

# *Gender Identity Mobility: A New Perspective of Feminist Research*

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**Abstract:** This article explores the concept of gender identity mobility and its application in feminist theory and practice. Through the analysis of historical and contemporary literature, the article reveals how the non-fixed nature of gender identity challenges traditional gender roles and identity recognition. This study uses qualitative analysis methods and relies on multiple case studies to explore the impact of gender mobility on women's identity politics. The experimental results indicate that accepting and understanding gender identity mobility can promote a more equitable and inclusive social structure. This study explored the effects of gender mobility on mental health, social adaptability, workplace environment adaptation, educational pathways, and career choices through four experiments. In the psychological health impact study experiment, the mean of the high gender mobility group on the Beck Anxiety Inventory (BAI) was 24, significantly higher than the mean of the low mobility group of 16. On the Beck Depression Inventory (BDI), the mean of the high group was 22 and the low group was 14. In the study of social adaptability experiments, it was observed that the group with high gender mobility had an average score of 75 in terms of social adaptation. In the workplace adaptation experiment, the mean of the high mobility group was 80, while the group with lower gender mobility scored 70. In the final experiment exploring education and career choices, groups with high gender mobility exhibited a wider range of diversity. From the above data, it can be seen that high gender mobility will have a greater impact on individual performance in multiple areas of life.

## **1. Introduction**

In recent years, people have gradually increased their understanding of gender diversity, so they have begun to widely discuss and recognize the fluidity of gender identity. Exploring how gender mobility affects individuals in various areas of life has become particularly important. This study explores these impacts with the aim of providing practical data for policymakers to support and promote the development of more inclusive social policies.

This article explores the effects of gender mobility on individual mental health, social adaptation, workplace adaptation, education, and career choices through systematic experimental research. Research has shown that individuals with high gender mobility exhibit unique characteristics in these fields. These findings provide empirical support for our understanding of the significance of

gender diversity in real life. In addition, this article also provides an in-depth analysis of how to optimize social policies from a diverse gender perspective, which is of great value in promoting social inclusivity.

This article first introduces the past and importance of feminism. In the methodology stage, this article introduces case selection and data collection, data analysis methods, and theoretical framework construction. During the experimental phase, research results on mental health, social adaptability, workplace adaptation, and educational career choices are reported in four independent chapters. Detailed data analysis and discussion are provided after each experiment. The final conclusion summarizes the research findings and discusses their impact on real-world policies and practices.

## 2. Related Works

In the extensive literature on gender studies, many scholars have explored the social and cultural foundations of gender fixed beliefs and how these beliefs shape individual gender identities. For example, in the context of the flourishing of gender theory, the image of male media presents a diversified trend. The reproduction of male media partially reflects the current situation of male survival. By exploring the representation of men, Liu Na can glimpse into the current social identity and self-identity of men's gender identity [1]. Simone de Beauvoir in Russell's works took *Second Gender* as the name of her feminist manifesto of the mid-20th century. The title of this book implies the order in which Hebrew/Christian God created men and women. Although there is a saying that "near the water, the tower catches the moon first", it seems that gender is a temporal hierarchical structure from the beginning, but Beauvoir once said a classic saying: "Women are not born, but formed after birth." [2]. Go ź Dziak E M believes that Polish women not only brought back social and cultural remittances, but also financial resources, which enabled them to establish new businesses, seek new employment opportunities, and gain new understanding of gender roles and equality [3]. Cover R drew on a recent study on gender and diversity, support, and belonging to examine the relationship between youth mobility and participant interviews and focus groups in an Australian project. This project aims to explore the perspectives of two generations of diverse participants on growth, support, and belonging [4]. Cerezo A conducted a qualitative study using constructivist theory to investigate 20 Latin American and African American sexual minority groups as well as gender inflated women. His research aimed to understand the experiences of participants in forming cross social identities [5]. However, despite extensive discussions, existing research often starts from a relatively fixed gender perspective and lacks in-depth research and understanding of gender mobility.

To fill this research gap, this article introduces an interdisciplinary research methodology. For example, there are strong gender differences in discussing and showcasing working-class identity in the workplace, which is a driving factor for Friedman S's exploration, leading to this "dual disadvantage" [6]. Based on German family groups, Wachter I aimed to expand the scope of explanation and examine gender differences in work-related high mobility among employees with and without children, as well as single individuals [7]. De Bellaigue C has developed a historically informed measure of educational achievement - the Education Queue Code. He identified trends within families and the potential impact of family culture in education and employment on intergenerational mobility by applying standards to household data rather than solely focusing on individuals [8]. Van Mol C drew inspiration from personal investment theory and investigated the motivation and decisions of nationally representative higher education students in the Netherlands to study abroad from 2006 to 2015, exploring possible theoretical and empirical explanations. The excessive number of female students in study abroad programs in the Western world is one of the

main gaps in scientific research on studying abroad [9]. Winnie compiled and analyzed the main viewpoints on the reconstruction of rural gender culture and women's participation in politics in China in the past 20 years, pointing out that there was a lack of understanding of the internal logical relationship between the influencing factors in existing research [10]. By analyzing these studies, this article points out that although these methods effectively reveal the non-binary characteristics of gender, they often overlook how individuals practice and experience gender mobility in their daily lives. Therefore, this article will adopt a more detailed case study method to explore this process in depth.

### 3. Methods

#### 3.1 Case Selection and Data Collection

The data used in this study is sourced from the latest China Comprehensive Social Survey (CGSS) conducted by Renmin University of China, which was conducted in 2018. Since 2003, this survey has become one of the first nationwide social survey projects in China. Every year, this survey selects 10000 households in China for cross-sectional surveys based on strict standards set by the international community. The survey collected extensive data from multiple levels, including individuals, families, communities, and society, and continuously tracked and recorded various types of data in detail. In addition, the China Social Survey Project Team also provides free statistical data to society, providing comprehensive and multidimensional support for academic research in the field of sociology through open data platforms [11].

To ensure the scientificity and effectiveness of sample selection in this study, we have taken the following steps:

(1) We conducted detailed pre research by reading relevant literature, conducting field investigations, and conducting interviews to clarify the direction of sample selection.

(2) In response to the specific needs of this study, we effectively collected the feelings and experiences of participants in specific contexts through in-depth interviews and open-ended questionnaires, thereby obtaining rich qualitative data [12].

Through these diverse selection and data collection methods, we have ensured the comprehensiveness and reliability of our research results, while deepening our understanding of the experiences and feedback of each participant.

#### 3.2 Data Analysis Methods

Chi square test, also known as independence test, is a statistical method invented by mathematician Carl Pearson to test whether there is a correlation between two variables. The core of this test is to compare the difference between the actual observation frequency of the sample and the theoretical expected frequency, mainly used to analyze the relationship between categorical data, such as analyzing whether there are significant differences between data of different classifications. For example, using chi square test helps us compare the differences in mobility between different gender groups. The chi square test  $\chi^2$  can be represented by formula (1):

$$\chi^2 = \sum \frac{(O_i - E_i)^2}{E_i} \quad (1)$$

Among them, in formula (1),  $O_i$  is the observed frequency, and  $E_i$  is the expected frequency.

We collect people's opinions and experiences through dialogue and questionnaires. By carefully listening to and organizing this information, we can understand people's true feelings in specific environments. This helps us better understand how gender mobility affects people's daily lives [13].

### 3.3 Theoretical Framework Construction

Since the 1980s, Chinese women's art has undergone a transformation from initially focusing on women's awareness to exploring gender perspectives. It has not only deepened in expressing individual experiences, but also expanded to broader social attention. In this process, research on Chinese women's art has also entered a new stage, giving birth to a group of influential female art critics. In these criticisms, gender construction has become a key word and a powerful tool for feminism in the unique social environment of China [14].

This study analyzed the impact of gender identity mobility on individual mental health and social adaptability. The positive or negative impact of this kind of influence is mainly influenced by the support, self-awareness, and psychological adaptability that individuals receive. The gender identity mobility index  $G$  can be expressed using formula (2):

$$G = \frac{1}{2}(1 - \sum_i p_i^2) \quad (2)$$

In formula (2),  $p_i$  is the proportion of the  $i$ -th gender category.

In the current context of globalization, ecological feminism provides a positive approach to exploring and responding to the liberation of women and nature. This theory recognizes the close connection between nature and women, thus transcending the scope of traditional feminism and achieving a transformation from a purely feminist perspective to a comprehensive ecological concept. Ecological feminism advocates the establishment of a dual framework of equal coexistence between men and women in terms of "nature" and "gender", in order to promote true gender equality. This ideology emphasizes that only when we recognize and address the inequalities that exist in these two fields can we achieve a broader sense of equality and harmony.

## 4. Results and Discussion

### 4.1 Research on the Impact of Mental Health

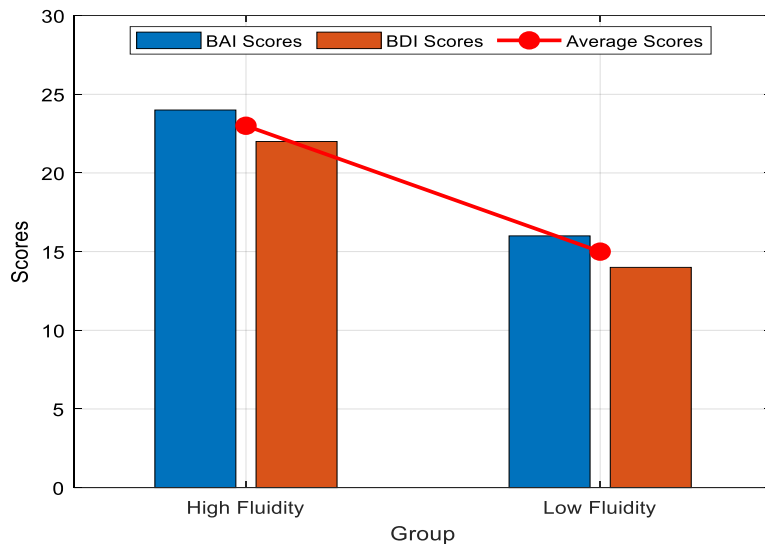


Figure 1: Psychological Health Impact Assessment

In the mental health experiment, we conducted a one-year follow-up survey on 200 adult volunteers to evaluate the specific impact of gender mobility on their mental health. We used the scores of BAI and BDI as evaluation indicators and plotted the values of these indicators into

graphs.

From Figure 1, it can be seen that in the tracking study of 200 participants over a year, the mean of the high gender mobility group on BAI was 24, significantly higher than the mean of the low mobility group of 16, and the average value of the two indicators in the high mobility group was 23. the mean of the high liquidity group on BDI was 22, the mean of the low liquidity group was 14, and the average value of the two indicators in the low liquidity group was 15. In the above data, individuals with high gender mobility may face greater mental health challenges. The specific situation is shown in Figure 1:

## 4.2 Experimental Study on Social Adaptability

The research experiment on social adaptability explored the impact of gender mobility on individual social adaptability. The experiment will randomly divide 150 adult volunteers into two groups: high gender mobility and low gender mobility. Data will be collected through the Social Adaptation Self-Assessment Scale. After the experiment, a graph can be drawn to visually demonstrate the volunteers' social adaptation ability based on their self-assessment scale. You can refer to Figure 2 for details:

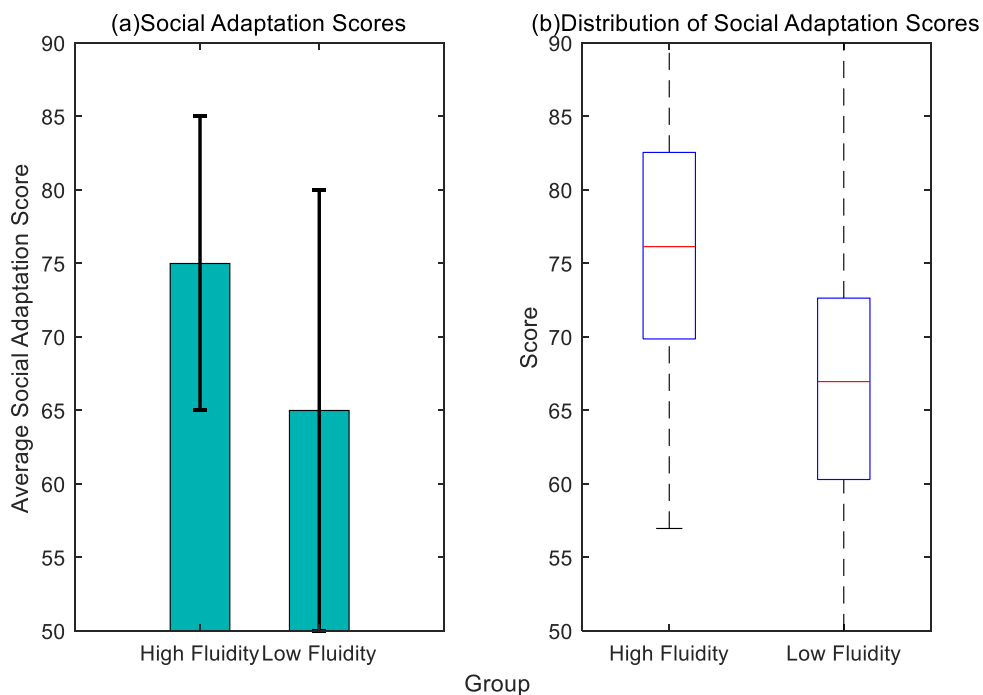


Figure 2: Assessment of social adaptability

Figure 2 (a) shows the social adaptation score, and Figure 2 (b) shows the distribution of social adaptation scores. From Figure 2, it can be seen that in the experiment, by tracking the social adaptation ability of 150 participants, we found that the average social adaptation score of the high gender mobility group was 75, while the mean of the low gender mobility group was 65. In the above data, individuals with high gender mobility perform better in social adaptation, suggesting that gender mobility may be an important factor affecting social adaptation ability.

## 4.3 Research on Adaptation to Workplace Environment

In the study of workplace adaptation, we evaluated the adaptability of 100 working adults to

explore the impact of gender mobility on workplace adaptation. In the experiment, participants were divided into high gender mobility group and low gender mobility group, and evaluated using the Workplace Adaptation Scale. Drawing a scatter plot of the scores of 100 adults after the experiment to observe their workplace adaptability.

In Figure 3, it can be seen that the experiment conducted a workplace adaptation study on 100 working adults, and the average workplace adaptation score of the high gender mobility group was 80, significantly higher than the mean of the low mobility group, which was 70. From the data conclusion, it can be seen that individuals with high gender mobility exhibit better adaptability in the workplace and can more effectively integrate into different work environments and social circles. You can refer to Figure 3 for details:

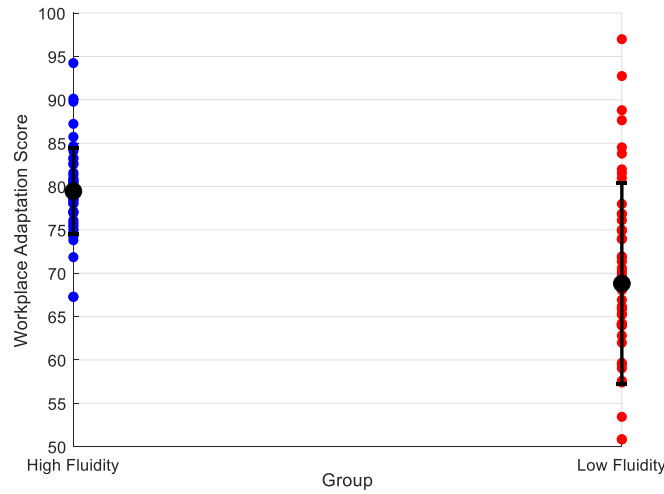


Figure 3: Workplace environment adaptation assessment

#### 4.4 Experimental Study on Educational Pathways and Career Choices

In the research experiment of education path and career choice, 200 adults were investigated on their education and career choice to explore the impact of gender mobility. In the experiment, we collected data through questionnaires and analyzed the differences in educational level and career direction choices between individuals with high and low gender mobility. The education level impact index can be expressed using formula (3):

$$ELII = \frac{\sum (E_{hi} \times W_{hi}) - \sum (E_{li} \times W_{li})}{N} \quad (3)$$

In formula (3),  $E_{hi}$  represents the number of individuals in the high gender mobility group at a specific educational level, and  $E_{li}$  represents the number of individuals in the low gender mobility group at the same educational level.  $W_{hi}$  and  $W_{li}$  represent the corresponding weight coefficients, and  $N$  represents the total number of samples. The specific data is shown in Table 1:

Table 1: Evaluation of Educational Pathways and Career Choices

Fluidity_Level	Education_Level	Career_Choice
High	3	2
High	4	8
.....	.....	.....
Low	4	5

Table 1 shows the educational paths and career choices of some adults. The high gender mobility group exhibits higher diversity in education and career choices. Specifically, individuals in the high gender mobility group have a wider distribution in choosing higher education levels and diverse career paths, reflecting that gender mobility may encourage individuals to explore broader life and career options.

## 5. Conclusion

This article explores in depth the effects of gender mobility on individuals' mental health, social adaptation, workplace environment, education, and career choices through four experimental designs. The study utilized both qualitative and quantitative analysis methods and found that groups with high gender mobility exhibited significant diversity and stronger adaptability in the aforementioned areas. The experimental results not only challenge traditional gender concepts, but also provide scientific basis for formulating more inclusive social policies. However, the sample size of this study is limited and may not be sufficient to fully represent the broad gender mobility population. Future research should expand the sample size, validate these preliminary findings, and consider more variables including economic background, geographic location, etc., which may affect an individual's gender mobility experience. Overall, our research provides a new perspective for understanding the complex role of gender mobility in modern society and drives further discussions on gender diversity. Through continuous research, we can better support individuals of all gender identities and promote a more fair and inclusive society.

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