

NOA Test Series - Essay

Date:

Sun Mon Tue Wed Thu Fri Sat

Topic Chosen = How Societal Expectations
on Men Contribute to Gender
Oppression

Essay Outline

Title = Breaking the Mold: How Expectations
on Men Fuel Gender Oppression

Introduction

1. Defining Societal Expectations

1.1 Unwritten rules or norms dictating
behaviour, based on gender, culture, or
tradition

2. Defining Gender Oppression

2.1 A systemic imbalance of power and
restrictions placed on ~~individuals~~ individuals
based on gender

3. Importance of this Topic

4. Thesis Statement

4.1 Societal expectations on men reinforce
gender oppression by perpetuating
unhealthy stereotypes, emotional repression,
and power imbalances, but addressing these
expectations can help dismantle gender
inequities for all.

Date:.....

Sun Mon Tue Wed Thu Fri Sat

Body

1. Examples of Societal Expectations on Men

1.1 The Pressure to Be the Sole Provider

1.2 The Demand for Emotional Stoicism

1.2.1 A survey by Movember in 2023

found that 58% of men felt societal pressure to hide their emotions

1.3 Expectations of Physical Strength and Aggression

2. How Societal Expectations on Men Contribute to Gender Oppression

2.1 Toxic Masculinity Perpetuates Harmful Gender Roles

2.2 Emotional Repression Leads to Mental Health Crises

2.2.1 75% of suicides in 2023 were male (WHO)

2.3 Pressure to Dominate Perpetuates Power Imbalances

2.4 Reinforcement of Patriarchy Hurts All Genders

2.5 Increased Risk of Substance Abuse

2.5.1 62% of global substance abuse disorders in 2022 were found in men (UNODC)

2.6 Narrow Definitions of Success Harm Personal Growth

Date:

Sun Mon Tue Wed Thu Fri Sat

3. Solutions to Improve the Gender Oppression Experienced by Men

3.1 Encourage Emotional Expression

3.2 Redefine Success Beyond Stereotypes

3.3 Promote Gender Equity in All Roles

3.3.1 Policies supporting parental leave for fathers can break down rigid gender roles

Conclusion

Intro Paragraph

When referencing the topic of gender oppression, one may often be drawn into a debate on how it affects women. However, what many seem not to devote any attention to is the gender oppression experienced by men. Societal expectations are those expectations that shape how individuals are perceived and treated, often confining them to predefined roles. For men, these expectations dictate that they must be strong, stoic, and dominant, placing immense pressure on them to conform. Gender oppression refers to the systemic imbalance of power and restrictions placed on individuals based on their gender, impacting their mental health, relationships, and personal growth. This topic is critical because addressing societal expectations

Date:

Sun Mon Tue Wed Thu Fri Sat

on men is essential to creating a more equitable and balanced society. These rigid norms not only harm men but also reinforce patriarchal systems that perpetuate inequality across genders. Understanding the ways societal expectations on men contribute to gender oppression sheds light on how these norms harm everyone, highlighting the need for solutions to dismantle these harmful constructs. This essay argues that societal expectations on men reinforce gender oppression by perpetuating stereotypes, suppressing emotional expression, and upholding power imbalances, but provocative measures, including redefining masculinity, can help alleviate these issues and create a more inclusive society.

One of the main societal expectations placed upon men is the pressure to be the sole provider. In 2022, a Pew Research study revealed that 78% of men felt obligated to provide financially for their families, compared to only 34% of women. This disparity underscores the enduring perception that men's primary value lies in their ability to earn and support, often at the expense of their personal aspirations and mental health. This expectation limits men's ability to pursue caregiving or nurturing roles, which are often dismissed as "unmanly". As a result, traditional family dynamics are

Date:.....

Sun Mon Tue Wed Thu Fri Sat

perpetuated, with men confined to breadwinning while women are disproportionately expected to manage the home and care for children. This division not only reinforces rigid gender roles but also marginalizes men who may wish to take on non-traditional roles, such as stay-at-home parenting or caregiving for elderly family members.

Further, studies show that men who fail to meet these financial expectations often experience feelings of inadequacy, depression, and social isolation. The pressure to be the sole provider thus not only harms men but also upholds a patriarchal framework that prevents families from exploring more equitable and flexible dynamics.