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## THE ENDURING SHADOW: AN IN-DEPTH EXAMINATION OF GENDER DISCRIMINATION IN THE WORKPLACE

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### Abstract:

The pursuit of gender equality in the workplace has been a central theme of social and economic discourse for decades. While significant strides have been made, gender discrimination continues to manifest in various forms, undermining the potential of individuals and hindering organizational progress. This article aims to provide a comprehensive overview of workplace gender discrimination, moving beyond anecdotal evidence to explore its systemic nature and propose evidence-based solutions.

Gender discrimination, in its essence, involves treating individuals differently based on their gender, resulting in unequal opportunities, treatment, or outcomes. This can manifest in explicit actions, such as denying a promotion to a qualified woman based on her gender, or in more subtle, implicit biases, such as unconsciously attributing leadership qualities more readily to men. These biases, whether conscious or unconscious, perpetuate a cycle of inequality that negatively impacts women and gender minorities across various industries and professions.

**Keywords:** Hiring Discrimination, Pay Gap, Sexual Harassment, Micro- aggression, Occupational Segregation, Performance Evaluation Bias.

### Forms of Workplace Gender Discrimination:

Gender discrimination is not a monolithic phenomenon. It manifests in diverse forms, each with its own unique characteristics and consequences:

- **Hiring Discrimination:** This occurs when employers make hiring decisions based on gender rather than qualifications. It can involve outright exclusion of women from certain roles, preference for male candidates, or subtle biases in resume screening and interview processes. The “motherhood penalty,” for instance, can lead to employers making assumptions about a woman’s commitment to work upon learning she has children.
- **Pay Gap:** The gender pay gap, a persistent global issue, reflects the disparity in earnings between men and women for comparable work. This gap is influenced by various factors, including occupational

segregation, differences in work experience, and discriminatory pay practices.

- **Promotion Discrimination:** This involves denying women opportunities for advancement based on their gender. It can manifest in the “glass ceiling,” an invisible barrier that prevents women from reaching senior leadership positions. The “sticky floor” phenomenon, related to the glass ceiling, describes the difficulty women have in moving up from entry level positions.
- **Sexual Harassment:** This encompasses a range of behaviours, from unwanted sexual advances and verbal harassment to more subtle forms of gender-based harassment. It creates a hostile work environment and can have severe psychological and emotional consequences for victims.
- **Microaggressions:** These are subtle, often unintentional, but nonetheless harmful, forms of discrimination. They can include

demeaning comments, dismissive behaviour, and assumptions based on gender stereotypes. Microaggressions can create a sense of exclusion and undermine women's confidence and sense of belonging.

- **Occupational Segregation:** This refers to the concentration of men and women in different occupations and industries. Women are often overrepresented in lower-paying, traditionally female-dominated fields, while men dominate higher-paying, traditionally male-dominated fields.

- **Performance Evaluation Bias:** Unconscious biases can influence performance evaluations, leading to women being evaluated less favourably than men for the same performance. This can impact promotion opportunities and career advancement.<sup>167</sup>

### 3. Root Causes of Gender Discrimination:

Understanding the root causes of gender discrimination is crucial for developing effective interventions. Several factors contribute to its persistence:

- **Gender Stereotypes:** Deeply ingrained societal beliefs about the roles and capabilities of men and women play a significant role. These stereotypes can influence perceptions of competence, leadership potential, and suitability for certain roles.

- **Implicit Bias:** Unconscious biases, often formed through exposure to societal stereotypes, can influence decision-making without conscious awareness. These biases can lead to discriminatory behaviour even among individuals who consciously support gender equality.

- **Organizational Culture:** Workplace cultures that tolerate or perpetuate gender bias can create environments where discrimination thrives. This can include a lack of clear policies against discrimination, inadequate training, and a lack of accountability.

- **Power Imbalances:** Power imbalances between men and women can create

opportunities for discrimination and harassment. Women in lower-level positions may be more vulnerable to discriminatory behaviour from male superiors.

- **Lack of Representation:** The underrepresentation of women in leadership positions can reinforce gender stereotypes and perpetuate discriminatory practices. A lack of diverse perspectives in decision-making can also lead to biased outcomes.

- **Societal Norms:** Broader societal norms and expectations about gender roles can influence workplace behaviour. For example, traditional expectations about women's roles in caregiving can lead to assumptions about their commitment to work.<sup>168</sup>

### 4. Consequences of Gender Discrimination:

The consequences of workplace gender discrimination are far-reaching, affecting individuals, organizations, and society as a whole:

#### Individual Impact:

- **Reduced career advancement opportunities:**

- This refers to the "glass ceiling" effect, where women are often prevented from reaching senior leadership positions despite their qualifications. This can be due to biases in promotion processes, lack of mentorship, or exclusion from key networks.

- **Lower earnings and financial instability:**

- The gender pay gap means women often earn less than men for comparable work. This leads to financial insecurity, difficulty saving for retirement, and increased vulnerability to poverty.

- **Increased stress, anxiety, and depression:**

- Experiencing discrimination, bias, and lack of opportunities can take a significant toll on mental health. Women may face

<sup>167</sup> Reskin, Barbara F. "The Proximate Causes of Employment Discrimination." *Contemporary Sociology* 29, no. 2 (2000): 319-28

<sup>168</sup> U.S. Equal Employment Opportunity Commission, "Facts About Sex-Based Discrimination," accessed



constant pressure to prove themselves, deal with micro aggressions, and experience feelings of unfairness.

- **Decreased job satisfaction and motivation:**

- When individuals feel undervalued or that their contributions are not recognized, their motivation and job satisfaction suffer. This can lead to disengagement and a decline in performance.

- **Feelings of isolation and exclusion:**

- Being excluded from informal networks, social events, or decision-making processes can lead to feelings of isolation and marginalization. This can create a sense of not belonging within the workplace.

**Organizational Impact:**

- **Reduced productivity and innovation:**

- A diverse workforce brings a wider range of perspectives and ideas. When women are excluded or undervalued, organizations miss out on valuable contributions, hindering innovation and problem-solving.

- **Increased employee turnover and absenteeism:**

- Employees who experience discrimination or lack of opportunities are more likely to leave their jobs. This leads to increased recruitment and training costs, as well as loss of institutional knowledge. Absenteeism also rises when people are unhappy in their work.

- **Damage to reputation and brand image:**

- Organizations with a reputation for gender inequality can struggle to attract and retain top talent, especially among younger generations who prioritize diversity and inclusion. Negative publicity can also damage customer trust and brand loyalty.

- **Legal liabilities and financial penalties:**

- Discrimination based on gender is illegal in many jurisdictions. Organizations that violate these laws can face lawsuits, fines, and other legal penalties.

- **Decreased employee morale and engagement:**

- A workplace that is perceived as unfair will lower the morale of all employees, not just the ones being discriminated against. This can reduce engagement, and lower the overall performance of the company.

**Societal Impact:**

- **Perpetuation of gender inequality:**

- Workplace discrimination reinforces societal stereotypes and power imbalances, contributing to the ongoing cycle of gender inequality.

- **Economic losses due to underutilization of women's talent:**

- When women are prevented from reaching their full potential, the economy suffers. Nations miss out on the economic contributions of a significant portion of their workforce.

- **Reduced social mobility and opportunity:**

- Gender inequality limits women's ability to advance socially and economically. This can have ripple effects on families and communities, perpetuating cycles of poverty and disadvantage.

- **Erosion of trust in institutions:**

- When people perceive that institutions, such as businesses or governments, are not fair or equitable, it erodes trust in those institutions. This can lead to social unrest and a decline in civic engagement.

## Strategies for Mitigating Gender Discrimination:

Addressing workplace gender discrimination requires a multi-pronged approach involving organizations, individuals, and policymakers:

### • Organizational Strategies:

- Implement clear and comprehensive anti-discrimination policies.
- Provide regular training on unconscious bias and gender sensitivity.
- Establish transparent and equitable hiring and promotion processes.
- Conduct regular pay equity audits and address any discrepancies.
- Create a culture of accountability and encourage reporting of discrimination.
- Promote mentorship and sponsorship programs for women.
- Implement flexible work arrangements and family-friendly policies.
- Increase the representation of women in leadership positions.

### • Individual Strategies:

- Educate oneself about gender bias and discrimination.
- Challenge gender stereotypes and microaggressions.
- Support and amplify the voices of women colleagues.
- Advocate for equitable policies and practices.
- Report instances of discrimination and harassment.

### • Policy and Legal Strategies:

- Strengthen and enforce anti-discrimination laws.
- Promote pay transparency and equal pay legislation.

- Support initiatives that promote women's education and economic empowerment.

- Fund research on gender discrimination and its impact.

## 6. Conclusion:

The phenomenon of gender discrimination in the workplace is both complex and long-standing, necessitating a sustained effort to address it effectively. By exploring its various forms, underlying causes, and effects, we can develop strategies that encourage fairness and inclusivity in professional environments. It is imperative for organizations, individuals, and policymakers to work together to eliminate the systemic barriers that foster gender inequality. Establishing a culture characterized by respect, accountability, and inclusivity is crucial for unlocking the potential of all individuals and for nurturing a more equitable and thriving society. The pursuit of gender equality is a continuous journey, requiring ongoing vigilance and proactive initiatives to ensure that every individual can flourish in the workplace.