

MASCULINITY AND PSYCHOTHERAPY: MEN'S MENTAL HEALTH

Hello!
I AM XYZ



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INTRODUCTION

- ◉ Literature has shown that men account for the majority of suicides, crimes, drug users, and homeless individuals.
- ◉ However, most of them do not seek professional mental health assistance.
- ◉ Primary reason is ***“socially hegemonic male feature”***.
- ◉ This emphasized on control of emotion, independence, and lack of vulnerability.

PROBLEM STATEMENT

- Culturally, it has been implied that men need to hide their emotions to look “manly”.
- This increases the feeling of loneliness, humiliation, and emotional spectrum among male (Addis,2005).
- Consequently, men reluctant to seek professional assistance.
- The quality of service also affect their decision to take mental health therapy.

RESEARCH PURPOSE

- The purpose of this research is:

“To investigate the obstacles that stops male from having mental health therapy or counselling”.

RESEARCH HYPOTHESIS

- The research hypothesized that:

The client's ability to explain their motion affect the therapeutic relation and impact the quality of therapy. Thus, affect the likelihood of getting therapeutic assistance in future.

RESEARCH METHODOLOGY

This is a primary research carried out using qualitative research methodology (online survey).

SURVEY GOALS

The survey has two primary goals:

- Evaluate feeling of men about mental health assistance
- Identification of obstacles that stop them from seeking assistance

RESEARCH METHODOLOGY

- ◉ The study follows a review of literature on men's experience on counselling and psychotherapy.
- ◉ This was a London-based study.
- ◉ 18 males fill in the questionnaire.

AGE OF RESPONDENTS

Age groups	PERCENTAGE
18-28	5.6%
29-38	44%
39-45	38.8%
59-69	11%

RESEARCH FINDINGS

- About 83% of respondents have dealt with grief/loss/depression/anxiety.
- Most respondents sought assistance from family, friends, and therapists.
- 94% respond that taking therapy was effective.
- However, 6% of respondents felt helpless, burdensome, and vulnerable with treatment.

RESEARCH FINDINGS

- About 61% respondents contacted mental health professionals.
- Whereas, 39% did not seek professional assistance.

The primary reasons are:

- Uncertainty
- Cost
- Access to good mental health consultant



The ingrained expectations that male can manage situations was also a hinderance to seek professional mental health assistance.

RESEARCH FINDINGS

Few reasons men do not actively seek professional mental health assistance are:

- Proper guidance from top firms in the sector
- Lack of gender socializing training of doctors
- Prejudice of clinicians
- Structural hinderance
- Unattractive service setting

RESEARCH EVALUATIONS

- ◉ The findings support the adoption of:
- ◉ Activity
- ◉ Career and advancement communication style
- ◉ Examining socialization and customizing language for male clients

RESEARCH EVALUATIONS

Therapists can increase the access of male clients through:

- ◉ Gender socialization
- ◉ Gender-neutral therapy
- ◉ Provide attractive service setting

RESEARCH LIMITATION

The research has following limitations:

- ◉ Cross-sectional design
- ◉ Unable to examine the transferability of masculinities across a diverse population

Thanks!

ANY QUESTIONS?

