

Abstract

The effect of Masculine Gender Role Stress (MGRS) on Cardiovascular Reactivity (CVR) under masculine performance challenge was investigated in 60 CUHK undergraduates. Subjects were designated as High- and Low- MGRS groups according to their scores on the MGRS scale by Eisler (1987) and their physiological measures on SBP, EMG, GSR, FST and HRT were assessed and compared during baseline, anticipation, cold-pressor and recovery phases of the present experiment.

The present study aim at replicating the Lash study (1990) on MGRS and CVR in Chinese. With the incorporation of female subjects and other physiological measures, the present study also attempted to find how female would react to MGRS and whether other physiological variables would be affected by MGRS also. Results supported our predictions that SBP rise with MGRS. High-MGRS men shown greatest CVR when responded to MGRS elicited by masculine performance challenge. EMG, FST and HRT also yielded similar results but was more effective in accessing MGRS in female. The difference in CVR between male and female in react to MGRS was noted. The construct validity of the MGRS scale, the correlation between the MGRS and Feminine Gender Role Stress Scale (FGRS) and the effectiveness on challenge manipulation in applying to Chinese, were discussed also.