

# MASCULINITY

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## Masculinity: A Review of Contemporary Research

### Introduction

The concept of masculinity has been a topic of considerable academic and public discourse in recent years. Masculinity is a complex, multidimensional construct that is shaped by a variety of factors, including gender roles, gender stereotypes, and social norms. This paper reviews the current literature on masculinity, exploring its definition, dynamics, and implications.

### Definition

The concept of masculinity is commonly defined as the set of characteristics, behaviors, and values associated with men. However, the definition of masculinity is not static and has changed over time. According to Connell (1995), masculinity is a "social process that creates and maintains the male gender order" (p. 77). This definition points to the idea that masculinity is shaped by social expectations and norms, as well as gender roles and gender stereotypes.

### Dynamics

The dynamics of masculinity can be seen in the ways in which men are expected to behave and interact with others. For example, in many cultures, men are expected to be strong and independent, and to avoid displaying emotion. These expectations may be reinforced through media and popular culture, as well as through social norms and expectations. In addition, masculinity is often associated with power and privilege, and men can be rewarded for behaviors that are seen as being "masculine."

### Implications

The implications of masculinity are far-reaching, and can be seen in many areas of life. For instance, research has shown that men are more likely to be successful in the workplace if they conform to traditional masculine norms (Rudman & Phelan, 2008). Furthermore, masculinity has been linked to violence and aggression, as well as to higher rates of substance abuse (Courtenay, 2000). Finally, masculinity has been associated with negative mental health outcomes, such as depression and anxiety (Kimmel & Mahalik, 2005).

### Conclusion

In conclusion, masculinity is a complex, multidimensional construct that is shaped by a variety of factors, including gender roles, gender stereotypes, and social norms. Research has demonstrated that men who conform to traditional masculine norms are more likely to be successful in the workplace, but that masculinity can have negative implications for mental and physical health. Further research is needed to better understand the dynamics of masculinity and its implications for individuals and society.

### References

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