



# Marianismo against Women

Janeth Imán

College of Arts and Sciences, Marian University Indianapolis  
3200 Cold Spring Rd, Indianapolis, IN 46222

## THESIS

*El marianismo is a cultural ideology that affects the physical health, mental health and emotional well-being of a number of Latina women that live in the United States.*



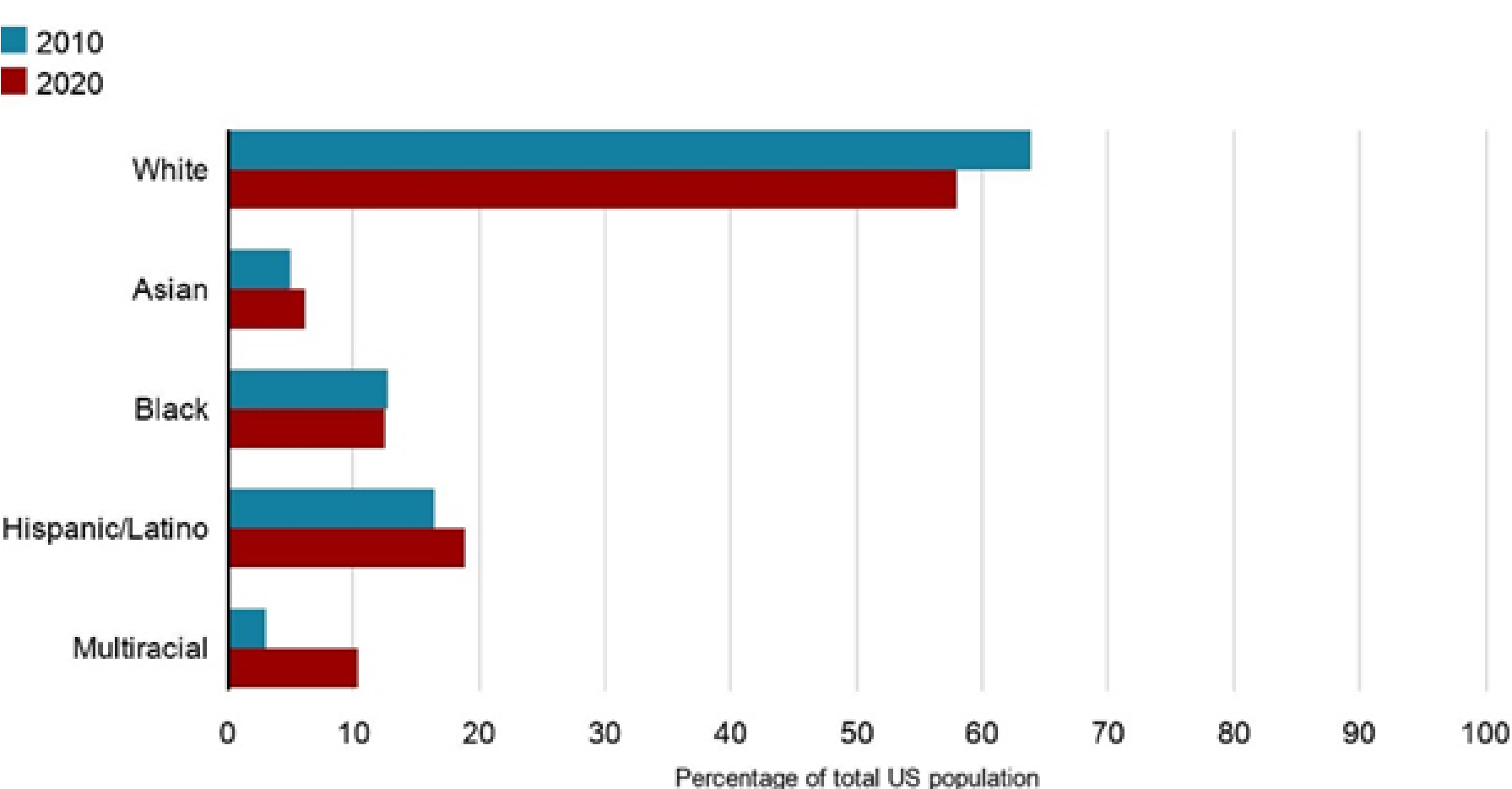
## INTRODUCTION

Hispanic population is one of the fastest growing populations in the U.S based of the U.S. Census Bureau

- In 2020 there was a reported 63.7 million Hispanics
- 19% of total population
- 31.09 million are Hispanic women-> 18.5% of total women in U.S.

With that increase there has been an increase in depression among Hispanic women due to many reasons such as el **Machismo** and el **Marianismo**

Change in US racial demographics in last decade



Hispanic/Latino origin and race were separate questions in 2020. Data shows only those identifying as one race or multiracial.  
US Census Bureau

Fig .1: Demonstrates the results of the 2020 Census and how Hispanics make up 19% of the population

## GLOSSARY

**Marianismo-** The role of women as family and home-centered; it encourages passivity, self-sacrifice, and chastity (1)

**Machismo-** Is a set of values, attitudes, and beliefs about masculinity, or what it is to be a man.(1)

## MAIN POINT

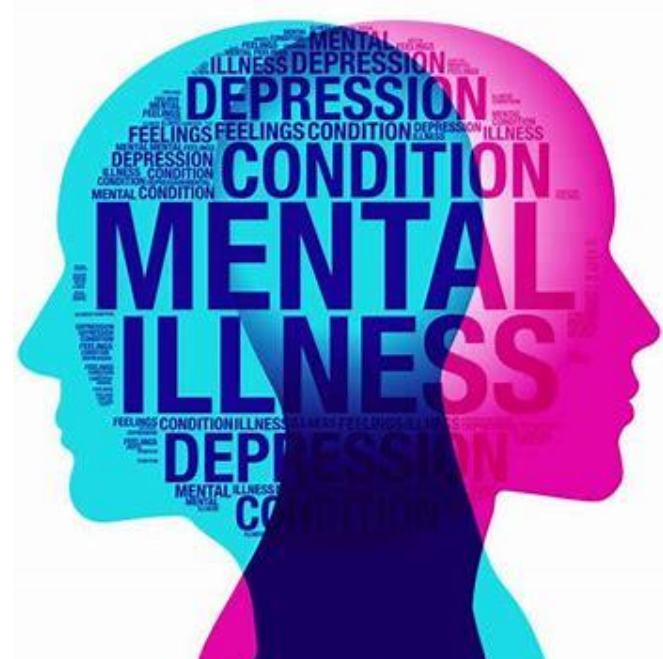
### Physical Activity:

- As Latina women spend more time in the U.S., they see an increase in weight, decrease in exercise and activity (2)
- Many report that the reason is due to responsibility to family
- Why do they focus on their family's health but not their own?



### Mental Health:

- Marianismo associated with less psychological well-being (1)
- Marianismo is associated with increased depression, anxiety, and greater cynical hostility



### Emotional Wellbeing:

- Associated with increased negative cognitive-emotional factors (1)
- Many women practice self-silencing to respect men's opinion
- Women are expected to be subordinate (1)



## SOLUTIONS

### Physical Activity:

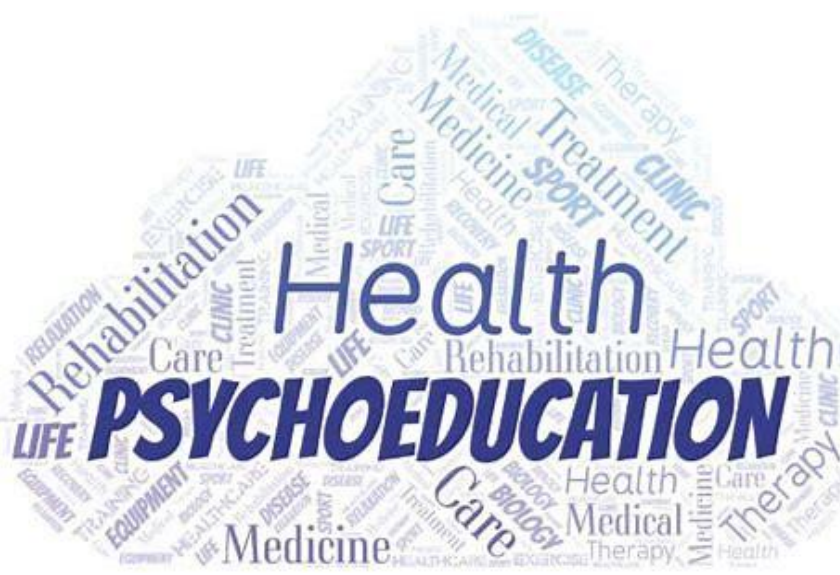
- Finding activities that the whole family can do together
- Family practitioners telling them that they need to take care of themselves for their family instead of for themselves

### Mental Health:

- Therapy

### Emotional Wellbeing:

- Psychoeducation



## CONCLUSIONS

Overall, though Marianismo as an idea where the women is pure and should live for her family is not inherently bad. People push it too far within the culture at the expense of the women where she is sacrificing her mind, body and soul for those around her.

There should be a healthy balance where it isn't pushed upon women where they don't feel like failures if they do not follow the ideology perfectly. As overall as long as they are doing their best by their family that is enough.



## LITERATURE CITED

1. Nuñez, Alicia et al. "Machismo, Marianismo, and Negative Cognitive-Emotional Factors: Findings From the Hispanic Community Health Study/Study of Latinos Sociocultural Ancillary Study." *Journal of Latina/o psychology* vol. 4,4 (2016): 202-217. doi:10.1037/lat0000050
2. 3) D'Alonzo, Karen T. "The influence of marianismo beliefs on physical activity of immigrant latinas." *Journal of Transcultural Nursing*, vol. 23, no. 2, 2012, pp. 124-133, <https://doi.org/10.1177/1043659611433872>.

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