



Since the development of communication, all types of media have greatly influenced our views and society's standards. Advertising, a strong form of mass communication, has a central role. But we often forget that advertising often spreads and continues gender stereotypes. For years, ads have supported old ideas about what it means to be female or male, affecting our view and roles of gender in society. In this essay, we will break down how advertising supports these gender stereotypes, how it works, the effects, and why it matters. The connection between advertising and gender stereotypes is important because it's in our daily lives, silently influencing our thoughts, actions, and standards. The persuasive quality of advertising, combined with its constant presence, can both confirm and change societal standards, including deeply rooted gender roles and stereotypes. So, looking closely at the representation of gender stereotypes in advertising can help us identify commonly accepted biases and prejudices and understand their large yet often unseen outcomes. From deciding what to buy to affecting our self-image and body image, gender stereotypes in advertising greatly affect society.

## **Dissecting Gender Stereotypes: How They Form and Their Impact**

Gender stereotypes have been shaping societies and influencing personalities for centuries. Tracing back to the 18th century, gender roles were strictly defined; men were associated with power, dominance, and financial provision, while women were seen as caregivers and homemakers. This origin of stereotypes has had a lasting impact, shaping education, workplaces, and social norms. In the 1960s, during the second wave of feminism, the spotlight was on debunking these stereotypes and exploring their damaging effects. It was found that these stereotypes limit individual potential and perpetuate inequality. The study and challenge of these stereotypes paved the way for major shifts in societal attitudes that continue to change. They are still pervasive and ingrained in our societies, affecting genders differently.

### **Roots of Gender Stereotypes: Formation and Influences**

These stereotypes affect how we think and behave. Use advertising to change these stereotypes, not to strengthen them. Advertisements typically show women as caring, emotional, and beauty-obsessed, while men are shown as strong, logical, and focused on their careers. Traditional roles like men being the primary earners and women being housewives are also common. These images not only uphold stereotypes but create unreasonable demands for both sexes. It's important to challenge how advertisements depict gender.

### **Consequences of Gender Stereotypes: A Focus on Social Impact**

This can affect society, especially regarding status and gender roles. Be aware of how ads can enforce stereotypes, like women being housewives or men being tough and unfeeling. This can hold people back as they might feel they have to follow these roles. It can also increase gender inequality, as these stereotypes often show unfair power differences. For example, showing women as passive or objects can make society value them less, limiting their status and chances.

## **Gender Stereotypes in Advertisements: A Historical Perspective**

Ads from the 1950s and 1960s show women as homemakers and men as the providers, reflecting societal beliefs of that period. Women were shown busy with beauty or cleaning products, kitchen gadgets, or tasks related to home and family care. Men, on the other hand, were portrayed as powerful and competent, either seen in a work environment or with cars, alcohol, or gadgets. Over time, advertising has slowly adapted to societal changes and changing views of gender roles.

# Analyzing the Portrayal of Women in Advertisements

Ads have a lot of influence and often shape how society views certain things, including gender. Even though things have improved, women are sometimes shown in a way that reinforces old-fashioned ideas. Look into how women are represented in ads to help fight against these gender biases and push for a more realistic portrayal. Ads in the past have often shown women in traditional roles like housekeepers or just as objects of beauty, which promotes outdated ideas of what it means to be a woman. For example, cleaning product ads usually have women in them, which suggests that women should be in charge of cleaning the house. The way women's bodies are shown in ads often sets an impossible standard for beauty, which can lead to women feeling unhappy with their bodies and having low self-esteem. Women in ads are also often shown as less smart than men or needing men, which promotes a belief in gender inequality. In the past few years, though, things have been changing in advertising. More companies are breaking away from fixed gender roles and trying to show women more realistically, highlighting their diversity and strength. Ads are starting to use "real" women, not photoshopped, of all body shapes and skin colors. Women are also being shown in charge, changing the old idea that only men can make decisions. This change is so important to help break down stubborn gender stereotypes and show both genders more equally.

# Analyzing the Portrayal of Men in Advertisements

Adverts have long been known to support typical gender roles, often showing men as strong, powerful, and emotionally distant. Watch car or electronic ads, which often aim at men and suggest that men are tech-savvy. Ads also frequently use men to advertise alcoholic drinks, linking manliness to drinking alcohol. Ads usually show men as independent and bold, seldom asking for help, highlighting society's expectation for them to be self-reliant. The depiction of men in competitive situations like sports or business strengthens the idea of men as dominating. An important part of this study is the "strong, quiet" stereotype often linked to men in ads, reinforcing the damaging cliché that men should hide their feelings. This talk of harmful manliness often encourages aggressive and emotionless behavior, discouraging men from showing vulnerability. Some brands are now beginning to challenge gender clichés with their advertising methods.

# Effects of Gender Stereotyping in Advertising on Society's Perception

This reflects some negative impacts. Change these stereotypical depictions as they shape our view of gender roles. These depictions make people have unrealistic and overly simplified expectations. For instance, ads often show women as beauty-obsessed or totally submissive and homebound, while men are seen as strong, controlling, and typically in charge. These wrong depictions alter how society sees things and uphold damaging norms, hindering people from showcasing their full potential and character. Advertising's gender stereotyping can strengthen harmful hidden biases. Those who see these ads, children or adults, might start thinking these stereotypes are ordinary, promoting a narrow and binary view of gender. This might spark discrimination and sexism and, oftentimes, restrict career and personal ambitions based on gender. People can also suffer decreased self-esteem and self-confidence. Those who can't fit into the roles these stereotypes outline may feel incompetent, which blocks their personal and societal development.

# Breaking the Mold: Cases of Progressive Advertisements

But there is a growing trend of ads seeking to challenge these stereotypes. These more forward-thinking ads aim to show genders in a fairer light, combating long-held beliefs. Watch Audi's Super Bowl ad "Daughter," for example. It confronts the gender pay gap issue, showing a dad wondering how he'd explain to his child that she could be seen as worth less than a man. The ad moves away from the idea of women being less than men and promotes gender equality instead. The Always "Like a Girl" ad is another good example. It turns a

negative phrase into a symbol of power and rebellion. It supports a confident image of girls and empowers them to believe in their abilities and potential. ad campaigns like the one from Gillette titled "The Best Men Can Be" move against the norms by challenging toxic masculinity.

## **Future Effects: The Evolution Towards Gender-Neutral Advertising**

This change comes from the need to end existing gender stereotypes that have ruled advertising for a long time. Before, ads seemed to show women as housekeepers and men as the breadwinners. To put it plainly, women were shown taking care of the home and kids, while men were shown doing powerful jobs, showing the range of gender bias. But today's people don't respond well to these old stereotypes. As people's beliefs change and views of gender become more fluid, advertisers have to adapt. The future of advertising will involve being gender-neutral, treating all genders with equal respect, and not assigning jobs or expectations to a specific gender. Gender-neutral advertising is a modern way to think. It doesn't give roles, colors, or products to particular genders. It allows people to break away from the old idea of binary gender and welcomes a more inclusive society that values individual choices over gender biases. This change is driven by a few things. the increase in socially aware consumers. Modern consumers want to support brands that treat all genders equally. The LGBTQ+ community has grown more visible and influential. Advertisers must understand and serve these various identities and relationships.

## **The Concluding Thoughts**

Forward-thinking companies are now examining how they depict men and women, helping create better views of gender roles. There's still a lot of work to do. Advertising should accept diversity and gender equality, which can be done by showing men and women in unconventional roles. The effort to eliminate gender stereotypes in advertising is a shared duty. Everyone—advertisers, consumers, and media—needs to consciously and steadily work towards this goal.