International Conference on
Emergency & Personalized Medicine
December 05-06, 2022 | Dubai, UAE

International Journal of Cardiovascular Research
ISSN: 2324-8602

Volume 10
Issue 4

The Era of Pet Economy: Gender Difference of the Pet Owners' Mental Health with Cats or Dogs.

MEIN-WOEI SUEN[1,2,3], LIN SHENG-WEI[1], & BO-REN WANG[4]

[1]Department of Psychology, Asia University, Taiwan.

[2]Center of the GEESIRC, Asia University, Taiwan.

[3]Department of Medical Research, CMUH, China Medical University, Taiwan

[4]Taichung Second Senior High School, Taiwan



Abstract:

Statement of the Problem: With the rise of the pet economy, pet ownership has become an integral part of modern life, influencing the mental health of owners in diverse ways. This study investigates gender differences in the mental health impact of owning cats versus dogs. Prior research suggests that pet ownership provides emotional support, reduces stress, and enhances well-being; however, little attention has been given to how these effects vary by pet type and owner gender.

Methodology and Theoretical Orientation: This study utilizes a mixed-method approach, integrating quantitative measures such as the Big Five Personality Traits, Depression Anxiety Stress Scales (DASS-21), Psychological Well-Being Scale (PWB), and WHO-5 Well-Being Index. The study examines (1) the relationship between pet ownership and gender-specific psychological outcomes, (2) how dog and cat ownership differentially affect mental health based on gender, and (3) whether personality traits mediate these effects.

Findings: Findings indicate that female dog owners exhibit higher social engagement and emotional resilience, aligning with previous studies linking dog ownership to higher extroversion and agreeableness. In contrast, female cat owners show greater introspection but report higher levels of neuroticism. Male dog owners demonstrate lower stress levels and increase physical activity, whereas male cat owners exhibit higher emotional stability but report greater loneliness. The bidirectional influence of pet ownership on mental health suggests that gender plays a crucial role in shaping the psychological benefits and challenges associated with pet companionship.

Conclusion & Significance: These results highlight the importance of considering gender-specific interventions in pet-assisted therapy and mental health support programs, particularly in the context of an evolving pet economy.

Keywords: DASS-21, pet ownership, mental health, gender differences, well-being

Global Platform For
Science (Life Science, Medical, Clinical, Pharma), Technology, Engineering & Management Professionals To Exchange Ideas, Knowledge And Networking
At 300+ International Conferences

Biography

Mein-Woei Suen has obtain PhD degree from the University of Birmingham in UK. His research interests are Social Psychology, gender stereotype influences, stereotype threat effects, stereotype boost effects, stereotype threat deduction, LGBTQ-related issues, and mental health etc. Currently, he is also the Honorary Chairman of the Taiwan Applied Psychology Association (TAPA) and the chairperson of the gender-equality education and social issues research center (GEESIRC), Asia University in Taiwan. Since 2007 to now, he has successfully obtained several research grants from the National Science and Technology Council (NSTC), in Taiwan and completed them.

About Research Topic

The rapid expansion of the pet economy has transformed pet ownership into a key aspect of modern lifestyles, influencing the psychological well-being of individuals worldwide. While previous studies highlight the emotional and mental health benefits of pet companionship, limited research has examined how gender differences affect these psychological outcomes based on pet type.

This study explores the gender-specific impact of owning cats or dogs on mental health by assessing psychological well-being, stress levels, and personality traits. By employing validated psychological measures such as the Big Five Personality Traits scale, DASS-21, PWB, and WHO-5, the research identifies patterns in emotional resilience, social engagement, and psychological distress among different pet owners.

Findings aim to provide empirical insights into how pet type and owner gender interact to influence mental health. This research offers practical implications for pet-assisted therapy programs and mental health interventions, emphasizing the need for personalized approaches based on pet ownership and gender differences.

About Institution:

The Department of Psychology at Asia University, Taiwan, is a leading institution dedicated to the study of human behavior, mental health, and psychological well-being. The department actively engages in interdisciplinary research, integrating psychological theories with real-world applications, particularly in areas such as mental health, personality psychology, and social behavior.

The research team is also affiliated with the Gender Equality Education and Social Issues Research Center (GEESIRC), Asia University, which focuses on gender studies, stereotype research, and psychological well-being. The institution collaborates with national and international research networks to advance knowledge in mental health and psychological interventions.

By combining academic expertise with empirical research, Asia University plays a significant role in addressing contemporary psychological challenges, contributing valuable insights into pet ownership, gender differences, and their impact on mental health.

References:

1. Beetz, A., Uvnäs-Moberg, K., Julius, H., & Kotrschal, K. (2012). Psychosocial and psychophysiological effects of human-animal interactions: The possible role of oxytocin. *Frontiers in Psychology*, 3, 234. https://doi.org/10.3389/fpsyg.2012.00234
2. Gosling, S. D., Sandy, C. J., & Potter, J. (2010). Personalities of self-identified "dog people" and "cat people". *Anthrozoös*, 23(3), 213–222. https://doi.org/10.2752/175303710X12750451258850
3. Grajfoner, D., Harte, E., Potter, L., & McGuigan, N. (2021). The role of pets during COVID-19: A psychological perspective. *Anthrozoös*, 34(4), 569–582. https://doi.org/10.1080/08927936.2021.1926714
4. Herzog, H. (2011). The impact of pets on human health and psychological well-being: Fact, fiction, or hypothesis? *Current Directions in Psychological Science*, 20(4), 236–239. https://doi.org/10.1177/0963721411415220
5. McConnell, A. R., Brown, C. M., Shoda, T. M., Stayton, L. E., & Martin, C. E. (2011). Friends with benefits: On the positive consequences of pet ownership. *Journal of Personality and Social Psychology*, 101(6), 1239–1252. https://doi.org/10.1037/a0024506
6. Meehan, M., Massavelli, B., & Pachana, N. (2017). Emotional support and attachment in pet ownership. *Journal of Veterinary Behavior*, *22*, *1–7*. https://doi.org/10.1016/j.jveb.2017.06.008
7. Rogers, R., & Padgett, K. (2021). Psychological mechanisms predicting wellbeing in pet owners. *Journal of Applied Social Psychology*, 51(2), 110–122. https://doi.org/10.1111/jasp.12763
8. Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. https://doi.org/10.1037/0022-3514.69.4.719
9. Serpell, J. A. (1991). Beneficial effects of pet ownership on some aspects of human health and behavior. *Journal of the Royal Society of Medicine*, 84(12), 717–720. https://doi.org/10.1177/014107689108401208
10. Statista. (2023). Global pet ownership trends. Retrieved from https://www.statista.com/statistics/1044389/global-pet-ownership Drug Abuse Treatment and Rehabilitation: a Prac- tical Planning and Implementation Guide (United Nations publication, Sales No. E.03.XI.II