

Relationship between Conformity to Masculine Role Norms and Depression in Vietnamese Male Students in College

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Abstract : College-bound males may experience considerable maladjustment during the crucial developmental time between high school and college. By participating in stereotypically male actions, men may feel under pressure to "prove" their masculinity, which may be harmful to their general well-being. Although adherence to multidimensional male standards has been linked to worse mental health, no research has considered the impact of these norms on college men's potential depressive symptoms. A viable theoretical framework to explain within-group variation in depression symptomatology can be provided by longitudinally examining college men's adherence to multidimensional masculine standards. An overview of recent studies on the connection between masculine norms and depression among Vietnamese men in college is given in this article. 208 males from different Hanoi colleges were included in the study. Male norms were evaluated at the start of their first semester. Six months following the initial round of data collection, depressive symptomatology was evaluated. Men who approved the male norms of Self-Reliance, Playboy, and Power Over Women showed a positive relationship between masculine norms and depression scores. The impact of multidimensional masculine norms on college men's depressive symptomatology was first examined in this study. The findings imply that professionals who interact with males should think about determining whether their clients conform to particular masculine standards and investigating how these could be affecting their present mental health.

Keywords : masculinity, conformity to masculinity, depression, psycho-social issues, men, college

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