

Sociology 3308: Sociology of Emotions
Prof. J.S. Kenney

Overheads Class 16:
Emotion and Emotion Management II: Hochschild & Gender Issues

Hochschild: “The Second Shift”

- * Hochschild’s earlier work left questions about:
 - Links between ideology and feeling rules
 - How these are related to gender

- * Led to study of gender ideologies, feeling and action in marital roles:
 - How gendered actors prepare their feelings for long-term action
 - The emotional costs of such gender strategies

- * Hochschild studied married couples where both worked full time and looked after young children:
 - Focused on tension over how to divide housework and child care (i.e. “the second shift”)
 - Who does how much?
 - How does each partner feel about it?
 - How are notions of fairness and marital harmony related?

- * All tense over shortage of time/abundant demands - but women more so:

- * Variations depended on:
 - Each partner’s gender ideology
 - How strongly each felt about it
 - How each aligned ideology with feeling in action

Gender Ideologies and Feeling Rules:

* Gender ideologies/ feeling rules: 3 main types:

(1) traditional (2) egalitarian (3) transitional.

* Traditional:

- Men “should” be at work/women at home
- “Helping out” in non-traditional areas the exception/ a favor
- No desire to identify with non-traditional activities

* Egalitarian:

- Partners “should” share both paid/unpaid work
- Wife supposed to identify with career as much as husband
- Husband supposed to feel parent/householder role as much as wife

* Transitional:

- Mix of the above ideologies
- Man: good for wife to work, have outside identity
- Not “right” to resent his not doing more as no corresponding identity for him in home
- Woman struggling with mixed ideologies/ man’s intransigence

* Overall:

- Traditionals =a small minority among both men & women
- More women egalitarian
- More men transitional
- Different feeling rules often being applied in same household

Emotional Anchors to Ideology and Feeling Rules:

- * Different ways individuals hold ideologies/feeling rules:
 - Passionate vs. matter of fact
 - Surface vs. deep
- * Earlier model revised:
 - Previously feeling rules simply governed feelings
 - Now feeling rules can be object of feelings themselves
- * What lies behind feeling rules/ attitudes towards them:
 - Cautionary tales
 - Present situation dynamics
- * Many working parents:
 - Egalitarian on surface/ traditional underneath
 - Traditional on surface/ egalitarian underneath

Emotional Pathways of Gender Strategies:

- * Pursuit of gender strategies: ways to reconcile:
 - Feeling/actions
 - Gender ideologies/present situations
 - Division of labour/ balance of power
 - Not randomly utilized
 - Involve emotion management
- * Gender strategy= a strategy of action:
 - Conscious or unconscious plan for what to do

-A way of evoking/suppressing feelings to clear path for action

* Behavioral Strategies:

- Maintaining traditional balance
- Pressing husbands to do more (actively and/or passively)
- Making cuts in other areas (e.g. on job, time with husband)

* Gender strategies: preparing emotional pathway for actions:

- Focusing on injustice/suppressing empathy before “showdown”
- Developing “incompetencies”/minimizing work identity
- Prioritizing work/letting house go and dismissing concern as “old fashioned”
- Prioritizing work/ rationalizing kids OK with “excellent” babysitters

* Men: behavioral strategies:

- Strategies often differed due to different traditional role
- Disaffiliation from the task at hand
- Needs reduction (“it isn’t necessary, so why do it?”)
- Making substitute offerings to the marriage
- Selective encouragement of their wife’s efforts at home

* Gender strategies: preparing emotional pathway for actions:

- Conceding sharing was fair/scaling down necessary actions
- “It’s like being in the army. You leave the comforts of home behind you”

Emotional Consequences:

* Emotional consequences a result of interplay between:

- An individual’s gender ideology
- Each partner’s gender strategy

- Interactional result

*Examples:

- Egalitarian women with traditional men felt resentful
- Traditional women with traditional men frustrated, but not at men
- Career women who had to curtail work lost self esteem/ were depressed
- Women valuing home but having to work lost self esteem/ felt guilty

*Emotional consequences result in much emotion management

* Example: woman who backed down from egalitarian demands to save marriage:

- Deep acting to deal with resentment
- Compartmentalization
- Suppressing comparisons to husband's workload: favorably comparing self to other working mothers
- Comparing husband to male parents, not egalitarian men
- Emphasizing "different character" of husband
- Bending original beliefs around dilemma
- Together avoiding arguments by "upstairs-downstairs" myth

* Together these *imperfectly* concealed the conflict between an egalitarian ideology and its feeling rules and a traditional marriage

* Many women similarly caught between new gender ideology and old reality

* Without basic changes in patriarchy, female emotion management "steps in where social transformation leaves off." ("the cost women pay")

* Also damaging to men: ambivalence introduced into women's personal feelings toward them (less so in egalitarian relationships).

* Conclusion: two parent, working families:

- Pursued gender strategies
- Created emotional pathways for them
- Experienced emotional consequences as a result.