

Restrictive Emotionality in Indian Men: A Hindrance to Help Seeking Behaviour

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ABSTRACT

Men are subject to a lot of pressure because of the roles, norms and responsibilities assigned to them by society which in turn is associated with masculinity. These factors have created hindrances for men to seek help when they need it. There is a lack of research conducted on the fears and difficulties in expressing their feelings or finding the right words to express their emotions in Indian men. The research provides an understanding of why men don't express themselves as opposed to early research which focused only on the gender difference in emotional expression. This research follows the mixed method and data was analyzed using SPSS and Thematic analysis. The results indicate that Indian men have a moderate level of restrictive emotionality due to family circumstances, societal expectations, fear of being negatively labelled, the role of media, lack of positive role models and so forth are seen as contributing factors for being emotionally restrictive. This research also highlights various coping mechanisms used by men to deal with their problems, it provides an understanding of how men want to be supported and gives suggestions on how to promote emotional expressiveness and help seeking behaviour in Indian men.

Keywords: *Men, Restrictive Emotionality, Emotional Expression, Coping Strategies, Help Seeking Behaviour*

There has been a significant increase in the number of suicidal deaths in India over the recent years. One of the major factors which accounts for nearly 50% of the suicides is untreated mental illness. The ratio rate of suicide between males to females in our country in the year 2022 is 72 and 27 respectively (Singh, 2022). One of the important factors due to which the suicide rate is high among men is that women are likely to experience depression two times more than men (Albert, 2015) paradoxically, the probability that women take their own life is 1/4th per cent of the time in comparison to men (Murphy, 1998)

Another study conducted with men has indicated that the rates of suicide in men are associated with the degree of traditional norms of masculinity they hold for not seeking personal/professional help. This research is going to focus on the emotional restraint factor which stems from restrictive emotionality and is one major reason which hinders men from seeking help.

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Despite the change in time, it has been difficult to escape these norms imbibed and engraved in men. Sadly, society doesn't accept them even if they try to open up. According to research, men and women both experience emotions to the same extent. But because it's taboo for a male to cry when he's upset, it might give the impression that males don't ever feel sad. In actuality, males who experience loss or grief are more prone to transform those emotions into other, more socially acceptable ones. Continuous exposure to stress can in turn impact their physical and mental health which then if untreated can lead to extreme negative consequences.

According to various studies the coping mechanisms both the genders employ vary. While it is seen women tend to use emotional and avoidance-oriented styles of coping, men use problem-oriented or detached coping. However, there have not been any studies indicating the efficiency of using a problem-oriented coping strategy.

Unfortunately, many studies indicate that females are more emotionally expressive than men, but the reason why men may be emotionally less expressive is yet under-researched. Moreover, understanding these factors and the coping mechanisms men employ is pivotal and can help further research studies on men and emotional expression.

Thus, considering the relative lack of research specifically in Indian men, the research question was reached.

Conceptual Definitions

The conceptual definitions of the variables are as follows,

- **Restrictive Emotionality:** By avoiding expressing, feeling, communicating, or revealing powerful emotions, males are socialized to limit emotional expression, known as restricted emotionality (RE) (Cohn et al., 2009).
- **Help Seeking:** According to Vickery (2021) help-seeking with reference to mental health issues can be understood as the behaviour which is directed towards actively trying to seek help from people. Through this behaviour, an individual tries to receive advice, support, information or treatment for a distressing event or experience.

THEORETICAL FRAMEWORK

Restrictive Emotionality

To bring some conceptual coherence to the proliferation of conceptions related to emotions, Kennedy-Moore and Watson (1999) presented a paradigm. They describe how subliminal emotional experience might lead to overt emotional expression in their cognitive-evaluative model of emotional expression and nonexpression. This model was designed as a five-step process of emotional processing with disturbances (i.e., barriers) at each step that prevent emotions from being expressed. In their fifth step, for instance, they indicate that some men may choose to suppress their sadness out of a desire to avoid being perceived as weak.

Help Seeking

According to Chan's (2013) model on help-seeking, there are several factors that contribute towards a decision to seek help these include personal, task and situational factors. This model mainly focuses on societal norms and beliefs and their influences on individuals' help-seeking behaviour.

Rationale

Findings have indicated that men are less emotionally expressive and do not seek help when is required as compared to women. Studies have also shown that this could have negative consequences on a man's mental, emotional and physical well-being which can at times have serious consequences resulting in taking their own life. Nevertheless, there has been no study addressing why this phenomenon occurs. The present study explores reasons why men tend to be less emotionally expressive by motivating them to explore the causes through a set of semi-structured questions. Participants were also encouraged to talk about different coping mechanisms they use when they are emotionally distressed to gain an understanding of whether men use more positive or negative coping mechanisms and their efficacy. Since there is a stark lack of studies in the above area in the Indian context, it makes it essential for exploration.

REVIEW OF LITERATURE

There has not been much research to understand why men are emotionally restrictive and how to cope with emotionally distressing events. However, there have been few studies on restrictive emotionality and a wide range of studies on coping mechanisms and emotional distress but not in relation to each other. The examinations are introduced under various side headings dependent on their results, and the factors examined. They would give a reasonable image of the current trends in the specified area of research.

Suicide and Mental Health

In India, the suicide rate is 10.3, up 43% over the previous three decades. Most suicides are committed by people under the age of 44. The main causes of suicide were physical and mental sickness, troubled interpersonal connections, and financial issues. (Vijayakumar, 2010).

The most recent studies conducted indicate that there is a growing trend in the increase of male rates of suicide in comparison to women (72.5:27.4). This is seen to be mainly across married men and daily wage workers (Yadav et al., 2023).

As indicated by the various studies above addressing men's mental health can significantly help in reducing the rate of suicide amongst many other factors. Hence, we need to encourage men to reach out for help when required however several factors play a role in inhibiting men from seeking help. These factors will be discussed in the following papers.

Restrictive Emotionality

Men tend to bottle up feelings in a phenomenon called “restrictive emotionality” (Levant, 1995). This phenomenon according to a book written by Agneta Fischer is mainly driven by 4 components namely autonomy, achievement, aggression, and stoicism which seem to be attributed to masculinity. The author says that emotionality is not biologically given but rather a product of social learning.

According to the research by Jacobson et al. (2010), the correlation between restricting emotionality and depressed symptoms, suicidal thoughts, and suicide attempts was examined using logistic regression analyses. After adjusting for depressive symptoms, those reporting high restrictive emotionality were over twice as likely to report a suicide attempt as those reporting low restrictive emotionality, had elevated depressive symptom scores, and were three times more likely to report having serious suicidal thoughts.

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A study carried out by Thorpe et al. (2021) reported that men who had a close relationship with their parents in childhood had lower levels of restrictive emotionality as compared to those who weren't close. Restrictive emotionality was also reported to be high in men who experienced sexual abuse in their childhood.

Hence gaining an understanding into why men are emotionally restrictive from their point of view focusing on each component is vital for this research.

Difference in Emotional Response Across Gender

Stress "causes the spine synapses to be lost, and the dendrites in the hippocampus and the prefrontal cortex to shrink," he claimed, in male animals. This can show up as problems in expressing and controlling emotions, resulting in emotional dysregulation and possible mood disorders, including depression and anxiety. In contrast, the same stress leads to the expansion of dendrites and the formation of new synapses in the orbital frontal cortex and the amygdala. Previously shrunken dendrites recovered in the male rats, demonstrating resilience—the capacity to heal when stress is removed (Elsevier, 12 C.E.).

The study examined how men and women handle conflict differently in Navarra and the Basque Country. Women expressed greater empathy, more political dread, and a preference for peace through forgiveness. Men, on the other hand, displayed more Schadenfreude, indifference, and positive emotionality. Given their propensity for empathy and conciliation, these findings imply that women should be involved in attempts to resolve conflicts in this area. (Conejero et al., 2014)

The current study will only focus on men's emotional expression but understanding that there are gender differences in the way men and women respond is essential to develop relevant research questions.

Influence of Society on Emotional Expression

Goodey (1997) argued that the stereotype of the 'fearless' masculine that is ingrained in men from a young age is unhelpful. In relation to hegemonic masculinity, the advantages of adopting a "fearless" character for the male sex as well as its unfavourable social repercussions are discussed. Another study by Robertson et al. (2016) suggested that a setting which created a safe masculine space was instrumental in promoting trust while reducing stigma and normalizing male engagement in interventions.

Several studies indicate the role of society as a reason behind men being restricted emotionally but despite the change in thinking and ideology in the present time men are still driven by the beliefs society has engraved in them. This research aims to understand why men are unable to break this monopoly.

Coping Mechanisms

Wilson et al. (2022) reported in their studies that coping mechanisms were grouped into two main categories: approaches to evade, dull, or divert oneself from suffering, as well as adaptation and doing things differently, which included primarily approach-oriented approaches to flexibly relieve distress. Rodrigues et al. (2023) in their research studied the coping techniques and their association with symptoms of mental illness. Results indicated that using more adaptive coping and problem-focused coping strategies can reduce distress and enhance overall life satisfaction.

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The disparities between the clinical presentations of anxiety and depression in men and women are highlighted by the observed sex differences in the use of coping mechanisms and their relationship with depression- and anxiety-related disorders (Kelly et al., 2008).

Understanding the different coping techniques men employ and whether they are effective could help explain why men are emotionally reserved and believe they can solve their problems on their own.

Help-Seeking

One of the major reasons men do not seek professional help is because of the norms associated with masculinity. A study by Vickery (2021) identified several themes revolving around male practices of seeking help; these include; misinterpretation of symptoms of mental distress as physical, they believe it to be time consuming, costly and not readily available, and past experiences and support from significant others. Another study indicated that men feel incapacitated if they can't handle their problems and struggle with building rapport even if they seek help because they struggle to communicate their problems and normally tend to downsize their symptoms or their seriousness (Smith & Hebdon, 2023)

Parent et al. (2016) in their paper talk about several factors which influence male help-seeking behaviour. These include race, ethnicity, sexual orientation, age, income-poverty ratio, relationship status, body mass index and depression symptoms.

The current study tried to draw parallels between how restrictive emotionality can be a contributing factor to hindering help-seeking behaviour.

METHODS

Quantitative Research

Objectives

- To measure Restrictive Emotionality in married men between the ages of 30-45.

Hypothesis

- Indian men are high on restrictive emotionality

Research Question

- Why are Indian Men not emotionally expressive, and how does it hinder their help seeking behaviour?

Research Design

- This research followed an explanatory design, which looked for the measure of emotional restriction in Indian men using the quantitative method and explained the factors causing a certain level of restrictive emotionality along with its impact on help seeking behaviour using qualitative methods.

Sample

- The sample include Indian married men between 30 and 45 years of age.

Sample size

- The quantitative study was conducted on a sample of 75 Men.

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Sampling technique

- The sample was approached using non-probabilistic sampling techniques. Individuals who fit the inclusion criteria were approached using snowballing sampling method.

Inclusion criteria

The selection of samples was based on the fulfilment of the following criteria:

- Male
- Age between 30 and 45 years
- Married
- Indian

Exclusion criteria

The sample population did not include those who match these criteria:

- Age below 30 years or above 45 years
- Female or others
- Unmarried
- Not an Indian

Procedure

The target sample was approached via email or through telephonic calls based on the inclusion criteria. Participation was voluntary; informed consent was taken before administering the questionnaire. The participants were not given the details of the study since it would hamper their response. Participants were told about the aims and objectives post-completion of the questionnaire. Participants were asked to agree to these terms before they could complete the questionnaire. The questionnaire was administered through a Google form. The questionnaire took approximately 2 minutes to complete. Following this the data was scored and statistically analyzed to obtain the results.

Data Analysis

The data was analyzed using the SPSS software to measure the degree of restrictive emotionality.

Reliability and Validity

Internal consistency: The MRNI-R has good internal consistency including that of its 7 subscales. The Cronbach's alpha coefficients range from 0.70 to 0.90. The scale also indicates high construct validity since it can make distinctions among various groups based on attitudes towards traditional masculinity.

Qualitative Research

Sample

- The sample include Indian married men between 30 and 45 years of age.

Sample size

- 6 men who volunteered to participate in the study after filling out the questionnaire were interviewed.

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Sampling technique

The sample was approached using non-probabilistic sampling techniques. Individuals who fit the inclusion criteria were approached using a purposive sampling method.

Procedure

Using semi-structured interview data was collected via Google Meet or in person as a follow-up study. The interview will be for 45-60 minutes. Data was be analyzed qualitatively.

Data Analysis

A thematic analysis was conducted to analyze the data to develop themes relevant to the study.

Ethical Considerations

The research was conducted in lines with the ethical principles of the American Psychological Association. Informed consent was taken from all the participants before data collection. The participants were debriefed about the purpose and aim of the study following data collection to make sure that the data will not be tampered with in a socially desirable manner. Confidentiality is strictly maintained and participants were made aware of all their rights and roles.

Trustworthiness/Credibility

This study used peer review to check the credibility and trustworthiness. There is also thick and rich description for transferability. Data audits have been carried out.

RESULTS AND DISCUSSION

Table 1

	Statistics	Std. Error
Mean	22.3867	0.98984
Median	22.0000	
Variance	73.484	
Std. Deviation	8.57226	
Skewness	0.141	.277
Kurtosis	-.636	.548

Table 2

	Kolmogorov-Smirov			Shapiro-Wilk		
	Statistics	df	Sig.	Statistics	df	Sig.
Restrictive Emotionality	.086	75	.200	.979	75	.244

Thematic analysis was used to code the 6 transcripts manually.

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Result

Theme	Description
Communicating feelings express	This theme explores ways in which men their positive and negative experiences.
<i>Sub-Themes</i>	<i>Description</i>
Positive experiences	This theme looks at how men react to positive or pleasant events in their life
<i>Sub-Sub Themes</i>	<i>Description</i>
Navigating happiness experiences with others	A few men want to share their positive
Conserved positive experiences with others	Many others do not want to share their
<i>Sub-Theme</i>	<i>Description</i>
Negative experience	Under this theme we look at how men react to negative or distressing events in their life
<i>Sub-Sub Theme</i>	<i>Description</i>
Navigating distress experiences	A few men want to share their negative
Conserved	with others. Highlights how few men do not like to share negative experiences/events with anyone
Theme	Description
Coping Mechanism	This theme explores the positive and negative strategies men use when they are emotionally distressed.
<i>Sub-theme</i>	<i>Description</i>
Positive coping strategies coping	Here participants indicated healthy ways of with distressing situations
Negative coping strategies	This theme highlights unhealthy coping strategies
Theme	Description

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Breaking stereotypes on the This theme explores men's personal opinions on the statement "Men don't cry"

Sub-Theme	Description
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Approved	Participants believed the statement to be true
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Sub-Theme	Description
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Disapproved	Participants stated that the above statement was false
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Theme	Description
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Emotionally Inhibited men	This theme tries to understand various reasons believe are the reasons behind restrictive emotionality in Men
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<i>Sub-Theme</i>	<i>Description</i>
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Personal factors participant	This theme highlights a few beliefs of the that are hindering them from expressing their feelings to others.
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Sub-Sub theme	Description
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Inferiority Time	The feeling that others are doing better than me. This theme explains how men feel sharing feelings is time-consuming.
Fear of labels	The following theme highlights the fear of society.
Responsibility man context	This theme explores the pressure of being a In the Indian family

<i>Sub-Theme</i>	<i>Description</i>
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Role of Culture increasing	This theme explores the role of culture in restrictive emotionality in Men.
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<i>Sub-Sub Theme</i>	<i>Description</i>
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Parenting and its Expectations	The theme explores the upbringing of a child impact on emotional expression. This theme highlights the role of men as breadwinners
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Theme	Description
Personal experience possible contributed	The following theme highlights various reasons Men indicated that might have towards them being /not being emotionally expressive.

<i>Sub-themes</i>	<i>Description with examples</i>
Reasons for expressing	This theme explore various factors that have contributed to men being emotionally men being emotionally expressive.
Reasons for not expressing	This theme explore various factors that have contributed to men not being emotionally expressive.

Theme	Description
Ways to Support circle.	The theme explores how men would like to be Supported when in distress from their close circle.

Theme	Description
Views on Professional Help men	The following theme aimed to understand why I do not want to seek professional support.

Communicating Feelings

This theme is defined by the ability of the participants to identify and communicate their feelings. The results very interestingly indicate a dynamic perspective on the male attitude towards emotional expression. When it came to sharing positive feelings men mostly opted to either reward themselves by eating their favourite food or telling people who they shared a close bond with. However, a few others prefer not to share their happiness with others because they feel like it is a part and parcel of life and not something one should dwell on.

Participant 6 said “When my folks are around my wife and daughter then I will tell them. If they're not around I end up ordering a good meal or going somewhere.”

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Participant 1 *“I like to try to share however I don't dwell on good as well as bad things”*

When it comes to expressing negative feelings or seeking help during difficult situations men would first try to solve the problem by themselves as much as possible and only when approached or unable to handle their feelings anymore, they talk to someone they trust. The others however felt that it was not an ideal thing to do because it would not solve their problem and hence, they preferred to just let go of those feelings by pushing them away to deal with what comes next without fully healing.

Participant 2 said *“I reflect a lot internally to understand what has happened, like other guys I. I am Solution oriented. If there is something I still have, I will open up to someone I trust.”*

Participant 1 *“I don't react much, just blame and punish myself; telling myself nothing is permanent always gives me comfort.”*

Participant 5 *“We get over it because the next day you have more challenges to face.”*

Coping mechanisms

Identifying and using healthy coping mechanisms to deal with a problem is vital for everyone. This theme draws attention to how men deal with emotionally distressing and overwhelming situations. The data present has provided contrasting views on this theme as has been indicated by previous studies conducted by Wilson et al. (2022). Some men engage in recreational activities to feel better and ready to deal with the problem. The others try to distract themselves by keeping their minds preoccupied with other things to avoid thinking about the negative event or experience.

Participant 3 *“I spend my day shooting insects or shooting waterfalls or sometimes I take my friends out we do portrait work”*

One participant also expressed in an embarrassed tone saying he indulged in excessive shopping which he believed was something more feminine indicating how the desire to carry out certain activities and behaviours is associated differently with men and women.

Participant 6 *“I know I buy during stress. I behave like some of the women I shop with and I buy bags and shoes and regret it later”.*

Breaking Stereotypes

A study conducted by Sharman et al. (2019) emphasized how the norms of masculinity and femininity affect emotional expression. While society does play a massive role in how we think and behave it is only when these teachings are internalized that it starts holding a grip on the individual. This theme tries to understand what are Men's beliefs on stereotypical statements such as “Men Don't Cry”. Most men disapproved of the statement believing it to be false and claiming that crying or emotionally expressing oneself is not something that should be associated as feminine or masculine but rather treated with equity. However, one participant exclaimed that the statement was true not because he believed in it but because of how men are seen by society.

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Participant 1 said “I feel the statement is correct because society looks at men in that way”

Emotionally Inhibited

This theme tries to understand various reasons Men believe are responsible for restrictive emotionality being higher in Men as compared to Women. Few of these are consistent with previous literature (Connor et al., 2021). The various sub-themes talk about men's personal beliefs such as a feeling of inferiority as for them sharing emotions means they are incapable of handling their problems. The idea is that expressing emotions is time-consuming and the fear that society may label them as weak. The pressure of staying strong for the family and playing multiple roles such as a dad, a father, brother or husband. They believe that everyone looks to them as a problem-solver and hence they refrain from sharing their problems. It is important to note that with the widespread acceptance of the LGBTQ community, straight men also associate the expression of emotions as more of a gay trait and hence refrain from expressing them. The role of culture through parenting and societal expectations was also highlighted. Participants expressed how growing up they were never encouraged to express themselves and there was a huge disparity in how they and their female siblings were raised.

Participant 3 “Men are shy to cry because of statements such as 'Why are you crying like a man, they feel less masculine.'”

“My parents will not ask me if anything is wrong in my life but they will ask their daughter.”

Personal Experience

This theme sheds light on various underlying causes that have led men to be able/ not able to express themselves emotionally. Ironically the society which teaches men that it is not an ideal thing for them to share their problems also has individuals who do just the opposite. Participants mentioned the presence of mentors and friends who showed them the need to talk about their feelings. Over time, men themselves have come to realize that bottling up feelings would do them no good.

Few other participants indicated that they were brought up in an environment where they were never taught how to express themselves.

Participant 5 expressed “From childhood, we have been Brought up like that.”

Support

Participants in this study expressed various ways in which they would like to be supported while going through a difficult phase in life. The common factor among all the participants is the need to be provided support by people they love and feel would genuinely care for them. In the case of a love marriage, they tended to rely more on their spouse as opposed to an arranged marriage. While most of the participants claimed that they just needed to be heard or comforted through words there was also a participant who expressed the desire to be physically comforted which was something only one participant openly expressed.

Participant 3 said, “I just want someone to hold my hand or hug me, and I'll become calm.”

Views on Professional Help

The following theme explores reasons why are hesitant or do not wish to seek help from a mental health professional. Men hold a stronger negative attitude towards psychological services as compared to women (Sagar-Ouriaghli et al., 2020). There were several reasons highlighted which include; the lack of time, fear of confidentiality, looking at seeking help as a sign of weakness and the inability to acknowledge that there is a problem. All the participants in the study also stated that if they ever had to talk to someone it would be only people whom they trust most likely their spouse. However, these factors seem to be the general reasons as to why people regardless of gender think about mental health. Moreover, the factor of time and not acknowledging there is a problem seems to be higher in men as opposed to women.

Participant 5 said “The starting point is to be seen as weak, not having your stuff together, right? You never want to be seen like that.”

Participant 4 said, “We think we don't have issues; tags Associated with seeking help.”

SUMMARY AND CONCLUSION

The findings of the quantitative data shows that Indian men have a moderate level of restrictive emotionality. However, the qualitative analysis conducted revealed that for every one man who had a positive view on being open to expressing emotions, there was another who did not approve of it. The fear of expressing emotions and seeking help is characterized by six wide sub-themes; communicating feelings, coping mechanisms, breaking stereotypes, emotional inhibition, personal experience, support and views on professional help. The results indicate how individuals' beliefs deeply engraved by society have clouded their perception of emotions and the need to express them and seek help when needed. It is also important to note that these beliefs have not only been deeply rooted in men but also in women. Indian women at times still look at men as someone who they could tell about their problems to but forget to ask them how they are doing because Men don't share and solve their problems right? The real question here is does society ask a man if he's doing ok?

The research also indicates that some men use positive coping mechanisms to deal with the challenges while others engage in using negative coping mechanisms such as distraction or avoidance. Gender differences are present across various aspects of life and so is the case in seeking support. While women normally prefer touch or warm gestures from their loved ones, men in this study indicated that they felt comforted through supportive words from people who genuinely care for them; however, there could be exceptions where men may also feel comforted through touch (Sahi et al., 2021). Most of the reasons for not seeking professional help are because of the overall stigma associated with seeking help. However, through this study, one can infer that restrictive emotionality is a major factor as to why one does not seek professional support. If men are yet not comfortable talking to their friends or family about their distress because of the several reasons stated above one can only think of their plight to seek professional support. Participants also stated that Men do not tend to acknowledge they have a problem easily leading to negative mental health consequences. Moreover, there seems to be an improvement in men's understanding of the importance of seeking help and the need to be emotionally expressive.

Procedural Issues

The important concern was that the sample size for both quantitative and qualitative research was small. This problem mainly arises due to men refusing to be a part of the study saying it

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was time-consuming or they were unwilling to share their views because of the research topic. Among those who were interviewed, there was a slight hesitation while answering the questions which indicates that certain answers might have been tweaked to make it more socially desirable rather than expressing their true beliefs. Though the quantitative data collected was from all across the country the qualitative data had 3 participants from the North and 3 from the South neglecting the Eastern and Western parts of the country which are widely different in the cultural and belief system. The participants of the study were also well-educated, white-collar urban men this in turn may affect the generalizability of the study.

Suggestions

One of the major aims of this research was to highlight and understand how men want to be supported emotionally to be able to open up about their problems. Firstly, there was a general agreement that men need to be made aware of the various benefits of seeking help and opening up emotionally to people they trust. There also needs to be clarity about the various mental health services available. Secondly, the social perception that society holds towards men and men have about themselves, that if they seek help they are a failure or incapable of handling their problems must be changed. Thirdly, peers and mentors play a vital role in every person's life. Hence the participants suggested that men should talk about these things and share their experiences about seeking help and its benefits.

Finally, the media needs to stop portraying men who express themselves in a negative light and instead promote such behaviour as something necessary and beneficial.

Implications for the future

By working with a larger sample size across various cultural settings this study can be used as a baseline for researchers to tailor and develop interventions for their male clients in the healthcare industry by gaining an understanding of the difference between the male and female attitudes towards emotions. This research can also be used to create awareness among the general public about how men even to date feel societal pressure to conform to the norms of masculinity. Further developments can use this understanding of male attitudes, thoughts and beliefs to be able to support the men. This research has the potential to contribute towards couple therapy by creating an understanding between partners about each other's views on emotions in ways they would like to be emotionally supported thereby improving the quality of relationships among couples. Further researchers can also work on developing methods to eradicate these negative beliefs from society and create a more expected environment where men feel comfortable and accepted to emotionally unburden themselves. This in turn can contribute to help reduce the number of male suicides across the country and promote male mental health.

In conclusion, it is vital not only to change male perception around emotions but also to change the attitudes and beliefs held by society towards masculinity. Thereby making emotional expression a right of everyone rather than associating it with a particular group of individuals.

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Conflict of Interest

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