gender Perception Scale (GPS)

The scale is a five-point Likert-type measuring tool consisting of a single dimension and 25 items, developed by Altınova and Duyan (2013). There are 10 positive and 15 negative items in the scale. Therefore, the scores that can be obtained from the scale range from 25 to 125, with high scores indicating a positive (modern) gender perception and low scores indicating a negative (traditional) gender perception. In Altınova and Duyan's (2013) study, the Cronbach's Alpha coefficient of the scale is found to be 0.872.

Self-Alienation Scale (SAS)

The scale consists of a total of 20 statements and was first developed by Dean (1961) and then translated and adapted for Turkey by Güğercin and Aksay (2017). The scale is prepared in a 5-point Likert style and includes 5 negatively worded statements (items 1, 2, 3, 4, 6), where higher scores indicate higher levels of self-alienation and lower scores indicate lower levels of self-alienation. The internal consistency of the scale, focusing on the correlation between the items, is found to be 0.88 using Cronbach's alpha coefficient (Güğercin and Aksay, 2017).

Housewives Burnout Scale (CUBAC)

The scale was developed by Ramirez, Hernandez and de la Rubia (2009) to determine the burnout levels of housewives, and its Turkish psychometric evaluation was conducted by Durak and Durak (2020) (Durak and Durak, 2020; Ramirez et al., 2009). The scale, which consists of 20 self-evaluation items, is in the form of a Likert scale ranging from 1 to 5, and the score range is

20-100. A high total score indicates a high level of perceived burnout (Durak and Durak, 2020). In the study conducted by Durak and Durak (2020), the Cronbach's alpha internal reliability coefficient of the scale is found to be 0.84.

Analysis of Data

In the study, reliability analysis and multicollinearity analysis are performed with the SPSS 25 (Statistical Program in Social Sciences) program. By using the Linear Regression model and the Enter-Stepwise method, the relationship between the gender perception of refugee women and the self alinetion and burn out levels and of some demographic characteristics is provided. In addition, descriptive statistics are used to analyze the sociodemographic characteristics of the participants. The significance level is 0.05.

Ethical Principles of Study

Prior to commencing the study, ethical approval is obtained (Protocol Number: E-76244175-050.01.01-190416). Participants are provided with an information form prior to the measurement tools. This form outlines the purpose and duration of the study, as well as the participants' rights. Participants are informed that they have the option to withdraw from the study at any time, and that all of their information would be kept confidential. Additionally, participants are provided with the researcher's contact information should they have any questions about the study or wish to receive information about its results.

Results

The distribution on some sociodemographic and personal characteristics of the women participating in the study is given in Table 1. Accordingly result of the study, it was determined that the mean age of the women was 40.53 ± 10.14 , the mean marriage time was 18.59 ± 10.75 years, the mean number of children living was 2.25 ± 1.62 , and the mean private time allotted to herself in a day was 2.08 ± 2.01 . It was found that 36.7% of women were primary shcool, 88% of them living in nuclear family, 65% of women got married in traditional way, %32 of women was only responsible person in home for housework, 17% have a person who needs care at home, 34% of women need psychological support, and 33% of women define themselves as responsible.

Table 1.

The distribution of some sociodemographic and individual charecteristics of women

Charecteristics	Mean±SD	Median (Min-Max)
Age	40.53±10.14	38 (18-67)
Marriage time (Year)	18.59±10.75	18 (1-44)
Number of children living	2.25±1.62	2 (0-9)

Private time allotted to herself in a day (Hour)	2.08±2.01	2 (0-10)
Charecteristics	n	%
Education Level		
Elementary school	135	36.7
High school	233	63.3
Family Type		
Nuclear	323	88
Traditional (With spouses, children, and grandparents)	45	12
Marriage Type		
Flirting	238	65
Traditional (Advice from parents)	130	35
People responsible for the housework		
Only my responsibility	119	32
My responsibility but i get help	249	68
Individual in need of care living at home		
Yes	62	17
No	306	83
Need for psychological treatment		
Yes	125	34
No	243	66
Self-identification in the framework of your family relationships		
Responsible	123	33
Calm	34	9
Tired	22	6
Emotional/Fragile	59	16
Angry	35	10
Sociable	50	14
Anxious	11	3
Devoted	19	5
Thoughtful	15	4

The mean scores obtained from women on the GPS, CUBAC, CUBAC subscales, SAS and SAS subscales are presented in Table 2. According to the findings, the mean score of GPS was 95.61 ± 16.12 , CUBAC was 54.68 ± 14.28 , and SAS was 69.19 ± 10.65 . Moreover it was found that CUBAC subscales, the mean boring and tiring home atmosphere score was 34.01 ± 9.11 , the mean lack of support score was 20.67 ± 6.37 . In addition, it was found that SAS subscales the mean social isolation score was 27.85 ± 4.8 , the mean powerlessness score was 22.96 ± 4.36 , and the mean normlessness score was 18.38 ± 3.64 .

Tablo 2.

Total mean scores of women from scales and sub-scales

Scales	Mean±SD	Median (Min-Max)
GPS	95.61±16.12	98.5 (51-124)
CUBAC	54.68±14.28	55 (25-94)
Boring and tiring home atmosphere	34.01±9.11	33 (15-55)
Lack of support	20.67±6.37	20 (8-39)
SAS	69.19±10.65	67.5 (43-89)
Social isolation	27.85±4.8	27 (16-42)
Powerlessness	22.96±4.36	23 (12-30)
Normlessness	18.38±3.64	18 (9-25)

The regression analysis of the GPS mean score in the context of the some sociodemographic characteristics of the participants is given in Table 3. According to the results of the analysis, the regression model created on the GPS mean score of housewives was found to be statistically significant ($F=13.452$; $p<0.001$). The age of housewives, duration of marriage, number of children living in the family, amount of time allocated to themselves in a day, educational status, family type, manner of marriage, responsibility for household chores, presence of individuals in need of care at home, and the need for psychological support have been found to account for 29.3% of gender perception of housewives. In addition, it was determined that women's age, the number of children living in the family, the time they allocate for themselves in a day, the type of family, the type of marriage and the need for psychological support have a direct effect on their perceptions of gender.

Tablo 3.

Regression model for the effect of some demographic characteristics of housewives on gender perceptions (Enter)

	B(%95)	Beta	t	p	Zero-order	Partial
(Constant)	76.088 (59.103 - 93.073)		8.810	0.000		
Age	-0.535 (-0.921 - -0.15)	-0.337	-2.733	0.007	0.072	0.143
Marriage time (Year)	-0.242 (-0.611 - 0.126)	-0.161	-1.292	0.197	-0.010	-0.068
Number of children living with family	-1.337 (-2.376 - -0.299)	-0.135	-2.532	0.012	-0.263	-0.133
Private time allotted to herself in a day (Hour)	0.768 (0.003 - 1.533)	0.096	1.976	0.049	0.077	0.104
Education level (Elementary school)	-2.315 (-5.796 - 1.166)	-0.069	-1.308	0.192	0.063	-0.069
Family type (Traditional)	-6.672 (-11.677 - -1.667)	-0.136	-2.621	0.009	-0.136	-0.058
Marriage type (Traditional)	-13.501 (-16.865 - -10.137)	-0.401	-7.893	0.000	0.433	0.385
People responsible for the housework (Only my responsibility)	-0.911 (-4.197 - 2.375)	-0.026	-0.545	0.586	-0.058	-0.029
Individual in need of care living at home (Yes)	2.678 (-1.294 - 6.65)	0.062	1.326	0.186	0.006	0.070
Need for psychological treatment (Yes)	-6.695 (-9.988 - -3.402)	-0.197	-3.999	0.000	-0.135	-0.207

*B(%95): Standard coefficient, Beta:Non-standardized coefficient, Adj R²:0.293, F:13.452, p<0.001, S.E (Standard Error):13.931

The findings of the regression analysis for the effect of housewives' gender perceptions on their burnout levels are given in Table 4. According to the results of the analysis, the gender perceptions of housewives are directly related to their burnout levels and this relationship is statistically significant ($F=17.729$; $p<0.001$). A one-unit increase in the GPS mean scores of housewives causes an decrease of 0.233 units in their CUBAC mean score.

Table 4.

Regression analysis of the effect of housewives' gender perceptions on burnout (Enter)

	B(%95)	Beta	t	p	Zero-order	Partial
(Constant)	36.472 (27.849 - 45.095)		8.317	p<0.001		
GPS	-0.233 (-0.419 - -0.101)	-0.365	4.211	p<0.001	0.385	0.385

*B(%95): Standard coefficient, Beta:Non-standardized coefficient, Adj R2:0.314, F:17.729, $p<0.001$, S.E(Standard Error): 13.969

The findings of the regression analysis for the effect of housewives' gender perceptions on their self-alienation levels are given in Table 5. According to the results of the analysis, the gender perceptions of housewives are directly related to their self-alienation levels and this relationship is statistically significant ($F=24.408$; $p<0.001$). A one-unit increase in the GPS mean scores of housewives causes an decrease of 0.254 units in their CUBAC mean score.

Table 5.

Regression analysis on the effect of housewives' gender perceptions on self-alienation (Enter)

	B(%95)	Beta	t	p	Zero-order	Partial
(Constant)	53.395 (47.019 - 59.771)		16.469	$p<0.001$		
GPS	-0.254 (-0.479 - -0.099)	-0.460	4.940	$p<0.001$	0.463	0.463

*B(%95): Standard coefficient, Beta:Non-standardized coefficient, Adj R2:0.410, F:24.408, $p<0.001$, S.E(Standard Error): 10.328

Discussion

The gender perception is an important dynamic that is directly related to individuals' family relationships, their position in social life, education and work life, and even their physical and mental health (Altınova ve Duyan, 2013; Esen, Soylu and Siyez, 2017). These relationships are important for all individuals in almost every society. However, especially for special groups such as housewives, these relations have a different importance as they have the potential to directly affect the social existence of the women (Çakır, 2016; Karakaya, 2018; Kaplan, 2021a). For this reason, it is very important to determine the gender perceptions of housewives, with which dynamics it is related and what kind of results it will lead to.

In this context, in the analyzes made about the first question of the research, it is determined that factors such as age, number of children, special time in the day, type of marriage and family structure are directly related to the gender perceptions of housewives. It has been determined that these dynamics explain approximately 29% of housewives' gender perceptions.

In patriarchal societies like Turkey, families mostly exist with a traditional thought system. This thought system gives families the right to decide who their daughters marry and expects women to do housework, give birth and raise children (Bullough et al., 2022; Korkmaz, 2022; Muluneh et al., 2020; Tekin and Demirel Değirmenci, 2022; Tire, 2017). This attitude that women are exposed to from childhood is quite strict and can cause harmful results such as exclusion from society and violence when the woman thinks or behaves differently (Abraham et al., 2014; Başar and Demirci, 2015; Dökmen, 2010; Korkmaz, 2022; Muluneh et al., 2020). Therefore, over time, women adopt/acquire these approaches in order to gain social acceptance, find an existential reason or protect themselves from possible risks (Bullough et al., 2022; Diekman et al., 2017; Dökmen, 2010; Schneider et al., 2016; Vatandaş, 2007). This situation shows the conclusion that the family is quite decisive for the gender perception of women, especially for housewives. Therefore, in our study results, it has been determined that the gender perceptions of housewives living in a traditional family are more traditional. In addition, it is stated that being exposed to these expectations more intensely and for a long time will make the gender roles of housewives more traditional (Fazeli et al., 2015). As a matter of fact, in our research, it has been determined that housewives have a more traditional gender perception as they get older. In the results of various studies support this data were obtained (Fazeli, 2015; Kiani, Bahrami and Taromian, 2008; Miettinen, Basten and Rotkirch, 2011). According to the results of the study, the increase in the number of children is also a dynamic that causes the gender perceptions of housewives to become more traditional. In patriarchal societies, having many children may be seen as a way of being accepted by the family or society, and having many children gives women a higher position in society (Korkmaz, 2022). In our study results, it has been determined that housewives who have more children have a more traditional gender perception in relation to this situation.

In addition, it is determined in the study that the private time spent by the participants for themselves during the day and their need for psychological support are related to the gender perceptions of housewives. It is thought that the inability of women to spare enough time for themselves during the day may be a result of their being only able to deal with housework due to family expectations. As a matter of fact, the studies in the literature have indicated that the intensity and fatigue resulting from this situation will negatively affect women psychologically (Dökmen, 2010; Durak and Durak, 2022; Karaköse and Ulusoy, 2022; Kaplan, 2021). In parallel with the literature, as a result of the study, it is determined that 34% of housewives need psychological support and this group have a more traditional gender perception. These results suggest that the family, which is the primary support system, becomes a source of problems for housewives' mental health due to their expectations.

As a result of the analysis made with the second question of the study, a significant relationship is determined between housewives' gender perceptions and burnout levels, and it is determined that women's gender perceptions are approximately 32% effective on burnout levels. When the literature is examined, it has been determined that burnout has been studied in many samples such as teachers, health workers, social workers, office workers and academics (Antoniou, Ploumpi and Ntalla, 2013; Başarer and Başarer, 2019; Bilgin, Emhan and Bez, 2011; Işıkhan, 2016; Koç and Gürsoy, 2018). The common and remarkable result obtained in these studies is that women experience more burnout. This result is associated with multiple roles that occur with the woman who are primarily responsible for houseworks regardless of whether she is working or not (Kibaroglu and Ersoy, 2019; Maslach, Schaufeli & Leiter, 2001; Yılmaz, 2018). These multiple roles are a product of gender role-sharing. In this context, when housewives are considered, it is known that even if the woman does not work, they still have more than one role such as wife, mother, bride. When the women participating in the study are examined in the context of these multiple roles, it is found that 32% of them are only responsible for the housework, 17% have another person they care for besides their children, and that they could spare a very limited amount of time during the day. All these roles and accompanying responsibilities are thought to be important indicators of burnout, which is characterized by serious physical, mental and social strains of housewives. In addition, although a very limited number of studies examining the burnout levels of housewives, it has been observed in these studies, burnout levels are high, similar to our studies, and this situation is associated with family relations and domestic responsibilities (Durak and Durak, 2022; Karaköse and Ulusoy, 2022). As a matter of fact, in the model created by Pines and Aronson (1988), burnout is explained as the physical, emotional and mental exhaustion caused on individuals by environments that consume individuals physically and emotionally. In this context, when the family environment in patriarchal societies and the expectations of the individuals living in this environment are considered, the basis of the burnout of housewives may be associated with the fact that they are constantly under physical and emotional pressure. The fact that most of the women included in the research describe themselves as tired and responsible through surveys can be considered as an indicator of burnout as a result of these roles.

As a result of the analysis made for the third question of the study, it is determined that there is a significant relationship between the gender perceptions of housewives and their self-alienation levels. According to the analysis, it is determined that the gender perceptions of housewives explain 41% of their self-alienation levels. In the socialization process, women are taught that they should obey social rules and cultural patterns, never say no to what is said, make

others feel happy/comfortable, and be contented people (Bozkurt and Şahin, 2022; Esen, Soylu and Siyez, 2017). These teachings are accepted and adopted by women over time (Speizer, 2010). According to the social constructivist perspective, it is stated that the main reason for women to accept these other-oriented behaviors is the power inequality in the society they live in (Neff & Harter, 2002; Schneider and Bos, 2019). Especially in patriarchal societies, cultural norms are so strong and dominant that it is almost impossible for women to resist (Karakaya, 2018) and these norms may cause women to see themselves as a tool that fulfills the attitudes and behaviors expected by the society (Pawlet 2013, Güçlü ve ark. 2015). Therefore, according to Gilligan (1982), the traditional perception that will be formed as a result of this learning process will cause women to build themselves with an ideal woman image in line with social expectations. This situation can lead to the destruction of the ideal self, which exists on the basis of the individual's own wishes and expectations, and the alienation of the individual (Kesen, 2022; Kibaroglu and Ersoy, 2019). In addition, David and Derthick (2014) point out that if the severity of social oppression reaches serious levels, the individual will may even deny her own reality. As a matter of fact, as a result of the study, it is noteworthy that women define themselves with characteristics such as responsible, calm, devoted, emotional, which are compatible with traditional women's roles and generally prioritize others. All these may be considered as indicators that housewives are alienated from themselves due to their gender roles and enter the molds that society wants.

Conclusion And Suggestion

As a result of the study, it is determined that factors such as age, number of children, personal time in the day, type of marriage and family structure are directly related to the gender perceptions of housewives. Besides, it has been determined that the gender perceptions of housewives are directly related to their burnout and self-alienation levels. It is determined that these women experience severe burnout and self-alienation as a result of their gender perceptions due to the expectations in the society they live in. In this context, the following actions can be suggested.

While the study was still in the planning stage, it is seen that the studies examining the problem areas of a fragile group such as housewives have been quite insufficient. First of all, there is a significant need to increase the number of studies aimed at identifying the problems and needs of this vulnerable group. In these studies, women should be evaluated especially with a holistic approach such as physically, socially and spiritually.

In line with the data obtained from these studies, developing projects to eliminate all kinds of vulnerabilities/needs of housewives, planning skills training, establishing women's centers or

safe places where they can socialize will make a great contribution to the protection and development of housewives. The content of these projects should include subjects such as family communication, conflict resolution, I-you language, saying no, and assertiveness.

Unmarried young women/men and girls/boys should also be considered as special groups and should not be ignored in planned projects. Participating as future mothers, fathers and adults in projects that will be prepared with gender-sensitive approaches is of great importance in terms of social welfare.

Especially in patriarchal societies, the states should provide services for the education rights of housewives with low education level and ensure the continuity of these services. It is necessary to identify illiterate housewives by descending to the lowest stratum of the society and to open literacy courses (taking into account family dynamics). The content of this course should also aim to develop skills such as accessing and using information.

Considering the results of the study, it is thought that meeting the psychological support demands of housewives correctly is of great importance. Psychological support processes of housewives, who may have difficulties in accessing health services and who are under many social pressures, require extra sensitivity. In particular, stigmatizing expressions or perspectives that easily diagnose disease should be avoided. It is thought that it will be very useful for professionals working in the field of psychiatry to evaluate women with gender-sensitive approaches such as feminist therapy.

Author's Notes

Prior to commencing the study, ethical approval was obtained (Protocol Number: E-76244175-050.01.01-190416). Participants were provided with an information form prior to the measurement tools. This form outlined the purpose and duration of the study, as well as the participants' rights. Participants were informed that they had the option to withdraw from the study at any time, and that all of their information would be kept confidential. Additionally, participants were provided with the researcher's contact information should they have any questions about the study or wish to receive information about its results.

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