

## STUDYING MASCULINE PSYCHOLOGY AND MENTAL HEALTH

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**Abstract:** Male psychology is the study of the characteristics of a man's mental state associated with male physiology, which are not present in women. This article focuses on exploring the psychology of masculinity, exploring the social pressures that shape the male personality and their profound impact on men's emotional well-being.

**Key words:** men, men's psychology, emotions, social psychology, mental health, gene roles, social pressures.

**Annotatsiya:** Erkak psixologiyasi — bu erkaklar fiziologiyasi bilan bog‘liq bo‘lgan erkakning ruhiy holatining ayollarda mavjud bo‘lmagan xususiyatlarini o‘rganishdir. Ushbu maqola erkaklik psixologiyasini o‘rganishga, erkak shaxsini shakllantiradigan ijtimoiy bosimlarni va ularning erkaklarning hissiy farovonligiga chuqur ta‘sirini o‘rganishga qaratilgan.

**Kalit so‘zlar:** erkaklar, erkaklar psixologiyasi, hissiyotlar, ijtimoiy psixologiya, ruhiy salomatlik, gen rollari, ijtimoiy bosimlar.

**Аннотация:** Мужская психология – это изучение особенностей психического состояния мужчины, связанных с мужской физиологией, которых нет у женщин. Эта статья посвящена изучению психологии мужественности, изучению социального давления, которое формирует мужскую личность, и их глубокого влияния на эмоциональное благополучие мужчин.

**Ключевые слова:** мужчины, мужская психология, эмоции, социальная психология, психическое здоровье, роли генов, социальное давление.

**Introduction:** Learning to understand the relationship between mental health and masculinity is a major focus in both the psychology of men and general psychological health. This importance is mainly due to the importance of men's mental health compared to women's mental health.

Men are often seen as the stronger of the two sexes, be it physically, emotionally or psychologically. This is despite evidence to the contrary, considering that men have higher suicide rates and fewer years lived than women, which are linked to mental health problems among men. Given the social norms that are often taught implicitly and implicitly, one can conclude that there is a clear conflict between what men should be and the ideals they aspire to achieve. With gender roles having the capacity to shape individuals' attitudes, behaviors, and perceptions, it is important to examine the higher order masculinity gender role and its subsequent impact on men's mental health. Male psychology is the study of the characteristics of a man's mental state associated with male physiology, which are not present in women. Men are less likely to express their emotions. Therefore, they often seem indifferent. It has been proven that in the process of communication, women use both hemispheres of the brain, while men predominantly use one. They are unable to think and feel at the same time. A man either experiences emotions or analyzes the situation. Women do it at the same time. Also, we must not forget about the attitude “A man does not cry,” which is instilled in every boy from



childhood. Men do not like to show feelings, considering it a sign of weakness. They will not be touched by the sight of a touching kitten or cry while watching a melodrama. And it's worth coming to terms with this.

In men's brains, information goes through a sorting process. The most important ones are in quick access, the less relevant ones are simply deleted. Therefore, a man can quickly forget what your favorite flowers are and when your beloved mother's birthday is. But you should not be offended and accuse your partner of callousness and inattention. After all, men forget not only important information from a woman's point of view, but also grievances. Most often, they are less likely to remind their partners of all their past sins than the fairer sex. And this, of course, is a huge plus.

#### **The purpose of the study.**

The purpose of this study is to explore the current perception of masculinity in the workplace and to understand its evolving nature. By examining the impact of societal norms and gender expectations placed on men by society, today's workforce can better match the strengths and weaknesses of both sexes. This study provides a qualitative understanding of men's experiences and how they perceive their work environment in terms of gender expectations. A comprehensive understanding of men's expectations and their impact can be achieved by studying the opinions of men in a variety of occupations. In addition, this research provides insight into the expectations placed on new generations of workers and sheds more light on the topic of gender expectations in the workplace. Finally, this study has the potential to improve the overall mental health and well-being of today's workforce by raising awareness of this topic and making suggestions for changing the environment identified by this study.

#### **Research questions.**

Are men in patriarchal societies more likely to think that women should be submissive and docile to men in egalitarian societies because that is the natural role? What are the personality differences between these two groups, and is there a sense of cognitive dissonance in the former group given contemporary cultural expectations of women?

Why has violence against unaccompanied minors increased in recent generations in developed countries? Is it because of changing social factors or because deviants of this nature can no longer suppress their desires? Does it also depend on which police and organizations take it more seriously?

Do men and women in the twenty-first century differentiate between masculinity and femininity? Does the predominance of violent crimes by men indicate that men are inherently aggressive? What are the consequences of such crimes and psychological problems that have arisen in this regard?

#### **The importance of the topic.**

Finally, masculine gender norms affect the health and well-being of men and those who intersect with them. The psychological noise men go through when they feel they are not living up to the ideal man of economic success, emotional endurance, physical fitness, full control, and economic achievement, physical and emotional stress, is the initial focus of this work. This can have implications for self-esteem, depression and life satisfaction. Understanding that masculinity has different meanings and implications for different men is also important for understanding social inequality and difference.

Research has shown that the more a person is associated with a particular group, the more likely they are to maintain relationships that conform to that group's norms. At the same time, we know that social or cultural identity is not simply imposed, but actively participates



in the selection and maintenance of the individual. If masculinity is not a fluid concept and has different implications, there is a risk that some men will choose identities that have negative consequences, reinforcing social inequality.

The topic of masculinity is vast and complex, often puzzling to those who seek to explore it—its amorphous nature, and even the discussion of what it is. It is important because it provides a practical study of the consequences of social constructions and the ways in which certain traits, behaviors, and characteristics create certain social and personal outcomes. It is invaluable because it demonstrates how dignity is tied to certain characteristics and behaviors and leads to an equal distribution of resources and power between men and women. If masculinity and these masculine gender norms are predictors of behavior and attitudes, then understanding their development is important to understanding the conditions of equality, where gender-neutral rather than gender-specific characteristics are considered.

Traditional masculine norms dictate that men should be strong, resilient and independent. These expectations are perpetuated through various channels, including the media, cultural traditions, and family values. Boys are often socialized to suppress emotions, avoid vulnerability, and prioritize aggression over empathy. This narrow definition of masculinity limits men's ability to authentically express themselves and forces them to conform to rigid gender roles.

One of the most damaging aspects of traditional masculinity is its emphasis on emotional suppression. Men are discouraged from expressing emotions such as sadness, fear, or vulnerability because these are seen as feminine characteristics. This can lead to an accumulation of unexpressed emotions that can manifest as anger, aggression, or substance abuse. Research has shown that men who adhere to traditional masculine norms are more likely to engage in risky behaviors such as drinking and reckless driving (Kilmartin & Allison, 2007).

In addition, pressure to conform to male ideals can lead to feelings of inadequacy and low self-esteem. Men who fail to meet social expectations may experience shame, guilt, or anxiety, which can exacerbate their mental health struggles. A study by Addis and Mahalik (2003) found that men who endorsed traditional masculine norms reported higher levels of depression and anxiety than those who rejected these norms.

### **Effects on men's mental health.**

The psychological impact of conforming to traditional male norms is staggering. Mental health problems such as depression, anxiety and substance abuse disorders disproportionately affect men (World Health Organization, 2019). The suicide rate among men is extremely high, with men accounting for approximately 75% of all suicides in the United States (American Suicide Prevention Foundation, 2020).

In addition, men's reluctance to seek help for mental health problems is a problem. Traditional masculinity discourages men from being supportive or admitting weakness, leading to delays in diagnosis and treatment. A study by Brannon and June (1984) found that men who endorsed traditional masculine norms were less likely to seek help for mental health problems due to fear of being perceived as weak.

Fortunately, there is a growing movement to redefine masculinity and promote healthy expressions of male identity. Promotes emotional intelligence, encourages vulnerability, and defines different forms of masculinity to challenge traditional male norms.

One approach is to foster healthy relationships between fathers and sons. Research has shown that boys who have positive relationships with their fathers develop emotional intelligence and challenge traditional male norms (Harris et al., 2016). Additionally, programs



that promote emotional expression and empathy among boys reduce aggressive behavior and improve mental health outcomes (Webb et al., 2017).

### **Summary**

The psychology of masculinity is a complex and multifaceted topic that requires attention and research. Traditional male norms have far-reaching consequences for men's mental health, limiting their ability to authentically express themselves and contributing to alarming levels of depression, anxiety and suicide. However, by challenging these norms and promoting healthy expressions of masculinity, we can try to create a more inclusive and supportive environment for men.

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