EMOTIONAL SELF-DISCLOSURE AS A FACTOR
OF PSYCHOLOGICAL WELL-BEING OF WOMEN

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INTRODUCTION

Self-disclosure was defined as revealing personal information to someone else[1].

Self-disclosures involve the subject describing some aspect of his or her relationships with an intimate, friend or a family member. Most people reveal information about themselves to share their feelings with their friends, to release their feelings, or to seek advice and reassurance, some of them describe their self-disclosure as an attempt to strengthen and improve their relationship with their friend. People, on average, report that their self-disclosure was very helpful in bringing about the kind of relationship that they would ideally like to have with the person with whom they shared their personal information. Also, they see the act of self-disclosure as helping them become the kind of person they would like to become[2].

Self-disclosure plays an integral role in the development and maintenance of personal relationships[3][4]. While the topic has a long and rich history of research, most of all have been relatively studies that have delved into superficial self-disclosure, which is defined as "public or non-intimate information about oneself"[5]. Despite being relatively understudied, superficial disclosures may have significant implications in personal

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[1] Archer R.L.`Self-disclosure', in D.M. Wegner & R. R. Vallacher (eds). The Self in Social Psychology. New York: Oxford University Press. 1980. P. 185.

[2] Tracy O. Schmidt, Randolph R. Cornelius. Self-disclosure in everyday life. Journal of Social and Personal Relationships. 1987, V. 4. Issue 3. P. 367. https://doi.org/10.1177/026540758700400307

[3] Altman I., Taylor D. A. Social Penetration: The development of interpersonal relationships. New York, NY: Holt, Rinehart and Winston.1973. P. 340.

[4] Derlega V. J., Chaikin A. L. Sharing intimacy: What we reveal to others and why. Englewood Cliffs, NJ: Prentice Hall Trade. 1977. P.110.

[5] Dindia K. Self-disclosure and self and relationship identity: A transactional / dialectical perspective. In Duck S. (Ed.), Handbook of personal relationships Chichester, UK: Wiley. 1997. P.412..

relationships, as indicated by social penetration theory and theories of social exchange [6] [7] [8].

The beneficial nature of self-disclosure is amplified when the listener responds with support and validation, rather than ignoring or blaming the discloser[9].

Self-disclosure has some gender differences in communication. This topic has been interesting in various fields, including psychology, sociology, and communication studies. It is essential to recognize that individual differences exist within genders, and not all individuals conform to gender stereotypes. However, it is some commonly observed differences in self-disclosure between men and women[10].

The self-presentation and self-disclosure of women are crucial in various social contexts, including professional settings, personal relationships, and everyday interactions[11] [12].

1. Emotionality of women

The notion of the "emotionality of women" is a complex and often debated topic that has been studied by various psychologists and researchers. However, it's important to approach this topic with sensitivity and avoid oversimplified or stereotypical generalizations.

One of the reasons for the well-known female emotionality is the different structure and physiology of the brain in men and women. The idea

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[6] Homans G. Social behavior as exchange. American Journal of Sociology. 1958, № 62. P. 599. doi:10.1086/222355

[7] Thibaut J. W., Kelley H. H. The social psychology of groups. New York, NY: John Wiley. 1959. 246 p.

[8] Stephen A. Rains, Steven R. Brunner, and Kyle Oman. Self-disclosure and new communication technologies: The implications of receiving superficial self-disclosures from friends. Journal of Social and Personal Relationships. 2016, Volume 33, Issue 1. 52 p. https://doi.org/10.1177/0265407514562561

[9] Shenk C. E., & Fruzzetti A. E. The impact of validating and invalidating responses on emotional reactivity. Journal of Social and Clinical Psychology, 2011, 30 (2). P. 167.

[10] Bradley J. Bond. He posted, she posted: Gender differences in self-disclosure on social network sites. University of Illinois at Urbana Champaign. 2009, V. 2. N. 6. PP. 29–30.

[11] Chen S., Wijnand A. P. van Tilburg and Patrick J. Leman. Women's Self-Objectification and Strategic Self-Presentation on Social Media. Psychology of Women Quarterly. 2023, Volume 47, Issue 2. 273 p. https://doi.org/10.1177/03616843221143751

[12] Feldman R. S., Forrest J. A., Happ B. R. Self-presentation and verbal deception: Do selfpresenters lie more? Basic and Applied Social Psychology. 2002, 24(2). P. 165.

that differences in brain structure and physiology between men and women contribute to differences in emotional experiences is a topic of ongoing research and debate in neuroscience and psychology[13].

While it's true that there are some structural and functional differences between male and female brains, it's essential to approach this topic with nuance and caution. Research has identified some differences in brain structure between men and women. For example, certain regions, such as the amygdala and hippocampus, which are involved in emotion processing and memory, have been found to vary in size and activity between sexes in some studies. However, the significance and implications of these differences are still not fully understood, and there is considerable variability within each gender group. Hormonal differences, particularly in levels of estrogen and testosterone, can affect brain development and function. These hormones have been linked to emotional regulation, mood, and behaviour. Fluctuations in hormone levels across the menstrual cycle and during pregnancy can also influence emotional experiences in women. Gender differences in emotional expression and perception may also be influenced by socialization processes, cultural norms, and societal expectations. From a young age, boys and girls are often socialized differently and may receive different messages about appropriate emotional expression and behaviour[14].

The brain is highly plastic, meaning it can adapt and change in response to experiences and environmental influences. Factors such as upbringing, education, and life experiences can shape brain development and function, potentially influencing emotional processing and regulation differently in men and women. It's crucial to recognize that there is considerable variability within each gender group, and not all men or women will conform to gender stereotypes regarding emotionality. Factors such as personality, temperament, and life circumstances also play significant roles in shaping emotional experiences.

Overall, while differences in brain structure and physiology may contribute to some gender-related patterns in emotional experiences, it's essential to consider a range of factors, including social, cultural, and individual influences. Further research is needed to better understand the complex interactions between biology, psychology, and socialization in shaping emotional processes across genders.

Individuals actively regulate their emotions based on their attitudes and goals. This regulation can involve strategies such as cognitive reappraisal, suppression, or seeking social support. Personal attitudes toward emotions

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[13] Brizendine L, Shoffner D. H. The female brain. Issues in Mental Health Nursing. 2008, 29 (7). PP. 789–790.

[14] Brebner, J. "Gender and emotions." Personality and Individual Differences. 2003, V. 34. P. 389.

themselves (e.g., whether certain emotions are acceptable or desirable) can also shape how people regulate their emotional experiences. Emotions are connected to individuals' identities and values. For example, emotions may arise in response to events that challenge or affirm one's core values and beliefs. Personal attitudes toward certain aspects of identity (e.g., gender, ethnicity, religion) can also influence emotional responses to related experiences[15] [16].

How individuals express their emotions is influenced by personal attitudes, social norms, and cultural expectations. Some may feel comfortable openly expressing a wide range of emotions, while others may prefer to keep their emotions private or express them in more subdued ways.

In summary, emotions are not only influenced by external stimuli but also by individuals' internal attitudes, beliefs, and perceptions. Understanding the interplay between personal attitudes and emotional experiences can provide valuable insights into human behaviour and psychological well-being.

The notion of "emotionality" in relation to women is a complex and often debated topic that intersects with gender stereotypes, societal expectations, and psychological research. Traditional gender stereotypes often portray women as more emotional or sensitive compared to men. These stereotypes suggest that women are more likely to express and experience emotions such as empathy, compassion, and nurturing, while men are expected to be stoic, rational, and unemotional. However, it's essential to recognize that these stereotypes are oversimplified and do not accurately reflect the diversity and complexity of human emotions. Psychological research on gender differences in emotionality has yielded mixed findings. While some studies suggest that women may, on average, report experiencing emotions more intensely or frequently than men, other research finds minimal or no gender differences in emotional expression or experience. Additionally, individual differences within gender groups tend to be more significant than differences between genders, highlighting the importance of considering factors such as personality, culture, and context[17].

The differences in emotionality observed between genders are often attributed to socialization processes and cultural expectations. From a young age, girls and boys may be socialized differently regarding the expression and regulation of emotions. Girls may receive more encouragement to express emotions openly, while boys may be taught to suppress or minimize emotional displays. These cultural norms can shape individuals' emotional

[15] Lazarus R. S. Emotion and Adaptation. Oxford University Press. 1991. 557 p.

[16] Izard C. E. Human Emotions. Springer Science& Business Media. 1991. 452 p.

[17] Bremner, J. D., Soufer R. Gender differences in cognitive and neural correlates of remembrance of emotional words. Psychopharmacol Bull. 2001, 35 (3). P. 65.

experiences and behaviors throughout their lives. Biological factors, such as hormonal fluctuations, brain structure, and genetic predispositions, may also contribute to differences in emotionality between genders. For example, some research suggests that hormonal changes associated with menstruation, pregnancy, and menopause may influence women's emotional experiences. However, the extent to which biology directly influences gender differences in emotionality remains an area of ongoing research and debate.

It's essential to recognize that experiences of emotionality vary not only by gender but also by other intersecting identities, such as race, ethnicity, sexual orientation, socioeconomic status, and disability. How individuals navigate and express their emotions is influenced by multiple intersecting factors, shaping their lived experiences and emotional well-being.

While societal stereotypes may perpetuate the notion of women as more emotional, the reality is far more nuanced. Gender differences in emotionality reflect a complex interplay of biological, social, cultural, and individual factors. Acknowledging and understanding these complexities is essential for promoting gender equality and fostering inclusive and supportive environments for all individuals to express and navigate their emotions authentically.

Gender and Emotional Experiences is a broad topic that encompasses various aspects of how gender influences individuals' emotional experiences. S.A. Shields is a researcher or author who has contributed to this area of study.

Research on gender and emotional experiences explores how societal expectations, cultural norms, biological factors, and personal experiences intersect to shape how individuals perceive, express, and manage emotions based on their gender identity. From a young age, individuals are socialized differently based on their perceived gender. Boys may be encouraged to suppress emotions like sadness or fear to appear strong and stoic, while girls may be encouraged to express emotions such as empathy and nurturing. Traditional gender roles prescribe specific emotional behaviours deemed appropriate for each gender. These roles can influence how individuals express emotions in various contexts, such as relationships, the workplace, and social settings.

Some research suggests that women may have a slight advantage in certain aspects of emotional intelligence, such as empathy and interpersonal sensitivity. However, societal expectations may also pressure men to develop emotional resilience and regulate their emotions differently. Gender intersects with other social identities, such as race, ethnicity, sexual orientation, and socioeconomic status, creating unique experiences of emotional expression and regulation for individuals with multiple marginalized identities. Emotional experiences are also influenced by

cultural norms and values surrounding gender. What is considered appropriate emotional expression can vary significantly across cultures and may challenge or reinforce traditional gender stereotypes[18] [19].

Gender differences in emotional experiences can impact psychological well-being and mental health outcomes. For example, men may be less likely to seek help for mental health issues due to stigma surrounding vulnerability and help-seeking behaviors[20]. Shields S.A. contributes to this field by conducting empirical studies, theoretical analyses, or literature reviews to deepen our understanding of how gender shapes emotional experiences and inform interventions aimed at promoting emotional well-being and gender equity[21].

Gender stereotypes regarding emotional and social behaviours often revolve around two main dimensions. Women are often stereotyped as being more focused on interpersonal connection, empathy, and nurturing behaviours. They are expected to excel in roles that involve caregiving, emotional support, and maintaining social relationships. This stereotype aligns with the societal expectation for women to prioritize relationships and demonstrate empathy towards others. Conversely, men are stereotyped as being more focused on power, achievement, and emotional restraint. They are expected to excel in roles that require assertiveness, leadership, and goal-oriented behaviors. Men are often encouraged to suppress emotions such as vulnerability, sadness, and fear, as these may be perceived as signs of weakness[22].

These stereotypes are deeply ingrained in many cultures and are reinforced through various socialization processes, including media representations, family dynamics, and educational systems. Cross-cultural studies have indeed shown that these stereotypes are pervasive across different societies, although the specific manifestations and degree of adherence to these stereotypes may vary.

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[18] Brody L. Gender and emotions: Beyond stereotypes. Journal of Social Issues. 1997, V. 53. P. 372.

[19] Brody L. R., Hall J. A. Gender and emotion. In M. Lewis & J. M Havilandd (Eds.). Handbook of emotions. New York: Guilford. 1993. PP. 447–448.

[20] Davis T. L. Gender differences in masking negative emotions: Ability or motivation?? Developmental Psychology, 1995, V.31. PP. 660–661

[21] Shields, S. A., Charash-Cohen, Y., & Walle, E. A. Everyday beliefs about emotion: Their role in subjective experience, emotion as an interpersonal process, and emotion theory. Special topic, Frontiers in Emotion Science. 2020. Available as free e-book.

[22] Zammuner V. L. Men's and women's lay theories of emotion. In A.H. Fischer (Red.), Gender and emotion. Cambridge, UK: Cambridge University Press. 2002. PP. 48–50.

It's important to recognize that while these stereotypes may have some basis in observed gender differences, they are oversimplified and do not capture the full range of human experiences. Additionally, they can be harmful as they limit individuals' opportunities, reinforce inequality, and contribute to the stigmatization of those who do not conform to traditional gender norms.

Efforts to challenge and transcend these stereotypes involve promoting gender equality, encouraging individuals to express themselves authentically regardless of gender norms, and fostering empathy and understanding across diverse gender identities.

There is an opinion that a woman has significantly more developed facial expressions than a man, and facial expressions are the external expression of emotions. This assertion requires careful examination. While it's true that there may be variations in the way individuals of different genders express emotions through facial expressions, it's essential to approach this topic with nuance and avoid oversimplified generalizations.

Some research suggests that there may be subtle differences in facial morphology between men and women, which could potentially influence how emotions are displayed. For example, women may have slightly more prominent cheekbones or smaller chins, which could affect the appearance of certain facial expressions. However, these differences are typically subtle and may not necessarily translate into women having "more developed" facial expressions overall.

Gender differences in facial expression may also be influenced by socialization processes and cultural norms. From a young age, boys and girls may be socialized differently and receive different messages about how to express emotions. These cultural expectations can shape individuals' comfort level with expressing emotions openly and the degree to which they use facial expressions to convey their feelings. Just as there is considerable variability within each gender group in terms of communication styles and emotional expression, there is also significant individual variation in facial expressions. Some individuals, regardless of gender, may naturally be more expressive or animated in their facial expressions, while others may be more reserved or subtle[23].

The way individuals express emotions through facial expressions can vary depending on the context, relationship dynamics, and cultural norms. For example, individuals may modulate their facial expressions based on social expectations, professional norms, or personal preferences. The ability to accurately interpret and express emotions through facial expressions is often

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[23] Burbank, V. K. Female aggression in cross-cultural perspective. Behavior Science Research. 1987, V. 21. P. 75.

associated with emotional intelligence, which can vary widely among individuals regardless of gender. Some people may be more adept at reading facial cues and expressing emotions nonverbally, while others may rely more on verbal communication or other channels to convey their feelings[24][25][26].

Research also suggests that women, on average, may have a slight advantage in reading facial expressions compared to men. This advantage is often attributed to various factors, including socialization, biological differences, and cognitive processes

From a young age, girls may be socialized to be more attuned to interpersonal cues and emotions compared to boys. Socialization processes can influence individuals' sensitivity to facial expressions and their ability to accurately interpret emotional signals.

Some research suggests that hormonal differences between men and women may contribute to differences in emotional processing. For example, estrogen has been associated with increased sensitivity to facial expressions and social cues, which may partially explain why women, on average, maybe more adept at recognizing emotions. This concept aligns closely with the work of Carol Gilligan, a psychologist known for her research on gender and moral development. In her groundbreaking book "In a Different Voice", Gilligan argued that women tend to emphasize care and responsibility in their moral reasoning, whereas men often prioritize justice and rights. She suggested that these differences stem from socialization processes, where girls are encouraged to be more attuned to interpersonal relationships, empathy, and emotional expression from a young age.

Women may employ different cognitive strategies when processing facial expressions compared to men. Some studies have found that women tend to rely more on holistic processing, which involves integrating information from different parts of the face to recognize emotions, whereas men may rely more on analytical processing.

There may be subtle neurological differences between male and female brains that influence emotional processing. For example, studies using brain imaging techniques have found differences in activation patterns in areas of the brain involved in emotion recognition tasks.

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[24] Gilligan C. In A Different Voice: Psychological Theory and Women's Development Harvard University Press. 1982.PP. 2–3.

[25] Tannen D. Three decades in the field of gender and language: a personal perspective. Gender and Language. 2021, vol. 15.(2). P. 234.

[26] Gordon C., Tannen D. Interactional sociolinguistics: Foundations, developments, and applications to language, gender and sexuality. In: Jo Angouri and Judith Baxter, ed.,. The Routledge Handbook of Language, Gender and Sexuality. London : Routledge, 2021. PP. 181–182.

Although, both men and women are capable of developing skills in emotional recognition, factors such as socialization, biology, cognition, and culture all contribute to these abilities.

In summary, while there may be some differences in how men and women express emotions through facial expressions, it's crucial to avoid rigid gender stereotypes and recognize the diversity and complexity of human behavior. Both men and women are capable of expressing emotions through facial expressions, and individual differences play a significant role in shaping how emotions are communicated nonverbally.

2. Self-disclosure of woman

Self-disclosure refers to the act of revealing personal information or sharing aspects of oneself with others. This communication can include a wide range of information about one's thoughts, feelings, experiences, beliefs, and other aspects of their personality or life. An important form of self-disclosure is emotional self-disclosure[27].

Emotional self-disclosure conveys information about the emotional state of the individual as any intentional and voluntary verbal utterance[28].

Self-disclosure is typically voluntary, meaning individuals choose what information they want to share and with whom they want to share it. The decision to disclose personal information is influenced by factors such as trust, relationship dynamics, and perceived benefits or risks of disclosure. Self-disclosure can occur at different levels of depth. Some disclosures may be relatively superficial, involving mundane facts or preferences, while others may be more intimate, involving deeply personal or sensitive topics. The depth of disclosure often depends on the level of trust and intimacy in the relationship[29].

Women may express their emotions verbally by openly discussing their feelings, thoughts, and experiences with others. This can include sharing personal stories, expressing concerns, or simply stating how they feel in a given situation.

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[27] Burger J. M. *Personality* (5th ed). Wadsworth/Thomas Learning: California. 2000. P. 585.

[28] Papini D. R., Farmer F.F., Clark S. M. , Micka J.C., Barnett J. K. Early adolescent age and gender differences in patterns of emotional self-disclosure to parents and friends. National Library of Medicine. Nationsl Center for Biotechnology Information. 1990. P. 961.

[29] Archer R.L.`Self-disclosure', in D.M. Wegner & R. R. Vallacher (eds). The Self in Social Psychology. New York: Oxford University Press. 1980. P. 200.

Women can show their emotions through verbal communication and self-disclosure in various ways[30]. Women can openly communicate their emotions by verbally expressing how they feel. For example, they might say, "I feel happy/sad/angry/anxious", followed by an explanation of what triggered that emotion. They can share personal experiences that evoke particular emotions. By recounting stories or events from their lives, they reveal their emotional responses and perspectives to others. Furthermore, men primarily disclose superficial information, whereas women disclose meaningful information. Expressing emotions helps women verbally express their emotional needs by seeking support and validation from others. They might say, "I'm feeling overwhelmed right now. Can we talk about it?" or "I need a hug; I'm feeling down". Women can practice honesty and authenticity in their verbal communication by avoiding the temptation to suppress or mask their emotions. Instead, they can openly acknowledge and communicate their feelings, even if they are uncomfortable or difficult[31].

Women can demonstrate empathy and emotional intelligence by actively listening to others and validating their emotions. By providing a supportive and nonjudgmental space for others to express themselves, women can foster trust and emotional connection[32].

Women are willing to assert their emotional boundaries by communicating their needs and preferences in interpersonal interactions[33]. For example, they might say, "I'm not comfortable discussing this topic right now", or "I need some time alone to process my feelings".

Women often then men seek professional support, such as therapy or counseling, to explore and process their emotions in a safe and supportive environment. Therapists can provide guidance and techniques for expressing and coping with emotions effectively. When considering prevalence rates, it

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[30] Christien M. S. Self-Esteem, Sex Differences, and Self-Disclosure: A Study of the Closeness of Relationships. University of North Florida UNF Digital Commons. 2003. P. 161.

[31] Snell W. E., Miller R. S. , Belk S., Garcia-Falconi R., Hernández Sánchez J.E. (1989) Men's and Women's Emotional Disclosures: The Impact of Disclosure Recipient, Culture, and the Masculine Role. Sex Roles. 1989, 21(7). PP.467–468 DOI:10.1007/BF00289098

[32] Barden D. The Power of Empathy: Why Female Leaders Excel in Displaying It. 2023. https://www.linkedin.com/pulse/power-empathy-why-female-leaders-excel-displaying-don-barden-23z1e

[33] Brundin E., Languilaire J-C. When the display of emotion is not enough: An emotion boundary management perspective on the quality of strategic decisions. Long Range Planning, 2023. P. 50. www.elsevier.com/locate/lrp

becomes evident that women in the United States are 1.6 times more likely than men to seek mental health treatment within 12 months[34].

This trend is also observed in Australia, where women are 14% more likely to access mental health services compared to men. In the United Kingdom, the Improving Access to Psychological Therapies (IAPT) service, which provides evidence-based treatments for depression and anxiety, receives 36% of its referrals from males[35][36].

Furthermore, even when accounting for prevalence rates, women in the United Kingdom remain 1.58 times more likely than men to receive any form of treatment for mental health issues, including medication or psychological therapy. It suggests that women are more inclined to seek and engage in treatment for their mental health concerns compared to men[37].

Hence, verbal communication and self-disclosure are powerful tools that women can use to express their emotions authentically, seek support and validation, assert boundaries, and foster emotional connection with others. By embracing vulnerability and openness in their communication, women can cultivate healthier and more fulfilling relationships with themselves and others.

Moreover, self-esteem is a significant factor influencing the level of self-disclosure among women. It is commonly assessed based on the extent to which individuals make positive or negative evaluations of themselves. Self-esteem comprises two crucial dimensions: competence and worth. Competence refers to the belief in one's abilities, while worth relates to an individual's perception of their value as a person[38].

Women with high self-esteem tend to exhibit greater self-disclosure compared to those with low self-esteem. They have confidence in their capabilities and believe they can successfully engage in social interactions, such as making friends or building relationships. On the other hand, individuals with low self-esteem may have doubts about their abilities and

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[34] Wang P. S., Lane M., Olfson M., Pincus H. A., Wells K. B., Kessley R. C. (2005). Twelve-month use of mental health services in the United States: Results from the National Comorbidity Survey Replication. Archives of general psychiatry. *Archives of General Psychiatry*. 2005, 62(6), P. 630.

[35] Australian Bureau of Statistics. *National survey of mental health and wellbeing: Summary of results*. Canberra: Australian Bureau of Statistics. 2007. [Google Scholar] [Ref list].

[36] NHS Digital, N. A. *Psychological therapies: Annual report on the use of IAPT services – England, 2016*. Retrieved from http://webarchive.nationalarchives.gov.uk/ 20180328133700/http://digital.nhs.uk/catalogue/PUB22110 [Ref list]

[37] World Health Organization. *Gender and mental health*. Geneva: World Health Organization. 2002. [Google Scholar] [Ref list]

[38] Sahlstein E., Allen M. Sex differences in self-esteem: A meta-analytic assessment. Interpersonal Communication Research: Advances through meta-analysis. New Jersey: Lawrence Erlbaum Associates, Publishers. 2002. P. 70.

may be more hesitant or reserved when it comes to revealing personal information about themselves[39].

It is important to consider the role of self-esteem when examining factors influencing self-disclosure among women. By understanding how self-perception impacts disclosure tendencies, researchers and practitioners can develop interventions or strategies aimed at promoting healthy levels of self-esteem and encouraging open communication among women[40 41].

Women, like individuals of any gender, can show their emotions in various ways. Here are some common ways women may express their emotions: Facial expressions are a powerful way for women to convey their emotions. Smiling, frowning, crying, or showing other facial expressions can communicate a wide range of emotions, from happiness and excitement to sadness and frustration[42 43].

Body language can also reveal a lot about a woman's emotional state. Gestures such as nodding, shrugging, or crossing arms can convey different emotions and attitudes. Additionally, posture, eye contact, and physical proximity to others can communicate emotional openness or reserve.

 The tone of voice can convey a wealth of emotional information. Women may modulate their tone to reflect their emotions, such as speaking softly when feeling sad or raising their voice when feeling angry or passionate. Some women may express their emotions through artistic outlets such as writing, painting, music, or dance. Creating art can be a cathartic way to process emotions and share inner experiences with others.

When women are feeling overwhelmed by their emotions, they may seek social support from friends, family members, or mental health professionals. Talking to others and receiving validation and empathy can help women process their emotions and feel supported[44].

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[39] Rosenberg, M. Society and the adolescent self-image, Princeton, NJ: Princeton University Press. 1965. P. 320.

[40] Cast A.D., Burke P .J. A theory of self-esteem. Social Forces. 2002, 80(3). PP. 1041–1042.

[41] Baumeister, R.F. (Ed.) Selfesteem: The puzzle of low self.regard. New York: Plenum Press. 1993. P. 280.

[42] Hoffmann H., Kessler H., Eppel T., Rukavina S., Traue H. C. Expression intensity, gender and facial emotion recognition: Women recognize only subtle facial emotions better than men. Acta Psychologica. 2010, Volume 135, Issue 3. PP. 278–279.

[43] Kret M. E., Maitner A. T., Fischer A. H. Interpreting Emotions From Women With Covered Faces: A Comparison Between a Middle Eastern and Western-European Sample. 2021, Volum 22. Frontiers in Psychology. https://doi.org/10.3389/fpsyg.2021.620632

[44] Menezes C. B., Hertzberg J. C., Neves F. E, Prates P. F., Silveira J. F., Silvio Vasconcellos S. J-L. Gender and the capacity to identify facial emotional expressions. Estudos de Psicologia (Natal). 2017. P. 1425.

Collectively, women can show their emotions through various means, including verbal communication, facial expressions, body language, tone of voice, artistic expression, seeking social support, setting boundaries, and engaging in self-care practices. How a woman expresses her emotions may vary depending on individual preferences, cultural norms, and situational contexts.

Regarding self-disclosure, it serves various purposes in communication and relationships. It can facilitate self-expression, foster emotional connection and intimacy, build trust, provide social support, and enhance understanding and empathy between individuals.

While self-disclosure can have positive outcomes, it also carries potential risks, such as vulnerability, judgment, and breaches of privacy. Individuals must consider their comfort level, the appropriateness of disclosure in a given context, and the potential consequences of sharing personal information. Self-disclosure norms vary across cultures and may be influenced by gender roles and socialization. Some cultures or gender groups may encourage more open and expressive communication styles, while others may prioritize privacy and discretion. Especially women can run into such risks in social media[45].

Social media, including social-networking sites (SNS), play a significant role in encouraging individuals to disclose personal information through their profiles and posts. This phenomenon is driven by the positive short-term effects and immediate feedback users receive, such as receiving "Likes" or positive comments. These immediate rewards can be rewarding and may overshadow the consideration of potential negative long-term consequences associated with self-disclosure.

According to dual-process theories, risky behaviours often stem from impulsive or short-term oriented decision-making processes rather than reflective or long-term oriented ones. In the context of social media self-disclosure, individuals may prioritize the immediate gratification and positive reinforcement they receive from sharing personal information over carefully weighing the potential risks and long-term consequences that could arise from this behavior.

This understanding of how social media influences self-disclosure highlights the need for individuals to be mindful of their decision-making processes when engaging with these platforms. It also calls for increased awareness and education on responsible online behaviour to ensure that

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[45] Farber B. A., Khurgin-Bott R., Feldman S. The benefits and risks of patient self-disclosure in the psychotherapy of women with a history of childhood sexual abuse. Psychotherapy Theory Research Practice Training. 2009, 46(1). PP. 52–53.

users can navigate social media environments while considering both short-term rewards and potential long-term implications[46].

In general terms, self-disclosure is a multifaceted process that can occur through various channels and in different forms. Whether direct or indirect, verbal or non-verbal, self-disclosure plays a crucial role in interpersonal communication, relationship development, and self-expression. An independent subject of research is emotional self-disclosure, which is understood as a person's verbal communication about the emotional phenomena of his life, changing in volume, content, and degree of sincerity depending on the nature of the relationship with the communication partner[47].

Disclosure of one's feelings and experiences is very important for women, since it contributes to their mental health, is a means of self-regulation, and allows them to establish and maintain close relationships with other people. To express his feelings, a woman must be able to reflect and recognize one's own emotions, and also learn how to express them, respecting the cultural traditions of the society that owns it.

3. Role of self-disclosure of women in support of psychological health

Self-disclosure involves revealing personal thoughts, feelings, and experiences to others. For women, as with anyone, engaging in self-disclosure can help build trust and intimacy in relationships, whether they are personal or professional.

Self-disclosure can be instrumental in building relationships between women and men, fostering understanding, trust, and emotional connection. Self-disclosure allows women to share their inner thoughts, feelings, and experiences with men, which can create emotional intimacy. By opening up and expressing vulnerabilities, women can deepen their connection with men on a personal level, leading to greater trust and closeness[48].

When women engage in self-disclosure with men, it demonstrates honesty and transparency, which are essential for building trust. By sharing personal information and being authentic, women can establish a foundation

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[46] Ostendorf S., Müller S. M., Brand M. Neglecting Long-Term Risks: Self-Disclosure on Social Media and Its Relation to Individual Decision-Making Tendencies and Problematic Social-Networks-Use. Frontiers in Psychology. 2020, Volume 11. | https://doi.org/10.3389/fpsyg.2020.543388

[47] Bucholtz I. Diffused Intimacy: Trust and self-disclosure in online relationships. University of Latvia, Faculty of Social Sciences. 2013. P. 25.

[48] Munoz K. E. Predicting travel intentions using self-disclosure, trust and intimacy: the case of Tinder users during COVID-19. Journal of tournal of tourism futures. 2016. P. 29.

of trust in their relationships with men, fostering mutual respect and understanding[49].

Self-disclosure encourages open and honest communication between women and men. By sharing their perspectives, beliefs, and concerns, women can facilitate meaningful dialogue with men, promoting mutual understanding and empathy. Effective communication is vital for building healthy and fulfilling relationships. Self-disclosure allows women to express their emotions and experiences, helping men develop empathy and understanding. By sharing their joys, sorrows, and challenges, women can provide insight into their inner world, enabling men to relate to their experiences and emotions more deeply[50].

Self-disclosure can bridge the gap between gender differences and facilitate mutual appreciation and acceptance. By sharing their unique perspectives and experiences as women, women can help men understand their point of view and vice versa, promoting respect and inclusivity in their relationships. Self-disclosure is essential for resolving conflicts and addressing issues in relationships. By openly expressing their thoughts and feelings during conflicts, women can foster constructive dialogue with men, leading to resolution and reconciliation. Effective conflict resolution strengthens the bond between women and men, promoting harmony and mutual growth in their relationship[51].

Overall, self-disclosure plays a vital role in building relationships between women and men by fostering emotional intimacy, trust, communication, empathy, shared experiences, and conflict resolution. By engaging in open and honest communication, women can cultivate meaningful and fulfilling relationships with men based on mutual respect, understanding, and connection[52].

Women, like all individuals, benefit from emotional support from friends, family, and partners. By engaging in self-disclosure, women can

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express their emotions and seek support when needed, which can contribute to their overall well-being[53].

Self-disclosure can play a significant role in providing and receiving emotional support. Self-disclosure involves sharing personal thoughts, feelings, and experiences with others. When individuals engage in self-disclosure, they have the opportunity to express their emotions openly, whether they are feelings of happiness, sadness, anxiety, or frustration. By articulating their emotions, women can release pent-up feelings and gain a sense of relief and catharsis. When individuals disclose their feelings to others, they seek validation and understanding. By sharing their emotional experiences, individuals hope to receive empathy and recognition from others, which can help them feel understood and less alone in their struggles. Validation from others can validate their feelings and reassure them that their emotions are valid and worthy of acknowledgment[54].

Engaging in self-disclosure fosters trust and connection in relationships. When individuals share vulnerable aspects of themselves with others, it deepens their bond and strengthens their relationship. Trust is built when women feel safe enough to reveal their innermost thoughts and emotions, knowing that they will be met with acceptance and support. Self-disclosure allows women to seek advice, guidance, and coping strategies from others. By sharing their emotional struggles and challenges, individuals can receive valuable insights, perspectives, and suggestions from friends, family members, or mental health professionals. This collaborative problem-solving approach can help individuals navigate difficult emotions and develop effective coping strategies[55].

Keeping emotions bottled up inside can contribute to stress and anxiety. Self-disclosure provides an outlet for women to release their emotions and alleviate psychological distress. By expressing their feelings to others, individuals can experience a sense of emotional release and relief, which can help reduce stress levels and promote emotional well-being. Engaging in self-disclosure can empower individuals to take ownership of their emotions and experiences. By acknowledging and expressing their feelings, women

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can gain greater self-awareness and insight into their emotional needs and triggers. This self-awareness can empower individuals to make informed decisions about their emotional well-being and seek out the support they need[56][57].

Self-disclosure plays a crucial role in providing emotional support by allowing individuals to express their feelings, seek validation and understanding, build trust and connection, access problem-solving strategies, reduce stress and anxiety, and foster empowerment and self-awareness. By engaging in open and honest communication with others, individuals can receive the emotional support they need to navigate life's challenges and thrive emotionally[58].

By sharing personal experiences and vulnerabilities, women affirm that their thoughts and emotions matter and are worthy of acknowledgment. This validation fosters a sense of empowerment, as women recognize the importance of their own voice and perspective[59][60].

Self-disclosure allows individuals to assert their boundaries and communicate their needs and preferences to others. By sharing personal boundaries and limits, individuals establish clear expectations for how they wish to be treated and respected. This assertiveness is empowering, as it reinforces the individual's right to autonomy and self-determination[61]. Self-disclosure can help individuals overcome feelings of shame and fear associated with sharing personal information. By embracing vulnerability and sharing their experiences openly, individuals reclaim power over their

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narratives and reduce the hold that shame and fear have over them. This liberation from shame and fear is empowering and allows individuals to live more authentically. When individuals engage in self-disclosure and express their authentic selves, they inspire others to do the same. By modeling vulnerability and authenticity, individuals create a supportive environment where others feel safe to share their own experiences and perspectives. This ripple effect of empowerment encourages a culture of authenticity and self-expression[62].

Self-disclosure is a powerful tool for empowerment and authenticity, enabling individuals to express themselves freely, assert their boundaries, foster genuine connections, overcome shame and fear, and inspire others to do the same. By embracing vulnerability and sharing their authentic selves with the world, individuals can cultivate a sense of empowerment and live more fulfilling and authentic lives[63].

Effective communication, including self-disclosure, is essential for resolving conflicts and addressing issues in relationships. Women can use self-disclosure to communicate their perspectives, feelings, and needs during conflicts, facilitating resolution and understanding[64].

Self-disclosure can be a powerful tool in conflict resolution as it promotes open communication, mutual understanding, and empathy. Self-disclosure involves sharing personal thoughts, feelings, and experiences with others. During conflicts, individuals may withhold their true feelings or perspectives out of fear of judgment or rejection. However, by engaging in self-disclosure, individuals can express themselves honestly, which fosters transparency and authenticity in communication. When individuals engage in self-disclosure during conflicts, it humanizes the participants involved. By sharing personal experiences and emotions, individuals can cultivate empathy and understanding of each other's perspectives. This increased understanding can help de-escalate conflicts and pave the way for resolution[65].

Conflicts often arise from misunderstandings or misinterpretations of each other's actions or intentions. Self-disclosure allows individuals to clarify their intentions, motivations, and feelings, which can help correct

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misconceptions and resolve misunderstandings. By providing context and insight into their thoughts and emotions, individuals can bridge the communication gap and foster mutual clarity. Engaging in self-disclosure during conflicts demonstrates vulnerability and authenticity, which builds trust and rapport between the parties involved. When individuals are willing to share their true feelings and experiences, it signals a willingness to engage in open and honest dialogue. This trust forms the foundation for constructive conflict resolution and promotes cooperation and collaboration[66].

Self-disclosure can shift the focus of the conflict from blame and accusation to problem-solving and resolution. By sharing their perspectives and concerns, women can identify common goals and interests, paving the way for collaborative problem-solving. When participants feel that there was heard and understood, they are more likely to work together to find mutually acceptable solutions to the conflict. Conflicts can leave emotional wounds that need to be addressed for healing and reconciliation to occur. Self-disclosure allows women to express their emotions, acknowledge the impact of the conflict, and seek emotional validation from others. This emotional processing is essential for healing and moving forward from the conflict healthily and constructively[67].

Self-disclosure can play a crucial role in conflict resolution by promoting honest communication, empathy, understanding, trust, problem-solving, and emotional healing. By engaging in open and authentic dialogue, individuals can navigate conflicts effectively and foster stronger and more resilient relationships.

Reflecting on and sharing personal experiences can contribute to personal growth and self-awareness. For women, engaging in self-disclosure can be a means of self-exploration and self-expression, leading to greater self-understanding and fulfilment[68].

Self-disclosure plays a significant role in personal growth by facilitating self-awareness, fostering emotional resilience, and promoting self-acceptance. Engaging in self-disclosure requires individuals to reflect on their thoughts, feelings, and experiences. By articulating their innermost

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thoughts and emotions, individuals gain insight into their beliefs, values, and motivations. This self-reflection fosters greater self-awareness and understanding, which are essential components of personal growth. Self-disclosure provides an outlet for individuals to express and process their emotions. By sharing their experiences with others, individuals can gain perspective on their emotions and learn to navigate them more effectively. This emotional processing promotes emotional resilience and adaptability, enabling individuals to cope with life's challenges more effectively. Self-disclosure invites feedback and validation from others, which can be invaluable for personal growth. By sharing their experiences and perspectives, individuals open themselves up to different viewpoints and insights from others. Constructive feedback can offer new perspectives, challenge existing beliefs, and stimulate personal growth and development. Self-disclosure strengthens connections with others and builds support networks that are crucial for personal growth. By sharing their experiences and vulnerabilities, individuals can cultivate meaningful relationships based on trust, empathy, and mutual support. These support networks provide encouragement, guidance, and accountability, which are essential for achieving personal goals and overcoming obstacles. Self-disclosure often involves stepping outside of one's comfort zone and embracing vulnerability. By sharing personal experiences and perspectives, individuals confront their fears of judgment and rejection, which can be limiting factors in personal growth. Embracing vulnerability allows individuals to take risks, explore new opportunities, and expand their comfort zones, fostering personal growth and development[69].

Self-disclosure is a powerful tool for personal growth, as it fosters self-awareness, emotional resilience, and learning from feedback, building support networks, challenging comfort zones, and enhancing self-expression. By engaging in open and honest communication with others, individuals can navigate their personal journeys of growth and development more effectively and authentically.

CONCLUSIONS

Self-disclosure is a process whereby a person verbally reveals private feelings, thoughts, beliefs, or attitudes to another person.

Self-disclosure is a fundamental aspect of interpersonal communication, contributing to the development and maintenance of relationships and shaping individuals' sense of identity and connection with others.

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[69] Harvey J. A., Karen Boynton K. Self-Disclosure and Psychological Resilience: The Mediating Roles of Self-Esteem and Self-Compassion. Interpersona An International Journal on Personal Relationships. 2021, 15(1). PP. 90–91. DOI:10.5964/ijpr.4533

S. Jourard argued that genuine self-disclosure involves revealing one's true self, including both positive and negative aspects, to another person. He believed that by sharing personal information with others, individuals could deepen their connections, foster intimacy, and develop a more authentic sense of self[70][71].

By sharing their perspectives, beliefs, and concerns, women can facilitate meaningful dialogue with men, promoting mutual understanding and empathy. Self-disclosure encourages open and honest communication between women and men. Effective communication is vital for building healthy and fulfilling relationships. Self-disclosure allows women to express their emotions and experiences, helping men develop empathy and understanding. By sharing their joys, sorrows, and challenges, women can provide insight into their inner world, enabling men to relate to their experiences and emotions more deeply.

Engaging in self-disclosure can validate an individual's sense of self-worth and intrinsic value. By sharing their authentic selves with others, women assert their right to self-expression and assert their unique identities. Self-disclosure can be a powerful tool for empowerment and authenticity, allowing women to assert their true selves and take ownership of their experiences. Self-disclosure enables individuals to express their thoughts, feelings, and experiences openly and honestly. This act of self-expression is empowering, as it affirms the individual's autonomy and agency over their own narrative. Self-disclosure can help women and men create shared experiences and memories in their relationships. By sharing personal stories, interests, and aspirations, women can forge common ground with men, strengthening their connection and sense of companionship.

Authenticity is essential for building genuine connections with others. Self-disclosure promotes authenticity by allowing individuals to share their true thoughts, feelings, and experiences without fear of judgment or rejection. When individuals are authentic in their interactions, they attract like-minded individuals who appreciate and value them for who they truly are.

Self-disclosure promotes authentic self-expression and communication. By articulating their thoughts and emotions, women refine their communication skills and become more adept at expressing themselves effectively. This enhanced self-expression enables women to assert their needs, advocate for themselves, and cultivate fulfilling relationships, all of which contribute to personal growth.

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Self-disclosure allows individuals to express their true selves and assert their identity. For women, who may face societal pressures to conform to certain expectations or stereotypes, engaging in self-disclosure can be empowering and affirming.

SUMMARY

The analysis of scientific literature shows that a person's desire to inform about himself, to open his inner world to other people is an indicator of a healthy personality. If a person realizes this need, it will contribute to personal growth, the formation of stable and adequate self-esteem, the formation of stable interpersonal contacts, and rapid adaptation to new social conditions.

Emotional self-disclosure is very important for women. Women often value emotional connections and seek support from others. On the other side society often expects women to be nurturing and caring, but may dismiss or downplay their emotions.

Emotional self-disclosure allows women to communicate effectively about what they want or don't want in relationships, work environments, or other areas of life. Sharing emotional burdens through self-disclosure can alleviate stress and promote mental well-being. Women may experience relief from discussing challenges or struggles with trusted individuals who can provide support and guidance. Historically, there have been societal expectations for women to suppress emotions or only express certain types of emotions deemed appropriate by gender norms. Emotional self-disclosure challenges these stereotypes by allowing women to embrace the full range of their emotional experiences without judgment.

It is important to note that the significance of emotional self-disclosure may vary among individuals based on personal preferences, cultural norms, and individual circumstances.

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