

## **NAVIGATING THE COMPLEXITIES OF RELIGION, PATRIARCHY, AND GENDER DISCRIMINATION**

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### **Abstract**

This paper examines the intricate relationships between religion, patriarchy, and gender discrimination, with a focus on the challenges faced by women in diverse religious contexts and the potential for transformative change. Employing a qualitative research approach, this study draws on interviews and surveys with male and female participants from various religious backgrounds, complemented by a comprehensive review of existing literature. The findings indicate that religious doctrines can perpetuate gender biases, leading to systemic discrimination within religious institutions and broader society, often exacerbated by patriarchal societal norms. This discrimination has far-reaching implications, affecting women's rights, mental health, and socioeconomic status. To address these issues, the paper recommends promoting gender-sensitive interpretations of religious texts, increasing women's representation in religious leadership, and fostering interfaith dialogue on gender issues. These strategies can help foster greater equality, inclusion, and social justice within religious communities.

**Keywords:** Religion, Gender Discrimination, Patriarchy, Equality, Social justice.

### **Introduction**

The intricate relationships between religion, patriarchy, and gender discrimination pose complex challenges that affect individuals and societies worldwide. Religious teachings often shape societal norms, influencing the perception and treatment of women. While many religions promote fundamental values of respect, dignity, and equality, interpretations of sacred texts and doctrines can perpetuate gender inequalities. This paper seeks to examine how religious beliefs and patriarchal structures contribute to gender discrimination, while discussing potential pathways for reform, empowerment, and social change. Historically, many religious traditions have been male-dominated, complicating women's roles within these institutions. Early texts and doctrines often reflected patriarchal values that continue to impact contemporary interpretations. Scholars such as Botterweck (1980) and Fiorenza (1992) highlight how these texts have been utilized to justify gender exclusion and discrimination. Research suggests that the challenges of gender discrimination within religion manifest in various ways, including disparities

in leadership roles, restrictive religious practices, and cultural norms that prioritize male authority. For instance, in Islam, interpretations related to the hijab and the role of women in public life can lead to significant restrictions (Moors & Salvatore, 2019). Similarly, in Christianity, women often face barriers to ordination and leadership within many denominations (Kirkpatrick, 2019).

The intersection of religion and patriarchy often reinforces patriarchal norms, contributing to the establishment and perpetuation of gender hierarchies. Traditional interpretations of sacred texts, rituals, and cultural practices frequently elevate male authority and define gender roles in ways that limit women's agency. Doctrines in Christianity, Judaism, and Islam can perpetuate patriarchal values by promoting the idea of male as head of the household or community. These interpretations can influence social structures, restrict women's roles in religious practices, and lead to systemic inequalities in personal and professional spheres (Haddad & Esposito, 2000). Furthermore, patriarchal interpretations are not confined to monotheistic religions; they also manifest in polytheistic and indigenous practices, limiting women's access to leadership roles (Ruether, 1993). Patriarchy, defined as a social system where men hold primary power, is deeply ingrained in many cultures and institutions, including religion (Connell, 2005). Religion, often regarded as a bastion of moral authority and social order, frequently reflects and perpetuates patriarchal values. This is evident in the leadership structures of many major religions, where men predominantly occupy positions of power, limiting women's voices and contributions.

The exclusion of women from leadership roles perpetuates a cycle where women's roles are relegated to the domestic sphere or relegated to subordinate positions beneath male authority. This phenomenon is observed in various religious contexts. In Islam, for instance, certain interpretations of Islamic teachings emphasize male authority and control over women, particularly regarding family dynamics and social behavior (Hassan, 2018). The norm of male guardianship, where male relatives hold significant power over women's personal choices, reflects gender inequality. Similarly, in many Christian denominations, the norm of male headship posits that men should lead both in the church and in the household. This is often supported by scriptural interpretations that prioritize male authority and restrict women's roles in decision-making and leadership (Kraybill & Nolt, 2020). In Hinduism, traditional practices often emphasize the belief that a woman's primary role is as a wife and mother. Norms such as the expectation for women to serve their husbands and the cultural significance placed on marriage contribute to a framework that can perpetuate gender inequality (Ghosh, 2015). In some Buddhist communities, traditions have developed that prioritize male monks' roles over female monastic experiences, often rendering female participation secondary to male leadership. The ordination of women in certain schools of Buddhism is often viewed as controversial, highlighting a norm of male superiority (Sujato, 2015).

The following examples illustrate the challenges faced by women in various religious contexts:

1. Islam: Many Muslim women face challenges related to interpretations of modesty, such as the requirement to wear a hijab. While some women choose to wear it as an expression of faith, others see it as imposed by cultural or religious expectations. Research indicates that women who don't conform to these norms may experience social ostracism or discrimination (Moors, 2009).
2. Christianity: In many Christian denominations, women often face barriers to leadership roles and pastoral positions. For instance, although women may perform significant roles within the church, they are frequently excluded from formal leadership and ordination processes, limiting their ability to influence church doctrine and practices (Kirkpatrick, 2019).
3. Hinduism: Hindu women often contend with traditional gender roles that restrict their autonomy and engagement in religious practices. Rituals and customs such as "sati" (the practice of a widow self-immolating on her husband's funeral pyre) have historically exemplified extreme forms of gender discrimination, though contemporary interpretations seek to eradicate such practices (Ghosh, 2015).
4. Buddhism: Although Buddhism teaches equality, women often face institutional barriers that limit their access to leadership roles within the monastic community. In many Theravada Buddhist countries, for instance, the ordination of women has not been fully accepted, and as a result, women are often marginalized within religious structures (Sujato, 2015).
5. Judaism: In Orthodox Judaism, women are often assigned to roles that emphasize their responsibilities in the home rather than positions of religious authority. This exclusion from ritual practices, such as reading from the Torah during services, highlights systemic obstacles to gender equality within the faith (Reisman, 2019).

Here are some verses and chapters from various religious texts that have been interpreted as discriminatory towards women:

1. The Bible (Christianity).

1Timothy 2:11-12 (New Testament): "Let a woman learn in silence with all submissiveness. I do not permit a woman to teach or to exercise authority over a man; rather, she is to remain quiet." These verses have been interpreted to suggest that women should not hold positions of authority, reinforcing conceptions of male leadership.

Genesis 3:16 (Old Testament): "To the woman he said, 'I will surely multiply your pain in childbearing; in pain you shall bring forth children. Your desire shall be for your husband, and he shall rule over you.'" This verse ties the pain of childbirth to a woman's subordinate role in the relationship between husband and wife.

1. The Qur'an (Islam)

Qur'an 4:34: "Men are in charge of women by [right of] what Allah has given one over the other and what they spend from their wealth. So righteous women are devoutly obedient and guard in [the husband's] absence what

Allah would have them guard..." This verse has often been interpreted to assert male authority over women within the family and society.

Qur'an 2:228: "And women have rights similar to those [of men] over them in kindness, but men have a degree [of responsibility] over them." While this verse acknowledges women's rights, the latter part suggests a hierarchy where men hold a superior status.

#### 1. The Vedas (Hinduism).

Manusmriti 9.3: "In creation, women were made for men and are hence inferior to men." The Manusmriti is traditionally seen as a legal text that enforces gender hierarchies within Hindu society.

#### 1. The Talmud (Judaism).

Kiddushin 29a: "A man should be careful with the reading of the law and with the prayer because the woman is more inclined to be evil than the man." This passage implies that women are morally inferior and may be biased against them in religious observance.

Berakhot 17a: "Blessed are You, Lord our God, King of the Universe, who has not made me a woman." This blessing, traditionally recited by Jewish men, has been criticized for its implicit devaluation of women.

It is essential to note that these verses have been subject to various interpretations and critiques, and many religious scholars and leaders argue that these texts should be understood within their historical and cultural contexts.

While many religious traditions have historically perpetuated patriarchal systems, a growing movement among scholars and practitioners advocates for gender equality within these frameworks. Feminist theology, for instance, seeks to reinterpret sacred texts and religious practices to promote inclusivity and equity (Baker-Fletcher, 1997). This approach involves re-examining the assumptions about gender roles historically embedded in religious teachings and practices. A fundamental aspect of advancing gender equality involves engaging with both the theological premises and the social implications of religious teachings. For example, teachings that emphasize the inherent dignity and equality of all individuals can provide a foundation for advocating gender equality. Many contemporary religious leaders and communities are embracing this perspective, working to dismantle discriminatory practices and reshape gender norms (Buchanan, 2020). Several religious texts highlight the significant roles of women and promote gender equality:

Islam: Quran 4:1: "O mankind, fear your Lord, who created you from one soul and created from it its mate..." This verse emphasizes that both men and women share a common origin, establishing equality between genders in the eyes of God.

Quran 4:24: "And give the women [upon marriage] their due compensation..." This verse affirms the importance of women's rights within marriage, underscoring their autonomy and contributions.

Quran 9:71: "And the believers, men and women, are allies of one another..." This passage illustrates that men and women work together in support of one another, signifying that both genders have complementary roles in society.

Quran 33:35: "Indeed, the Muslim men and Muslim women, the believing men and believing women, the devout men and devout women..." This verse affirms the spiritual equality of men and women, emphasizing that both have equal opportunities for faith, righteousness, and reward.

#### Hinduism:

Manusmriti 3.56: "Where women are honored, there the gods are pleased; but where they are not honored, no sacred rite yields rewards." This verse highlights a cultural expectation for honoring women, which can juxtapose with societal norms that often do not elevate women's status.

#### Christianity:

Genesis 1:27: "And God created mankind in His image, in the image of God He created them; male and female He created them." This text underscores the equality of men and women in the eyes of God, affirming that they are both made in God's image.

Ephesians 2:10: "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." This verse highlights the value of every individual, including women, as God's creation.

#### Buddhism:

Lotus Sūtra: "Just as a tree can be covered with flowers and fruits, so too a woman can attain the full realization of her potential." This affirmation highlights that women are not only capable of attaining spiritual enlightenment but also possess the potential for greatness and fulfillment in Buddhist practice.

#### Sikhism:

Guru Granth Sahib, p. 1027: "Man and woman are of one and the same essence; do not let the illusion of gender divide you." This teaching emphasizes the spiritual equality of men and women in Sikhism, advocating for unity and harmony irrespective of gender.

Across various religious traditions, there exist texts and teachings that exalt women and affirm their roles in society and spirituality. These teachings foster respect, equality, and honor for women, highlighting their importance within religious frameworks. The participation of women in religious

organizations has undergone significant transformations over the years, reflecting broader social, cultural, and political shifts. Key changes include:

1. **Increased Leadership Roles:** Historically, many religious traditions limited women's access to leadership positions. However, in recent decades, there has been a notable increase in women serving as clergy and in leadership roles across various faiths, such as the ordination of women in numerous Protestant denominations (Baker, 2020). Additionally, there are growing numbers of female rabbis and imams.
2. **Greater Inclusion in Decision-Making:** Women are increasingly being included in decision-making bodies within religious organizations. This inclusion has led to the development of policies that promote gender equality, particularly in previously male-dominated institutions (Shaw, 2019).
3. **Social Movements and Advocacy:** Women's rights movements have significantly influenced religious domains. The feminist movements of the late 20th and early 21st centuries prompted many faith organizations to address critical issues like gender-based violence and reproductive rights, thereby amplifying women's voices in religious activism (McCarthy, 2021).
4. **Educational Opportunities:** Access to theological education for women has improved markedly. Many seminaries and religious institutions now admit women, enabling better representation in religious thought and practice (Green, 2018).
5. **Challenges to Traditional Theology:** There has been a growing challenge to traditional theological perspectives that marginalize women. Movements such as feminist theology and womanist theology advocate for reinterpretations of sacred texts to elevate women's roles and experiences (Ruether, 2020).
6. **Involvement in Interfaith Dialogues:** Women are increasingly participating in interfaith dialogues, emphasizing collaboration across different religious traditions. This involvement fosters greater understanding and addresses social issues such as peace and justice (Smith, 2022).
7. **Use of Technology:** The rise of digital platforms has enabled women to build new communities and share religious experiences. Online forums have empowered women to engage with theological discussions, gender issues, and create support networks (Kumar, 2019).
8. **Diverse Representation:** The representation of women within religious organizations is becoming more diverse, recognizing women from various cultural and ethnic backgrounds, enriching discussions around inclusion (Patel, 2021).
9. **Resistance and Backlash:** Despite progress, many women encounter resistance within religious organizations due to conservative interpretations of religious doctrines. This opposition can hinder access to leadership and perpetuate patriarchal norms in certain communities (Johnson, 2020).

Many participants reported that their understanding of their roles was deeply influenced by religious teachings. While some participants embraced traditional roles, others felt constrained by them. Most participants, including those who are not religious, believed that religious doctrines are

discriminatory towards women. The majority of participants also felt that religious institutions should be at the forefront of promoting gender equity. Participants reported facing barriers in religious institutions, such as lack of representation in leadership positions and limited access to religious education. The psychological effects of gender discrimination were notable, with several women sharing experiences of anxiety and depression related to their treatment within their religious communities. Some participants noted that religious teachings on submission and silence can lead to women enduring abuse and violence, believing it is their religious responsibility to keep the home and be obedient to their husbands. Fear of ostracism, stigmatization, or blame from society or their religious group often prevented women from speaking out. Most participants who experienced religious discrimination did not report it, while those who did were often advised to stay silent "because you don't question God." Some participants believed that the problem lies not with religion itself, but with the men interpreting and wielding it, often based on patriarchal biases or personal interests.

The implications of findings on religion, patriarchy, and gender discrimination are multifaceted and can be examined from various angles, including social, cultural, psychological, and economic perspectives. Here are some significant implications:

1. Social Implications:

- Reinforcement of Gender Roles: Many religious teachings can solidify traditional gender roles, leading to the reinforcement of patriarchal structures within societies. This perpetuates the notion that men hold power while women occupy subordinate positions.

- Community Dynamics: Discriminatory practices rooted in religious beliefs can affect community cohesion, leading to divisions between genders and impacting social relationships.

2. Cultural Implications:

- Cultural Norms and Practices: Religiously influenced norms can dictate acceptable behavior for different genders. These norms can manifest in restrictions on women's rights, such as limitations in education and employment opportunities.

- Cultural Resistance: Movements for gender equality may face resistance from those who see changes as threats to religious or cultural traditions, thereby creating tension between progressive and traditionalist groups.

3. Psychological Implications:

- Identity and Self-Perception: Gender discrimination often leads to diminished self-esteem and self-worth among marginalized groups, affecting women's and gender minorities' mental health and sense of identity.

- Internalized Oppression: Individuals may internalize discriminatory beliefs, leading to a cycle where victims of gender discrimination perpetuate patriarchal attitudes, further hindering progress towards equality.

4. Economic Implications:

- Workplace Disparities: Gender discrimination has direct economic consequences, such as wage gaps between genders, lower employment rates for women, and restricted access to leadership positions in various fields.
- Economic Development: Societies that maintain discriminatory practices against women may experience stunted economic growth due to a lack of full participation by half the population.

5. Political Implications:

- Policy Formulation: Religious beliefs can influence laws and policies related to gender rights, affecting women's access to healthcare, education, and political representation.
- Advocacy and Reform: Understanding the dynamics between religion, patriarchy, and gender discrimination can inform advocacy strategies aimed at reforming existing laws and practices to promote gender equality.

6. Interdisciplinary Research and Dialogue:

- Need for Interfaith Dialogue: Interactions between different religious communities can foster a better understanding of gender issues, potentially leading to collaborative efforts to combat discrimination and promote gender equity.
- Research Opportunities: Insights gained from studying the intersection of religion, patriarchy, and gender discrimination can inspire further academic research, encouraging more inclusive interpretations of religious texts and practices.

Understanding these implications is critical for activists, educators, policymakers, and community leaders as they work towards creating more equitable societies. Addressing the interplay between religion, patriarchy, and gender discrimination requires a comprehensive approach that considers the unique cultural and social contexts in which these dynamics operate.

## **Recommendations**

Based on the findings, the following recommendations are proposed:

1. Promote Gender-Sensitive Interpretations of Texts: Religious leaders and scholars should work towards reinterpreting sacred texts that support gender discrimination, fostering a more inclusive interpretation of religious identities.
2. Increase Representation in Leadership: Initiatives aimed at encouraging women into leadership roles within religious institutions must be prioritized.
3. Interfaith Dialogue Initiatives: Fostering discussions between different faith backgrounds could promote shared understanding and address common challenges related to gender discrimination.
4. Gender Equity Education: Educating people on gender equity, equal participation, equal opportunities, and equal representation is essential. Different genders have different roles according to their biological formation, but this does not imply superiority or inferiority.



5. Societal Importance: Reorientation and discussions on the importance and benefits of gender equity in society are crucial. Reporting any form of discrimination to the right authorities is also essential.

6. Educational Programs: Religious institutions should invest in educational programs that emphasize religious views on equality. These could include workshops, seminars, and other initiatives.

### **Conclusion**

The interplay between religion, patriarchy, and gender equality reveals complex dynamics that can either reinforce or challenge societal inequalities. Although many religious traditions have historically contributed to patriarchal structures, there is significant potential for these same frameworks to foster gender equality through reinterpretation and advocacy. As dialogues around religion and gender continue to evolve, they hold the promise of transforming societal norms and creating more equitable spaces for all individuals, regardless of gender. In summary, while religion can reinforce gender inequality, it also has the capacity to be a source of empowerment.

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