

Research Paper

## Influence of Gender, Marital Status, and Profession on Empathy Levels

Dr. Vaishali Gautam Hirway<sup>1\*</sup>

### ABSTRACT

Empathy, a vital component of social cognition, has been extensively studied in relation to demographic variables. This cross-sectional survey investigated the influence of gender, marital status, and professional status on empathy levels among adults. A total of [insert sample size] participants, recruited through convenience sampling, completed the Toronto Empathy Questionnaire (TEQ), a 16-item scale assessing empathy. Results showed that non-professionals exhibited similar empathy levels compared to professionals (Mean: 31.58 vs. 31.24,  $p > 0.05$ ). Unmarried individuals demonstrated similar empathy levels compared to married individuals (Mean: 31.92 vs. 30.77,  $p > 0.05$ ). Males showed similar empathy levels compared to females (Mean: 33.00 vs. 30.89,  $p > 0.05$ ). These non-significant findings suggest that empathy may not be strongly influenced by these demographic factors, highlighting the need for further research to understand the underlying mechanisms and identify potential predictors of empathy. Thus, study found no significant differences in empathy levels across gender, marital status, and professional status. The results suggest empathy is a complex construct, not strongly influenced by these demographic factors.

**Keywords:** *Empathy, Gender, Marital Status, Occupational Status, Professional Status*

Atmavat satatam paśyed api kītapipīlikam|  
ātmanah pratikūlāni pareṣām na samācaret||

"One should always see oneself in others, even in small creatures like insects and ants. One should not act in a manner that is harmful to others, as it is contrary to one's own interests." (shloka.sanskrit.today, n.d.)

Echoing this spirit of interconnectedness, the Famous Marathi poet Vinda Karandikar writes:

Denaryane det jave  
Ghenaryane ghet jave  
Gheta gheta ek divas  
Denaryache hat ghyave

<sup>1</sup>Assistant Professor, Psychology, SGS Govt Arts and Commerce Girls' College Devendra Nagar Raipur Chhattisgarh, India.

\*Corresponding Author

Received: January 20, 2026; Revision Received: February 14, 2026; Accepted: February 17, 2026

## **Influence of Gender, Marital Status, and Profession on Empathy Levels**

“Givers should keep on giving; receivers should keep on receiving. Then one fine day, receivers should become givers by starting to give others, help others, thank others.” (Karndikar, n.d.)

In the context of empathy, this poem underscores the transformation from being a \_receiver of empathy\_ — experiencing understanding and compassion — to becoming an empathy giver, extending warmth and support to others. (Karndikar, n.d.) Empathy thus acts as the bridge that turns receptivity into generosity. In modern psychology, empathy comprises cognitive empathy(perspective-taking) and affective empathy (emotional sharing) (Nicholas M Thompson, 2021)

Traditionally, male empathy was perceived as “sharp and aggressive, like the sun at its peak (e.g., 12 p.m.). (SUVARNA, March 2025) Yet, with progressive social change, attitudes are evolving and men are exhibiting more soothing, empathetic qualities — mirroring the sun’s warmth becoming gentler as the day progresses. (Prashant Kumar, 2025) Our study observes this convergence, suggesting growing equality in empathy between males and females, akin to the sun’s shift from harsh intensity to balanced warmth.

Conventionally, professionals are viewed as being at the “high-noon of success” — akin to the sun at 12 p.m., at its zenith, possessing maximum intensity, which has been associated with traits such as heightened aggression, sharpness, and reduced empathy. In contrast, non-professionals are often seen as humbler and more empathetic, resembling the “evening sun” — softer, warmer, and more nurturing. Current literature does not provide direct evidence showing that professionals, because of their success, are more arrogant and less empathetic. Although there is a common perception or stereotype that they are, scholarly studies examining this specific link between professional status and reduced empathy are scarce. This absence of empirical support creates a gap: we do not know whether the public’s view matches reality, especially in the context of urban India and changing gender roles. However, our results contradict this stereotype: we found no significant difference in empathy levels between professionals and non-professionals, indicating that empathy is similarly expressed across these occupational groups despite the contrasting imagery of the midday and evening sun.

Prior studies have investigated the role of cognitive and affective empathy in spouses’ support interactions (Lesley Verhofstadt, 2016), the association between marital adjustment and emotional empathy in married couples, (Jain) and explored levels of empathy among married men and women. (Kaushalya Kishor, 2025) However, research comparing empathy levels between married and unmarried individuals remains absent. This gap indicates that the influence of marital status (married vs. unmarried) on empathy is not yet understood, underscoring the need for an empirical examination of whether empathy differs across marital statuses. Thus, the present study addresses this gap by investigating the association between marital status (married versus unmarried) and empathy, examining both cognitive and affective components. It seeks to determine whether marital status yields significant differences in empathy levels, an aspect hitherto unexplored in the literature.

### ***Research Scope and Rational***

This research scopes the contemporary shift towards a balanced society where empathy is concerned. Our findings reveal no significant differences in empathy across gender (male vs. female), occupational status (professional vs. non-professional), and marital status (married

## Influence of Gender, Marital Status, and Profession on Empathy Levels

vs. unmarried). This equality shows that society is moving toward equal empathy, which is a good sign for future generations.

In contemporary context, changing gender roles are evident. Both men and women are now taking up responsibilities traditionally assigned to the opposite gender and displaying heightened empathy in their personal and professional lives. Moreover, popular culture and media echo this transformation: the film *Ka & Ki* depicts a house-husband, and a dish-wash soap advertisement shows a man washing Utensils — activities becoming socially acceptable for males now, underscoring increased male empathy and shared household responsibility. Even in mixed-gender professional contexts (e.g., a male professional whose wife works while he supports home duties), empathy remains equally present, aligning with the “no difference” outcome of our study.

Thus, the scope of this study extends beyond academia; it reflects real-world movement toward a more balanced, empathetic society where gender roles are fluid, professional boundaries do not dictate empathy levels, historic male reformers like Mahatma Jyotiba Phule set the empathy precedent, and both males and females exhibit humbleness and empathy even in non-traditional, male-oriented professions like cricket. This progression is expected to foster a healthier environment for forthcoming generations.

### *Aim*

To examine empathy across gender, occupational status, and marital status in contemporary Indian society.

## REVIEW OF LITERATURE

### *Empathy: Conceptual Foundations*

Empathy, in its simplest form, is being aware of the feelings and emotions of another person. It enables understanding of others' intentions, prediction of their behaviour, and experiencing emotions that are triggered by their emotions. According to “Empathy: A Review of the Concept,” the literature shows that inconsistent definitions of empathy have hurt both research and practical application. The article points out several functional differences between empathy and related constructs (e.g., imagination can spark empathy), stresses that empathy preserves a self-other distinction even though some merging is required, notes that it is affected by both trait-like and state-dependent influences, clarifies that behavioural outcomes are not part of empathy itself, and indicates that empathy is automatically, yet still being open to top-down controlled processes.

A “CONCEPTUAL STUDY ON EMPATHY” describes empathy as consisting of three components: (1) a cognitive ability to take the other person's viewpoint; (2) an affective response that involves sharing the other's emotional state; and (3) certain regulatory mechanisms that keep track of whether the feelings belong to self or other. It presents empathy as a form of compassion and a fundamental part of the emotional social fabric. The study stresses that empathy is a prerequisite for social interaction and that strong empathic skills lead to better social functioning. It also mentions that being able to relate to someone else's experience, especially a traumatic one, can give the courage and motivation to help that person.

In the health-care context, especially nursing, empathy is recognised as a fundamental concept. “Towards a relational conceptualization of empathy” highlights the relational dimensions of empathy and identifies three main parts of empathy definitions: the

## **Influence of Gender, Marital Status, and Profession on Empathy Levels**

underlying ability or act (covering cognitive, affective and perception abilities); the resulting experience (empathic understanding and affective responsivity); and the expression of this experience (empathic expression).

Taken together, these works show that although inconsistent conceptualisation of empathy has created problems for research and practice, they also underline its essential role in social functioning, health care (including nursing) and everyday life. Building on this understanding, the present research will investigate how empathy differs with respect to gender, marital status, and professional status — areas where the existing literature indicates growing interest but where gaps remain concerning the relational and contextual nature of empathy

### ***Gender Differences in Empathy***

Study done by (Linda Kamas, June 2021) investigates the connection between empathy and gender differences in prosocial behaviour, focusing on economic games. They found that empathy explains why women tend to be more generous and cooperative. In fact, when empathy is considered, the difference between men and women disappears. Empathetic men behave just like women - they're generous and cooperative too. The study suggests it's empathy, not gender, that drives people to be kind and helpful. Our findings suggest that there is no significant difference in empathy between men and women, echoing recent studies that challenge traditional notions of gender differences in emotional intelligence.

The study done by (Sandra Baez, Men, women...who cares? A population-based study on sex differences and gender roles in empathy and moral cognition, 2017) found that the way we measure empathy affects the results. When using a test, men and women are similar, but when asking people to report, women say they're more empathetic. This suggests self-reports might be influenced by stereotypes, not real differences.

Research done by (Greitemeyer, (2023)) explains that the way people think about empathy and being a man or woman can affect how they respond. Empathy can be influenced by the situation and people's ideas about gender roles. The researchers studied how people think about empathy and its relation to gender. They found that women report being more empathetic, but objective tests show smaller differences. The way empathy is measured and framed affects responses, and stereotypes and motivation play a role. Gender roles influence self-reported empathy, not actual empathy skills.

This suggests that empathy is influenced by contextual factors, including how it's measured and the language used to describe it. The studies provide strong support for the idea that empathy can be systematically biased by gender roles and stereotypical beliefs.

The present findings corroborate existing research suggesting that gender differences in empathy are negligible when assessed objectively. The results indicate that methodological approaches, specifically the terminology employed to assess empathy, significantly influence observed gender differences. Self-report measures may induce biases, leading individuals to conform to traditional gender-role stereotypes, whereas performance-based assessments reveal minimal disparities.

### ***Empathy Across Occupational Status***

Empathy is a vital aspect of human interaction, enabling professionals (such as healthcare workers, counsellors, and social workers) and non-professionals (such as caregivers, family

## Influence of Gender, Marital Status, and Profession on Empathy Levels

members, or individuals from the general public) to understand and respond to others' needs effectively.

Study done by (Madson A. Maximiano-Barreto D. d., Apr-Jun 2020) states that certain factors, such as professional experience and sociodemographic characteristics like Being female, being married, being older, having siblings, having children are associated with higher empathy in healthcare professionals and students. However, it is possible that these differences are not significant when comparing professionals to non-professionals as they suggest that empathy may be a more universal trait that is not necessarily tied to one's profession or level of experience. The study conducted by (Idemudia, 2019) examining the influence of gender, job status, and education on empathy among 192 professional nurses in Nigeria supports the notion of current study. The results showed no significant differences in empathy levels based on these factors, implying that training programs should focus on developing skills rather than targeting specific demographic groups. These findings reinforce the concept that empathy is a universal trait that can be cultivated, regardless of profession or background, and underscore the importance of skills-based training approaches.

### ***Marital Status and Empathy***

Marital status is a significant life event that can influence an individual's emotional and social experiences. The impact of marital status on empathy is multifaceted, with various factors at play. Literature on marital status has been mixed. The study done by (Ghazwani, 2023) found nursing interns had a moderate empathy level, with an average score of 67.46. Females and younger interns (<23 years) showed better understanding, while married interns and those who liked nursing showed more empathy concern. However, our results indicate marital status doesn't affect empathy levels, contradicting the finding that married interns showed higher empathic concern. The study done by (AY, POLAT, & KASHIMI, April 2020.) found that age, marital status, and career length didn't have a significant impact on cognitive empathy scores. This means that these factors didn't influence how well participants understood others' thoughts and feelings. Similarly, our study found that married and unmarried individuals have similar empathy levels, indicating that marital status doesn't impact one's ability to empathize with others. A study done by (Reyhane Hizomi Arani, 2021) on 84 medical students (51 men, 33 women) found that first-year students had higher empathy scores than final-year students. The study found that empathy wasn't linked to gender, marital status, or family background. Instead, empathy was linked to year level, interest in medicine, and taking empathy courses. Our findings support this, showing that marital status doesn't impact empathy - married and unmarried individuals had similar empathy levels.

## **METHOD**

### ***Objectives***

1. Examine gender differences in empathy, noting the emerging parity where males display increased empathy comparable to females.
2. Assess the impact of occupational status (professional vs. non-professional) on empathy levels.
3. Investigate the association between marital status (married vs. unmarried) and empathy.

### *Hypotheses*

#### **1. Gender Differences in Empathy**

- Hypothesis 1 ( $H_1$ ): Females exhibit significantly higher levels of empathy compared to males.
- Null Hypothesis ( $H_0$ ): There is no significant difference in empathy levels between males and females.

#### **2. Occupational Status (Professional vs. Non-professional) and Empathy**

- Hypothesis 2( $H_1$ ): Non-professionals exhibit significantly higher empathy levels than professionals.
- Null Hypothesis( $H_0$ ): There is no significant difference in empathy levels between professionals and non-professionals.

#### **3. Marital Status (Married vs. Unmarried) and Empathy**

- Hypothesis 3 ( $H_1$ ): Married individuals exhibit significantly higher empathy levels than unmarried individuals.
- Null Hypothesis ( $H_0$ ): There is no significant difference in empathy levels between married and unmarried individuals.

### *Participants*

The sample for this study consisted of 52 individuals, comprising 12 males and 40 females. The participants were drawn from diverse backgrounds, including professionals (e.g., School Counsellors, Teachers, Martial Arts Trainer etc.) and non-professionals (e.g., Students, Homemakers, Unemployed Individuals).

Research Design-This study employed a cross-sectional survey design to examine the relationship between empathy and demographic variables (gender, marital status, and professional status).

### *Material*

#### **Toronto Empathy Questionnaire (TEQ)-**

The questionnaire comprises 16 items, each evaluated on a five-point scale ranging from 'never' to 'often'. It has demonstrated high internal consistency, construct validity, and test-retest reliability. The tool was developed by Spreng, R. N., McKinnon, M. C., Mar, R. A., & Levine, B.

### *Data Collection-*

The sample was selected using Convenience Sampling. Participants were recruited through online survey.

Scoring-

Variables-

#### **Independent variables**

- Gender (male/female)
- Marital Status (married/unmarried)
- Professional Status (professional/non-professional)

#### **Dependent variable**

- Empathy levels.

## Influence of Gender, Marital Status, and Profession on Empathy Levels

### Procedure

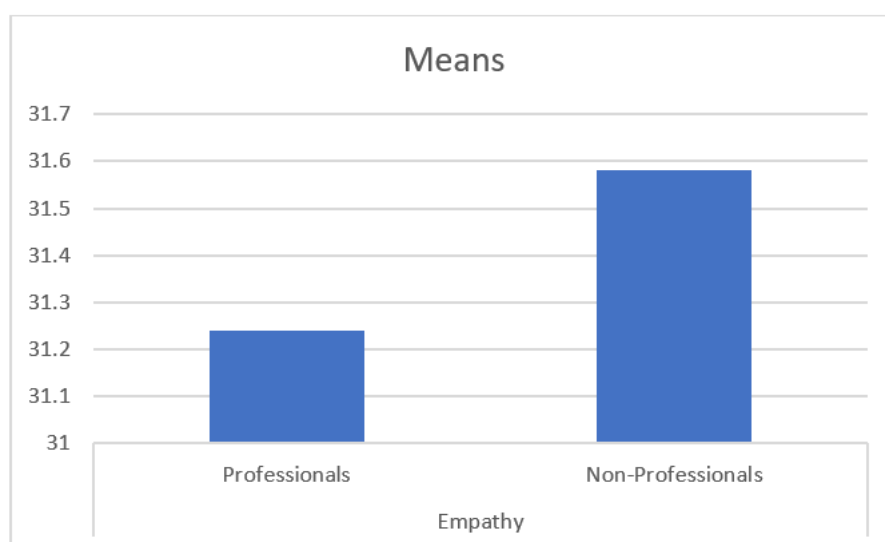
Participants were recruited through online surveys and personal invitations. Informed consent was obtained from all participants, and they were assured of the confidentiality of their responses. Participants completed the Jefferson Scale of Empathy (JSE) and a demographic questionnaire, which included questions about their age, gender, marital status, and professional status. Data were collected anonymously, and participants were thanked for their participation.

## RESULT AND DISCUSSION

This study examined the effects of occupation, marital status, and gender on empathy among participants, revealing insignificant differences in empathic tendencies across these demographic groups. This chapter interprets these findings, compares them with existing literature, discusses implications and limitations. The mean was used as a measure of central tendency, standard deviation as a measure of variability, and a t-test was employed to determine the significance between means.

*Table 1. Analysis of Group Performance of Occupation on Empathy.*

	Profession	Mean	SD	t-Test
Empathy	Professionals	31.24	4.34	-.226
	Non-Professionals	31.58	6.14	



*Graph No 1. Analysis of Group Performance of Occupation on Empathy*

Record of Participant's scores reveals that the Mean for Empathy for Professional People is 31.24 & for Non- Professional is 31.58. It shows an increase in the average performance on Non- Professionals. The Student t -Test shows the difference is significant ( $t=p>.05$ ) The Variability of the group measured using Standard Deviation shows 4.34 for Professional People and 6.14 for Non-Professional People (Table No 1). The hypothesis that

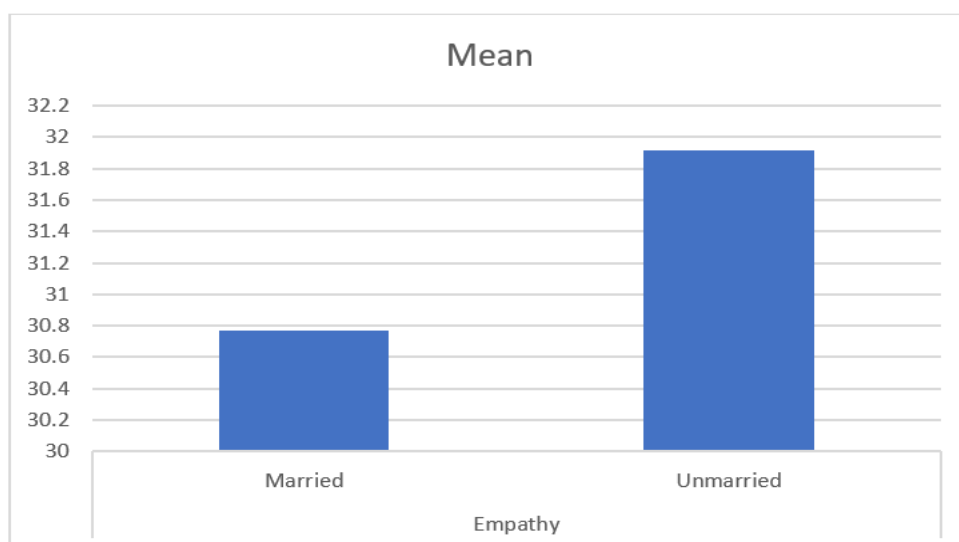
## Influence of Gender, Marital Status, and Profession on Empathy Levels

“Non-Professional People will have more Empathy than Professional people” is not supported. The Graph depicts the same result clearly.

This result aligns with prior research indicating high empathy levels in both professional and student cohorts across various healthcare disciplines in Ecuador during the COVID-19 pandemic. (Ana J. Cañas-Lerma, 2021). A plausible rationale is that exposure to information about the disease’s impact, coupled with first-hand awareness of the challenges faced by social health workers (who also served as their trainers), may have fostered this empathy. The same study noted that professionals demonstrated greater perspective-taking, likely attributable to their experience—a factor that enhances the ability to understand others while maintaining emotional boundaries. These data are consistent with the findings of (Agnieszka Bratek, 2015) but (Richards, Petty, & Zelenski, 2020) found results conflicting to the present study. (Madson A. Maximiano-Barreto D. d., 2020) stated the same thing both greater professional experience (years of practice) and being in the final years of study correlated with higher empathy level.

**Table 2. Analysis of Group Performance of Marital Status on Empathy.**

	Marital Status	Mean	SD	t-Test
Empathy	Married	30.77	4.26	-.761
	Unmarried	31.92	5.96	



**Graph No 2. Analysis of Group Performance of Marital status on Empathy**

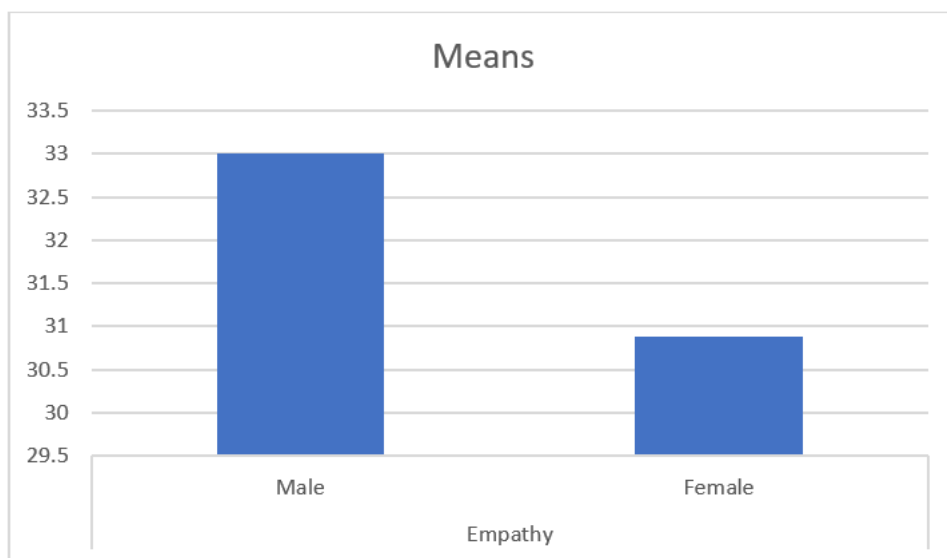
Record of Participant’s scores reveals that the Mean for Empathy for Married People is 30.77 & for Unmarried People is 31.92. It shows an increase in the average performance on Unmarried. The Student t Test shows the difference is significant ( $t=p>.05$ ) The Variability of the group measured using Standard Deviation shows 4.26 for Married People and 5.96 Unmarried People (Table No 2). The hypothesis that “Married People will have more Empathy than Unmarried people” is not supported. The Graph depicts the same result clearly.

### Influence of Gender, Marital Status, and Profession on Empathy Levels

The finding is consistent with some previous studies that have reported that Married and unmarried both do have mean differences insignificant. Unmarried status is often linked to a higher risk of loneliness, aligning with research associating singlehood with social isolation. (Hui Foh Foong, 2024) However, Lonely people exhibited an intriguing adaptive strategy: leveraging empathy as an emotional regulation mechanism to mitigate loneliness. (Tingyun Hu, 2020) This suggests that unmarried individuals still exhibit empathy, despite their higher susceptibility to loneliness. The results revealed a significant positive correlation between marital empathy and marital satisfaction ( $p < 0.001$ ). Women's empathic behaviours (verbal and nonverbal) likely enhance their awareness of their partner's needs, fostering mutual appreciation. However, prior studies indicate that high empathy may amplify loneliness in dissatisfied relationships, creating a paradox. (Siqun Zhan, 2022)

**Table 3. Analysis of Group Performance of Gender on Empathy**

	Gender	Mean	SD	t-Test
Empathy	Male	33.00	6.22	1.21
	Female	30.89	4.88	



**Graph No 3. Analysis of Group Performance of Gender on Empathy**

Record of Participant's scores reveals that the Mean for Empathy for Males is 33.00 & for Females is 30.89. It shows an increase in the average performance on Male. The student t Test shows the difference is significant ( $t=p>.05$ ) The Variability of the group measured using Standard Deviation shows 6.22 for Males and 4.88 for Females (Table No 3) demonstrates that the variability decreased. The hypothesis that "Females will have more Empathy than Males people" is not supported. The Graph depicts the same result clearly.

The current study's results align with prior research exploring the empathy-gender relationship. For instance, (Clarke, 2015) reported no significant gender differences in self-reported empathy, echoing this study's finding of negligible empathy score variations between males and females. In the same way, (Eduardo S. Martínez-Velázquez, 2020) found

## Influence of Gender, Marital Status, and Profession on Empathy Levels

that the Higher Empathy group exhibited significantly higher explicit empathy response scores compared to the Lower Empathy group. No gender-based differences were observed in these measures. In contrast (Sandra Baez, Men, women...who cares? A population-based study on sex differences and gender roles in empathy and moral cognition, 2017) showed who described females did represent themselves as more empathic through self-reports. This inconsistency may be due to assessment measure. Notably, self-reports may introduce biases, prompting individuals to conform to gender-role stereotypes. Similarly, (Surchat, Carrard, Gaume, & Berney, 2021) Empathy can be seen in primary care settings which has been linked to improved health outcomes as per gender. Female physicians rated their empathic concern higher than male counterparts, inconsistent with this study's finding of no significant gender differences in empathy scores."

### CONCLUSION

The non-significant differences in empathy across professional status, gender, and marital status reflect a positive shift in societal perceptions, challenging stereotypes that associate empathy with specific demographics. Stereotyping females, professionals, or married individuals as inherently more empathetic is misleading and risks alienating those who don't fit these expectations. For example, unmarried individuals are often perceived as less empathetic, particularly in India, where single women face pressure to prioritize family obligations—implying they are "selfish" or neglectful toward parents. Our findings counter this narrative: marital status had no impact on empathy levels, indicating that empathy is not exclusive to married or single groups. This aligns with the nuanced portrayal in media; for instance, the movie *Mrs. depicts* a character who, after enduring prolonged emotional abuse, became less empathetic toward her family, defying the "marriage = empathy" stereotype. Similarly, the notion that women are more empathetic was not supported—no gender differences were found, echoing a broader cultural shift: men's emotional expression, such as crying, is increasingly accepted as normal, challenging outdated stereotypes of masculinity. The November 19 International Men's Day theme (2025: "Celebrating Men and Boys") highlights men's roles in fostering empathy, addressing historical discrimination. These shifts suggest society is moving toward equity in empathy, where demographics no longer dictate perceived compassion. The results advocate for inclusivity, urging a focus on nurturing empathy universally, not as a gendered or relational trait.

### *Future Directions*

This study lays the groundwork for several avenues of inquiry. While the current findings are based on an urban Indian sample, empathy may manifest differently across cultural, regional, or socioeconomic contexts. Future research should explore the intersection of family structure (joint vs. nuclear) and marital status, investigating whether communal living (joint families) fosters greater emotional interdependence and empathy, or whether nuclear family environments encourage self-reliance and reduced empathetic engagement. Expanding the sample to include rural populations, older adults, and occupational subgroups (e.g., healthcare professionals vs. corporate workers) could elucidate contextual variations. Additionally, employing mixed-methods approaches (surveys, behavioural tasks, qualitative interviews) would provide a holistic understanding of empathy. Longitudinal designs are needed to assess temporal changes in empathy (e.g., pre- and post-marriage/parenthood). Finally, empathy interventions (e.g., role-playing, mindfulness training) should be tested to determine their efficacy and demographic-specific impacts.

### Limitations

This study has some limitations. People might not answer surveys honestly (they say they're empathetic to look good). The survey we used might miss cultural differences in how empathy is shown. We also didn't account for stress, family support, etc. Future research should use multiple methods and include more diverse groups.

### REFERENCES

- Baez, S., Flightentrgei, D., Prats, M., Mastandueno, R., García, A. M., Cetkovich, M., & Ibáñez, A. (2017). Men, women...who cares? A population-based study on sex differences and gender roles in empathy and moral cognition. *PLOS ONE*, *12*(6), e0179336. <https://doi.org/10.1371/journal.pone.0179336>
- Bratek, A., Bulska, W., Bonk, M., Seweryn, M., & Krysta, K. (2015). Empathy among physicians, medical students and candidates. *Psychiatria Danubina*, *27 Suppl 1*, S48-52. <https://pubmed.ncbi.nlm.nih.gov/26417736/>
- Cañas-Lerma, A. J., Cuartero-Castañer, M. E., Mascialino, G., & Hidalgo-Andrade, P. (2021). Empathy and COVID-19: Study in Professionals and Students of the Social Health Field in Ecuador. *International Journal of Environmental Research and Public Health*, *18*(1), 338. <https://doi.org/10.3390/ijerph18010338>
- Clarke, M. J., Marks, A. D. G., & Lykins, A. D. (2015). Bridging the gap: the effect of gender normativity on differences in empathy and emotional intelligence. *Journal of Gender Studies*, *25*(5), 522–539. <https://doi.org/10.1080/09589236.2015.1049246>
- FATMA, A., POLAT, Ş., & KASHIMI, T. (2019). Relationship Between the Problem-Solving Skills and Empathy Skills of Operating Room Nurses. *Journal of Nursing Research*, *28*(2), 1. <https://doi.org/10.1097/jnr.0000000000000357>
- Foong, H. F., Ibrahim, R., Farra, S., & Mohamad Fazdillah Bagat. (2024). Longitudinal relationship between loneliness and cognitive function among unmarried older adults in Malaysia: exploring gender disparities. *Psychogeriatrics*. <https://doi.org/10.1111/psyg.13196>
- Gender, Patriarchy and Identity: Understanding the Construction of Men's Identity in Indian Society Author: Prathik Suvarna Course: Bachelor of Arts.* (n.d.). Retrieved December 19, 2025, from <https://ijcrt.org/papers/IJCRT2503872.pdf>
- Ghazwani, S., Alshowkan, A., & AlSalah, N. (2023). A study of empathy levels among nursing interns: a cross-sectional study. *A Study of Empathy Levels among Nursing Interns: A Cross-Sectional Study*, *22*(1). <https://doi.org/10.1186/s12912-023-01381-y>
- Hizomi Arani, R., Najji, Z., Moradi, A., Shariat, S. V., Mirzamohamadi, S., & Salamati, P. (2021). Comparison of empathy with patients between first-year and last-year medical students of Tehran University of Medical Sciences. *BMC Medical Education*, *21*(1). <https://doi.org/10.1186/s12909-021-02897-0>
- Hu, T., Zheng, X., & Huang, M. (2020). Absence and Presence of Human Interaction: The Relationship Between Loneliness and Empathy. *Frontiers in Psychology*, *11*(768). <https://doi.org/10.3389/fpsyg.2020.00768>
- Kamas, L., & Preston, A. (2020). Empathy, Gender, and Prosocial Behavior. *Journal of Behavioral and Experimental Economics*, *92*, 101654. <https://doi.org/10.1016/j.socec.2020.101654>
- Kishor, K. (n.d.). Level of Empathy among Married Men and Women: An Exploratory Study. *International Journal of Latest Research in Humanities and Social Science (IJLRHSS)*, *08*, 2025. Retrieved December 13, 2025, from <http://www.ijlrhss.com/paper/volume-8-issue-1/7-HSS-3011.pdf>
- Kumar, P., & Shikhar, D. (2025). Deconstructing Masculinity in India: A critical exploration of gender, manhood, and cultural contexts. *International Journal for Research in*

## Influence of Gender, Marital Status, and Profession on Empathy Levels

*Applied Science and Engineering Technology*, 13(6), 3381–3385. <https://doi.org/10.2214/ijras.2025.72845>

- Löffler, C. S., & Greitemeyer, T. (2021). Are women the more empathetic gender? The effects of gender role expectations. *Current Psychology*, 42(1), 220–231. <https://doi.org/10.1007/s12144-020-01260-8>
- Martínez-Velázquez, E. S., Ahuatzin González, A. L., Chamorro, Y., & Sequeira, H. (2020). The Influence of Empathy Trait and Gender on Empathic Responses. A Study with Dynamic Emotional Stimulus and Eye Movement Recordings. *Frontiers in Psychology*, 11, 23. <https://doi.org/10.3389/fpsyg.2020.00023>
- Maximiano-Barreto, M. A., Fabrício, D. de M., Luchesi, B. M., Chagas, M. H. N., Maximiano-Barreto, M. A., Fabrício, D. de M., Luchesi, B. M., & Chagas, M. H. N. (2020). Factors associated with levels of empathy among students and professionals in the health field: a systematic review. *Trends in Psychiatry and Psychotherapy*, 42(2), 207–215. <https://doi.org/10.1590/2237-6089-2019-0035>
- Onuoha, C. U., & Erhabor Sunday Idemudia. (2019). Do gender, job status and education influence empathy? A quantitative study of professional nurses in a Nigerian public hospital. *Gender and Behaviour*, 17(2), 13227–13236. <https://www.ajol.info/index.php/gab/article/view/188034>
- Richards, J. L., Petty, E. M., & Zelenski, A. (2020). Exploring empathy in genetic counseling students and new genetic counselors. *Journal of Genetic Counseling*, 30(1). <https://doi.org/10.1002/jgc4.1321>
- Shloka | Sanskrit.Today*. (2025). Sanskrit.today. <https://shloka.sanskrit.today/view/?id=jimvd>
- Surchat, C., Carrard, V., Gaume, J., Berney, A., & Clair, C. (2021). The impact of physician empathy on patient outcomes: A gender analysis. *British Journal of General Practice*, 72(715), BJGP.2021.0193. <https://doi.org/10.3399/bjgp.2021.0193>
- Thompson, N. M., van Reekum, C. M., & Chakrabarti, B. (2021). Cognitive and Affective Empathy Relate Differentially to Emotion Regulation. *Affective Science*, 3(1), 118–134. <https://doi.org/10.1007/s42761-021-00062-w>
- Verhofstadt, L., Devoldre, I., Buysse, A., Stevens, M., Hinnekens, C., Ickes, W., & Davis, M. (2016). The Role of Cognitive and Affective Empathy in Spouses' Support Interactions: An Observational Study. *PLOS ONE*, 11(2), e0149944. <https://doi.org/10.1371/journal.pone.0149944>
- Zhan, S., Shrestha, S., & Zhong, N. (2022). Romantic relationship satisfaction and phubbing: The role of loneliness and empathy. *Frontiers in Psychology*, 13(967339). <https://doi.org/10.3389/fpsyg.2022.967339>

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Hirway, V.G. (2026). Influence of Gender, Marital Status, and Profession on Empathy Levels. *International Journal of Indian Psychology*, 14(1), 479-490. DIP:18.01.045.20261401, DOI:10.25215/1401.045