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# The Impact of Masculinity and Gender Norms on Men's Mental Health in the U.S.: A Literature Review

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The Impact of Masculinity and Gender Norms on Men's Mental Health in the U.S.:  
A Literature Review

by

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requirements for the degree of

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**The Impact of Masculinity and Gender Norms on Men's Mental Health in the U.S.:  
A Literature Review**

**Abstract**

This thesis is a literature review intended to bring awareness to the impact of masculinity and gender norms on men's mental health in the United States of America. The research falls into 5 main categories, men and mental health resources, men and guns, men and suicide, men and domestic abuse, and men and sexual assault victimhood. All of the facets tie into the impact of hegemonic masculinity on men's mental health, and the consequences that come with it. Some of those consequences include the cyclical theme of violence among men and lack of emotional wellbeing and help seeking behavior. In the United States of America, masculine gender norms play a significant role in how our society functions, and how men function within it. In this review I will reflect upon and address men's mental health in the United States of America, and how hegemonic masculinity and gender norms impact their mental health by engaging in scholarly psychological research and advocating a necessity for more research, awareness, and change.

## Introduction

Masculinity and gender norms in the United States, exist in a turbulent, and complex state. The topic of men's mental health and how masculinity and gender norms in the United States may play a role in that, is creeping ever so slowly towards positive change in the form of public perception and conversation around the acceptance of men's mental health struggles. The topic is one that used to have a limited discourse community, but is growing in popularity, discussion, research, and education. Men's mental health and the lack of accessibility of safe spaces to get help trickles into many facets of American life, and into men's lives. Some of those facets include men's access to mental health resources, men and guns, suicide, domestic violence, and sexual assault victimhood.

I will be delving into a multitude of subcategories that impact men's mental health in America, integrating an analysis of men's lack of access to mental health resources, violence that may result from that, and the culture of masculinity in the United States of America. The phenomena that I will be reviewing are, mental health access for men, men and guns, men and suicide, men and deaths of despair, and men and sexual assault and relationship abuse victimhood. These phenomena will be discussed and reviewed with the focus on the lack of space our culture has created for some men to feel comfortable coming forward or seeking help, and how that in turn impacts the state of men's mental health in the United States of America. The discourse community around men's violence focuses more on the negative impact of men's actions, which is fundamental to the discussion of male violence, but they lack the connection to a broader and more continuous problem —mental health. I plan on connecting them together in the form of a literature review. A consequential theme of this paper is the role that hegemonic masculinity plays in creating harmful masculine ideals and standards in America. Hegemonic

masculinity is defined as the configuration of gender practice, which guarantees the dominant position of men and the subordination of women, and ultimately serves as a tool for systemic dominance of men over women. Individuals upholding hegemonic masculinity typically do so through an obsession with power and control, emotional stoicism, sexual promiscuity, willingness to enact and receive violence, and a fear of femininity (Tillapaugh, 2022). In this review I will reflect upon and address men's mental health in the United States of America, and how hegemonic masculinity and gender norms impact their mental health by engaging the psychology discourse community scholarship and advocating a necessity for more research, awareness, and change.

## **Methods**

My methods of information collection include researching articles in the psychological databases of PsycInfo, Google Scholar, ProQuest, and the Portland State University Library using keywords and topics to narrow my search. My top 5 keywords were masculinity, mental health, men and guns, America, and suicide. The words used were also used to research further, for example, the keyword suicide branched off into research under men and suicide, suicide and gun, masculinity and suicide. This was the same for my other keyword searches. I gathered my research and statistics together and organized them using Zotero. After reading through the peer-reviewed scientific literature, I compiled them into a literature review with the goal of education and awareness in both psychological communities, where therapy and research may take place and grow, and in the general public, as knowledge of these topics is important as we grow in society. I am limiting my research to articles and resources that are applicable to the United States and the gender norms that exist there. Some research was done in other countries, but is applicable to the concepts and gender norms being reviewed in this paper. I will be reviewing

research and literature pertaining to gender conforming men who identify with masculinity in the United States.

### **Men and Mental Health Resources**

In the United States of America, masculine gender norms play a large role in how our society functions, and how men function within it. Masculine gender norms, or hegemonic masculinity in America create the ideas of men being strong, resilient, leaders, and certainly not vulnerable. The idea of maintaining this appearance of masculinity is also a constant factor in men's lives. Men's mental health, its societal impacts, and the complicated nature of men seeking mental health aid, has been receiving more attention in scholarly discourse and society alike. The origins of its complicated nature have its roots set in hegemonic masculinity.

Mental health resources are widely available throughout the US, but significantly less utilized by men than women. Women are actually roughly twice as likely to seek and attend mental health services than men (Affleck et al., 2018). A popular theory of insight into the lack of help seeking behavior in men when it comes to their mental health is that of gender socialization, where men are socialized to be stoic, stubborn, and self-reliant in the face of adversity, (Affleck et al., 2018, p.585) and seeking professional help for mental health issues is seen as the antithesis of that.

A survey that conveys the point that men are reluctant to seek mental health assistance was one conducted by the Opinion Leader for the Men's Health Forum for Men's Health Week. In this survey of 1,112 employed men, 36% of men reported that they would be embarrassed or ashamed to take time off of work for a mental health concern like depression or anxiety (Men's Health Forum, 2014; Pollard, 2016). In Pollard's study, only 13% of men reported taking time

off of work for a physical injury. This feeling was higher in men who were already dealing with mental health challenges, where 46% reported feeling embarrassed or ashamed and 38% were worried that their employer would think negatively of them if they took time off of work for mental health reasons. 26% said they were concerned over physical injury. The figures all pose higher percentages for men with existing mental health struggles. Men do not want to go against the notions of masculinity that make up a core part of many men's identity, so they do not seek help for mental health.

Building upon these ideas, the belief of men not seeking help due to their own stubborn volition is only a fraction of the reason and when not elaborated on can even be interpreted as a form of victim blaming. This is done by ignoring or passing off the fact that the culture of hegemonic masculinity did not come from thin air, it has been perpetrated and ingrained through our society over time, and the cultural climate and social creations have just as much a part to play as men's choices do. Men's perspectives and perceptions of mental health and help seeking are not developed in isolation. In fact, they are informed by a larger cultural discourse that impacts their experiences and choices. Ideas of masculinity and femininity arise from parenting, education, popular culture, and the media. All of these things can aid in one's definition and experience of vulnerability, emotional distress, and mental illness by gender (Affleck et al., 2018, p. 585). Some research shows something that Stanford University Professor Philip Zimbardo describes as the "empathy gap" where societal sympathy is lacking for men with mental health issues. (Affleck et al., 2018, p.585-586) It has even been speculated that mental health facilities and services are catered toward women and more feminine ways of approaching mental health, leaving men either hesitant to reach out to seek help, or feeling ostracized when they do (Affleck et al., 2018). In the same fashion, men have reported feeling unwelcome in

many mental health services, and even feeling like they are treated differently than their female counterparts (Whitley, 2021)

The lack of help seeking behavior, and lack of place in the mental health services that men feel they have, leads to untreated mental health disorders in men. This can consequently create violent outbursts, high suicide rates in men, high rates of substance abuse, and more (Galasinski, 2017; Morgan et al., 2022; Pollard, 2016; Porche & Giorgianni, 2020; Smith et al., 2018; Struszczyk et al., 2019; Whitley, 2021). Men's mental health and the struggles attached to it being acknowledged and discussed is vital for the wellbeing of men in our society now, and going forward.

### **Men and Guns**

Gun violence in the United States is an ever-increasing problem, but is statistically most often perpetrated by men. Gun violence in the terms of this literature review does not only fall under the umbrella of mass shootings, but also suicide by gun, domestic violence involving guns, and general aggression while wielding a gun, and the factors that lead into this behavior.

Men in America have a unique, complicated and damaging relationship with guns (Mottram, 1976; Saptura & Boyle, 2022; Shuffelton, 2015; Wallis, 2022). To examine the “why” I directed my attention towards articles discussing masculinity and guns, which had a large part to do with gun culture in America as a whole. Mental health and toxic masculine ideals in America are at the core of many of these events. Psychologically a stable person would not commit any such acts (Borgogna et al., 2022; Saptura & Boyle, 2022; Shuffelton, 2015; Wallis, 2022).



In an article discussing masculinity and honor, and how that may be challenged in today's society they discussed the idea of gun culture in America, and how it ties into masculinity. The fact that many times it is perpetrated that your masculinity is connected to your use of violence, your ability to protect yourself, and your ability to exude power over others, which can easily be done with a firearm. When a man who feels broken down and isolated from society, and his mental health problems, exacerbate any violent outbursts, that is when many acts of gun violence take place (Borgogna et al., 2022; Scaptura & Boyle, 2022; Shuffelton, 2015). The act of gun violence in these instances almost appear to be shows of masculinity. Shuffelton defines the conditions that lead to these acts of violence as follows: "The shooter's perception of himself as marginalized within a social world, that matters to him, and that social world's provision of cultural scripts that lead him to respond with violence to those who constitute that world." (Shuffelton, 2015, p.388). He proceeds to describe shootings as rampages, and outburst of male cultural violence that is perpetrated by the society and world around us.

Another act or outburst of male gun violence is one that is done unto themselves, male suicide by gun. The topic of male gun violence is difficult to discuss without also discussing male suicide rates in terms of gun use and suicide. I will be delving into and expanding upon male suicide rates in a later section, but for this section there will be discussion on male suicide when guns are involved.

Through the peer reviewed scientific literature, it has been shown that men often use guns to commit suicide (Barber et al., 2022). It was also shown that men are much more likely than women to use firearms purchased by themselves to commit suicide and that men commit suicide using guns at a much higher rate than women do. One study showed that 88% of adult men who used a firearm to commit suicide, used their own firearm (Barber et al., 2022). A second study on

firearm suicide showed that men were 62% more likely than women to commit suicide in which a firearm is used over the study which was from 1981-2013 (Siegel & Rothman, 2016). Although no direct findings have stated why men use firearms in suicide significantly more than women do, it is discussed as an accessibility issue. Some suicides can be impulsive and a firearm is a quick way to access lethal means. More men have and use guns, so the accessibility is higher for men than women (Siegel & Rothman, 2016). With men being more likely to commit suicide, and to commit suicide using a firearm, that speaks volumes toward gun culture in relation to men and mental health, demonstrating how intertwined these concepts truly are.

The culture around guns and masculinity is uniquely tied into Christianity or the idea of God and sanctification and the formation of America (Mottram, 1976; Shuffelton, 2015; Wallis, 2022). American gun culture began setting its roots in agrarian frontier society, but survives still when only 5% of the American population lives from farming. America clings to the idea of widespread availability of guns being safe and acceptable (Mottram, 1976). This adoration of guns is seen through media in movies like westerns, where the main character stands as the typical “good guy with a gun” and serves as the archetype of an Americanized hero and somewhat of a religious figure. Suddenly these characters portray the sanctification of American land and the ideas of manifest destiny, or the right to American land as a God given right. They portray these notions as the “good guy with the gun” and aid in the normalization of gun culture in America (Mottram, 1976; Wallis, 2022). Gun violence is not a uniquely American event, although it is very common in America. In the United States gun homicide rates are 25 times higher than the rates of other high-income nations (Scaptura & Boyle, 2022). This is especially so through the act of mass shootings. Mass shootings are acts of violence that are almost entirely committed by men (Morgan et al., 2022). Gun violence itself is something that mostly men hold

the statistics for committing (Levant 2022; Morgan et al., 2022; Shuffelton, 2015). Suicide rates and violence, being so high in relation to guns, shows the lack of mental health commitment, conversation, and control that we have for men in America.

### **Men and Suicide**

Suicide is the fourth leading cause of death of people ages 15-29 (World Health Organization, 2021) and while men make up about 50% of the population, they account for nearly 80% of suicides a year (*Suicide Data and Statistics | Suicide | CDC*, 2023). A fact of suicide is that there is a stark gender difference in suicide rates. Women are much more likely to have suicidal ideations, behaviors, and attempts, men are significantly more likely to actually commit suicide in the US (Affleck et al., 2018). Men's suicide risk changes with age and life circumstance but men age 50 years and above are much more vulnerable to suicide (Struszczyk et al., 2019). This age difference risk factor changes when you look at men across different races. White men fall under the peak suicide risk at age 50 years and above, due to factors like retirement and feeling a failure to provide (Struszczyk et al., 2019), whereas Black men reach peak vulnerability around ages 20-24, and suicide rates significantly decline at age 50 and above. Suicide is the third leading cause of death for Black male adolescents (Adams & Thorpe, 2023). Rates of suicide in men of color has actually increased in recent years, where suicide rates in white men have begun to decrease (*Products - Data Briefs*, 2022).

Many factors leave men more vulnerable to suicide, but physical and mental illness, social isolation, loss, grief, substance abuse, and unemployment are huge risk factors (Struszczyk et al., 2019). This represents the fragility of masculinity in the US and the culture around it that we have created. When men feel that their masculinity is being threatened in some way, they are much more at risk for suicide (Struszczyk et al., 2019). Researchers represented the fact that

male suicide is intertwined with conformity to traditional hegemonic, masculine roles, which are represented and actively practiced within the United States. These are to be seen as strong, resilient, and in control. Many mental health problems can leave people feeling helpless, which does not conform to traditional masculine roles, and can further mental health issues (Struszczyk et al., 2019). The cycle of men feeling helpless, but unable to seek help due to traditional hegemonic roles, is what creates such a risk for suicide (Struszczyk et al., 2019).

When considering why male suicide rates are so high compared to women's, you must look at the culture around men and mental health. Galasinski (2017) discusses the idea behind the fact that traditional masculine roles dictate behavior that is anything other than suicidal, in other words, you are told to power through, be a man, and show strength in times of suffering. Furthermore, as the author notes, our society views suicide as an escape, a weakness. This adds to the dilemma faced by men because our society dictates that masculine men are strong and not weak (Galasinski, 2017).

When drawing on the conclusions of what makes masculine men reject the societal bounds that they have been placed in and take their own lives, the evidence points to those exact masculine roles being large, evidential factors of why these men have committed suicide (Galasinski, 2017). Men's suicide in the United States, is woven into the fabric of hegemonic masculinity in the United States gender norms (Affleck et al., 2018; Creighton et al., 2018; Galasinski, 2017; Porche & Giorgianni, 2020; Struszczyk et al., 2019). More research in prevention methods and an increase in the encouragement of help seeking behavior is pivotal to mitigating the continuation of these events.

## **Men and Domestic Abuse**

Domestic violence is an issue that impacts victims' mental health in many negative ways. Women are most likely to be victims of violent physical domestic abuse perpetrated by men (Kimmel, 2002). But that does not mean that men do not experience domestic abuse in any way. For the purpose of this literature review, it will be focused on how being a victim of domestic violence as a male, affects one's mental health and why men tend to stay silent victims.

Most research and conversation surrounding domestic violence is focused on domestic violence perpetrated by men, and there is not much light shone onto domestic violence perpetrated onto men. Although the statistical majority of domestic violence victims are women, men are also victims of domestic abuse, and can face struggles when coming forward, even within the legal system where it has been reported that the judicial system was 13 times more likely to grant a temporary restraining order (TRO) that was requested by a female plaintiff against her male intimate partner, than a TRO requested by a male plaintiff requested against his female partner (Muller et al., 2009). This sex difference was limited to cases involving allegations of low-level violence (Muller et al., 2009). The lack of coming forward also has a lot to do with the culture around "being a man" that was previously discussed, and creates an environment where men do not feel that they have a place to be vulnerable and to appear necessarily weak (Jansson, 2019; Muller et al., 2009).

When looking at domestic violence, using the lens of the patriarchal paradigm is important, this being that with men holding positions of power in our society, they are much more likely to commit domestic abuse, especially abuse that is violent, systematic, and injurious (Kimmel, 2002) but that does not mean that the paradigm doesn't have an opposite end, where

men are more likely to commit domestic abuse, but that does not mean that they are also unable to be victims. The methodology of domestic violence research actually plays a large role in reported statistics. When researched through the lens of crime, The United States *National Crime Victimization Survey* reports that annually, about 5% of females and less than 1% of males being physically assaulted or raped by an intimate partner. This is because crime surveys frame domestic violence in the form of criminal behavior, and many people, especially men, do not view it this way (Straus, 1999). This changes when you widen the scope. Surveys bringing in fuller disclosure have found a much higher prevalence rate of domestic violence overall, and no large sex differences. More research reports that women are shown to be as psychologically abusive as men and engage in comparable levels of non-physical violence or control (Graham-Kevan, 2007).

Something to consider when reviewing this literature is that context is key. There is sufficient evidence that while using crime data surveys is a tool, it should be further researched, since it has many limitations. Something pertinent that one article discusses is that the crime data analysis survey may generate faulty evidence, due to the fact that the evidence is described and statistics stated without context. In other words, you do not know who initiates the violence, the strength and size of the individuals involved and their personal relationships with one another. All of these things will undoubtedly shape the violence that is occurring, but it will not change the scores on the Conflict Tactics Scale - a tool that measures intrafamily conflict and violence. It uses numbers zero-six to indicate how often abuse is occurring within a home and relationship, zero indicating never, one standing for one time, two being twice, three being three to five times, four being four to six times, five being 11-20 times, and six being more than 20 times. An example of how this data could be misconstrued would be, if the women were to fight

back after being severely beaten by her male partner, it would still be scored a one on the Conflict Tactics Scale for both people involved. If a woman punches her male partner to get him to stop beating their children or pushes him away after he sexually assaults her, it would count as a one for her, and zero for him (Kimmel, 2002).

The fact is that women, on average suffer much more frequent and more severe injury, whether that be physical, economic, or psychological (Straus, 1999). This is a necessary focus when understanding domestic violence rates. In this review the focus is on the research and conversation of when domestic violence is perpetrated unto men, as it is valuable to understand the impact to both genders and acknowledge all victims of domestic abuse (Kimmel, 2002). As discussed previously, research shows varying rates of gender based domestic violence based on how surveys are framed, the context in which you view limited statistics, and what classifies as violence.

Men are less likely to seek aid for post-traumatic stress disorder and other impacts of domestic violence like lack of sleep, or avoidance of certain (Dickerson-Amaya & Coston, 2019) due to the culture surrounding violence unto men and men's mental status in the US (Hine et al., 2022; Hogan et al., 2021; Jansson, 2019; Johnson, 2006; Muller et al., 2009; Straus, 1999). Research reported men's mental health plummeting after being victims of domestic abuse, including but not limited to feelings of loss of self-worth and feelings of suicidal ideation, binge drinking, PTSD, and overall poor health (Hine et al., 2022) There is an idea in the U.S. that men are supposed to be successful, strong, tough, brave, heterosexual, potent, and if necessary, aggressive and violent and that means that being a victim of abuse is not something they are willing to report (Jansson, 2019). One study used men who had sought help for their IPV victimization from a range of sources and those who had not sought help at all 5 out of 26 of

these men had never spoken about their abuse before (Hogan et al, 2021). A large part of this was due to maintaining their sense of masculinity and negative experiences when help was sought out. A large concern was that society would not understand that they had been victims of domestic violence, in other words, they did not feel they had a safe space in this culture to come forward (Hogan et al., 2021).

### **Men and Sexual Assault Victimhood**

Sexual assault and rape are complicated and impactful actions in the lives of victims of nonconsensual sexual acts. In the US victims of sexual assault tend to be viewed as female. A lot of this has to do with the under-reporting of male sexual assault victims (Light & Elizabeth, 2009; Sleath & Bull, 2010). It also has quite a lot to do with the fact that conversations of rape and sexual assault being brought forth into the conversational limelight began with the feminist movements and discussion on male violence done unto women. This leads to the common belief that men are hardly ever victims of sexual assault or other nonconsensual acts, which is simply and statistically untrue (Dickerson-Amaya & Coston, 2019; Sleath & Bull, 2010; Tillapaugh, 2022).

Male victims of sexual assault tend to have a hard time reporting their assaults (Light & Elizabeth, 2009; Sleath & Bull, 2010). In a 1991 study conducted by Struckman-Johnson using a sample of 204 male university students, 34% of the sample reported have experienced at least one non-consensual sexual situation since the age of 16 (Kassing & Prieto, 2003). While all rape cases are considered to be under reported when male rape is considered, it perhaps may be even more under reported than female rape. In one study, they found that five out of their sample of 40 male rape victims had reported their rape to the police (Sleath & Bull, 2010). Four out of those five ended up regretting reporting what had happened to them as they felt the police to be



unsympathetic and disinterested. Male sexual assault happens at a concerning rate, and is established to be underreported. The psychological impacts on men of non-consensual sexual acts are as expected, and very similar to the effects reported by female victims. Male victims have reported physical and mental disorders and loss of gender identity. Men may no longer feel masculine, or maybe confused of their sexual identity and preferences. In other words, heterosexual males, who have been raped by women may wonder if they are still straight because they do not want to have sex, or heterosexual males raped by men may question if they sent out signals that they were homosexual, that may have caused the rape to occur (White & Yamawaki, 2009). Post-traumatic stress disorder, an increase in similar ability and loss of self-respect also can come from the experience of a nonconsensual sexual experience.

On top of the psychological impacts of male sexual assault, male victims may under report, or fail to report sexual assaults for a plethora of reasons, falling under the umbrella of gender role expectations in the US. Many of the reasons have been discussed and broken down throughout this paper, but will be discussed again due to the varying nature of the subtopic. In this context, some reasons men do not come forward after being sexually assaulted include fear of being disbelieved, lack of available treatment, sexual identity confusion, and being afraid of losing their masculinity (Kassing & Prieto, 2003) navigating the line of masculinity in the United States and its views of masculinity, while being a male victim of rape can be very complicated (Kassing & Prieto, 2003). So much so that the Federal Bureau of Investigations *Uniform Crime Report* does not formally acknowledge that males can be the victims of forcible rape. It is defined as, “the carnal knowledge of a female forcibly against her will”. For males, sexual assault, and rape is sometimes defined as same sex, rape or homosexual rape. This perpetrates the idea that male rape is not existent, especially so when it may involve a heterosexual man.

Alluding to the idea that men cannot even be raped, and aiding in the culture of denial and erasure of male rape victims (Light & Elizabeth, 2009) the social constructs surrounding masculinity, as being strong, tough, self-sufficient, and impenetrable are in the complete opposite side of the images of victimization of rape. With men being expected to avoid behaviors associated with femininity and victimization man, who have been victims of sexual assault, may be judged to have failed, in their masculinity (Weiss, 2010). Due to the ideas of remaining masculine, male, rape victims have a higher likelihood of seeking medical attention for secondary injuries that occurred during the rape without reporting the rape (Kassing & Prieto, 2003).

Hegemonic masculinity functions as a secondary form of violence for men who have survived sexual assault. It creates an environment where men feel they must uphold standards that our society, and its masculine gender norms have put unto them. This creates a cycle of underreporting assaults, and feeling like they are unable to be weak, hurt, or emotionally open (Weiss, 2010). Hegemonic masculinity is ingrained and interwoven in our collective society (Tillapaugh, 2022) and creates the idea that men cannot or should not be victims. As White & Yamawaki state, "High prevalence rates of male rape and the often, severe consequences for male rape victims indicate a need for further research into this area. Unfortunately, researchers have largely ignored male rape" (White & Yamawaki, 2009, p.1117).

## **Conclusion**

The gender norms of masculinity in the United States of America creates an environment in which men feel they must conform to the ideals of hegemonic masculinity, even when that does not benefit them. This creates patterns of violence and untreated mental health issues in men. The culture of "being a man" in the United States impacts men's mental health in ways

such as, being unlikely to seek mental health aid, feeling emasculated if they are victims of actions like domestic abuse, or sexual assault, and being at a higher risk for suicide. This paper indicated the risks of how masculinity and gender norms impacted men's mental health, and sought to bring attention to the effects our cultural bias has on men's mental and masculinity. The evidence implores more research and attention be given to this topic. Especially so in the areas of reframing the conversations around masculinity and mental health.

Through my research, I recommend implementing therapy for men in ways that benefit them, and are created to benefit them (Bryde Christensen et al., 2023). One way I believe this can be shown is through group therapy with other men, who are seeking help for similar issues. Many studies on the positive outcomes and benefits of male group therapy have been completed, and although most of the studies were not conducted in America, the findings proved extremely relative nonetheless (Bryde Christensen et al., 2023; Jansen, 2020; Seager & Thümmel, 2009; Zverina et al., 2011). The community, companionship, and relatability found in these group therapy sessions will encourage further help seeking behavior in men and work to normalize therapy and mental health aid into masculine gender ideals. It also helps men in therapy to open up and creates a safe and masculine directed environment for vulnerability.

A necessity for more research remains. If we aim to understand how harmful masculine ideals and gender norms in America influence men's mental health and behavior, we need more research aiming to understand male violence and mitigate it, to understand the role hegemonic masculinity plays in society and where it stems from, to understand and aid in mental health, and to help us understand the environment the US creates for men, and the environment men's behaviors and standards create in the US. Mental health harm and physical, often violent harm comes into our society and onto men due to the cultural norms of hegemonic masculinity in the

United States of America. More research in prevention methods and an increase in the encouragement of help seeking behavior is pivotal to mitigating the continuation of these events.

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