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Test : 02

HOW SOCIETAL EXPECTATIONS ON MEN CONTRIBUTE TO GENDER OPPRESSION

OUTLINE :

1. Introduction to gender
 - 1.1 Genesis of gender
 - 1.2 Gender norms
 - 1.3 Gender roles

2. Defining key terms
 - 2.1 Societal expectations
 - 2.2 Gender oppression
 - 2.3 Relation between both

3. Gendered specific
 - 3.1 Notions of traditionality
 - 3.2 Societal influence
 - 3.2.1 Men as rough, tough, strong
 - 3.2.2 Men enforce dominance
 - 3.2.3 Results in emotional suppression

4. Contribution to Gender oppression
 - 4.1 Leads to toxicity
 - 4.2 Patriarchal environment prevails
 - 4.3 Unequal labour distribution
 - 4.4 Power dynamics

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5. Ways to redefine masculinity

5.1 Equal representation

5.2 Shared responsibilities

5.3 Emotion expression

5.4 Redefining masculinity

5.4.1 promoting diverse representation

eg: caregiving, supportive roles

5.4.2 embracing non-traditional

careers ie nursing, teaching

5.4.3 conducting programs for

raising awareness

6. Conclusion

6.1 Causes of gender oppression

6.2 Leading role of society

6.3 Way forward to reduce

6.4 Balanced society

The societal expectations on men shapes their behaviour, actions, emotions and the roles within the society, that is deeply rooted in a three word phrase "Boys do not cry!". This seemingly short yet impactful phrase being heard from early childhood encapsulates the burden from a small family institution to a large structure of society. The roots of this specific culture goes back to the patriarchal era where men embodied emotional physical strength, dominance in all spheres of life, whether it be private, social, political or apolitical. The societal expectation on men, rooted in toxic masculinity, restricts the emotional expression, enforces dominance and spreads the wings of inequality creating ripple effects of oppression across all genders. Gender expectations or the societal expectations is a complex system of roles, expressions, identities and behaviours led by a society over time. They have a long profound impact on the development of personality of boys.

From an early age, when they are born, they are differently treated starting from their choice of colors, to their toy collection and the society enforces gendered stereotypes. When boys get hurt or cry, they are bombarded with the comments like boys do not cry, boys are strong. They are not shown empathy or love, so in long run, it results in their emotional suppression and not feeling for other gender emotions. The societal expectations on men actually contribute to gender oppression when they are over-burdened with the responsibilities, prohibiting to express their feelings. It can be reduced by redefining masculinity in particular and gender other in general.

Gender norms is one of the social principles that runs or governs the specific behaviour of any gender, in accordance to what is considered appropriate and suitable rather than resulting in restricting their respective gender identities.

As per the boys, they are often subjected to the traditional norms of masculinity, reinforced by family,

educational institutes or social gatherings. One of the dominant expectation from men is the basic idea of ignoring things that are considered to be / fall in the domain of femininity; such as being too sensitive, weak in physical or emotional strength, or at large not to feel and get into the shoes of another persons feelings. If they possess any of these traits, they are being mocked, marginalized and called by derogatory remarks that negatively influences their aura.

Globally, the ratio of suicide of men to women is 3.6 times more.

~ WHO

It is alarming due to the societal expectation associated to men where they are bound to mask their emotions, conform to gender rigid norms and suppress their vulnerability. Such Exposure to such environment where men are confined in the boundaries established by traditional societal norms instead of their true authentic selves lead to oppression.

Before the gender oppression, men tend to become more tough, rigid and rough in their dealings especially with the opposite gender. The expectations of family and the role by society imposed as 'breadwinners' keep them sophisticated. In recent times, it was the result of patriarchal structure where women were deemed and restricted within the boundary wall and men were dominant and more in number in every sphere of life. This actually leads to the gender oppression.

The systematic inequalities, restrictions, harms and societal-governed rules/norms, perpetuate the power imbalance game and the discrimination among genders. It contributes to the men-specific oppression in terms of their social, emotional or economical freedom. First and foremost, oppression of men, is through the toxic masculinity, where men are highly expected to not express their emotions rather express and show physical strength.

The emotional control center remains there but is being gradually rotten, as ~~emo~~ resulting in aggressive nature of men, short-tempered. These factors are root cause from over-powering emotions and when they aren't endured, it results into the extreme case of suicides, as per the WHO report where death ratio of men due to suicide is more than that of women because of societal expectations.

To add more to it, another factor of gender oppression is the reinforcement of patriarchal systems. Patriarchy demands men to be the bread-winner and to have leadership dominant role in the society. This unequal work-force labor division results in gender oppression hampering the potential of other gender and restricting men's role in household activities. Thus, gender oppression is a cycle where societal expectations harms both men (limiting their well-being) and others (via system of dominance and control).