

Examining Masculinity Norms as Determinants of Support-Seeking Patterns in Men with Depression and Anxiety: A Review Paper

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Abstract:

This study explores the link between toxic masculinity, emotional repression, and men's mental health in India. Masculinity is often tied to strength and emotional restraint, where vulnerability is seen as weakness. Men face pressure to be providers, leading many to suppress emotions and avoid seeking help. This emotional repression increases the risks of anxiety, depression, and substance abuse. Globally, mental health disorders affect over 1.1 billion people (one in seven), with India's rate at 11%. Depression and anxiety are major contributors to disability, especially among those aged 15 to 29 (WHO, 2025). The "tough guy" stereotype delays early intervention, as men fear appearing weak. Based on 34 sources, the study recommends raising community awareness, redefining gender roles, creating safe spaces for emotional expression, and encouraging open mental health discussions to improve men's well-being in India.

Keywords:

Toxic masculinity, emotional suppression, men's mental health, depression, anxiety, support-seeking patterns.