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Flipping Roles, Shifting Souls: Gender Role Stress, Self-Esteem, And Self-Efficacy Of Parents With Interchanged Roles

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Keywords:	Abstract
gender role stress; house husbands; role reversal; self-efficacy; self-esteem	*This study investigated the impact of gender role stress on self-esteem and self-efficacy among parents (N=590) with interchanged roles in Cavite, Philippines. The significance of this research lies in its exploration of evolving gender roles within the context of a traditionally gendered society. Using structural equation modeling (SEM), the study examined relationships between gender role stress, self-esteem, and self-efficacy. The results revealed that gender role stress generally had a negative impact on self-esteem, particularly for working housewives (β=-0.408, p<0.001), while among househusbands it had a positive impact (β=0.552, p<0.001). Self-efficacy was found to be a significant mediator of the relationship between gender role stress and self-esteem among househusband (β=0.115, p<0.05), but not in working housewives (β=-0.03, p>0.05). The study emphasized the need for societal support mechanisms to mitigate the adverse effects of gender role stress and promote mental well-being in these contexts. This research contributes to the understanding of gender dynamics and their psychological implications in non-traditional family structures.*

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Kata kunci:	Abstrak
stres karena peran gender; bapak rumah tangga; pertukaran peran; efikasi diri; harga diri	Penelitian ini menelaah dampak stres karena peran gender terhadap harga diri dan efikasi diri pada orang tua (N=590) yang mengalami pertukaran peran di Cavite, Filipina. Urgensi penelitian ini terletak pada eksplorasi terhadap perubahan peran gender yang berubah pada masyarakat dengan pandangan tradisional akan hal tersebut. Menggunakan Structural Equation Modeling (SEM), penelitian ini mencermati hubungan antara stres karena peran gender, harga diri, dan efikasi diri. Hasil penelitian menunjukkan bahwa stres karena peran gender memiliki hubungan negatif dengan harga diri pada istri yang bekerja (β=-0.408; p<0.001), tapi menunjukkan hubungan positif dengan harga diri pada bapak rumah tangga (β=0.552; p<0.001). Efikasi diri ditemukan sebagai mediator yang signifikan dalam hubungan antara stres karena peran gender dan harga diri pada bapak rumah tangga (β=0.115; p<0.05), tapi tidak pada istri yang bekerja (β=-0.03; p>0.05). Penelitian ini menekankan pentingnya dukungan masyarakat untuk mengendalikan dampak negatif stres karena peran gender dan mendukung kesejahteraan psikologis dalam konteks ini. Penelitian ini juga berkontribusi terhadap pemahaman akan dinamika gender dan implikasi psikologisnya terhadap struktur keluarga non-tradisional.

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INTRODUCTION

Background Of The Study

The Philippines is witnessing a dynamic shift in gender roles that creates unique challenges in the social landscape, particularly regarding family dynamics and identity formation. In Filipino society, traditional gender roles have historically cast men as primary breadwinners, while women are considered primary caregivers. These roles are deeply embedded in occupational and social stereotypes (Gutierrez, 2024). Despite

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notable progress, these gender norms still significantly shape societal expectations and individual identities, often resulting in gender role stress. This stress is rooted in the difficulties of conforming to societal standards for masculinity and femininity. Recent studies have demonstrated that such stress can adversely affect psychological well-being, particularly self-esteem and self-efficacy, and also negatively influence family interactions.

For instance, men who adopt caregiving roles may encounter societal pressure and criticism, as these roles have traditionally been viewed as feminine (Lewington, Lee, & Sebar, 2021). This situation may pose challenges to self-identity, potentially affecting mental health. Similarly, women pursuing careers and contributing significantly to family income may face backlash from those holding traditional views, leading to stress and problem in balancing work and family responsibilities (Balayar & Mazur, 2022).

Gender Role Stress

Research by Gonalons-Pons & Gangl (2021) indicates that gender role stress extends beyond personal challenges, impacting family dynamics and societal cohesion. In some Filipino families, where traditional roles are highly valued, deviations from these traditional values can lead to familial tensions, influencing communication and cooperation among family members (Ballaret, 2024).The stress caused by the changing roles that is experienced by parents can also extend to children, influencing their perceptions of gender and affecting their psychological development.

Traditional gender roles assign specific responsibilities and behaviors to men and women, and any deviation from these roles can lead to stress, specifically known as gender role stress. Gender role stress arises from the pressure to conform to traditional masculine and feminine roles. Research indicates that this stress can negatively affect psychological well-being, self-esteem Kargin et al. (2021), and self-efficacy, thereby influencing family interactions and overall quality of life (Piekarska, 2020). Self-esteem, a crucial component of psychological health, is foundational for personal happiness and effective functioning (Barbalat, Plasse, Gauthier, Verdoux, Quiles, Dubreucq, Legros-Lafarge, Jaafari, Massoubre, Guillard-Bouhet, Haesebaert, & Franck, 2022). Individuals with low self-esteem often struggle with confidence and interpersonal relationships,

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which can exacerbate family conflicts and hinder personal growth (Arikewuyo, Eluwole, Dambo, & Abdulbaqi, 2022).

Efforts to address these challenges have seen mixed results. On one hand, educational campaigns and policy changes aim to promote gender equality and challenge stereotypes (Flood, Dragiewicz, & Pease, 2021). For example, organizations in the Philippines are working to redefine male participation in household chores, encouraging men to embrace roles traditionally seen as feminine (Rosenbaum, Christopher, Mcdade, Avila, Bechayda, & Gettler, 2021). On the other hand, cultural resistance and deeply rooted beliefs continue to hinder progress, suggesting a need for more comprehensive approaches that consider cultural sensitivities and the diverse experiences of individuals across different socio-economic backgrounds (Carrasco-Santos, Seyfi, Hosseini, Hall, Mohajer, Almeida-García, Fernando, & Cortes, 2024).

Self-Efficacy

Bandura's (1977) self-efficacy theory underscores the importance of an individual's belief in their capabilities, which is essential for resilience and effective stress management. This theoretical framework is particularly relevant for parents navigating non-traditional roles, as it provides insights into how they cope with role-related challenges. Notably, Cabrera-Aguilar, Zevallos-Francia, Morales-García, Ramírez-Coronel, Morales-García, Sairitupa-Sanchez, & Morales-García (2023) highlighted a gap in the literature, implying that while self-efficacy's role has been extensively studied, the specific impacts of entrenched gender norms on self-efficacy within non-traditional parenting roles remain underexplored. This study aimed to address this gap by investigating these dynamics through structural equation modeling (SEM), providing a more nuanced understanding of the interplay between gender role stress and parental self-efficacy.

The way gender role stress influences self-esteem and self-efficacy in these unique family structures remain unclear. Recent literature suggests that these constructs may interact in complex ways that are not fully captured by traditional linear analyses. However, SEM analysis allows for a comprehensive examination of both direct and indirect effects, offering insights into the mediating role of self-efficacy in the

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relationship between self-esteem and gender role stress (Chen & Cheng, 2023). While prior research has explored these factors separately, few studies integrated them into a cohesive model that accounts for the interplay between gender role stress, self-efficacy, and self-esteem, particularly in the context of non-traditional family roles (Rodríguez, Manuel, Clares, García, & Muñoz, 2020). This gap highlights the need for an SEM approach to unravel the intricate relationships between these variables, as traditional regression methods may fail to adequately capture the bidirectional influences and latent constructs at play (Hayes, 2021). By employing SEM, this study aimed to fill this gap, providing a nuanced understanding of how interchanged parental roles influential psychological well-being, thus offering a more comprehensive framework for addressing the challenges faced by modern families (Hughes & Silver, 2019).

In Cavite, a rapidly urbanizing province in the Philippines, traditional gender roles are increasingly being challenged (Llamas-Clark, 2023). Many families are experiencing role reversals, with husbands taking on caregiving responsibilities and wives contributing as primary earners. This shift presents a unique context to explore the impact of gender role stress on psychological constructs, such as self-esteem and self-efficacy, among parents with interchanged roles. The extent to which gender role stress affects parents in interchanged roles remains underexplored, particularly in non-Western contexts like Cavite, where cultural expectations may differ significantly from those studied in mostly Western literature.

Research Gap

Existing concepts, such as Belsky's process model (1984) as cited in (Fang et al., 2021), provide a comprehensive framework for understanding the multiple influences on parental functioning and family dynamics. Belsky's theory explains that parenting is shaped by three primary domains, i.e., the characteristics of the parent, the child, and the broader social context in which the family operates. This model highlights the complex interplay between these domains and suggests that any disruption in one area, such as role shifts within the family, can have profound effects on the entire family system (Belsky, 1984). While Belsky's model has been widely applied to traditional family structures, there is a notable gap in its application to families experiencing role

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reversals, such as househusbands and working housewives. In such cases, the dynamics between parental stress, self-esteem, and self-efficacy may manifest differently, necessitating a closer examination to understand these new family roles and their impact on family dynamics.

Addressing these research gaps is crucial, particularly in regions like Cavite, where traditional gender roles are increasingly being challenged. Specifically, this study sought to answer the following research questions: 1) What are the levels of gender role stress experienced by househusbands and working housewives in Cavite? 2) What are the levels of self-efficacy among househusbands and working housewives in Cavite? 3) What are the levels of self-esteem among househusbands and working housewives in Cavite? 4) What are the relationships between gender role stress and self-esteem, and between gender role stress and self-efficacy, among househusbands and working housewives in Cavite, as determined through structural equation modeling (SEM) analysis?

Rationale Of The Study

The rapid evolution of gender roles in contemporary societies, particularly in the Philippines, has necessitated a closer examination of their psychological and social implications. Traditionally, Filipino families have adhered to rigid gender norms, with men assuming the role of breadwinners and women as primary caregivers. However, shifts in economic demands and social expectations have led to a growing number of families adopting interchanged parental roles, where men take on domestic responsibilities and women become the primary earners. This shift challenges deeply ingrained cultural norms and has the potential to create significant psychological stress for both men and women.

Gender role stress, defined as the tension experienced when individuals fail to conform to societal expectations of masculinity or femininity, has been linked to adverse psychological outcomes, such as diminished self-esteem and reduced self-efficacy (Gutierrez, 2024). Previous research has predominantly focused on traditional gender roles, leaving a significant gap in understanding how these dynamics play out in families with reversed roles. This gap is particularly relevant in the Filipino context, where

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traditional gender expectations remain strong, and deviations from these norms can lead to social and psychological consequences (Barbalat et al., 2022). Despite the ongoing global societal shifts and growing changes in the norms, the lack of studies that explore the gender role reversal phenomenon may reinforce rigid gender role expectations.

This study then plays a crucial part in addressing this gap by examining the impact of gender role stress on self-esteem and self-efficacy among househusbands and working housewives in Cavite. Using SEM, the research aimed to provide a nuanced understanding of how these variables interact in non-traditional family structures. The findings are expected to contribute to the development of targeted interventions that can support families navigating these role reversals, thereby promoting psychological well-being and challenging entrenched gender stereotypes.

Novelty Of The Study

This study contributes to the growing body of literature on gender roles and psychological well-being by focusing specifically on families with interchanged parental roles in Cavite, Philippines—a context that has been underexplored in previous research. While earlier studies have examined gender role stress, self-esteem, and self-efficacy within traditional family structures, this research introduces a novel focus on non-traditional families where men take on caregiving roles and women serve as primary earners.

Previous studies, such as those by Cabrera-Aguilar et al. (2023) and Fang et al. (2021), highlighted the adverse effects of gender role stress on psychological well-being but did not address how these dynamics unfold in role-reversed families. Moreover, while SEM had been used in past research to explore the relationships between psychological constructs, this study uniquely applied SEM to understand the complex interactions among gender role stress, self-esteem, and self-efficacy in a non-Western, developing country.

This study also differed in its methodological approach by examining a specific regional population in the Philippines, thereby providing insights into how cultural and societal norms influence the psychological outcomes of parents in interchanged roles. By using validated instruments tailored for this population, the study ensured that the

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findings were culturally relevant and could inform policy and support systems specific to the Filipino context.

Purposes/Hypothesis Of The Study

Based on the research objectives and theoretical framework, we proposed the following hypotheses: 1) H1a: Gender role stress is negatively associated with self-esteem among househusbands and working wives in Cavite; 2) H2a: Gender role stress is negatively associated with self-efficacy among househusbands and working wives in Cavite; 3) H3a: Self-efficacy is positively associated with self-esteem among househusbands and working wives in Cavite; and 4) H4a: Gender role stress indirectly affects self-esteem through self-efficacy, with self-efficacy serving as a significant mediating factor in this relationship.

METHODS

Research Design

This study employed a quantitative research design using structural equation modeling (SEM) to investigate the relationships between gender role stress, self-esteem, and self-efficacy of parents with interchanged roles in Cavite. The SEM approach enabled us to simultaneously analyze the direct and indirect relationships between the variables of interest, thereby providing a comprehensive understanding of the complex relationships between them.

Sampling Technique And Research Sample

The study was conducted in the Cavite Province. It has well-defined political divisions (Cavite Provincial Planning and Development Office, 2017). The province comprises 16 municipalities, seven cities, and 829 barangays. Cavite's rapid urbanization has transformed the local economy, increased job opportunities across various sectors, and encouraged more women to enter the workforce. This shift challenges conventional gender roles, with more families relying on dual incomes. The transition has led to a rise in women working outside the home and more men engaging in domestic responsibilities, prompting a reevaluation of gender norms within the family unit. The

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population for this study consisted of working wives and househusbands in Cavite, Philippines.

For this study, a multistage sampling procedure was used to select participants from different municipalities in Cavite. First, a list of municipalities in Cavite was obtained from the Philippine Statistics Authority (PSA). From each city, a random sample of municipalities was selected. Within each selected municipality, a list of households was obtained from the *barangay* (village) officials. From each household list, one parent was randomly selected to participate in the study. The inclusion criteria for parents were: (1) experiencing interchanged parental roles, and (2) having at least one child between the ages of 1 and 12 years old.

The sample size for this study was determined using Mertler et al.'s (2021) formula for sample size calculation in SEM. A target sample of 400 working wives and 400 house husbands was set for the study. The sample size for this study was intended to capture the diversity within Cavite. However, cultural and social factors contributed to an imbalance in participation rates. Out of the targetted sample, 398 working housewives and only 192 househusbands consented and completed the study. This reflects societal norms where more women engage in dual roles, while men transition into caregiving positions. This imbalance is recognized and addressed in the analysis to account for potential biases.

Instruments Of Measurement

The present study utilized five instruments to measure various constructs of interest.

The *Gender Role Stress Scale for Mothers (GRSS-M)* **and** *Gender Role Stress Scale for Fathers (GRSS-F)* by Acosta, Baraquina, & Garcia, (2017) were used to measure gender role stress in mothers and fathers, respectively. The GRSS-M and GRSS-F consist of 20 items each. The internal consistency of the GRSS-M and GRSS-F has been found to be high, with Cronbach's α coefficients ranging from 0.83 to 0.94 . The instruments were adapted and validated for the Filipino context, taking into account linguistic and cultural differences. Convergent validity was established as all indicator loadings for gender role stress exceeded the threshold of 0.50, with $p < 0.05$. Additionally, the average variance

extracted (AVE) for gender role stress was greater than 0.50, further confirming its convergent validity. Discriminant validity was also demonstrated through the HTMT and HTMT2 analyses, which showed that gender role stress had strong discriminant validity when compared against self-esteem and self-efficacy. A pilot study confirmed the appropriateness of the items, ensuring that they resonated with local gender role perceptions.

The *Rosenberg Self-Esteem Scale (RSES)* was used to measure self-esteem in parents. The RSES is a 10-item scale developed by Morris Rosenberg in 1965. The RSES has been found to have good internal consistency, with Cronbach's α coefficients ranging from 0.81 to 0.88. Additionally, for validity assessment, model fit statistics revealed that the unidimensional model—incorporating correlated uniquenesses among negatively worded items—achieved RMSEA ≤ 0.05, indicating a favorable fit (Ruddell, 2020).

The *Self-Efficacy Scale for Mothers (SES-M)* and *Self-Efficacy Scale for Fathers (SES-F)* were used to measure self-efficacy in housewives and fathers, respectively. The SES-M and SES-F were developed by Galinato et al. (2017) and consist of 13 items each. The internal consistency of the SES-M and SES-F has been found to be high, with Cronbach's α coefficients ranging from 0.90 to 0.94. Convergent validity was confirmed as all indicator loadings surpassed 0.50, with $p < 0.05$, and the AVE for self-efficacy also exceeded the recommended value of 0.50. Discriminant validity was assessed and confirmed, with self-efficacy showing clear distinction from related constructs, such as gender role stress and self-esteem (Galinato, Nopal, & Rodriguez, 2017).

Data Collection Technique

In this study, data was collected using an online survey platform. An online survey is a data collection method that involves administering questionnaires to respondents via the internet. This method was chosen because it is a convenient and efficient way of collecting data from a large number of participants.

The survey was administered to the participants via email, and they were given two weeks to complete the survey. This duration was considered sufficient for participants to complete the survey without feeling rushed or pressured.

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Data Analysis Technique

For this study, the collected data was analyzed using a structural equation model (SEM). SEM is a powerful multivariate statistical technique that allows for testing complex theoretical models that include multiple predictor and outcome variables.

For data analysis, WarpPLS, Structural Equation Modeling (SEM) software version 7, was employed due to its availability and suitability for our research needs. Partial Least Structural Equation Modeling (PLS-SEM) was used to determine the possible causal link among the variables in this study. PLS-SEM is another type of SEM that is less restrictive in terms of assumptions (i.e., normality) and can handle small sample sizes (Hair et al., 2022). To test the model, a two-stage approach was followed where the measurement model was evaluated followed by the evaluation of the structural model.

First, a confirmatory factor analysis (CFA) was conducted to assess the construct validity of the measurement model. The CFA tested the model's adequacy in representing the latent constructs, namely gender role stress, self-esteem, and self-efficacy. Next, a structural model was estimated to test the hypothesized relationships among the latent constructs. The analysis included both direct and indirect effects of the exogenous and endogenous variables. Finally, goodness-of-fit indices were computed to evaluate the model's overall fit. The indices used for this study were the root mean square error of approximation (RMSEA), the standardized root mean residual (SRMR), and the comparative fit index (CFI) (Mertler, Vannatta, & LaVenia, 2021).

Ethical Approval

The research was considered low risk due to the lack of sensitive or invasive elements, minimal potential harm, and the focus on non-identifiable data (Rossi & Nelson, 2017). To safeguard confidentiality, our survey intentionally avoided collecting any identifying information from participants. We assured them that their responses would remain confidential, accessible only to the research team. Additionally, each participant provided informed consent. The consent form outlined the study's purpose, procedures, risks, benefits, and data confidentiality. Participants were required to read and comprehend the consent form before granting their consent to participate.

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RESULTS AND DISCUSSION

Research Results

Table 1 describes the demographic profile of the respondents who consented to participate and completed the study.

Table 1.

Demographic Profile Of Respondents

Characteristics Of Respondents	Total	Percentage (%)
Gender		
1. Male (Househusbands)	192	32.54%
2. Female (Working housewives)	398	67.46%
Age of househusbands		
1. Above 50 years old	72	38%
2. 41 - 50 years old	58	30%
3. 31 – 40 years old	35	18%
4. 21 – 30 years old	27	14%
Age of working housewives		
1. Above 50 years old	89	22%
2. 41 - 50 years old	158	40%
3. 31 – 40 years old	88	22%
4. 21 – 30 years old	62	16%
Househusbands (years married)		
1. Above 30 years	10	5%
2. 21 to 30 years	75	39%
3. 11 to 20 years	54	28%
4. 1 to 10 years	53	28%
Working wives (years married)		
1. Above 30 years	23	6%
2. 21 to 30 years	160	40%
3. 11 to 20 years	114	29%
4. 1 to 10 years	101	25%
Househusbands (number of children)		
1. More than 4 children	14	7%
2. 3 to 4 children	66	34%
3. 1 to 2 children	112	58%
Working housewives (number of children)		
1. More than 4 children	36	9%
2. 3 to 4 children	142	36%
3. 1 to 2 children	219	55%

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As shown in Table 1, out of the 800 target participants, 590 individuals completed the study, resulting in an overall participation rate of 73.75%. The data reveals a significant disparity between the two groups, with 398 working wives constituting 67.46% of the actual participants. Their mean age was 42 years old, mean duration of marriage was 17, and mean number of children was two. For the househusbands, there were 192 who consented to proceed with the study, making up 32.54% of the participants. Their mean age was 44 years old, the mean duration of marriage was 18 and the mean number of children was three.

Gender Role Stress

Table 2 presents the gender role stress levels among househusbands and working housewives in Cavite. Both groups reported a moderate level of gender role stress. However, househusbands exhibit a slightly higher mean score (M=3.02, SD=0.73) compared to working wives (M=2.66, SD=0.91).

Table 2.

Level Of Gender Role Stress Among Housebusbands And Working Housewives In Cavite

Gender Role Stress	n	M	SD	Interpretation
Working housewives	398	2.66	0.91	Moderate
Househusbands	192	3.02	0.73	Moderate

Legend:
Very High (4.20– 5.00), **High** (3.50– 4.19), **Moderate** (2.60 – 3.49), **Low** (1.80– 2.59), **Very Low** (1.00– 1.79)

Self-efficacy

Table 3 presents the levels of self-efficacy among working wives and househusbands in Cavite. The mean in self-efficacy score among working wives was 3.60 (SD=0.25), while househusbands reported a slightly lower mean score of 3.50 (SD=0.34). Despite the numerical difference, the interpretation for both groups remains at a "very high" level of self-efficacy.

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Table 3.

Level Of Self-Efficacy Of Househusbands And Working Housewives In Cavite

Self-Efficacy	*n*	M	SD	Interpretation
Working housewives	398	3.60	0.25	Very High
Househusbands	192	3.50	0.34	Very High

Legend:

Very High (3.25 – 4.00), **High** (2.50 – 3.24), **Low** (1.75 – 2.49), **Very Low** (1.00 – 1.74)

The results suggested that individuals in both groups possess a strong belief in their ability to fulfill their respective roles and responsibilities within the family. This could be attributed to their adaptation to changing gender norms and the shift in traditional roles, which is more pronounced in urbanized areas like Cavite.

Table 4 presents the self-esteem levels of house husbands and working wives in Cavite, measured using a standardized self-esteem scale. The results indicate that both groups—working wives and househusbands—exhibited "very high" levels of self-esteem, with mean scores of 3.65 (SD=0.35) and 3.54 (SD=0.40), respectively. The self-esteem score for working housewives indicated that these individuals generally have a strong sense of self-worth and confidence in their abilities.

Table 4.

Level Of Self-Esteem Of Househusbands And Working Housewives In Cavite

Self-Esteem	n	M	SD	Interpretation
Working housewives	398	3.65	0.35	Very High
Househusbands	192	3.54	0.40	Very High

Legend:

Very High (3.25 – 4.00), **High** (2.50 – 3.24), **Low** (1.75 – 2.49), **Very Low** (1.00 – 1.74)

The results presented in Table 5 indicate that the SEM analysis of working wives using WarpPLS has achieved a satisfactory model fit and quality across several indices. The average path coefficient (APC) with a p-value of less than 0.001 and the average R-squared (ARS) were found to be significant (p<0.05), indicating strong statistical support for the hypothesized relationships within the model. The average block VIF (AVIF) and average full collinearity VIF (VFVIF) both had values well below the acceptable threshold of 5, reflecting an absence of multicollinearity issues and confirming the

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model's structural integrity. The Tenenhaus GoF (GoF) index was categorized as medium, indicating a satisfactory degree of model fit in capturing the variance within the data. These indices collectively suggested that the model reliably captured the relationships between gender role stress, self-esteem, and self-efficacy among working wives.

Table 5.

Model Fit and Quality Indices (Working Housewives)

No	Model Fit and Quality Indices	Criteria	Result	Interpretation
1	Average Path Coefficient (APC)	p<0.05	p<0.001	Acceptable
2	Average R-squared (ARS)	p<0.05	$p=0.002$	Acceptable
3	Average Adjusted R-squared	p<0.05	$p=0.002$	Acceptable
4	Average Block VIF (AVIF)	Acceptable if ≤ 5; Ideal if ≤ 3.3	1.068	Ideal
5	Average Full Collinearity VIF (VFVIF)	Acceptable if ≤ 5; Ideal if ≤ 3.3	1.158	Ideal
6	Tenenhaus GoF (GOF)	Small if ≥ 0.1; Medium if ≥ 0.25; Large if ≥ 0.36	0.267	Medium
7	Simpson's Paradox Ratio (SPR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal
8	R-squared Contribution Ratio (RSCR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal
9	Statistical Suppression Ratio (SSR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal
10	Nonlinear Bivariate Causality Direction Ratio (NLBCDR)	Acceptable if ≥ 0.7; Ideal if = 1.00	0.70	Acceptable

Based on the mediation analysis results for working housewives, Table 6 indicates that gender role stress has a significant total effect on self-esteem (β=-0.408, p<0.001), reflecting a medium effect size of 0.164. The direct effect of gender role stress on self-esteem (β=-0.38, p<0.001) also demonstrates a significant relationship, slightly lower than the total effect, with an effect size of 0.152.

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Table 6.

Mediation Analysis (Working Housewives)

Hypothesis	Type	β	SE	p	Effect Size	Remark
GRS→SEst (c)	Total Effect	-0.408	0.047	<0.001	0.164	Significant
GRS→SEst (c′)	Direct Effect	-0.38	0.048	<0.001	0.152	Significant
GRS→SEf (a)	Direct Effect	-0.30	0.048	<0.001	0.092	Significant
SEf→SEst (b)	Direct Effect	0.100	0.049	0.022	0.020	Significant
GRS→SEf→SEst (a*b)	Indirect Effect	-0.03	0.035	0.196	-	Not significant
Note: Effect Size (f2) according to Cohen (1998): 0.02 = small; 0.15 = medium; 0.35 = large GRS – Gender Role Stress; SEst – Self-esteem; SEf – Self-efficacy						

Additionally, there was a significant negative relationship (β=-0.30, p<0.001) between gender role stress and self-efficacy, further illustrating how gender role stress impairs self-belief in personal capabilities. However, while self-efficacy did have a significant positive direct effect on self-esteem (β=0.100, p<0.05), the indirect effect of gender role stress on self-esteem through self-efficacy (β=-0.03, p>0.05) was not significant. This implies that while self-efficacy positively influences self-esteem, it does not mediate the relationship between gender role stress and self-esteem significantly for working wives.
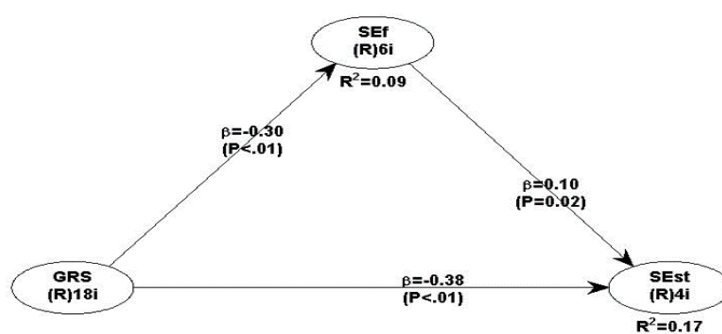

Figure 1. Interactions Between Gender Role Stress, Self-Efficacy, And Self-Esteem In Working Housewives

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The results presented in Table 7, focusing on househusbands, revealed a well-fitting model based on several indices that demonstrate the model's robustness and reliability. The average path coefficient (APC) and average R-squared (ARS) both show p<0.001, indicating statistically significant relationships within the model and acceptable fit, as per Hair et al.'s (2022) guidelines for SEM model evaluation. Moreover, the average adjusted R-squared (AARS) reinforces these results, highlighting the model's strength in predicting variances associated with househusbands adapting to unconventional roles.

The average block VIF (AVIF) and average full collinearity VIF (AFVIF) further strengthened the model's credibility by falling within the ideal range (≤ 3.3), signifying low multicollinearity and a clear distinction between the measured. High values for Simpson's paradox ratio (SPR), R-squared contribution ratio (RSCR), statistical suppression ratio (SSR), and nonlinear bivariate causality direction ratio (NLBCDR) indicated an ideal model fit, reinforcing the stability and consistency of the relationships among constructs in the model. The Tenenhaus GoF value of 0.365, classified as large, emphasizes the model's effectiveness in capturing the complexity of the constructs.

Table 8.

Model Fit and Quality Indices (Househusbands)

No	Model Fit and Quality Indices	Criteria	Result	Interpretation
1	Average Path Coefficient (APC)	p value < α (5%)	p<0.001	Acceptable
2	Average R-squared (ARS)	p value < α (5%)	p<0.001	Acceptable
3	Average Adjusted R-squared	p value < α (5%)	p<0.001	Acceptable
4	Average Block VIF (AVIF)	Acceptable if ≤ 5; Ideal if ≤ 3.3	1.119	Ideal
5	Average Full Collinearity VIF (VFVIF)	Acceptable if ≤ 5; Ideal if ≤ 3.3	1.315	Ideal
6	Tenenhaus GoF (GoF)	Small if ≥ 0.1; Medium if ≥ 0.25; Large if ≥ 0.36	0.365	Large
7	Simpson's Paradox Ratio (SPR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal
8	R-squared Contribution Ratio (RSCR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal

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No	Model Fit and Quality Indices	Criteria	Result	Interpretation
9	Statistical Suppression Ratio (SSR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal
10	Nonlinear Bivariate Causality Direction Ratio (NLBCDR)	Acceptable if ≥ 0.7; Ideal if = 1.00	1.00	Ideal

The model fit indices allow us to assess the degree to which the proposed model suits the results. Based on the analysis, there were no issues in the proposed model. All indices showed acceptable to ideal results.

Mediation analysis was performed to determine if gender role stress significantly predicts self-esteem and self-efficacy among househusbands. In addition, self-efficacy was also evaluated to see if it significantly predicts self-esteem. The test also examined self-efficacy as the mediator between gender role stress and self-esteem. The results can be seen in Table 9.

Table 9.

Mediation analysis (Househusbands)

Hypothesis	Type	β	SE	p	Effect Size	Remark
GRS→SEst (c)	Total Effect	0.552	0.065	<0.001	0.295	Significant
GRS→SEst (c')	Direct Effect	0.437	0.066	<0.001	0.234	Significant
GRS→SEf (a)	Direct Effect	-0.378	0.067	<0.001	0.143	Significant
SEf→SEst (b)	Direct Effect	-0.303	0.068	<0.001	0.135	Significant
GRS→SEf→SEst (a*b)	Indirect Effect	0.115	0.050	0.011	0.061	Significant

Note:
Effect Size (f2) according to Cohen (1998): 0.02 = small; 0.15 = medium; 0.35 = large
GRS – Gender Role Stress; SEst – Self-esteem; SEf – Self-efficacy

The mediation analysis for househusbands presented in Table 9 reveals significant relationships among gender role stress, self-esteem, and self-efficacy. The total effect of gender role stress on self-esteem (β = 0.552, p < 0.001, effect size = 0.295) demonstrated a substantial and positive impact, suggesting that househusbands experiencing gender

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role stress tend to have higher levels of self-esteem. The direct effect of gender role stress on self-esteem (β = 0.437, p < 0.001, effect size = 0.234) was significant, albeit reduced, when self-efficacy was introduced into the model, indicating that self-efficacy partially mediated the relationship between gender role stress and self-esteem for househusbands.
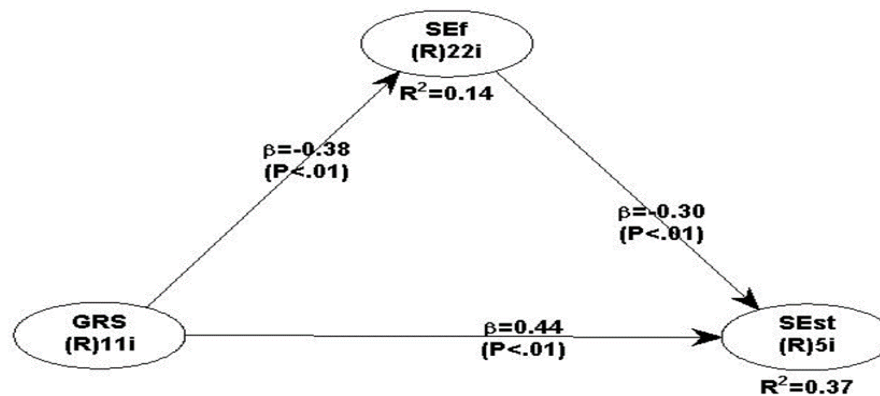

Figure 2. Interaction Between Gender Role Stress, Self-Efficacy, And Self-Esteem In Househusbands

Furthermore, the direct effect of gender role stress on self-efficacy (β=-0.378, p<0.001, effect size=0.143) highlights a significant inverse relationship. The direct effect of self-efficacy on self-esteem (β=-0.303, p<0.001, effect size=0.135) further corroborates the notion that self-efficacy is a crucial determinant of self-esteem. Notably, the indirect effect of gender role stress on self-esteem through self-efficacy (a*b) is positive and significant (β=0.115, p<0.05, effect size=0.061), suggesting that enhancing self-efficacy can mitigate the adverse effects of gender role stress on self-esteem.

Discussion

The participation discrepancy observed in Table 1 underscores the powerful influence of sociocultural norms and expectations on gender roles within the Filipino context. This cultural backdrop likely contributed to the lower participation rate of househusbands, who might experience heightened gender role stress and discomfort

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when admitting to assuming caregiving roles, which are traditionally seen as feminine. This underrepresentation is consistent with previous research, which highlights the significant challenges that role reversal poses in the Philippines. As Cabrera-Aguilar et al. (2023) pointed out, these shifts often lead to increased stress and anxiety, particularly for men who face intense societal pressure to conform to conventional masculine ideals. The reluctance of househusbands to participate in the study might also reflect a broader stigma or hesitance to engage in research that challenges entrenched gender expectations.

The findings of this study revealed significant insights into how gender role stress affects self-efficacy and self-esteem among parents with interchanged roles, specifically househusbands and working housewives in Cavite, Philippines. The results not only confirm the hypothesized relationships but also uncover nuanced differences between genders in how these constructs interact.

Gender Role Stress And Self-Esteem

The findings reveal that gender role stress impacts self-esteem differently for househusbands and working wives. For househusbands, gender role stress appears to have a positive total effect on self-esteem, which may seem counterintuitive but suggests a possible coping mechanism or adaptive response. This outcome aligns with Belsky's (1984) process model, which posits that stressors, such as those related to gender role stress, can sometimes enhance self-esteem through the development of new competencies and the fulfillment of non-traditional roles. Househusbands may derive self-esteem from successfully navigating the challenges associated with their caregiving roles, as these roles increasingly align with evolving definitions of masculinity (Gutierrez, 2024). This positive relationship might also be rooted in increased familial involvement that can boost their sense of purpose and identity within the household, as Arikewuyo et al. (2022) noted.

Conversely, for working housewives, gender role stress negatively affects self-esteem, which aligns with existing literature suggesting that traditional gender role expectations continue to weigh heavily on women, even as they take on the role of breadwinner (Cabrera-Aguilar et al., 2023). The persistent societal expectations for

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women to excel at home and work might lead to a significant burden, thereby diminishing their self-esteem. In contrast, househusbands only assume domestic roles. The inequality of the number of roles assumed might play a role in the difference in the results.

Gender Role Stress And Self-Efficacy

Both househusbands and working housewives experience significant gender role stress, which inversely affects their self-efficacy. The negative impact of gender role stress on self-efficacy can be explained by the pressures of conforming to traditional gender roles. This suggests that the stress stemming from deviating from traditional gender roles can undermine one's belief in their ability to succeed in their roles. For househusbands, the deviation from traditional masculine roles can create identity conflicts and social scrutiny, leading to lower self-efficacy (Kazmierczak, 2010). This is particularly significant as the role of the caregiver, traditionally viewed as feminine, may not align with man's self-concept, leading to lower self-efficacy (Lewington, Lee, & Sebar, 2021).

Similarly, working housewives may face the dual pressure of excelling at work while meeting societal expectations at home, which can undermine their confidence in managing these roles effectively. Conversely, working wives who experience gender role stress may doubt their ability to effectively manage both their professional and domestic responsibilities, which could explain the lower self-efficacy scores compared to their male counterparts.

However, it is noteworthy that both groups maintain high levels of self-efficacy despite these stressors. This might be attributed to their gradual adaptation to their roles, as suggested by Fang et al. (2021), who highlight that high self-efficacy is associated with better-coping mechanisms. The slightly higher self-efficacy in working housewives could reflect their resilience in managing dual roles, suggesting a strong internal belief in their abilities to handle multiple responsibilities (Cabrera-Aguilar et al., 2023).

The influence of gender role stress on self-efficacy can also be interpreted through Bandura's (1977) self-efficacy theory, which states that individuals' beliefs in their capabilities are crucial for managing stress and achieving success in various roles.

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As both househusbands and working wives face societal pressures to conform to traditional gender roles, their self-efficacy is likely compromised when they perceive themselves as failing to meet these expectations.

Self-Efficacy And Self-Esteem

The study confirmed that self-efficacy positively influences self-esteem for working housewives. Higher self-efficacy is associated with increased self-esteem. This suggests that confidence in their abilities to manage work, household tasks, and other responsibilities positively impacts their overall self-worth. Juggling multiple roles might enhance their sense of accomplishment and self-esteem. This finding supports the notion that a strong belief in one's abilities (self-efficacy) enhances self-worth (self-esteem), which is consistent with Bandura's (1977) self-efficacy theory. For working housewives, their self-efficacy likely stems from their ability to navigate complex roles, which in turn boosts their self-esteem (Rodríguez et al., 2020).

This dynamic is somewhat muted in househusbands, possibly due to the greater societal pressures they face in non-traditional roles, which may partially counterbalance the positive effects of self-efficacy on self-esteem. For househusbands, the relationship is different. Higher self-efficacy is linked to lower self-esteem. Despite feeling capable and effective in their roles, societal expectations and traditional gender norms might undermine their self-worth. Househusbands may face stigma or have internalized beliefs about masculinity, impacting their overall self-esteem. Hence, even if a househusband feels capable of managing domestic chores, this does not support the internalized belief of his role as a provider.

Mediation Role Of Self-Efficacy

The SEM analysis shows that self-efficacy mediates the relationship between gender role stress and self-esteem for househusbands but not for working housewives. This suggests that while enhancing self-efficacy can help househusbands mitigate the negative impact of gender role stress on self-esteem, this enhancement must be approached with nuance. Specifically, for househusbands, it's not just about increasing confidence in caregiving tasks but also about reframing their self-efficacy in a way that aligns with a broader, more inclusive understanding of masculinity. This reframing is

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essential because while high self-efficacy in caregiving roles can increase awareness of conflicts with traditional masculine ideals, helping househusbands integrate these roles into a positive self-concept may protect against the stress associated with deviating from these traditional gender norms (Cabrera-Aguilar et al., 2023). In this way, self-efficacy can still serve as a coping mechanism, supporting househusbands in maintaining or even enhancing their self-esteem despite the challenges posed by gender role stress.

In contrast, for working housewives, the societal expectation to excel in both professional and domestic roles may be so overwhelming that even high self-efficacy does not fully counteract the negative effects of gender role stress on self-esteem. This dual burden—often referred to as the "second shift" by Hochschild & Machung (2012)— places tremendous pressure on working wives to perform effectively at work while simultaneously managing household responsibilities. The cumulative stress from these expectations can lead to a sense of inadequacy, regardless of their actual competence or confidence in fulfilling these roles. Even when working housewives have high self-efficacy, which reflects their belief in their ability to handle these demands, the relentless nature of these societal pressures can still erode their self-esteem. The constant juggling of roles without adequate recognition or support can also result in burnout, frustration, and diminished self-worth.

This situation suggests that interventions for working housewives need to extend beyond simply enhancing self-efficacy. While boosting their confidence in handling tasks is important, it is equally crucial to address the broader societal and structural factors that contribute to their stress. This might involve challenging and changing the societal norms that perpetuate unrealistic expectations of women in dual roles. For instance, public awareness campaigns could be developed to promote a more equitable division of labor at home, emphasizing the importance of shared responsibilities between partners.

Additionally, providing greater support for work-life balance is essential. Employers could implement more flexible work arrangements, such as remote work options, flexible hours, or job-sharing schemes, to help working housewives manage their multiple roles better. Support systems like accessible childcare services, parental

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leave policies that encourage collaborative caregiving, and mental health resources tailored for working mothers could also alleviate some of the pressures they face. These interventions aim to create an environment where the high self-efficacy of working housewives can be effectively translated into positive self-esteem, by reducing the external pressures that currently undermine their sense of self-worth.

By addressing these broader issues, interventions can help ensure that the high self-efficacy of working housewives is not overshadowed by the overwhelming demands of their dual roles, thereby supporting their overall psychological well-being and self-esteem.

CONCLUSIONS AND SUGGESTIONS

Conclusions

This study explored the complex relationships between gender role stress, self-efficacy, and self-esteem among househusbands and working wives in Cavite, Philippines. Using SEM, the research tested several hypotheses and revealed nuanced insights into how these constructs interact within non-traditional family roles.

The study found that gender role stress is negatively associated with self-esteem among househusbands and working housewives. For working housewives, gender role stress is negatively associated with self-esteem, suggesting that societal pressures and traditional gender expectations significantly undermine their self-esteem. However, contrary to expectations, gender role stress positively impacts self-esteem among househusbands, indicating that, in this context, the stress associated with role reversal may foster a sense of accomplishment and identity that enhances self-esteem.

Secondly, gender role stress is negatively associated with self-efficacy among househusbands and working housewives. Both househusbands and working housewives experience a negative association between gender role stress and self-efficacy, reflecting the detrimental effect of societal expectations on their belief in their ability to perform their roles effectively. The findings highlight the pervasive impact of gender role stress on diminishing self-efficacy across genders, reinforcing the need for targeted interventions to alleviate this stress.

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Then, self-efficacy was found to be positively associated with self-esteem among househusbands and working housewives. It was more significant for working housewives, whereas self-efficacy strongly influences self-esteem. This suggests that boosting self-efficacy can enhance self-esteem, particularly in women juggling multiple roles. For househusbands, however, the relationship is more complex; while self-efficacy generally supports self-esteem, societal pressures may cause this relationship to be less straightforward.

The study also found that gender role stress indirectly affects self-esteem through self-efficacy, with self-efficacy serving as a significant mediating factor in househusbands but not in working housewives. For househusbands, this suggests that enhancing self-efficacy can mitigate the negative effects of gender role stress on self-esteem. However, for working housewives, the result indicates that other factors may play a more crucial role in buffering the impact of gender role stress on self-esteem.

Suggestions

While this study provides valuable insights into the dynamics of interchanged parental roles and their impact on gender role stress, self-esteem, and self-efficacy, several limitations should be acknowledged. First, the study's sample was limited to househusbands and working housewives in Cavite, Philippines. This geographical focus may limit the generalizability of the findings to other regions or countries with different cultural norms and socioeconomic conditions. Future research could expand the sample to include diverse geographical areas, capturing a broader spectrum of cultural and social dynamics.

Secondly, the study employed a cross-sectional design, which captures data at a single point in time. This approach does not allow for an exploration of changes and developments over time. Longitudinal studies could provide deeper insights into how interchanged parental roles and their associated stressors evolve and affect individuals' psychological constructs, e.g., such as self-esteem and self-efficacy, in the long term.

Additionally, the study relied heavily on self-reported measures, potentially introducing bias due to participants' subjective perceptions and social desirability. Future research can benefit from incorporating qualitative methods, such as interviews

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or focus groups, to gain a richer understanding of parents' experiences and perceptions regarding interchanged roles. Mixed-methods approaches could also enhance the depth and validity of the findings by triangulating quantitative data with qualitative insights.

Another limitation involves the exclusive focus on gender role stress, self-esteem, and self-efficacy. While these constructs are crucial, they represent only a part of the broader psychological and social landscape. Future studies can explore additional variables, e.g., marital satisfaction, parenting stress, child outcomes, and social support networks, for a more comprehensive picture of the family dynamics associated with interchanged parental roles.

Furthermore, the study used SEM to analyze relationships between constructs, which, while powerful, are sensitive to sample size and model specification. Future research can consider alternative analytical methods or incorporate a larger sample size to validate and potentially refine the models used in this study.

Finally, given the evolving nature of gender roles, future research can explore the impact of interchanged parental roles in the context of same-sex couples or single-parent households, which remain underrepresented in existing literature. Such research will offer valuable insights into the diverse ways family structures and dynamics are affected by gender role expectations.

CONFLICT OF INTEREST
The author(s) of this article declare no conflict of interest.

DISCLOSURE STATEMENT

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