

The Burden of Being a Man in a Patriarchal Society

Farah Adil*, Sarah Shahed**, Hana Arshad***

Abstract

Gender role strain is the stress and pressure caused by societal expectations from individuals to behave and perform according to the role expectation attached with each gender. The study aimed to investigate Pakistani men's gender role strain; its influence on their physical, psychological health and overall wellbeing using survey method. The study was conducted on a purposive sample of 100 working men from various workplaces of Lahore, Pakistan. The instruments used were Gender Role Strain Questionnaire (self-constructed) and WarwickEdinburgh Mental Well-being Scale (Warwick & Edinburgh, 2006). Results confirmed that role strain existed among the working men and reported many physical, emotional and psychological symptoms. Head of family and being breadwinner were paramount roles that caused extreme strain in Pakistani men. Physical strength was found to be prime masculine stereotype. This study revealed average well-being score of men. Significant differences were found in the role strain among men with different age, income and educational levels. The researcher appeals religious scholars and government to play their part to reduce role strain and improve well-being among men.

Key words: gender role strain, masculinity, well-being

This article can be cited as:

Adil F., Shahed S., Arshad H., (2017). The Burden of Being a Man in a Patriarchal Society
Journal of Arts and Social Sciences. 4 (2), 57-70.

* Farah Adil Lecturer department of Gender study, Lahore College for Women University, Lahore.
farahadil_lcwu@yahoo.com

** Sarah Shehed Head of the Department Gender study/Director Women Institute of Leadership & Learning Lahore College for Women University, Lahore sarahshahed@yahoo.com

*** Hana Arshad PhD Scholar Department of Applied Psychology Lahore College for Women University, Lahore hana_arshad@hotmail.com