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Beyond the Superwoman Myth: Maternal Mental Health through a Cognitive-Behavioral Lens

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ABSTRACT

The contemporary female experience is often shaped by unrealistic societal expectations, where women are expected to embody the “superwoman” role—excelling professionally, caring for family, and maintaining personal well-being simultaneously. This cultural idealization contributes to emotional exhaustion, anxiety, depression, and emotional dependence. This paper examines the intersection of Cognitive-Behavioral Therapy (CBT), Emotional Intelligence, and self-care practices as strategies for addressing these challenges. Drawing on evidence-based research, the study highlights how CBT interventions dismantle cognitive distortions, while Emotional Intelligence fosters resilience, empathy, and adaptive decision-making. Findings suggest that integrating CBT and EI significantly improves women’s ability to manage anxiety, depression, and role overload, enabling them to set healthier boundaries and prioritize authentic self-care. The paper concludes by proposing an integrative model that dismantles the “superwoman” myth and reframes women’s mental health within a more compassionate and sustainable paradigm.

Keywords: Cognitive-Behavioral Therapy, Emotional Intelligence, Women’s Mental Health, Self-care, Superwoman Myth, Psychological Resilience