

Research Title:

An exploratory study on the perceptions men have of traditional masculine gender roles and they influence males.

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I hereby declare that the Research Report submitted for the Bachelor of Arts Honours in Psychology degree to The Independent Institute of Education is my own work and has not previously been submitted to another University or Higher Education Institution for degree purposes.

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Abstract

This section of this paper aims to provide background regarding the study by referring to the main argument in addition to highlighting the specific problem which was examined. It will also highlight the way in which this data was collected in order to elucidate the research findings, as well as to identify the contributions of this research study. This qualitative research study is essentially based on gender roles, specifically the effects of masculine gender roles on males. The aim of this project was therefore to explore the perceptions men have of masculine gender roles and how it could influence men to not express their emotions and feelings. The literature clearly illustrates that adhering to masculine gender roles can cause men to succumb to negative factors such as restrictive emotionally, which is what this research study was based on. It was therefore decided that the best way to obtain this data is by adhering to an interpretivist paradigm by using semi-structured interviews on a sample of five men between the ages of 18 and 25. The results of the data was significant as most of it contradicts the literature. This can therefore contribute towards the known knowledge of the research subject, as the findings highlight the fact that men are aware of the detrimental effects masculine gender roles have on themselves and also on the greater society.

Table of Contents

Abstract	2
Introduction	5
Rationale	5
Problem Statement	6
Research purpose.....	6
Research questions.....	7
Research Objective	7
Literature Review	8
Conceptualisation.....	8
Review of literature.....	9
Gender roles	9
Theoretical Foundation	11
Research Design and Methodology	16
Research Paradigm	16
Research Design	18
Population and Sample	19
Data Collection	21
Data Analysis	23
Findings and Interpretation.....	25
Themes	25
Theme I: Oppression and Violence	26
Theme II: Respect and Adoration	27
Theme III: The External and Internal Effects of Rigid Masculinity	28
Theme IV: The Role of the Environment	29
Trustworthiness of the Findings.....	30
Conclusion.....	30
Addressing the Research Questions, Problem and Objectives	31
Research Questions	31
Research Objective	32
Research Problem	32
Implications of findings for future practices	33
The Heuristic value of the study	34
Ethical Considerations	35
Limitations	36

References	37
Annexures	45
Consent Form	45
Consent to Record.....	48
Interview Schedule	49
Ethical Clearance Letter	50

Introduction

The forthcoming section of this assignment serves as an introductory section into the crux of the research study as its aim is to cover the research rationale, problem statement, purpose statement, research questions, the research objectives and the sub-questions in addition to contextualizing, or providing background regarding the essence of the research study. This research study is based on gender roles; its focus was to explore the perceptions men have towards masculine genders and its ability to negatively affect males, specifically focusing on restrictive emotionality. Restrictive Emotionality is essentially a term synonymous with the Gender Role Conflict theory and it can be understood as an emotional phenomenon which occurs in men when they adhere to the rigidity of masculine gender roles (Banos, 2017). This phenomenon is defined as an inability to openly express ones emotions and feelings; it is mentioned in the Gender Role Conflict Theory which theorizes that conflict may occur when people adhere to the strict gender norms, which is discussed in the forthcoming subsection, the research rationale (Banos, 2017).

Rationale

As previously mentioned, the research study is based on the topic of Gender roles, specifically focusing on masculine gender roles and how they aid in the perpetuation of unhealthy behaviours in men, such as not expressing emotion. The reason why this topic was chosen is because the literature states that there is a link between unhealthy behaviours and adhering to rigid gender roles, as men's potential to be fully functioning human beings is limited due to blindly following rigid gender roles, which are reinforced through the process of socialization (Scott, 2018). Unfortunately though, gender roles are constructed by the society we live in, as the literature defines the term as the diverse expectations groups and societies have of individuals based on their sex, and that gender roles are based on the interaction of people and their environment, which is where an individual learns cues about the believed appropriate behaviour for men and women (Blackstone, 2003).

However, recent literature has made us aware of the fact that gender roles are, or can be used as a conditioning tool to alter behaviour, in order for it to match perceived societal gender norms, such as when women are conditioned to be modest and unimposing (Sweatt, 2017). This socialization also occurs in men, as

they are socialized to avoid being perceived as feminine and weak; and according to literature, the process of socialization begins as young boys, when they are encouraged to suppress their emotions and to not play with dolls but rather to play with trucks (Banos, 2017). Furthermore, the literature states that due to strict male gender roles, men reported high levels of anxiety, a decreased self-esteem and it correlates with negative attitudes towards help-seeking behaviours, psychological wellbeing and often results in aggressive behaviors and hostility towards women (Banos, 2017).

Problem Statement

Furthermore, since masculinity is the social standard of what it is to be a man, and to support the previously mentioned statement, the research states masculinity has been understood to be precarious and an anxiety provoking state, due to the expectation to demonstrate masculinity through dysfunctional and restrictive behaviours such as repressing emotions, being aggressive and risk taking (Brady, Clinton, Grivel, Kaya, & Iwamoto, 2018). This was the problem that the following research study aimed to investigate, which is the fact that there are internal and external consequences to following traditional masculine gender roles.

Research purpose

For the reasons highlighted above, the purpose of this study was therefore to explore the perceptions men have on masculine gender roles which perpetuate unhealthy behaviours. This was done in order to determine whether men even believe that gender roles could negatively influence their behaviour to be unhealthy. Specific focus will be on not expressing emotion, and to determine the view of men; including those who do not conform to the traditional roles expected for a man to follow.

Research questions

The research questions, which the researcher specifically sought to answer were the following:

1. What are the thoughts and feelings men have of traditional masculine gender roles and their ability to negatively affect one's behaviour?
2. To what extent might their identification with traditional masculine gender roles impact their own reluctance to express emotion?
3. How do men view other men who do not conform to traditional masculine gender roles?

Research Objective

The research objective for this research project is to determine whether men even believe that gender roles could negatively influence their behaviour to be unhealthy. The specific focus will be on not expressing emotion.

Literature Review

This section of the research assignment aims to cover and provide an in depth discussion regarding the important and relevant information about the research topic which is the effect of masculine gender roles. Furthermore, this section will also encompass the key concepts regarding this research study, a detailed description of the research problem which was investigated and how the theoretical foundation links to the research problem. It will also identify the links between the research problem and literature.

Conceptualisation

The first section that will be discussed are the key concepts which will help the reader familiarize themselves with relevant terms which they will encounter throughout the research study. These key terms are the following; Toxic Masculinity, Misogyny, Gender Role Conflict, Hostility towards Women, Restrictive Emotionality, and Gender Socialization. **Toxic Masculinity:** is essentially defined as a transcultural archetype about the kind of men individuals should not be (Veissière, 2018). In order to understand toxic masculinity it is necessary to know the concept of hegemonic masculinity; which the literature describes as a strict adherence to gender roles due to the enforcement of restricting behaviours which are not congruent with gender norms; and therefore toxic masculinity is described as the process of applying socially destructive behaviours in order to fulfil the desire to dominate and endorse misogynistic views (Christensen, Dorn-Medeiros, Henderson , & Lertora, 2020).

Misogyny: Misogyny by men, refers to the hatred, or dislike men have towards women in addition to prejudice against women (Chavarin, et al., 2018).

Gender Role Conflict: This refers to a psychological state which occurs as a result of following masculine gender roles, which in turn leads to various negative consequences such as harsh attitudes towards women, high levels of stress and an unwillingness to seek help through counselling (Mansor, Othman, Yaacob, & Yasin, 2016).

Hostility towards women: This essentially describes the general hostility that is directed towards women; which is conceptualized as a variable that is made up of negative beliefs about women such as sexual aggression, which will be measured

through analysing the perceptions the research participants' have towards women (Dutton, Medeiros, & Straus, 2006). **Restrictive Emotionality** can be understood as restrictions and fears about the expression of one's own feelings, which the literature suggests is due to the socialization of men at a young age, for example when boys are told not to cry in order to not appear weak (Cornish , Heath, Seidman, Vogel , & Wade , 2017).

Gender Socialization therefore refers to the process men and women go through when they are younger, which is where they learn what the socially appropriate behaviours for girls or boys are, such as boys wear blue clothes whereas girls wear pink clothes (Carter , 2014).

Review of literature

This section will serve the purpose of deliberating the relevant literature findings which are the essence of this research study. This will be done by referring to and discussing gender roles and the theoretical framework which encapsulates the two theories this research study was based on, namely; Gender Role Conflict Theory and the Gender Role Strain Paradigm.

Gender roles

According to the literature, gender roles are described as the social norms and expectations associated with being a man or woman; and that gender is a culturally determined construct where people become differently gendered through socialization into gender roles, or sex roles (Richardson , 2015). The literature continues to state that, due to learning processes such as observation, modelling, imitation and the procedure of socialization, reinforced by the agents of socialization; meaning the parents or teachers, children learn the social meanings of what it is to be a man or a woman and therefore develop the socially appropriate behaviours and personality characteristics associated with women or men (Richardson , 2015). The literature however, describes the theory of gender roles as naïve, far too simplistic, and that is why people often reject them and therefore resist the social and cultural expectations of gendered roles (Richardson , 2015). This research study therefore aimed to explore masculine, or gender roles associated with being a male. The

reason is because these rigid masculine gender roles lead to negative consequences, which are described by the Gender Role Conflict Theory. This theory posits that gender role conflict is a psychological state in which socialized gender roles contribute to negative interpersonal and intrapsychic consequences which occur due to restrictive gender roles and result in the devaluation of self, or the violation of self and others (Hagan, Hoag, Steinfeldt, Steinfeldt, & Wong, 2011). The research based on the Gender Role Conflict, therefore supports the problem statement as it states that the conflict is linked to negative consequences, especially in men, such as harsh attitudes towards women and an unwillingness to seek help in the form of counselling, as well struggling to express ones emotions and feelings (Mansor, Othman, Yaacob, & Yasin, 2016). Essentially, traditional masculinity refers to the culturally defined standards of what it is to be a man, and the literature describes these standards as a culture's "Blueprint for Manhood" (Scott, 2018). This blueprint, captures four dimensions of masculine gender roles, which are; "No Sissy Stuff", "The Big Wheel", "The Sturdy Oak", and "Give 'Em Hell" (Scott, 2018). The first dimension which is "No Sissy Stuff", describes the process which happens to men at an early age; where boys are taught not to show emotions unless it is anger; which according to the literature is the only acceptable emotion men should display (Scott, 2018). Thus, when a man does not live up to this expectation of manhood, he is seen as less manly, which therefore leads to being ridiculed and shamed by society because being a man is viewed as being inherently not a woman, so any sort of behaviour that is viewed as feminine, displaying emotions in this case, is believed to be less masculine by society (Scott, 2018). The Big Wheel, which is the second dimension, refers to how men have been socialized to be obsessed with success, status, and the need to be admired, whereas the third dimension; The Sturdy Oak dimension; refers to the expectations society has of men which are that men should always be tough, confident, self-resilient and strong (Scott, 2018). The fourth dimension is defined as Give 'Em Hell; it refers to the aggressive nature, violence and risk taking attitudes and behaviour men are expected to project; and it is said that men make use of physical violence and contact sports as a way to gain approval from society because they believe that these acts mean that they measure up to this dimension of masculinity (Scott, 2018) In the South African context however, it's a bit different as a result of the

socioeconomic environment in the country, as the researcher will expand on next. Due to the reality for many South Africans, which is that of poverty, systemic violence and racism; many men cannot live up to the stereotypical expectations of what it is to be a man, and also struggle to provide for their families (Closson, et al., 2020). In response to this, South African men construct a different form of masculinity which is described as the dominant form of masculinity, which is called a 'youthful masculinity' (Closson, et al., 2020). This construct of masculinity emerges due to extreme poverty and not having enough financial opportunities, and it is based on prioritising controlling women through using violence and sex, as they cannot attain this control through working and earning money (Closson, et al., 2020).

Theoretical Foundation

As previously mentioned, this research study is based on two theories which form part of the theoretical framework. These two theories are the Gender Role Strain Paradigm, and the Gender Role Conflict Theory; which will be outlined in the following section of this literature review.'

Gender Role Strain Paradigm

The Gender Role Strain Paradigm, created by Joseph Pleck; suggests that due to the contradictory and inconsistent nature of Gender Roles, most men do not adhere to masculine Gender Roles which then leads to negative psychological consequences (Banos , 2017). This is supported by Jacobs, who wrote that the Gender Role Strain Paradigm states that gender roles are contradictory and inconsistent; which is the reason why there is a high rate of non-conformity, but also, this violation of traditional masculine gender roles leads to condemnation and; that the fear of not adhering to these gender roles may lead to over conformity (Jacobs , 2019). Essentially meaning, that due to being scared of the judgements society has of men who don't adhere to traditional masculine gender roles, men will

in turn over do it in terms of following these so called normal gender roles for men (Scott, 2018). Furthermore, the literature states that this paradigm builds on an essential distinction between sex and gender, with sex referring to ones' biological features, whereas gender relates to the feelings, behaviours and attitudes society associates with the biological sex of a person (Scott, 2018). The reason to why this theory best suites this research study is because, according to the literature, the consequences of the gender role strain occurs more in men than in women; even though it is not sex specific (Jacobs , 2019). Furthermore, the literature also states that men who adhere to the rigidity of masculine gender roles experience difficulties with intrapersonal and interpersonal consequences, as stated in the research problem (Jacobs , 2019). Additionally, the gender role strain paradigm also explains how masculine gender roles creates problems for men through three structures which are termed; the trauma strain, dysfunction strain and discrepancy strain (Kantra , McDermott, McKelvey, & Naylor, 2017). The trauma strain is s the process in which masculinity is taught to be traumatic, for example when boys are told to "man up" and not back down from a fight; whereas the dysfunctional strain describes the process where psychological strain occurs when masculine expectancies are maintained; such as when men abide by masculine norms which advocate for dominance in interpersonal interactions which lead to a difficulty in maintaining healthy intimate relationships (Jacobs , 2019). Essentially, the trauma strain occurs due to the result of being subjected to a traumatic experience during the process of socialization where masculine gender roles are being used, and the dysfunction strain transpires when fulfilling traditional gender roles turns out to be dangerous for the person (Jacobs , 2019). The third type of gender role strain is the discrepancy strain, which occurs as the result of when men fail to live up to the external and internalized expectancies of masculinity, which occurs when traditional masculine gender roles are met with non-conformity (Banos , 2017). In essence, the discrepancy strain proposes that the characteristics which are socially desirable for men such as; homophobia, avoiding femininity and aggression, may lead to negative consequences such as not being able to express emotion (Jacobs , 2019). Furthermore, the reason why this theory was chosen is because it states that males face discouragement and do not partake in mental health related treatment seeking behaviours due to reinforced hegemonic masculinity which has been constructed by society, and causes unhealthy and negative means of coping, which ties in with the

essence of the research problem (Banos , 2017). The Gender Role Strain paradigm therefore views gender roles as constructs which have advantages and, disadvantages (Fontaine, 2019). The Gender Role Strain Paradigm essentially states that due to the inconsistent and, contradictory nature of traditional masculine gender roles; many people end up deviating from them which in turn leads to being judged by society (Scott, 2018). The forthcoming segment of the literature review is based on the Gender Role Conflict Theory, which is the second theoretical framework selected for this research study.

Gender Role Conflict Theory

According to the literature, the Gender Role Conflict Theory plays an important role in terms of providing a link between societal norms, and how they endorse traditional masculinities and how people become accustomed to them (Banos, 2017). The Gender Role Conflict Theory derives from the Gender Role Strain paradigm and it's defined as the psychological state where the socialized gender roles of an individual have negative consequences; and occurs when an individual violates their internalized gender role expectancies (Chang, Dew, Dixon, & Guvensel, 2018). This is substantiated by the literature that states even though concepts of the Gender Role Conflict and the Gender Role Paradigm are intertwined, the personal and interpersonal experiences of Gender Role Conflict are categorized by restriction, violation and devaluation; and that the gender role conflict has negative consequences for men (Banos, 2017). Thus meaning, that an individual who is going through some sort of gender role conflict, has a rigid perception of masculinity, which does not just stop at their own internal turmoil regarding gender roles, but leads to the violation and devaluation of others; who don't not succumb to the traditional ideas of masculinity (Chang, Dew, Dixon, & Guvensel, 2018). The literature describes this as a construct of society where men have to adhere to traditional and rigid masculine gender roles in order to call themselves masculine or men (Banos, 2017). Furthermore, what makes this theory relevant to the research study is because the gender role conflict associates with unhealthy behaviours such as negative attitudes towards seeking help, self-reported sexual and dating violence and alexithymia (Banos, 2017). These terms are all examples of the "unhealthy behaviours" that have been mentioned before and which encompass the research problem and as well as the research rationale (Chang, Dew, Dixon, & Guvensel, 2018). Alexithymia, is described as construct of personality that is made up of numerous deficits when it comes to the cognition and processing of emotion; these deficits are defined as a difficulty to describe and identify feelings (Allen, Levant, & Lien, 2013). Nevertheless, the literature breaks down the personal and interpersonal experiences of the theory into three categories which are described as gender role devaluation, gender role restriction and gender role violations, and how this is relevant to the study is because it does state that there are negative consequences to following or adhering to rigid masculine gender roles, through these three

components (Brady, Clinton , Grivel , Iwamoto, & Kaya, 2018). The literature describes gender role devaluation as the negative criticisms of oneself or other people due to conforming to the stereotypical masculine gender norms; gender role restriction which implies that Gender Role Conflict forces men to behave in accordance with masculine gender roles; and gender role violations, which occur as a result of people harming themselves or others due to the destructivity of masculine gender norms (Banos, 2017). Additionally, the literature mentions four factors of Gender Role Conflict which are success, power, and competition issues (SPC); conflicts between work and family relations (CBWFR); restrictive emotionality; and restrictive affectionate behaviour between men (RABBM) (Chang, Dew, Dixon, & Guvensel, 2018). According to (Banos, 2017), **success, power, and competition (SPC)** refers to the personal attitudes individuals have of success, whereas the **conflicts between work and family relations factor (CBWFR)**, refers to the conflict in the attempt to balance the demands of a person's family and their work related goals or pursuits (Scott, 2018). The literature also mentions that people who score high in this factor of Gender Role Conflict are reported to depict controlling and rigid behaviours in their relationships (Chang, Dew, Dixon, & Guvensel, 2018).

Restrictive emotionality refers to the fears of expressing your feelings and not being able to express basic emotion, whereas the “**restrictive affectionate behaviour between men (RABBM)**” represent restrictions in expressing one's feelings and thoughts with other men and difficulty in physical affection” (Banos, 2017). Both of these factors correlate with hostile behaviours in the interpersonal relationships of men correlated with more hostile behaviors in men's interpersonal relationships (Chang, Dew, Dixon, & Guvensel, 2018). How this links to the South African setting, is that according to the study conducted by (Closson, et al., 2020), which was based on young men's gender role conflict associated with HIV-risk behaviours in urban informal settlements in KwaZulu-Natal; the reason why there are such high levels of restricted emotionality amongst men is due to the stress they have to deal with; such as unemployment, racism and violence. This study found that the reason why there are such high levels of restricted emotionality amongst these young men is due to the stress they have to deal with; such as unemployment, racism and violence.

The literature however also states that even though these South African men had high levels of restricted emotionality, which does in turn lead to controlling

behaviours and therefore worsen the quality of their relationships; they are actually emotionally invested in their relationships (Closson, et al., 2020). In conclusion, the problem that the researcher aimed at investigating was based on the internal consequences of adhering to masculine gender roles, specifically focusing on Restrictive Emotionality which has already been described and defined prior to this paragraph. Furthermore, the next section of this paper will describe the detailed manner in which the researcher obtained the data by referring to the research design and methodology.

Research Design and Methodology

The following section of this paper will include the manner in which the researcher embarked on his research journey by referring to the various ways data was obtained in order to fully answer the research questions and fulfil the research objections. This will be discussed through referring to the research methods and the research design. Furthermore, this section will also highlight the research paradigm, the type of sampling the researcher used to obtain his sample, the data collection methods and how the data was analysed.

Research Paradigm

The research paradigm which was be used for this research study is known as the interpretivist paradigm. Paradigms are described as a set of beliefs or assumptions which are based on the essential aspects of life, which in turn, leads to the development of a certain view of the world (Nieuwenhuis, 2020). The paradigm chosen, and which suited this research study is known as interpretivism, which is one of many other paradigms such the positivist or the transformative paradigm, just to name to a few (Thanh & Thanh, 2015). The essence of the interpretivism paradigm is based on the belief that reality is constructed by society and therefore, when studying individuals in their environment; researchers have an opportunity to gain an in depth understanding of the perceptions people have of their own activities (Nieuwenhuis, 2020). The reason why interpretivism was relevant to this research study, is because it allowed the researcher to use and then base his findings on the experiences and of his participants which is what this research study explored,

including the perceptions males have of masculine gender roles which perpetuate unhealthy behaviour such as not expressing emotions (Thanh & Thanh, 2015). The reason why the perceptions of participants are so important and have gravitas, is because according to the interpretivist paradigm, human life can only be understood from the actual people who experience the specific phenomena (Nieuwenhuis, 2020). Essentially, the interpretive paradigm allows researchers to approach the reality, or the phenomena, from the their participants point of view, due to the assumption of the paradigm which states that there are multiple perspectives, meaning that people don't necessarily have the same perceptions of the world (Thanh & Thanh, 2015). The literature suggests due to this assumption, researchers are able to gain a better understanding of the situation, which helps in obtaining in-depth and insightful information from the participants, which is the aim of this research study and which will be discussed in the research findings (Nieuwenhuis, 2020). Nevertheless, the interpretivist paradigm was relevant and suitable for this research study because according to the literature, the aim of this paradigm is to provide insight on how individuals make sense of the phenomena they might encounter, which in this case are masculine gender roles (Creswell, et al., 2020). Since it was made clear that interpretivism would be the appropriate paradigm for this research study, qualitative research methods will be used as it is used by interpretivist thinkers (Thanh & Thanh, 2015).

Another reason why this research study was based on qualitative methods is because it is the only method which makes it possible to obtain rich and in-depth information from participants which makes understanding the context a lot easier (Thanh & Thanh, 2015). In this case, it meant that the researcher had the opportunity to understand the thoughts and feelings men have towards masculine gender roles and the consequences of adhering to them, focusing primarily on men not being able to express emotion. That is why qualitative research methods were best suited to this research study as opposed to quantitative research methods. Qualitative research methods allowed the researcher to examine the reality of individuals, as well as understanding and exploring some of the meanings participants ascribe to the social problem such as the negative consequences that are linked to adhering to masculine gender roles, which is what this research study is based on (Thanh & Thanh, 2015).

Research Design

Essentially, a qualitative research method will be used in this study is because it allows for the collection of rich and in-depth data, which a researcher obtains through being very attentive and empathic understanding (Thanh & Thanh, 2015). Since this research study made use of qualitative research methods, the approach that was used in this research study is known as Phenomenology, which is one of the five approaches to a qualitative research design (Nieuwenhuis, 2020). The reason why this approach best suited this research study is because it advocates studying the experiences of people from their own point of view, essentially this approach emphasizes pursuing realities and not looking for the truth (Qutoshi, 2018). The literature essentially defines phenomenology as an approach which encapsulates the complex and deep meanings individuals have towards a specific phenomenon through their own lived experiences (Nieuwenhuis, 2020). This approach was important for this particular research study because the main viewpoint of phenomenology is based on the idea that subjective consciousness is important because it has certain structures which are believed to be a gateway to obtaining the rich, in depth data from participants because it requires them to reflect (Qutoshi, 2018). This essentially meant that using phenomenology made it possible for the researcher to determine the core meanings of an experience from the people who have gone through it themselves (Nieuwenhuis, 2020). So in terms of this study, that was the experience participants had of masculine gender roles and the unhealthy behaviours which come with following them, specifically restricted emotions, or not expressing emotions. Furthermore, since a thematic method of data analysis was used, it also made it easier and worked hand in hand with the essence of this research study, which has been identified as a deductive study. The reason why this is said is because the research objective and purpose are based on the literature regarding the negative influences of masculine gender roles, specifically focusing on its effects on men (Daellenbach & Woiceshyn, 2018). The deductive method therefore allowed the researcher to test his research objectives in relation to what was said by the participants (Daellenbach & Woiceshyn, 2018).

Research Methods

Since this research study was based on using a phenomenological approach together with an interpretivist paradigm; the researcher therefore decided to use semi- structured interviews to obtain the data. The reason is because according to the literature, it is possible to obtain an in-depth understanding regarding the research problem from the participant's point of view, which was vital as this was an exploratory study based on the perceptions males had of traditional masculine gender roles (Qutoshi, 2018). Furthermore, the reason why semi-structured interviews suited this study is because using this method of collecting data required the researcher to ask open ended questions, which was followed by probing, in order to obtain the necessary rich data which is the essence of an qualitative study (Nieuwenhuis, 2020).

Population and Sample

The following section of this assignment aims to cover the population and the sample which formed part of this research project. Firstly, population in respect research, refers to the target individuals the researcher aims to study (Majid, 2018). Therefore, the collective population for this research project was South African men between the ages of 18 and 26. The reason why this particular age group was selected is in regards to the unit of analysis of this research project. According to the literature, high levels of restrictive emotionality; which is the unit of analysis, can lead and associates with depressive symptoms and these symptoms are more prevalent in men between the ages of 18 and 29 (Hammond, 2012). Furthermore, the unit of analysis which is restrictive emotionality essentially refers to the phenomena where men have a fear of expressing their feelings and an inability to express basic emotions (Banos, 2017). Another key factor to the selection of this particular

characteristics regarding the age group of the selected population is due to the researcher falling into these age parameters, therefore it was easier to attain participants as they are of the same social group. Furthermore, the size of the sample in reference to the current research project was five, the reason for this is because it gave the researcher the opportunity for more time in order to obtain in-depth and rich content from the participants, which would've been more difficult with a larger sample size (Barnett, Thorpe, Young, & Vasileiou, 2018). This was vital for the research project as this is a qualitative study, which aids researchers in finding answers to certain questions through the examination of social settings and the people who occupy them, through obtaining data made up of words and not numbers (Maree & Nieuwenhuis, 2020). Furthermore, since this research study aimed to measure Restrictive Emotionality in men, the researcher had to use certain sampling methods to obtain participants who made up the sample. The researcher made use of the non-probability sampling method of convenience sampling (Maree & Pietersen, 2020). This sampling method was used because the population elements; men between the ages of 18 and 26, was easily and conveniently available to the researcher (Maree & Pietersen, 2020). Furthermore, convenience sampling was used until the quotas were reached, which was five South African men between the ages of 18 and 26. The reason the researcher used quota sampling in addition to convenience sampling was because there were certain categories the participants needed to fall under in order to be part of the research study (Maree & Pietersen, 2020). In that case, after obtaining the participants of this research study through using a social media post where the researchers Instagram followers were invited to take part in this research study, and because of the previously mentioned parameters regarding the characteristics of the required population, the sample can be viewed as a homogenous sample as it is made up of people who share the same characteristics which are; South African men between the ages of 18-26 years (Nieuwenhuis, 2020). The forthcoming section in this assignment will cover how the researcher conducted the process of collecting data from the sample of participants.

Data Collection

This section of the assignment will encapsulate the processes taken by the researcher in regards to data collection. Firstly, data collection essentially describes, a series of different data collection tools in order to answer the researchers research questions (Maree, 2020). Thus, since this research study is based on the theoretical paradigm of interpretivism, the reason why this particular paradigm was used as a base for this research study is because the essence of this paradigm advocates for research which is rich in contextual depth (Chowdhury, 2014). Furthermore, why this was vital and deemed as necessary for selection is because the aim of this research study is to explore the perceptions men have on masculine gender roles which perpetuate unhealthy behaviours, and since perception is subjective this paradigm was viewed as appropriate for this research study as it promotes pursuing knowledge through using qualitative data collection tools (Chowdhury, 2014).

The researcher therefore implemented the use of semi-structured interviews in order to obtain rich contextual data because this data collection tool makes use of open ended questions which is followed by more probing from the researcher (Nieuwenhuis J. , 2020). These semi structured interviews were conducted over the span of two days using WhatsApp voice notes, as the participants did not have enough data, and some did not have Wi-Fi or enough data for something like Skype or Zoom, which are digital applications used for video conferencing (Ambagtsheer, Archibald, Casey, & Lawless, 2019). These interviews only commenced after the consent forms were emailed to the participants, which were signed digitally, using phone or computer. Furthermore, the researcher believed that using semi-structured interviews will be vital for this research study is because it allowed the researcher to obtain data that will cover the research aims and research objectives as this data collection method made it possible obtain the independent thoughts of participants through probing and asking open ended questions (Harty, Newcomer, & Wholey, 2018). Furthermore, since the research objectives was to determine whether men even believe that gender roles could negatively influence their behaviour to be unhealthy, specifically focusing on not expressing emotion, or restrictive emotionality; using a qualitative research approach to data collection was beneficial as it helped the researcher in obtaining data that is rich in information and content

from the five participants, through using semi structured interviews which was mentioned previously (Thanh & Thanh, 2015). The researcher made use of a number of probing techniques, since each participant responded differently, so in some cases; clarification probes were used in order to clarify and understand what the participant said, and in other occasions elaboration probes were necessary in order to gain more knowledge and deeper understanding regarding their answers; this was very beneficial in obtaining data regarding the research questions and objectives as probing helped in gaining more content (Nieuwenhuis J. , 2020). In the next section, the researcher will discuss the data analysis process and the methods which were used for this research study.

Strengths and Limitations of Data Collection Methods

The relevance and strengths of the multiple aspects of the data collection tools and method have already been mentioned and discussed, as the researcher has stated that these tools helped him in obtaining rich contextual data. This was possibly through having a qualitative study as base and therefore using certain data collection tools such as semi-structured interviews through asking open ended questions. There are however certain limitations to using these methods or data collection tools for example; none of these interviews were conducted face to face, so the researcher essentially missed out on recording and then possibly analysing the body language of his participants (Opdenakker, 2006). Furthermore, since the researcher had to essentially use WhatsApp voice notes, the humanistic flow was compromised as the nature of the interview was stop-start in addition to the fact that the researcher could not monitor and control the participant's environment which could've been the direct cause in regarding the risk of reactivity in these participants (Kaufmann & Peil, 2020). Furthermore, since the researcher made use of semi-structured interviews as a means to explore the perceptions of these participants regarding the possible negative impact of masculine gender roles, limitations of this tool needs to be highlighted. The main limitation that impacted on this research study is the fact that the deductive nature of this assignment could have a limited impact as the researcher only interviewed five people, meaning that there were not enough participants to make general comparisons regarding the literature and theoretical framework (Conradin & Keller, 2020).

Data Analysis

The following segment is based on data analysis, specifically focusing on the method the researcher used in this particular research study. After collecting the data through using semi-structured interviews, the researcher began with the process of data analysis. How the researcher conducted this is through immersing himself in the data, by listening to recordings of each individual interview which was followed by the transcription of each individual interview. Transcription or transcribing, refers to the process of physically copying the content of the interviews, what was said, into written text which is usually accompanied with non-verbal cues. In this case the latter was not possible since the data was collected telephonically (Nieuwenhuis, 2020). Thematic transcription of data is a critically important step in the thematic analysis process and according to the literature, transcription is a necessary step if the data is collected digitally or electronically (Nieuwenhuis, 2020). Thematic analysis can be understood as a way in which researchers identify, analyse and interpret patterns of meaning, or themes in qualitative data (Clarke & Braun, 2017). It was mentioned that this qualitative data has been collected through using semi-structured interviews, and what followed the data collection process was analysis through using this thematic method. After transcribing the data, the researcher then created codes, which are used in order to identify key features within the data, and from these codes the researcher was able to create themes as codes are the foundation for these larger patterns of meaning; or themes (Clarke & Braun, 2017).

The researcher used this method of data analysis because the themes created through using thematic analysis made it easier and aids the researcher in answering the research questions, research purpose and the research objectives. This is possible because, according to the literature; thematic analysis can be used in order to capture the lived experiences, views and perspectives of the participants, which was done in respects to this particular research study (Clarke & Braun, 2017). Since a thematic method of data analysis was used, it also made it easier and worked hand in hand with the essence of this research study, which has been identified as a deductive study. This is said is because the research objective and purpose are based on the literature regarding the negative influences of masculine gender roles, specifically focusing on its effects on men (Daellenbach & Woiceshyn, 2018). The deductive method therefore allowed the researcher to test the research

objectives in relation to what was said by the participants (Daellenbach & Woiceshyn, 2018). Essentially meaning that he could also explain the research purpose in addition to the research objective, since this is a qualitative study and its focus is on the people's perceptions, and using those opinions to confirm or falsify the theory which the research study is based on; the exploration of the perceptions men have of masculine gender roles which perpetuate unhealthy behaviours, focusing on restrictive emotionality (Daellenbach & Woiceshyn, 2018). The forthcoming section will therefore discuss the actual findings which were analysed by the researcher through the use of thematic analysis, which will also be defined.

Findings and Interpretation

The purpose of this section is to provide feedback regarding the interpretation of the analysed data which the researcher has collected. This will be presented as the researcher's findings and these outcomes will be discussed in relation to the research problem, in addition to the information which has been covered in the literature review. The forthcoming section of the research project will also be used in order to answer the research question in addition to addressing the research objective. . This has been done through using thematic analysis and since this is a deductive research study, the researcher used themes in order to compare and contrast them to the literature regarding traditional masculine gender roles. In addition to the research problem, the researcher also answered the research questions and addressed the research objectives. Validity, reliability and trustworthiness will also be discussed in this section of the findings.

Themes

It has been mentioned that the researcher has made use of thematic analysis in order to analyse the content, which was collected by means of semi-structured interviews. Thematic analysis is essentially a qualitative research tool which is used to interpret data through developing themes by rigorously engaging in the data, and then generating initial codes after the content has been transcribed (Snelgrove & Vaismoradi, 2019). Themes can therefore be understood as the underlying meanings, or the essence, which is prevalent across the data set (Snelgrove & Vaismoradi, 2019). In this case, the themes which the researcher identified are Oppression and Violence, Respect and Adoration, The External and Internal effects of Rigid Masculinity and The Role of the Environment.

Theme I: Oppression and Violence

One of the major themes that the researcher could identify was that of oppression and violence. This theme essentially encapsulates the thoughts and beliefs of the participants regarding the nature of masculine gender roles. These thoughts and feelings compared to the literature findings regarding masculine gender roles and the gender role conflict theory, seem to be in unison (Brady, Clinton , Grivel , Iwamoto, & Kaya, The Role of Masculine Norms and Gender Role Conflict on Prospective Well-Being Among Men, 2018). The reason the researcher believes this to be relevant is because according to the literature, masculine gender roles can be oppressive to everyone within society (Brady, Clinton , Grivel , Iwamoto, & Kaya, The Role of Masculine Norms and Gender Role Conflict on Prospective Well-Being Among Men, 2018). Furthermore, all of the participants also believed that the oppressive nature of masculine gender roles directly links to violence, which is congruent with the literature which states that men tend to reassert their masculinity by subordinating others, which mostly manifests as violence (Parrott, Smith, Swartout, & Tharp, 2015).

One of the participants, or participant 1 said that he believed that gender roles; **“limits one’s autonomy”**, which was in congruence with the rest of the participants’ opinions regarding the nature of masculine gender roles. The reason the researcher concluded that violence goes hand in hand with oppression is because on a number of occasions, the participants believed that masculine gender roles have certain rules for men. For example, participant 3 said; **“men have always been put in positions of power, which I believe creates a sense of false entitlement which could maybe be a reason why we feel the need to constantly dominate people”**, and when participant 4 said; **“Boys must be tough, so that perpetuates violence**, the researcher understood why the overall consensus was that masculine gender roles can be viewed as a contributing factor towards men being violent in society, specifically towards women (Brady, Clinton , Grivel , Iwamoto, & Kaya,

2018). Compared to the literature, the thoughts and opinions of these participants seem to be viable as it is written that there is a link between masculine gender roles and violence towards women (Parrott, Smith, Swartout, & Tharp, 2015).

Furthermore, participant 3 said; **“Men are not seeing women as actual people because of the perpetuated stereotypes of women being subservient”**, which highlights the effects of masculine gender perceptions on women and society as a whole, because according to participant 2, **“Women would be overlooked for certain positions and promotions because of their gender”**. Furthermore, the overall feeling was that masculine gender roles force women and men to adhere to rigid status quos, for example participant 5 said; **“It’s okay for a women to stay at home, when it’s not for men”**. This highlights the patriarchal oppressive nature of masculine gender roles as the literature explains that boys are not expected to be domesticated but girls are (Adesina, Akanle, & Ogbimi , 2016).

Theme II: Respect and Adoration

The literature regarding restrictive emotionality continues to highlight how masculinity influences the thoughts and behaviours of men regarding the expression of emotion (Darabos & Hoyt, 2017). According to the literature, males tend to struggle with expressing their own emotions and feelings (Parrott, Smith, Swartout, & Tharp, 2015). Additionally, males also have this tendency to view men who don’t adhere to this gender norm as weaker individuals, because masculinity associates with strength, and according to this logic; boys do not cry (Scott, Traditional Masculinity Ideology, 2018). Thus it was intriguing to hear the thoughts and opinions of the participants as they contradict that of the literature regarding restrictive emotionality since the majority of these participants believed they did not suffer from this even though they consider themselves as people who adhere to traditional gender roles. There was essentially only one anomaly, where participant 3 struggled or did not want to express his thoughts or feelings, and his reasoning was; **“When men start to talk about their insecurities it’s seen as weakness”**. Furthermore, the entire cohort actually viewed this as a desirable trait and they also did not view men as weak or less of a man if they are open and don’t struggle with their own restrictive emotionality. For example, participant 4 labelled men who do express their emotions

as **“strong men, ‘charactered’ men”**, and participant 3 said; **“I would want to be like him”**.

Theme III: The External and Internal Effects of Rigid Masculinity

Before the researcher started with the data collection process, a review of the literature was done. The researcher then generated the research problem and research questions for this study. This paragraph seeks to highlight the fact that due to the literature regarding masculine gender roles, the researcher had pre-determined assumptions about what the research participants are going to say regarding masculine gender roles and its effects on males. The reason is because the literature suggested that sometimes men are unaware of the negative affects which come with adhering to traditional masculine gender roles, especially regarding restrictive emotionality (Pituch, Rochlen, & Wong, 2006). That is why it was interesting to hear that these participants were aware of the internal effects which could happen when not expressing ones feelings, participant 1 said; **“supressing your feelings might have long lasting psychological effects which could only manifest later”**, which is supported by the literature as it states, that it could lead to depression, anxiety and substance abuse (Brady, Clinton , Grivel , Iwamoto, & Kaya, 2018).

Furthermore, this was also mentioned by most of these participants, participant 2 mentioned the fact that he believes **“that it could be a useful tool for suicide prevention”**, and according to the literature suicide rates amongst males is incredibly high, and for that reason the researcher does believe that if all men could start expressing their emotions and feelings it could help curb depression and suicide in males, as research shows that this could possibly be true (Conway, Hanafin, McCutcheon, Morrison, & O’Beaglaioich, 2020). Furthermore, the researcher also found that all of these participants could identify the toxic culture that is rampant within society; which is the fact that other men and society at large, tends to make fun of, or ostracize males who don’t conform to rigid masculine gender roles such as restrictive emotionality (Scott, Traditional Masculinity Ideology, 2018). Participant 1 said; **“non-conformity leads to being marginalized”**, which was also mentioned by participant 3 as he believed that if men speak about their feelings they are viewed as weak men, which is congruent with the literature, as it mentioned that

men are sometimes socially excluded if they don't adhere to rigid masculinity (Conway, Hanafin, McCutcheon, Morrison, & O'Beaglaioich, 2020).

Theme IV: The Role of the Environment

The following theme encapsulates the overall belief these participants had regarding the construct of masculine gender roles in addition to restrictive emotionality. All of these participants mentioned that they believed that masculine gender roles are a construct of society, and when it came to their views regarding restrictive emotionality, which in this case contradicts the literature, they believed the reason why some men would struggle with it is based on their upbringing and how not expressing their feelings has been normalized by society and most probably in the household as well (Pituch, Rochlen, & Wong, 2006). This is essentially congruent with the literature which states that boys are treated and raised differently compared to girls; boys are taught and expected not to show or express emotion whereas it is acceptable for girls to be emotional beings who talk about their feelings regularly (Chaplin, 2015). Participant 3 mentioned something very interesting, he was the only participant who did struggle to express himself and when the researcher asked him to identify the causes of this; he mentioned the role of media and his father. The participant mentioned how he idolized superhero characters; **"The tough guy image"**, he also mentioned the fact that this mirrored the behaviour of his father, the participant said; **"He wouldn't really express his emotions as much as my mom would"**.

Furthermore, the rest of the participants who did not struggle with restrictive emotionality mentioned the role of their family as their environment was gender neutral or the fact that their family environment catered for the expression of emotion. Participant 1 did however mention that he doesn't express himself to the older members of his family as he believed that; **"Elders are deeply entrenched in patriarchy and masculine gender roles"**, and even though he comes from a conservative African family, the younger generation has normalized it for the young men to express their emotions and feelings within their families.

Trustworthiness of the Findings

Although the researcher made an effort to ensure the validity and trustworthiness of these findings through enhancing the rigour of this study by using the six-stage model for a rigorous thematic analysis, where he familiarize himself with the research, generated the initial codes, searched for the themes, reviewed the themes, defined and named these themes and then finally producing them; there are however shortcomings regarding these findings in reference to the selected research approach (Scott, 2018).

The essence of these findings, due to being based on interpretivism, thematic analysis and due it being a qualitative study, are essentially based on the opinions of the researcher's participants. These findings are based on the researcher's perspective of these opinions and assumptions due to the fact that he had to generate these themes by himself. The reason why the researcher mentions this is because according to the literature regarding thematic analyses, a researcher develops codes and then themes based on the content he or she deems as relevant which is found in the data set (Moules, Norris, Nowell, & White, 2017). Thus meaning that the reliability regarding these findings is compromised and concerning since they are based on the interpretation of one person, which in this case was the researcher (Noble & Smith, 2015).

Furthermore, since the researcher used a deductive approach where he was able to compare and contrast his findings in reference to the literature regarding the research problem, objectives and questions; the conclusions can necessarily not be fully accepted due to the fact that the sample was too small and also due to social desirability in addition to the fact that the researcher only included men between the ages of 18 and 26 (Khazaei & Zalaghi, 2016).

Conclusion

The following section essentially encompasses the final remarks and discussion points regarding this research study. It will include a discussion in regards to how the researcher answered his research questions, how the research goal was reached and how the research problem was solved. This section will also include the

implications of the findings for future practices in addition to an evaluation of the success of the research and possible future research that can be conducted on this topic, the heuristic value of the study. Furthermore, this section will also include a discussion of the limitations of the study in addition to Ethical implications and how the researcher addressed them.

Addressing the Research Questions, Problem and Objectives

The following section will be used to answer and discuss the research questions, research objective as well as the research problem.

Research Questions

The following research study consisted of one main research question in addition to two other sub questions which were the following:

1. What are the thoughts and feelings men have of traditional masculine gender roles and its ability to negatively affect one's behaviour?
2. To what extent might their identification with traditional masculine gender roles impact their own reluctance to express emotion?
3. How do men view other men who do not conform to traditional masculine gender roles?

How the researcher decided to actually answer these questions is through using semi-structured interviews where he asked open ended questions in order to obtain this data from the participants. Thus the researcher was able to use the thoughts and feelings of the participants to fully answer his research questions through the creation of themes, which were discussed in the findings. What these findings highlighted was that, in reference to the first question, the participants viewed masculine gender roles as a negative social construct which negatively affect the manner in which men behave as most of the participants believed that they perpetuate oppressive manifestations towards women. Furthermore, these participants believed that they didn't struggle with the unit of analysis; Restrictive Emotionality and their view of men who don't conform to traditional masculine gender

roles contradicted that of the literature which suggested that they would have seen them as weak.

Research Objective

The research objective of this study was to determine whether men even believed that masculine gender roles could negatively influence their behaviour to be unhealthy, with a specific focus on not expressing emotion which is clinically known as Restrictive Emotionality. The way in which the researcher reached this goal or research objective was through actually presenting it as a set of questions to his participants and then analysing their responses through the use of thematic analysis. Thus the content of this analysis, or the themes, can be viewed as the crux of the research objectives as they served as an encapsulation of the participants' beliefs regarding the effect of adhering to masculine gender roles and restrictive emotionality.

Research Problem

Since the problem that the following research study aimed to investigate was the fact that there are internal and external consequences to following traditional masculine gender roles, how this problem was therefore solved was through exploring the perceptions participants had in regards to this known phenomena, which highlights the consequences of adhering to traditional masculine gender roles. The researcher done this through generating themes from his data set and then using deductive reasoning in order to compare the content of his data to the literature regarding his research topic. These themes which have been identified as; Oppression and Violence, Respect and Adoration, The External and Internal effects of Rigid Masculinity and The Role of the Environment, essentially encompass the numerous types of consequences the participants believed were the result of adhering to traditional masculine gender roles.

Implications of findings for future practices

Although the findings in this research study highlight the fact these participants are aware of the detrimental effects which come with following and adhering to traditional masculine gender roles in men, the reality is that society tends to mostly focus on how these gender roles oppress women and children. The researcher is not trying belittle the female experience, but he is trying to highlight the fact that traditional gender roles have detrimental effects on men as well (Brady, Clinton , Grivel , Iwamoto, & Kaya, 2018). The researcher therefore believes that men and boys should be educated in reference to the causes of adhering to masculine gender roles in schools via subjects like Life Orientation. Furthermore, the researcher also believes that men of stature and those who hold positions of power and influence such as; community and religious leaders, politicians, sportsmen, celebrities and the male members of a family should openly challenge these ideologies of masculinity in addition to celebrating and normalizing the men who decide to not adhere to status quo regarding societies expectation of what a man is.

The Heuristic value of the study

This segment of the paper will aim to cover the final conclusions of the research study in addition to an evaluation of the success of the research and future research that can be conducted on the topic, which is known as the Heuristic value of the study.

This research study aimed to explore the perceptions men have of masculine gender roles and how they perpetuate unhealthy phenomena in men; such as Restrictive Emotionality, which was the unit of analysis. Thus, the researcher decided on following the qualitative research model where he made use of semi-structured interviews in order to obtain the contextual data where thematic analysis was used as a means of analysing this data and discussed in the findings. The researcher believes that this research study was definitely successful as the research problem could be solved, the research objective reached and the research questions answered through using deductive reasoning and interpreting the data via thematic analysis.

The researcher does however believe that there is room for improvement regarding future research that can be conducted on this topic. The researcher believes that this research study could be improved if it aims to cater for the South African context, specifically focusing on the cosmopolitan reality of the population. What is meant here is the following; South Africa is a very diverse country made up of people from different creeds, culture and ethnicities (Scheerpers, 2010). The researcher therefore believes that it would be a significant piece of research if this study explored the role of culture, in terms of how it may affect and influence masculinity and masculine gender roles. The reason is because by doing this, the research study could excel in representing an accurate picture of the perceptions of Afrocentric South African men which would be beneficial as it adds to the limited information and research of the South African context, especially regarding to the role of culture. The latter is supported by the literature which states that the knowledge about psychology derives from the research conducted on middle-class American white men (Clowes, Shefer, & Stevens, 2010).

Ethical Considerations

In reference to the APA Ethical guidelines, there were a number of ethical considerations the researcher needed to be aware of and then address for this research study (The Independent Institute of Education, 2020). The researcher needed to have respect for his participants and how he addressed this was through obtaining informed consent from the participants by providing them with, and asking them to sign, a consent form, which included the purpose and objective of this research study in addition to the measures the researcher took to ensure confidentiality (The Independent Institute of Education, 2020). The way in which the researcher ensured confidentiality was through articulating that the participants had a choice whether to disclose their real names for the purposes of this research study, and by telling them that the actual content of interview will not be revealed to anybody else but the researchers' supervisor. The researcher was required not to harm his participants by ensuring beneficence, which meant that the researcher did not include any participant who chose not to thoroughly read the consent form; the researcher also informed these participants regarding their right to leave the research study anytime they want, or if exploring this topic of masculine gender roles might cause any sore of distress or make them feel uncomfortable (The Independent Institute of Education, 2020). Lastly, the researcher was also required to adhere to the concept of justice within the research context; this essentially refers to ensuring that the research is fair, reliable and valid, and how; the researcher tried to address this consideration, was through not manipulating the findings of his research study in order to serve his own agenda based on his own bias or prejudice (The Independent Institute of Education, 2020).

Limitations

This is the last section in this research project and aims to discuss the overall limitations of the study, where the first limitation highlights the actual sample size. This research study was made up of a very small sample size; which means that the research study does not give an accurate representation of the entire male population, and therefore means that it cannot be viewed as facts nor should it be used to generalize the perceptions of the entire male population (Driscoll , 2015). The reason why is because according to the literature, a bigger sample size; equates to higher levels of representativeness and accuracy in one's research study (Maree & Pietersen, 2020). Another limitation of this study was the fact that the researcher did not have the opportunity to conduct his interviews in a controlled environment nor face to face due to lockdown regulations which were implemented due to the global pandemic called COVID-19, or the coronavirus; which required South Africans to be indoors in order to aid in curbing infections rates (Department of Co-Operative Governance and Traditional Affairs , 2020). Why these are considered as limitations is because the researcher essentially missed out on the non-verbal messages people tend to send such as facial expressions or unconscious body movements, which the literature states can be used to deceive people (DeVito, 2014). These nonverbal message would've been noted while transcribing the data and added to the richness and depth of the qualitative study. Due to the reason which, is not being able to control where they complete the open ended questions, the researcher was not be able to precisely determine whether his participants were influenced by outside forces such as social media or the internet, essentially meaning that there was no certainty that the responses made by participants were even their own (Driscoll , 2015). Furthermore, another limitation of this research study is based on the use of the thematic analysis method, the reason why is because this method of analysing data is built on flexibility, which according to the literature; leads to inconsistency when themes are being developed from the research data (Moules, Norris, Nowell, & White, 2017).

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Annexures

Consent Form

Explanatory information sheet and consent form for participants
To whom it may concern, My name is Oarabile Monare and I am a student at IIE Varsity College I am currently conducting research under the supervision of Dr Lynette Thompson about the perceptions men have towards traditional masculine gender roles. I hope that this research will enhance our understanding of the link between adhering to traditional masculine gender roles and negative interpersonal and intrapersonal consequences, such as a lack of expressing emotion. I would like to invite you to participate in my study. In order to explain to you what your participation in my study will involve, I have formulated questions that I will try to fully answer so that you can make an informed decision about whether or not to participate. If you have any additional questions that you feel are not addressed or explained in this information sheet, please do not hesitate to ask me for more information. Once you have read and understood all the information contained in this sheet and are willing to participate, please complete and sign the consent form below.
What will I be doing if I participate in your study?
I would like to invite you to participate in this research because (insert reason). If you decide to participate in this research, I would like to (explain exactly what participation will involve). You can decide whether or not to participate in this research. If you decide to participate, you can choose to withdraw at any time or to decide not to answer particular interview questions.
Are there any risks/ or discomforts involved in participating in this study?
Whether or not you decide to participate in this research, there will be no negative impact on you. There are no direct risks or benefits to you if you participate in this study. You might, however, indirectly find that it is helpful to talk about your (insert what you are examining). If you find at any stage that you are not comfortable with the line of questioning, you may withdraw or refrain from participating.
Do I have to participate in the study?
• Your inclusion in this study is completely voluntary; • If you do not wish to participate in this study, you have every right not to do so; • Even if you agree to participate in this study, you may withdraw at any time without having to provide an explanation for your decision.
Will my identity be protected?

I promise to protect your identity. I will not use your name in any research summaries to come out of this research and I will also make sure that any other details are disguised so that nobody will be able to identify you. I would like to ask your permission to record the interviews, but only my supervisor, I and possibly a professional transcriber (who will sign a confidentiality agreement) will have access to these recordings. Nobody else, including anybody at IIE Varsity College, will have access to your interview information. I would like to use quotes when I discuss the findings of the research, but I will not use any recognisable information in these quotes that can be linked to you.

What will happen to the information that participants provide?

Once I have finished all interviews, I will write summaries to be included in my research report, which is a requirement to complete my Bachelor of Arts Honours in Psychology. You may ask me to send you a summary of the research if you are interested in the final outcome of the study.

What happens if I have more questions about the study?

Please feel free to contact me or my supervisor should you have any questions or concerns about this research, or if there is anything you need to know before you decide whether or not to participate.

You should not agree to participate unless you are completely comfortable with the procedures followed.

My contact details are as follows:

Oarabile Monare

The contact details of my supervisor are as follows:

Dr Lynette Thompson

Consent form for participants

I, _____, agree to participate in the research conducted by Oarabile Monare about the perceptions men have towards traditional masculine gender roles

This research has been explained to me and I understand what participation in this research will involve. I understand that:

- I agree to be interviewed for this research.
- My confidentiality will be ensured. My name and personal details will be kept private.

• My participation in this research is voluntary and I have the right to withdraw from the research at any time. There will be no repercussions should I choose to withdraw from the research.	
• I may choose not to answer any of the questions that are asked during the research interview.	
• I may be quoted directly when the research is published, but my identity will be protected.	
Signature	Date

Consent to Record

Consent form for participants	
I, _____, agree to allow Oarabile Monare to audio record my interviews as part of the research about the perceptions men have towards traditional masculine gender roles. This research has been explained to me and I understand what participation in this research will involve. I understand that: • My confidentiality will be ensured. My name and personal details will be kept private. • The recordings will be stored in a password-protected file on the researcher's computer. • Only the researcher, the researcher's supervisor and possibly a transcriber (who will sign a confidentiality agreement) will have access to these recordings.	
Signature	Date

Interview Schedule

Title of research	
<i>An exploratory study on the perceptions men have of traditional masculine gender roles and they influence males.</i>	
Name:	Age:
Opening	
1. Establish rapport: I introduced myself, stated my name, and which tertiary institution I represent 2. Purpose: I informed participant regarding the purpose of the study; which is to explore the perceptions men have on masculine gender roles in order to determine whether men even believe that gender roles could negatively influence their behaviour to be unhealthy, concentrating on the lack of emotional expression in men. 3. Motivation: I informed participants that the information gathered in this research study will be used to gain a better understand the perceptions men have of traditional masculine gender roles and its negative consequences.	
Question to be asked	
Question 1:	What are your views regarding masculine gender roles; and do you believe that they can impact society? If so, please elaborate
The researcher will continue to probe and explore the participant's answers.	
Question 2:	Do you find it easy or difficult to express your own feelings or emotions to other people?
The researcher will continue to probe and explore the participant's answers.	
Question 3:	What do you think influenced this in you, was it how you were raised or something else?
The researcher will continue to probe and explore the participant's answers.	
Question 4:	How would you view another man who openly expresses their feelings?
The researcher will continue to probe and explore the participant's answers.	
Closing	
1. Maintain rapport: by thanking participants for taking part in the research study, and also reassure that confidentiality will be kept and that I will not manipulate their responses.	

Ethical Clearance Letter



30 June 2020

Student name: Oarabile Monare
Student number: 20104730
Campus: Varsity College Cape Town

Re: Approval of Honours in Psychology Proposal and Ethics Clearance

HONOURS ETHICAL CLEARANCE LETTER

Your research proposal and the ethical implications of your proposed research topic were reviewed by your supervisor and the campus research panel, a subcommittee of The Independent Institute of Education's Research and Postgraduate Studies Committee.

Your research proposal posed no significant ethical concerns and your supporting documents and instruments are in order to proceed. We hereby provide you with permission to proceed with your research.

In the event of you deciding to change your research methodology in any way, kindly consult your supervisor to ensure all ethical considerations are adhered to and pose no risk to any participant or party involved. A revised ethical clearance letter will be issued.

We wish you all the best with your research!

Supervisor: Dr Lynette Thompson



Campus Postgraduate Coordinator (CPC): Dr Marizanne Grundlingh



Final Research Report Summary Document Template

Title: An exploratory study on the perceptions men have of traditional masculine gender roles and they influence males.

Research Purpose/Objective	Primary Research Question	Research Rationale	Seminal Authors/Sources	Literature Review – Conceptual Framework	Paradigm	Approach	Data Collection Method(s)	Ethics	Key Findings	Recommendations
The research objective for this research project is to determine whether men even believe that gender roles could negatively influence their behaviour to be unhealthy. The specific focus will be on not expressing emotion.	What are the thoughts and feelings men have of traditional masculine gender roles and their ability to negatively affect one's behaviour?	The reason why this topic was chosen is because the literature states that there is a link between unhealthy behaviours and adhering to rigid gender roles, as men's potential to be fully functioning human beings is limited due to blindly following rigid gender roles, which are reinforced through the process of socialization	James M. O'Neil and Niel Banson	Theme 1: The internalisation of emotions or feelings Theme 2: Hostility towards women Theme 3: Toxic masculinity Theme 4: Gender Socialization	Paradigm Interpretivism Epistemology To gain a better understanding about the perceptions men have the possible negative impact Masculine gender roles have on males Ontology It is a combination of both. These gender roles are created by society also governed by laws such as unequal pay between men and women Axiology The research in this case aimed at exploring the perceptions of men regarding this topic.	Qualitative Population Population Parameters: Men between the ages of 18 and 26 years old	Semi-structured interviews over a digital platform	The researcher needed to have respect for his participants and how he addressed this was through obtaining informed consent from the participants by providing them with, and asking them to sign, a consent form. Confidentiality was through articulating that the participants had a choice whether to disclose their real names for the purposes of this research study. The researcher also had to adhere to justice within the research context; how, the researcher tried to address this consideration, was through not manipulating the findings of his research study.	The most interesting finding refers to the unit of analysis. The majority of the participants did not struggle or show any sort of restrictive emotionality and actually believed that masculine gender roles have multiple negative effects of men and society as whole.	For future recommendations, it would be interesting to base this study on the South African context and therefore exploring the role of culture in how it shapes masculinity and also focusing on older men in order to compare these findings to that of a group older men.

Research Problem	Secondary Questions/ Hypotheses/ Objectives	Key Concepts	Key Theories
<i>This was the problem that the following research study aimed to investigate, which is the fact that there are internal and external consequences to following traditional masculine gender roles.</i>	<i>To what extent might their identification with traditional masculine gender roles impact their own reluctance to express emotion?</i> <i>How do men view other men who do not conform to traditional masculine gender roles?</i>	<i>Toxic Masculinity</i> <i>Misogyny</i> <i>Gender Role Conflict</i> <i>Restrictive Emotionality</i> <i>Gender Socialization</i>	<i>Gender Role Conflict Theory</i> <i>Gender Role Strain Paradigm</i>

Sampling	Data Analysis Method(s)	Limitations	Key Contribution
Non-probability sampling Sampling method: Convenience Sampling Size: Five men	Unit of Analysis: <i>Restrictive Emotionality</i> Data Analysis Method(s) <i>Thematic Analysis</i>	<i>This entire research study is based on the perceptions of people which is made up of their thoughts, feelings and own personal opinions.</i> <i>The researcher also could not control the environment in which the participants was during the interview which means that they could've been influenced by external factors such as social media, the internet and social desirability</i>	<i>The key contribution of this study would be the fact that this research study shares the perceptions of males from their point of view thus gaining rich and somewhat neglected information as most of the research focuses on women.</i>