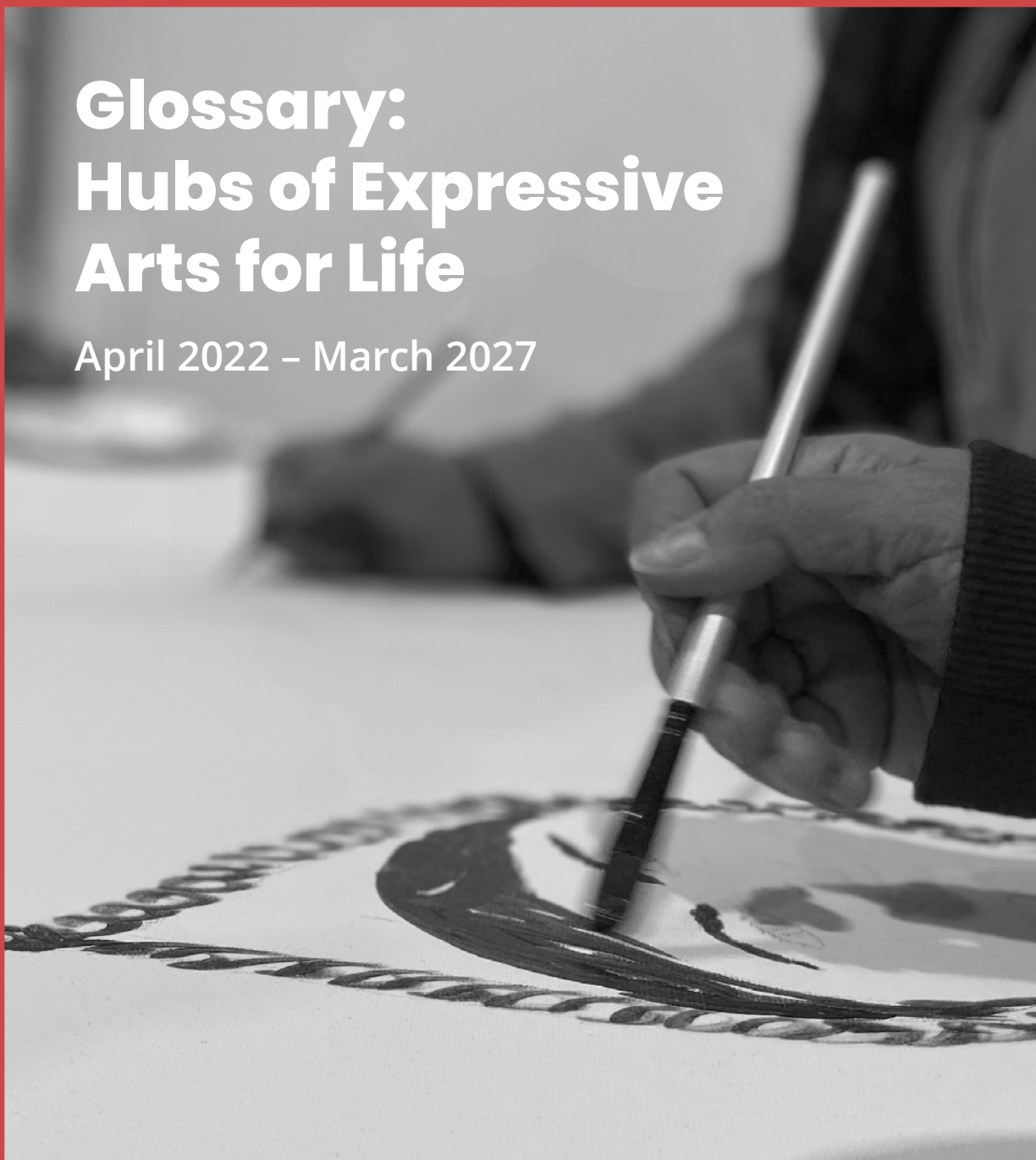


Glossary: Hubs of Expressive Arts for Life

April 2022 – March 2027



Preface

This glossary was developed as a practical resource for service providers and implementation researchers working with newcomer survivors of gender-based and domestic violence, particularly in contexts where expressive arts and trauma-informed approaches are used to support healing.

The practitioners are often tasked with communicating complex therapeutic or clinical concepts in ways that are both accessible and culturally responsive. The terms included implementation research, expressive arts therapy, mental health, and trauma-informed care.

This glossary is not exhaustive, nor is it prescriptive. Rather, it is a tool to support clearer communication, build trust, and enhance shared understanding between service providers and the communities we serve.

Ultimately, this resource supports our collective goal: to create safer, more inclusive, and empowering spaces with a shared understanding of the terminology for research and service.



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Disclosure

This glossary is intended for informational and educational purposes. The definitions provided are for operational guidance for this project and do not constitute legal, professional, or medical advice. The authors and publishers are not responsible for any inaccuracies or omissions and disclaim any liability for the use of this information.

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The contents of this document are part of the project titled: "HEAL - Hubs of Expressive Arts for Life" funded by the Public Health Agency of Canada [ARRANGEMENT # 2223-HQ-000042] for preventing and addressing family violence between Apr 2022 and Dec 2025. The HEAL project aims to implement effective Expressive Arts Therapy interventions to support the newcomer population experiencing GBDV.



New Beginnings for Newcomers.

Expressive Arts

Art for Psychotherapy is a form of therapy that stimulates a person's five senses to help them communicate in a symbolic and non-verbal way in a safe environment (Özkafacı & Eren, 2020).

Art for Therapy is a combined approach using art-making and psychotherapy to help individuals explore self-expression and improve emotional, mental, and physical well-being (Vancouver Art Therapy Institute, 2025).

Art for Wellness is the use of art-based activities in the community to promote mental well-being, incorporating practices including mindfulness, breathing, and somatic techniques for self-care and resilience (Canadian Art Therapy Association, n.d.).

Art Therapist are trained professionals with expertise in counselling psychology and fine arts (Canadian Art Therapy Association, n.d.).

Arts-Based Approaches are commonly offered by art-based and mental health practitioners using arts as a tool to improve the mental health and wellness of participants or communities.

Dance and/or Movement Therapy is a psychotherapeutic approach that uses body movement to support an individual's emotional, cognitive, and physical promoting healthier changes in many aspects of their lives (Malchiodi, 2014).

Drama Therapy is the intentional use of drama and theater to help individuals express their stories, emotions, self-understanding, and strengthen their adaptability to life circumstances (Malchiodi, 2014).

Expressive Art Programs are multi-modality integrative approach to working with the creative arts in a program format (Vancouver Art Therapy Institute, 2025).

Expressive Art Therapist is a registered practitioner using multimodal forms (e.g. drama, theatre, movement, dance, music, etc.) of arts as therapy (Ontario Expressive Arts Therapy Association, 2025).

Expressive Arts Program Architecture refers to the structured framework or sequence that guides an expressive arts therapy session. It includes three main phases: Filling In, where the therapist and client establish goals and explore the problem; Decentering, where the client enters an imaginative and creative process through the arts; and Harvesting, where insights from the creative experience are reflected upon and connected back to the client's original issue to support growth and integration (The Create Institute, n.d.).

Expressive Arts Therapy is an intermodal, arts-based approach using creative expression through visual arts, writing, drama, music, and movement to support clients in self-exploration, healing, and personal growth (Ontario Expressive Arts Therapy Association, 2025).

Group Arts-Expressive Therapy is a therapeutic approach that combines various art forms such as movement, drama, music, writing, and visual arts within a group setting to promote self-expression, emotional healing, personal growth, and connection among participants (Malchiodi, 2014).

Integrative refers to the process of interweaving and blending multiple creative theories with clients in expressive arts therapy or expressive arts facilitation sessions (International Expressive Arts Therapy Association, 2024).

Inter-Modality capitalizes on the integration of two or more forms of art expression into treatment through which individuals can express thoughts and feelings, communicate non-verbally, achieve insight, and experience the curative potential of the creative process (Malchiodi, 2011).

Music Therapy is the purposeful use of music to promote wellness in an individual's psychological, physical, cognitive, or social functioning, particularly for those facing health or educational challenges (Malchiodi, 2014).

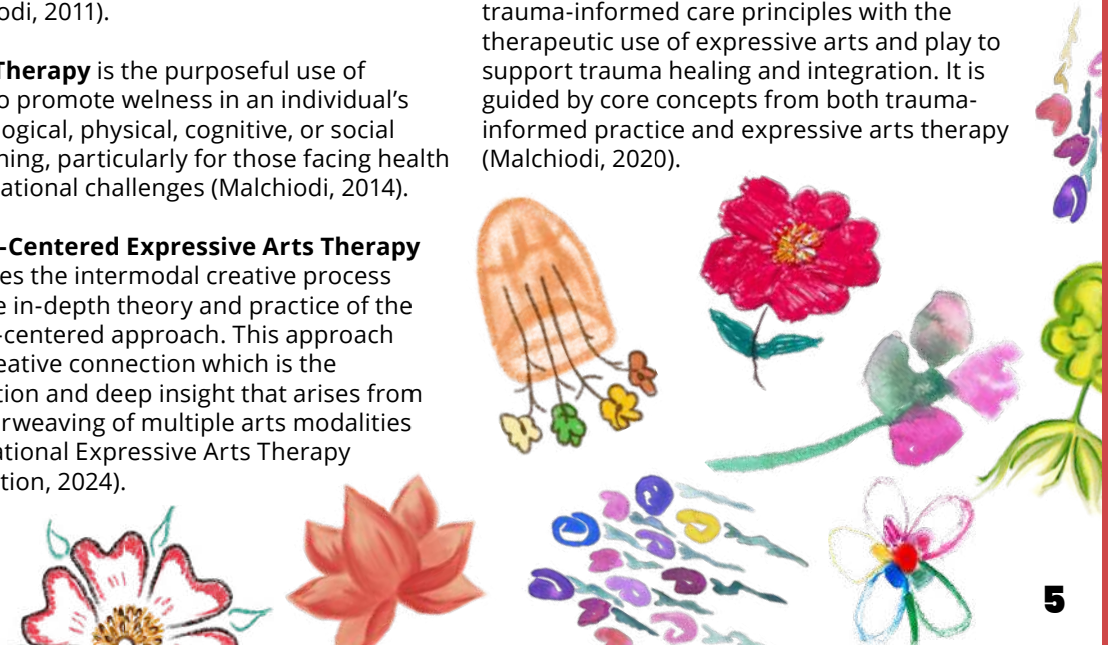
Person-Centered Expressive Arts Therapy combines the intermodal creative process with the in-depth theory and practice of the person-centered approach. This approach uses creative connection which is the integration and deep insight that arises from the interweaving of multiple arts modalities (International Expressive Arts Therapy Association, 2024).

Play Therapy is the structured use of a theoretical approach in which trained therapists utilize the healing powers of play to help clients address or prevent psychosocial challenges and promote healthy growth and development (Malchiodi, 2014).

Poetry Therapy involves the intentional use of poetry and other forms of literature for healing and personal growth (Malchiodi, 2014).

Somatic-Based Expressive Arts is a type of facilitation or therapy that integrates a body-focused approach, which practitioners combine with expressive arts in many different ways to support growth, integration, connection, and healing (International Expressive Arts Therapy Association, 2024).

Trauma-Informed Expressive Arts Therapy is an arts-based approach that combines trauma-informed care principles with the therapeutic use of expressive arts and play to support trauma healing and integration. It is guided by core concepts from both trauma-informed practice and expressive arts therapy (Malchiodi, 2020).



Mental Health

Belonging is a psychological concept that describes an individual's perception of being accepted and supported by others. It is considered a fundamental human need that promotes safety, connection and emotional well-being (EBSCO, n.d.).

Collective Healing is a healing process of addressing collective trauma as a cultural, political, social, and physical process of acknowledging wrongdoing/hardship. It also begins an active process of accountability, restoration of resources, and repair of the harm done (Drexel University, 2021).

Coping Strategy is an action, series of actions, or thought process used to manage a stressful or unpleasant situation or to modify one's response to it. It typically involves a conscious and direct approach to addressing problems, unlike defense mechanism (Butler et al., 2017).

Co-Regulation is the ability to regulate emotions and behaviours, manage stress (internal or external), and return to a calm state, with the support and direction of a connecting person (Education Scotland, n.d.).

Emotional Manipulation is a tactic in which individuals exploit the vulnerabilities of others to gain control or personal advantage. It often leaves victims feeling powerless, as the manipulator's actions are usually subtle and hard to detect (EBSCO, n.d.).

Emotional Self-Regulation is an individual's ability to manage and adjust their emotional responses to align with their values and goals across different situations, whether positive or stressful (EBSCO, n.d.).

Empowerment is the development of the skills, knowledge, and confidence needed to gain greater control over one's life. In psychotherapy, it involves helping clients actively meet their needs, pursue their goals, and achieve a sense of accomplishment and recognition of their own abilities (American Psychological Association, n.d.).

Fear is a fundamental, intense emotion triggered by the perception of an immediate threat, causing an alarm response that mobilizes the body through physiological changes (American Psychological Association, n.d.).

Isolation refers to an individual remaining apart from others, either by choice or as a result of rejection or exclusion, resulting in minimal or superficial social and personal connections with others (American Psychological Association, n.d.).

Mental Health is a state of mind characterized by emotional well-being, good behavioural adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life (American Psychological Association, n.d.).

Mental Illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities (American Psychological Association, n.d.).

Mental Wellness is an active state of well-being that goes beyond the absence of mental illness, involving resilience, personal growth, meaningful connections, and healthy coping with life's challenges. It is holistic and personal, shaped by individual values, lifestyle, and circumstances, and can be supported through practices that nurture the mind, body, and relationships (Global Wellness Institute, 2024).

Personal Growth is a lifelong process of enhancing self-awareness, developing strengths, and realizing one's potential for a fulfilling life. It involves setting clear goals, embracing challenges, and practicing self-reflection to build resilience. Adopting a growth mindset helps individuals learn from experiences, fostering lasting positive change and overall well-being (Sutton, 2024).

Post Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event. It is marked by reexperiencing the trauma, avoidance of reminders, emotional numbing, and heightened physiological arousal. Symptoms can be chronic or delayed, and brief episodes may be classified as acute stress disorder (Butler et al., 2017).

Psychoeducation is a therapeutic intervention that integrates mental health awareness, attunement to body sensations, and mindfulness practices. It involves the therapist providing clients with information about their diagnosis, symptoms, and treatment methods. Psychoeducation is a structured and intentional process designed to enhance understanding and support informed participation in therapy (Marschall, 2024).

Self Autonomy is a state of independence and self-determination in an individual, allowing them to make decisions and act according to their own values and goals. Some theories suggest that an excessive focus on self-determination and achievement may increase the risk of developing major depressive disorder (American Psychological Association, n.d.).

Self Efficacy refers to an individual's belief in their capacity to execute behaviors necessary to produce specific performance outcomes. It is the confidence in one's ability to influence events and control over one's environment (Lopez-Garrido, 2025).

Self-Compassion is the practice of treating oneself with kindness and understanding in the face of personal shortcomings or failures. It promotes well-being by protecting against the negative emotions that arise from self-criticism (American Psychological Association, n.d.).

Mental Health

Self-Determination is the process of making choices and engaging in actions independently, without undue influence from others. It involves behaviors that improve one's circumstances, such as decision-making, problem-solving, self-management, self-instruction, and self-advocacy (American Psychological Association, n.d.).

Self-Esteem is the degree to which an individual perceives the qualities and characteristics of their self-concept as positive. It reflects one's physical self-image, sense of accomplishments and abilities, personal values, and how others respond to them. Higher self-esteem supports mental health, while low self-esteem is often linked to feelings of worthlessness and depression (American Psychological Association, n.d.).

Self-Expression is the open and authentic sharing of one's feelings, thoughts, talents, attitudes, or impulses through verbal communication, the arts, or everyday activities (American Psychological Association, n.d.).

Somatic Resourcing explores how the body expresses deeply painful experiences, applying mind-body healing to aid with trauma recovery (Ergos Institute, Inc, n.d.).

Strength-Based Approaches are a holistic method that focuses on individuals' personal, social, and community strengths rather than their deficits, empowering them to enhance well-being and promote positive development (Manitoba Trauma Informed Education & Resource Centre, 2024).

Stress Management is the use of techniques, strategies, or programs such as relaxation training, anticipating stress reactions, and controlled breathing to cope with stressful situations and reduce the effects of stress (American Psychological Association, n.d.).

Trauma is the lasting emotional response that often results from living through a distressing event (CAMH, n.d.).

Trauma-Informed Care (TIC) is an approach and intervention model that recognizes the widespread impact of trauma and its influence on how individuals engage with services. It emphasizes understanding a person's full life context and is guided by five core principles: safety, choice, collaboration, trustworthiness, and empowerment. This approach fosters supportive and healing environments for trauma survivors (Trauma-Informed Care Implementation Resource Center, 2022).

Wellbeing is a state of happiness or contentment characterized by low levels of stress, good physical and mental health, and a healthy quality of life (American Psychological Association, n.d.).

Gender and Domestic Violence

Coercive Control is a pattern of behaviors aimed at dominating or controlling another person, often causing fear, isolation, and loss of independence. Tactics can include controlling relationships, finances, or daily actions, monitoring or tracking, gaslighting, humiliating, or threatening the person. These behaviors often escalate slowly and are a recognized form of abuse, and support is available for those affected (Welsh Women's Aid, 2025).

Community Violence is categorized into acquaintance and stranger violence and includes youth violence, assaults by strangers, violence related to property crimes, and violence that occurs in workplaces or institutions (Butler et al., 2017).

Consent is the voluntary agreement to engage in sexual activity at the time it occurs. All parties must actively, willingly, and continuously give consent. Consent cannot be assumed or implied, and an unconscious person is not capable of giving consent (Government of Canada, 2025c).

Culturally Safe Approaches are methods that recognize and challenge unequal power dynamics between service providers and survivors by fostering equitable, two-way relationships based on respect, shared responsibility, and cultural exchange. These approaches ensure that a survivor's culture, values, and preferences are respected and considered in the delivery of services (Government of Canada, 2025c).

Domestic Violence is a pattern of behavior used by one person to gain power and control over a current or former intimate partner or family member. It can include physical, sexual, emotional, or psychological abuse, verbal intimidation, stalking, and the use of electronic devices to harass or control. Domestic violence can affect anyone, regardless of age, race, religion, sexual orientation, or socioeconomic background (Public Services Health & Safety Association (PSHSA), 2010).

Economic Abuse is a form of abuse that involves controlling, exploiting, or sabotaging a person's financial resources, limiting their economic security, and reducing their ability to achieve self-sufficiency (Government of Canada, 2025c).

Emotional/Psychological Abuse is the use of words or actions to control, frighten, or diminish the self-respect and self-esteem of a family member or intimate partner. It can include insults, belittling, constant humiliation, intimidation, threats of harm, threats to take away children, or threats to harm pets (Government of Canada, 2025c).

Family Violence is any form of abuse or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship, whether current or former (Government of Canada, 2025c).

Gender and Domestic Violence

Gender Norms are the expectations and stereotypes about behaviors, actions, and roles associated with being a 'man' or 'woman' in a given society. They contribute to power imbalances and gender inequality at home, at work, and in communities (Government of Canada, 2025c).

Gender refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men, and gender-diverse people. It influences how people perceive themselves and each other, how they act and interact, and the distribution of power and resources in society (Government of Canada, 2025c).

Gender-Based Violence refers to harmful acts directed at individuals based on their gender. It includes physical, sexual, or psychological harm, as well as threats, coercion, or deprivation of liberty, occurring in public or private life (General Assembly resolution 48/104, 1993).

Intersectionality is an approach to analyzing social relations and structures that recognizes each person's identity is made up of multiple categories, such as ethnicity, gender expression, race, and religion. The ways a person experiences systemic privilege or oppression are shaped by how these intersecting identities are valued by social institutions (Government of Canada, 2025c).

Intimate Partner Violence is physical, sexual, emotional, psychological, or financial harm caused by a current or former intimate partner or spouse. It can occur in marriages, common-law partnerships, or dating relationships, including both heterosexual and LGBTQ2 relationships, at any stage of the relationship (Government of Canada, 2025c).

LGBTQ2 refers to individuals who identify as lesbian, gay, bisexual, transgender, queer, or Two-Spirit. Variations of this acronym may also include intersex, questioning, asexual individuals, and allies (Government of Canada, 2025c).

Physical Abuse is the intentional or threatened use of physical force against a family member or intimate partner. It includes actions such as pushing, hitting, cutting, punching, slapping, shoving, and strangulation (Government of Canada, 2025c).

Sexual Exploitation is the sexual abuse of individuals in exchange for drugs, food, shelter, protection, money, or other basic needs. It also includes involving children and youth in creating pornography or sexually explicit websites (Government of Canada, 2025c).

Sexual Harassment is unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. It can involve an abuse of power and is often used to control or intimidate someone (Government of Canada, 2025c).

Survivor refers to any individual who has experienced interpersonal violence. The term survivor is preferred over victim because it emphasizes the personal strength, resourcefulness, and determination many individuals demonstrate in coping and moving forward (Jaffe & Baker, 2007).

Survivor-Centered Approach places the survivor's rights, needs, and wishes at the center. It ensures they are treated with dignity and respect, supported in making their own choices, and guaranteed privacy and confidentiality. It also protects them from discrimination and provides clear, comprehensive information so they can make fully informed decisions (UNWomen, 2011).

Women refers to all individuals who self-identify as women, including both cisgender and transgender women (Government of Canada, 2025b).



Program Operation

Advisory Committee is a group of individuals who provide guidance, oversight, and expertise for a research project. They help ensure the project stays on track, offer strategic advice, and support the project team, but they do not manage day-to-day activities. Their role is to assist the project by providing additional knowledge, perspectives, and resources to strengthen its outcomes (Community Initiatives, 2015).

Anti-Oppression is a framework that aims to eradicate oppression by examining and challenging power dynamics while empowering those who experience oppression (Ontario Association of Interval & Transition Houses, 2021).

Arts & Culture Visits are a social prescribing initiative that brings participants together with friends and family to visit art galleries, museums, and community arts events and workshops. These visits aim to increase participant retention, promote exposure to wellness-focused sites, and strengthen community connections.

Check In Activities help participants attune to the program space, introduce themselves to the group, and support the practice of self-regulation and co-regulation techniques, including grounding, breathing, and somatic resources.

Check Out Activities help participants settle into the program space, introduce themselves to the group, and practice both self-regulation and co-regulation techniques. These activities often include grounding exercises, breathing practices, and other somatic tools that support emotional and physical regulation.

Collective Painting is a group activity in which participants create a shared artwork. The piece represents three things each participant has gained from the group and wishes to take with them.

Culminating Ceremony in session 12 brings the community together to celebrate participants' achievements through an art showcase, shared food, and communal activities.

Cultural Sensitivity is the awareness and appreciation of the values, norms, and beliefs of a cultural, ethnic, racial, or other group different from one's own, paired with a willingness to adapt one's behavior in a respectful and responsive way (American Psychological Association, n.d.).

Facilitation Team is a group of trained facilitators responsible for delivering the HEAL program. It includes practitioners, volunteers, and students. The Art-Based Facilitator is a contracted professional with credentials in expressive arts therapy, art therapy, or as a registered mental health worker with specialized EAT training. The Point of Contact Person, chosen by the partner organization, reflects the cultural and linguistic background of participants and serves as the primary liaison with the HEAL team. Additional support staff, such as mental health counselors, social workers, and settlement workers, provide assistance as needed throughout the program. Student placements and volunteers also help by supporting program logistics. Together, these team members ensure participants receive culturally informed, professionally guided, and practical support from start to finish.

The HEAL Art Toolkit was provided to all participants during the HEAL Program and included a canvas bag, sketchbook, oil pastels, pencil, eraser, and a program timeline to support their creative engagement.

HEAL Evaluation Cycle is a structured process for implementing and assessing an expressive arts therapy program. It begins with a needs assessment and intake screening to confirm eligibility and identify participant needs. Participants complete a pre-program survey, followed by arts modality feedback surveys during the program to assess engagement. After completion, a post-program survey measures changes in well-being and overall impact. Follow-up steps include a three-month phone call to check ongoing well-being, belonging, behavior changes, and resource access, and a six-month focus group to explore collective experiences and continued use of program strategies. The cycle ends with a summative evaluation that brings all data together to determine overall program effectiveness.

HEAL Program is a 12-session expressive arts intervention co-developed for newcomer women survivors of domestic violence. Based on the HEAL Project, a multi-year initiative funded by the Public Health Agency of Canada from April 2022 to March 2026.

Networking and Community Support involves exploring ways to reintegrate disconnected aspects of the self to support healing from trauma and foster connection with communities. It emphasizes personal and community strengths, healthy communication, and offers referral pathways for those in need.

Newcomer is an individual who has migrated to Canada within the past ten years, regardless of their immigration category.

Partner Organizations support the HEAL program by hosting sessions, engaging peer researchers, and assisting with evaluation. They provide a paid peer researcher to co-facilitate, help recruit and register participants, and ensure participants understand the program. POs also participate in culminating events to showcase participants' work and support the dissemination of HEAL resources to the community.

Readiness is a participant's preparedness to engage in a group expressive arts program. It involves assessing their mental stability, interests, resources, potential concerns, and identifying areas where individual support may be needed. Readiness is determined through a one-on-one screening session with a trained facilitator to ensure the participant can safely and effectively participate in group therapy.

Retention in research projects refers to participants continuing to take part in a study after being recruited. Retention rates can vary widely, and some populations, particularly vulnerable groups, are often more difficult to retain (Doran et al., 2021).

Program Operation

Screening includes an eligibility interview to determine whether participants are a good fit for the program based on inclusion and exclusion criteria, emotional stability, and individual needs. The screening questionnaire takes about 15 minutes and provides participants with essential information to help them decide whether to enroll. This intake screening is conducted as a one-on-one private phone call, facilitated by frontline workers or case workers from the partner agencies.

Six Month Focus Group is a group-based follow-up session designed to assess changes in mental well-being, support open discussion, and encourage reflection on program experiences. The session uses arts-based activities to maintain engagement, evaluates behavioral changes and continued use of program strategies, and gathers insights on participants' access to resources and services that support their ongoing settlement and well-being.

Three-Month Follow Up Call is a check-in with participants to assess their mental well-being, sense of belonging, and behavioral changes. The check-in allows participants to reflect on their experiences and the program's impact, helps determine whether they have developed long-term resilience or need additional support, and gathers information about their access to settlement-related resources and services.

Validation Meetings are sessions held after a program is completed in which participants review research findings to confirm their accuracy, provide feedback, and ensure the results reflect their experiences. These meetings foster collaboration, participant ownership, and the co-creation of recommendations for future program improvements.

Walk-Along-Side Referrals are a supportive approach where a service provider not only shares information about resources but also actively guides and accompanies the individual through the process, ensuring they feel supported and connected.



Research & Evaluation

Abductive Logic is a cyclical reasoning process in which explanations are developed, checked, and revised against observations. This iterative approach allows explanations to adapt and expand as new information emerges, supporting rigorous and flexible understanding (Levin-Rozalis, 2010).

Anonymized Data refers to information that has been irreversibly modified to ensure that no individual can be identified, either directly or indirectly. The dataset contains no identifiable information and cannot be linked back to any individual (Government of Canada, 2023).

Art Based Evaluation (ABE) is an approach that uses creative activities to express the value and impact of a project. It explores ideas and experiences that may be difficult to communicate through numbers, questionnaires, or interviews. When combined with other evaluation methods, ABE provides a more complete understanding of a project's effects for participants, facilitators, planners, and funders (Better Evaluation, 2017).

Co-Creation Session brought together experts in expressive arts therapy, community-based participatory research, social work, and domestic violence support. Attendees participated in co-design activities and discussions to help develop the 12-week HEAL program. Data collected from the session will inform the HEAL program structure and contribute to expressive arts programming.

Community-Based Research is a research model focused on community empowerment, collaboration, and social change. Community members act as collaborators and partners in knowledge production alongside academics and agency partners, generating evidence and driving action on issues important to the community.

Essentialism refers to the perception that some properties of a woman are necessary for family dynamics, while other qualities are merely accidental (Alamgir & Kong, 2024).

Evaluating Art Based Programs is an assessment approach that examines the impact of programs using artistic practices to advance social, educational, or community goals. These evaluations focus on how art serves as a tool for engagement, transformation, and collective action, rather than as the object of study. Practitioners, participants, and stakeholders work together to measure outcomes, reflect on experiences, and guide future practice using conventional evaluation methods grounded in shared goals and community relevance. (ASC Evaluation, n.d.).

Implementation Research is the scientific study of how intentions are put into practice, including the implementation of policies, programs, or individual practices, collectively referred to as interventions (Peters et al., 2013).

Research & Evaluation

Informed Consent is a voluntary agreement to participate in research, given by a legally competent person or an authorized representative. It ensures participants understand the study, including the collection and use of personal data, and allows them to withdraw at any time without penalty (Government of Canada, 2024).

Knowledge Mobilization is a broad term for activities that support the production and use of research results, including synthesis, dissemination, transfer, exchange, and co-creation or co-production by researchers and knowledge users. It also involves making data accessible in the public domain when appropriate (Government of Canada, 2025a).

Mixed Methods is an approach in which the investigator collects and analyzes both qualitative and quantitative data, integrates the findings, and draws inferences within a single study. Arts-based methods may also be used to enhance triangulation (Alamgir & Kong, 2024).

Outcome Harvesting is a method of identifying and documenting both the intended and unintended outcomes of an intervention.

Peer Researcher is someone with personal experience of an issue who participates in research on that topic. They may help design studies, collect and analyze data, and share findings, using their insight to connect with participants and empower change (The Young Foundation, n.d.).

Pre- & Post- Program Survey assess participants' mental health before and after the program, capturing changes and reflections on their experience.

Qualitative Analysis is the examination of open-ended material and narratives by researchers to identify and describe the dominant themes in the data. A key part of the process is understanding the reasons behind the observed themes (American Psychological Association, n.d.).

Quantitative Analysis is the empirical investigation of data using numerical variables. It includes descriptive statistics, such as summaries of means and standard deviations, and inferential statistics, such as analysis of variance, regression analysis, factor analysis, and hierarchical linear models (American Psychological Association, n.d.).

Social Constructivism is the understanding that concepts of masculinity and femininity are socially situated rather than purely biological. These ideas reflect socialized hierarchies shaped by historical, cultural, and legal systems.

Structuralism is an approach to understanding nature and human life that focuses on relationships between elements rather than individual objects. Objects are defined by the network of relationships they are part of, not by their isolated qualities (Galtung, 1996).

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