Gender Studies

Derrick Amissah

OLD DOMINION UNIVRSITY

IDS 300W: Interdisciplinary Theories and Concepts

Dr. Gordon-Phan

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Abstract

Gender studies is the study of how gender organizes the social, political and economic worlds. This paper analyzes the evolution of gender studies from a narrow feminist approach to a broad area of study. Based on insights from many scholars, this paper discusses the interdisciplinary focus of gender studies, its application in the classroom today, and its use in a variety of professions. This research shows that gender studies use the research methods of sociology, biology, law, and humanities to support fairness in all areas of life. It also shows that gender studies are applied in practice to create diverse workplaces and improve health equality. Gender studies provide an understanding of human rights and identity issues in today's world.

Gender is no longer limited to social sciences. It has become a vibrant, interdisciplinary area of study that explores the construction of masculinity and femininity in cultures across the globe. Unlike its more “traditional” academic counterparts, gender studies engage with sociology, history, medicine, and even the law. As we advance toward a clearer understanding of identity, gender studies offer critical guidance for breaking the chains of oppression and building a new world for everyone in modern society.

Gender studies is an interdisciplinary undertaking. According to a recent Elgar Blog post (2025), gender studies pull from other areas of studies to solve problems of pressing importance. Because gender is a part of almost every aspect of daily life, it is evident that no discipline can provide solutions by itself. Concepts drawn from humanities, social science, and even biology. This interdisciplinary study allows surveys to ask questions about things like how gender relates to race, class, and sexuality. It also allows for discussions of equality and social change in cultures and institutions today.

Jindal Global University (2022) describes how gender studies have emerged to challenge the naturalness of gender roles. Treating gender as a social construct rather than a given allows discussions about power and dominance. This opens to discuss how institutions and even home life reinforces these unbalanced gender dynamics. It exposes how powerful the system can be in denying so many people the opportunity to enjoy a level playing field today.

Gender studies in all sciences and the humanities is seen as a major advance in research methods. The Palgrave Communications studies illustrate the benefits of an interdisciplinary approach to solving the problems of the world which cannot be solved using traditional approaches of undiscipline research (Woodward, 2015). For gender, this means that gender must

be factored into any scientific study for it to be valid. In the case of medicine, this has resulted in biased findings and treatments that do not work for a large proportion of the population in modern globalized healthcare systems.

Current public health research demonstrates the value of gender studies. A publication from the National Center for Biotechnology Information indicates gender sensitive approaches are essential for fairness in health outcomes (Cederroth et al., 2024). By recognizing that society affects individuals of different genders, health care professionals offer gender sensitive services with fewer barriers to access for every gender. These findings from research prove the value gender studies hold in health care and public policy.

Though many say gender studies is purely belief-based, the United Negro College Fund says it provides students with “healthy perspective and a path to an empowered career” (UNCF, n.d.). Gender studies provide students with critical thinking, compassion, and communication skills that are a benefit in today's workplace and to the community. Gender studies allow students to develop the skills to be inclusive and a benefit in your future workplace and to those in their community.

Those who earn degrees in gender studies become masters of the modern workplace. They learn how to spot inequities in company hiring practices, establish ways to make their marketing more inclusive, and push for better and more equitable policies across departments in their place of business. As the UNCF explains, this degree program enables students to especially students from a difficult area, imagine themselves as powerful change people who can make a world of difference in their workplace (UNCF, n.d.).

In the future, gender studies will borrow from other disciplines. The new area of exploration, according to the Elgar Blog (2025), is how to combine this area of study with technology and the natural environment. For instance, researchers want to examine how gender influences our use of AI, or even our experience of climate change. As the global problem gets tougher, this “mixed bag of skills” will provide analysts and policymakers with a valuable set of tools.

Gender studies is the lens through which we see the world, how the identity we possess opens or limits opportunity and how we can deal with people just as they are. By mixing ideas from many subjects, gender studies is key to solving today’s world problems, taught in the classroom and applied in medicine, business and beyond. It changed our perspective of what is normal and carries us into a more mindful future.

References

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