

What is the impact of the Man Box attitudes on young Australian men's behaviours and well-being?

Impact of the Man Box sub-pillars

For the purpose of our Man Box research, masculinity is comprised of seven different pillars. Unpacking the Man Box sought to understand the impact of these Man Box sub-pillars on a number of life outcomes.

While some Man Box sub-pillars are linked to life outcomes, relative to the impact of the Total Masculinity Score or Man Box attitudes in aggregate, even the largest relationships between the individual pillars and life outcomes are substantially smaller. The findings indicate it is likely to be the whole constellation of stereotypical masculine norms, perhaps underpinned by a few critical pillars where associations with life outcomes are stronger, that best explain life outcomes.

Below we have included a summary of the relationships between each pillar and the life outcomes examined in this study. For brevity, the strength and direction of the relationship between the pillars and life outcomes are included in this fact sheet, but a full interpretation of the findings is included in the Unpacking the Man Box report itself.

Rigid Gender Roles and Aggression and Control

The pillars of Rigid Gender Roles and Aggression and Control were combined for the analyses, as the statistical analysis indicated that they did not operate as separate pillars but there was a high level of overlap (correlation of 0.79). This combined pillar demonstrated the strongest influences on young men's behaviours, particularly on increasing young men's use and experience of violence, sexual harassment and binge drinking. These pillars are also linked to an increased likelihood of young men being involved in a traffic accident; increased thoughts of suicide and negative mood; lower pornography use (perhaps due to a positive relationship between rigid gender roles and conforming to traditional values).

Hypersexuality

The "Hypersexuality" pillar has an impact on increasing thoughts of suicide, some violence variables, as well as binge drinking and pornography use.

Self-Sufficiency

The "Self-Sufficiency" pillar is associated with increased binge-drinking, sexual harassment and some aspects of violence. It is also associated with increased thoughts of

suicide. Unsurprisingly, self-sufficiency is the strongest predictor of whether a man would seek help from friends or family when feeling sad or depressed. Those men scoring high on this pillar are also less likely to have a friend to talk with about an emotional issue.

Acting Tough

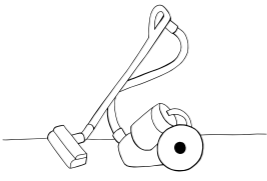

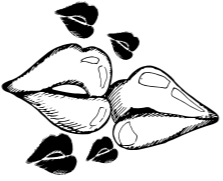


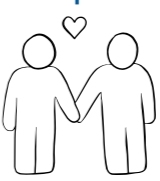

"Acting Tough" appears to play a protective role by decreasing thoughts of suicide. However, those men who are more inclined to act tough may also be less likely to self-report suicidal thoughts. The usefulness of acting tough may be highly dependent on the context in which a young man finds himself in. Acting tough also has small relationships with perpetration of physical violence and sexual harassment.

Heterosexuality and Homophobia

This pillar is associated with an increased risk of traffic accidents and is weakly associated with an increased use and/or experience of physical violence and decreased use of pornography.

Physical attractiveness

"Physical attractiveness" has no associations with life outcomes, aside from low associations with increased pornography use and depressive symptoms.

Life outcome	Relationship between sub-pillar and life outcome						
	Rigid Gender Roles 	Aggression and Control 	Hypersexuality 	Self-Sufficiency 	Acting Tough 	Heterosexuality and Homophobia 	Physical attractiveness 
Positive affect							
Negative affect	Increases						
Life satisfaction							
Depressive symptoms							Increases
Relationship satisfaction							
Body satisfaction			Increases				
Binge drinking	Increases		Increases	Increases			
Pornography access	Decreases		Increases			Decreases	Increases
Experienced verbal bullying	Increases		Increases				
Experienced online bullying	Increases		Increases	Increases			
Experienced physical violence	Increases		Increases			Increases	
Perpetrated verbal bullying	Increases		Increases				
Perpetrated online bullying	Increases		Increases	Increases			
Perpetrated physical violence	Increases		Increases	Increases	Increases	Increases	
Perpetrated sexual harassment	Increases		Increases	Increases	Increases		
Thoughts of suicide	Increases		Increases	Increases	Decreases		
Friends to talk to			Increases	Decreases			
Seek help: friends and family				Decreases			
Seek help: professionals							
Traffic accidents	Increases					Increases	