



**How Women have been  
Viewed in Society Over Time**

**Angela Mastracci**

## Introduction

How have women been viewed over time? Have they always been treated with equal an opportunity? Are there certain standards that society holds for women? Are there societal guidelines that are encouraged in order to be a "beautiful" woman? Does the media/society/public figures today play a part in this?

The answer to this is not as easy to obtain as one might think. Throughout American history, there have been many movements led by women to create a more positive environment. But why?

Women have not always lived a life as they do today. As early on as when settlers came to America, women were not always perceived as equal to men. For many years, a woman's role was to be a housewife and a mother. As time progressed, some women wanted more to their life than just these pre-established roles. Nowadays, that may seem easy. In the past, it was not as common to want anything different. This lack of opportunity caused women to deal with some emotional and internal struggles, which we can read about in literature written by female authors.

As a woman, myself, I am proud of all the hard work that those who lived before me have accomplished. Women can vote. Women can have successful jobs. Women can be, for the most part, whoever they want to be. However, there are still some issues regarding gender inequality.

Women have grown as a population, and overall have helped their internal and self-identity conflicts, but there is still the obstacle of the media and society.

Women have overcome so much, but there still seems to be areas that cause emotional damage.

In the 21st century, we have been blessed with superior technology. Although this is great, it can also lead to harm. As we live in a technological world, we have access to social media platforms that serves for the basic needs of shopping, news, and fashion advice at the tips of our fingers. There is so much more than the basic needs that can be shared on these platforms such as advocacy, inspiration, assistance, along with creating a safe space for all. We have unfortunately let social media control our lives. Most of us use it to be "in the know"...what is in style, what is not. This can surprisingly lead to body shaming and self-bullying. We "follow" our favorite celebrities on platforms such as Twitter or Instagram. These celebrities are our supposed role models. Sometimes, we try to appear like our role models. While it is nice to believe in something or someone this much, this can cause a lack of self-love. Body and appearance shaming is something has been around for a long time. If we feel like we do not meet society's standards of the perfect appearance, it can cause so many emotional issues.

Women have come SO far in life in terms of creating a better environment for themselves. They have more to life than just being a housewife or mother. They can be active members in society. The next step for women is and should always be lifting each other up, celebrating who we are as our natural selves, and accepting our differences.

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## Cultural Product #1

Who: Continental Congress

Title: Declaration of Independence

Type: Draft Document

When: 1776

IN CONGRESS, JULY 4, 1776.  
A DECLARATION  
BY THE REPRESENTATIVES OF THE  
UNITED STATES OF AMERICA,  
IN GENERAL CONGRESS ASSEMBLED.

*"We hold these truths to be self-evident,  
that all men are created equal..."*

*"To secure these rights, Governments are  
instituted among Men, deriving their just  
powers from the consent of the governed."*

- These quotes suggest that women did not have say in the new makeup of the new land.
- The key word in these quotes is \*men\*
- At this time, women could not be a part of the government.

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## Cultural Product #2

Who: Betty Friedan

Title: The Feminine Mystique: Chapter 1 "The Problem that Has No Name"

Type: Book

When: 1963



*"I feel empty somehow . . . incomplete... I feel as if I don't exist"*

- This chapter of the book suggests that women long for a life different than that of a housewife/mother
- They feel lifeless because society finds it uncommon to want a different life.

## Cultural Product #3



Who: Cheyenne Cochrane

Title: A Celebration of Natural Hair

Type: TedTalk (Video)

When: 2016

- Cochrane talks about the struggles with the hair of black women.
- Many women feel the need to straighten their hair...make it not natural
- Women are discriminated in the workplace due to hair type
- We need to spread of movement of self-love and self-beauty....embrace who we are naturally
- **DON'T** let society tell us who we are

## Cultural Product #4



Who: Matthew Cherry  
 Title: Hair Love  
 Type: Short film  
 When: 2019

- A little girl struggles to find the perfect hairstyle
- She watches videos of hair tutorials
- She seems discouraged when nothing works for her and tries to get help from her father
- She and her mother had built a connection to styling hair together, but it turns out her mother is bald due to health reasons
- The girl draws a picture of her "bald" mother as a queen, highlighting that beauty exists in everyone and is not defined by one's hair

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## Cultural Product #5



### Would your husband marry you again?

**FORTUNATE** is the woman who can answer "yes." But many a woman, if she is honest with herself, if forced to be in doubt—after that she pays stricter attention to her personal attractions.

**A radiant skin** glowing and healthy, is never that a "man" of youth. It is youth. And few women can copy it.

**Becky's hair**  
 It is pure, cold, wicking soap. Never gets too deep with-out soap. Women should never overlook this important fact. The basis of beauty is a thoroughly clean skin. And the only way to it is soap.

There is no harm in cosmetics, as they provide an easy, if you frequently remove them. Never leave them on overnight.

The skin contains sensitive glands and pores. These clog with oil, dirt, and perspiration—washes free from within and without.

Value and efficiency enable us to sell Palmolive for

10c

**PALMOLIVE**

The first requirement is to clean the pores. And soap alone can do that.

**A curly mistake**  
 Fresh, wicking soap have led many women to curly soap. That is a costly mistake. A healthy, curly, smooth skin is a clean skin, first of all.

There is no need for irritating soap. Palmolive makes and softens while it cleans. It soothes, polishes and softens.

Leave the lather into the pores by a gentle massage. Every touch is better. Then all the foreign matter comes out in the process.

If your skin is very dry, use cold cream before and after washing.

**No medications**  
 Palmolive is just a washing, cleansing soap. No harshness, even through blinding pain and dandruff. Nothing under the world has been so suitable for delicate complexion.

All its beneficial effects come through gentle, thorough cleansing. There are no medications. No drugs can do what Nature does when you and her work with the secret of Palmolive cleansing.

Millions of women get their coveted complexion through the use of Palmolive soap.

THE PALMOLIVE COMPANY, Milwaukee, U. S. A.  
 The Palmolive Company of Canada, Limited, Toronto, Ont.

Price and other details upon request from nearest distributor.



*"Fortunate is the woman who can answer 'yes.'" But many a woman, if she is honest with herself, if forced to be in doubt—after that she pays stricter attention to her personal attractions."*

- This advertisement suggests that in order to keep your spouse happy, you must look good.
- It suggests that no other factors attract your spouse

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## Cultural Product #6



- This advertisement is called “for Natural Beauty”
- Natural beauty reflects how we appear without aid/makeup
- This woman in the mirror is surrounded by several beauty products
- This suggests that women do not have natural beauty, and they need the help of makeup to portray that natural look

## Cultural Product #7



- A recent picture of Billie Eilish surfaced the media a few months ago revealing what she looks like in average fitting clothing
- She normally wears baggy clothes for comfort and self-consciousness reasons
- Many people attacked her image calling her a woman with a, “mid-30’s wine mom body”
- SHE’S ONLY 18 YEARS OLD and she is getting **body shamed**.
- She is a woman who advocates for so many people, yet she still gets attacked on her appearance as if that is the only thing that matters

Women have come a long way in society. They can have successful jobs, vote, and lead their own empires.

Throughout time, self-identity and emotional stress has been an issue for women of all backgrounds.

Throughout time, women have been discriminated against due to their gender and race. While there are successes in making a change due to advocacy, there are still some people out there who do discriminate against those things.

Women are also currently being judged by their appearance.

Society needs to do a better job at being kind to others and kind to ourselves. We think because we don't look like our favorite celebrities that we are doing something wrong with ourselves.

Differences do not define us as women, as people. Differences are what makes us special and unique. We need to spread more body/image positivity.

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Thank you