

Research Paper

Mask of Masculinity: Effects of Finance on Coping and Anger on Men

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ABSTRACT

One common stressor that affects mental health specially among men is financial distress. However, research on the factors behind their financial distress and what variables does it effects is limited. This dissertation investigates the connection between men's anger and financial stresses focusing on how financial stains affect coping strategies and heightened anger. The studies look into the particular financial stresses like significant unforeseen costs, discretionary money, financial future etc. that makes people angry. It also examines the many coping mechanisms men used to deal with these feeling from coping mechanism like exercise and support seeking to more adaptive ones. Data was generated from in-depth semi structured interviews and analyzed through the questionnaires developed by Coping scale Hamby, Grych & Banyard, Clinical Anger Scale, CFPB Financial Wellbeing Scale. The age variations decided by me is between 20-60 year old males. Sample size of the research study is 200 which will help widens the input outcome and gives an eloquent answer. This study intends to advance knowledge of men's mental health needs by addressing the under-representation of Mental health issue among men and the death of specialized therapies for anger related to financial stress. The results will guide the creation of focused interventions and support programs that encourage males experience in financial hardships to have good coping mechanisms and emotional wellbeing.

Keywords: *Men's mental Health, Finance, Anger, Coping*

Men's mental health is disproportionately affected by financial insecurity which leads to increase anger and male adaptive copying mechanisms this makes the complex relationship between financial stress anger and coping mechanisms in men a pressing concern the pressure of modern financial reality and societal expectations of masculinity combine to create a perfect storm of Mental health issues therefore another analysis of the relationship between finance anger and men is necessary in order to info evidence based interventions and policies that will decrease the negative effects of financial stress on men's mental health.

While there's increasing attention to men's mental health, research specifically on the link between financial stress and anger in men remains limited.

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- 1) Absence of attention to anger: The majority of research on men's mental health and money concentrates on worry and despair ignoring anger's special function as the noteworthy reaction to financial stress.
- 2) Limited study of coping mechanisms: While research frequently concentrates on the detrimental effects of financial stress it is important to comprehend the various adaptive and maladaptive coping strategies men employ to deal with stress and anger.
- 3) Cultural and social influences: Research on Men's Anger management and mental health treatment for financial stress related disorders frequently ignores the influence of cultural norms and societal expectations.
- 4) Development of interventions: Although research shows the issue, there aren't many specialized interventions that target anger and enhance coping mechanisms in men who are struggling financially

Given the under representation of Mental Health issues in men and the dearth of specialized therapy for managing anger associated with financial stress this research is essential. In order to better understand men's mental health needs and guide the creation of focus support programs and interventions that foster emotional well-being and constructive coping mechanisms, this dissertation will highlight the particular difficulty is that men encounter when dealing with financial hardship.

Many academics assume that men's mental health can be measured using the same metrics or described in the same terms as women's. Internalizing illnesses such as depression and anxiety are more common in women but externalizing symptoms such as substance misuse and aggression are more common in men these trends are frequently linked to social economic position help seeking coping and gender variations in socializing including the adoption of dictation associated traditional gender roles.

However, the prevalence of depression and anxiety among men maybe under-estimated due to measurement bias and clinician bias men's symptomatology may differ significantly among gender groups if attention is kept on gender disparities in mental health. Scholars must concentrate solely on men's mental health in order to have a deeper understanding of men's lived experience and psychological well-being.

Financial difficulties are stressful and can cause psychological symptoms like worry and sadness to manifest. Little is known about the experiences of men who managed to go through difficult times without experiencing anxiety or symptoms similar to it despite the fact that academics have looked at the general categories of coping mechanism that people use when they are faced with financial difficulties. This phenomenological study set out to investigate the effective coping mechanism used by unmarried, married or divorced males who have experienced financial adversity such as losing home, job or money.

REVIEW OF LITERATURE

Existing research has consistently shown that financial stress is a significant predictor of Mental Health outcomes including anxiety and depression. Certain research fields have shown significant amount of detailed researches on the similar topic. In essence to:

Latest to oldest Researches:

- 1) **Lear, J. T., & Dorstyn, D.-S. (2024). Moderators of loneliness and mental health in men: A systematic review with meta-analysis:** the current analysis provides and

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overview of the last 33 years worth of international research on male loneliness and mental health the combined results of 19 studies and a global sample of 27523 men verify that loneliness has detrimental effect that last throughout adulthood. This information offers a path forward for men's health research and practice. Finding study level modifiers most likely to produce meaningful relationships with symptoms of depression anxiety stress distress or suicide ideation in a community sample of men was the goal of the current meta analysis.

- 2) **McKenzie SK, Oliffe JL, Black A, Collings S. Men's Experiences of Mental Illness Stigma Across the Lifespan: A Scoping Review.** *Am J Mens Health.* 2022 Jan: the results of 21 published qualitative articles from the past 10 years are synthesized and discussed in this scoping study which examines associated with men's mental illness. Four main conclusions were drawn. A) the significance of social stigma B) stigma in settings were men predominate C) stigmas motivated by injustice and D) de-stigmatising tactics. The discipline is still in its infancy despite evidence that stigma is a typical experience for males dealing with a variety of mental disease issues. The results of the scoping study are used to discuss research gaps and ways to advance the area.
- 3) **Frankham C, Richardson T, Maguire N. Psychological factors associated with financial hardship and mental health: A systematic review.** *Clin Psychol Rev.* 2020 A review of the literature investigating the role of psychological factors in the relationship between financial hardship and mental health was completed. The review sought to identify which factors have been most consistently and reliably indicated, and the mechanisms by which these factors are proposed to contribute to the association between hardship and mental health.
- 4) **Bilsker, Dan & Fogarty, Andrea & Wakefield, Matthew. (2018). Critical Issues in Men's Mental Health. The Canadian Journal of Psychiatry:** this narrative review identifies research policy and practice methods that address mens opening patterns while highlighting important challenges in men's mental health. The following topics are covered: 1. The high rate of male suicide and the lack of public awareness 2. The complex nature of male depression which present in ways that are difficult to diagnose and treat using current diagnostic techniques. 3. The dangerous use of alcohol by men which is also wid spread and has a significant negative impact on mental and physical health 4. The typical ways that mean cope with psychological suffering the coping mechanisms to be identified and the gaps to be filled 5. Mens under utilization of mental health services and its impact on clinical outcomes 6. Male specific service delivery strategies aimed at enhancing men's access to care with a focus on Canadian initiative.
- 5) **Ogrodniczuk J, Oliffe J, Kuhl D, Gross PA. Men's mental health: Spaces and places that work for men.** *Can Fam Physician.* 2016 A tragic confluence of low rates of diagnosed depression and high rates of suicide,4 along with poor engagement with mental heath services,5 highlights the complex intersection of multiple factors that we must grapple with in order to begin helping men overcome the burden of mental illness. This commentary touches on a few of these issues and introduces a unique Canadian initiative that has taken up the challenge of developing innovative approaches to addressing mental illness among men.
- 6) **Spendelov, Jason. (2015). Men's Self-Reported Coping Strategies for Depression: A Systematic Review of Qualitative Studies.** *Psychology of Men & Masculinity.* The nature of gender-specific coping strategies and the function of masculinity have been major topics of current study on men's depression. The ability of current quantitative research to identify the entire spectrum of coping mechanisms

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men use to deal with this issue may be constrained. One practical method to get a more complete picture of men's reactions may be to analyze the results of qualitative research. A thorough evaluation of qualitative research on the nature of men's depression and coping was conducted in order to address this.

- 7) **Thomas, Sandra. (2003). Men's Anger: A Phenomenological Exploration of Its Meaning in a Middle-Class Sample of American Men.** This study explored the meaning of men's anger, using the methodology of eidetic (descriptive) phenomenology. A community sample of 19 middle-class American men, ranging in age from 20 to 50 years, participated in audiotaped interviews. Two prominent themes, right versus wrong and being controlled versus having control, were contextualized by the world in which masculinity has been socially constructed and emotion is regulated accordingly. Interwoven throughout anger narratives were descriptors of the intense physical arousal felt within the body. Time was an important contextual ground for men's anger experience, with sharp contrasts drawn between anger then and now. Findings suggest that men's anger is often misunderstood.

RATIONALE

The Relationship Between Financial Stress, Anger Coping Strategies, and Mental Health Outcomes in Males.

Millions of people throughout the world struggle with financial stress which has serious negative effects on their mental health and general well being. Even while financial stress is common little is known about how it affects coping mechanisms for anger and mental health outcomes especially in men given that financial stress can worsen an anger related problems and jeopardize mental health this information gap is alarming.

The purpose of the study is to fill in the knowledge gap about the connection between male mental health outcomes Anger management techniques and financial stress. This study aims to shade light on the mechanics behind how financial stress mental health outcomes by analyzing how these variable interact. The results of the study could guide the creation of focus interventions for those dealing with Anger management and financial stress.

As a prospective undergraduate psychology student I have a strong interest in comprehending the intricate relationships that exist between mental health outcomes Anger management techniques and financial stress the goal of this research is to inform evidence base practice in the field and make a significant contribution to the Corpus of current knowledge.

To some up this study aims to offer a comprehensive understanding of the connection between male mental health outcomes Anger management techniques and financial stress. This research could help guide the creation of focus treatment and make a significant contribution to the body of information already in existence by filling the knowledge gap in the field.

METHODOLOGY

Aim: This study aims to investigate the mental health of men and how the financial conditions impact coping and anger among men. (20-60 years old)

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Hypothesis: Higher the financial conditions, lower is the impact on coping and anger. H1 table shows the correlation between Financial and Coping, H2 table shows the correlation between Financial and Anger, H3 table shows the correlation between Coping and Anger.

Variables: Finance, Anger, Coping

Research Design: Quantitative, ANOVA single factor

Sample: 20-60 years old men from Lucknow, Uttar Pradesh participated in the data collection who are employed, unemployed, high to low financial condition and different occupation. Total 200 questionnaire form were filled.

Exclusion Criteria: Men under 20 and above 60, Physically disabled men, Uneducated men

Tools: The study utilized three standardized self report instruments to measure Coping Strategies, Anger level and Financial Conditions in men. Tools are brief, self administered, easy to interpret, making it ideal to understand for large scale sample.

- 1. Coping Scale Hamby, Grych & Banyard:** psychological assessment tool called the coping scale is used to find out how people cope with stress and negative situations. The scale was created in 2013 by Hamby, Grych and Banyard using aspects from previous studies by Spitzberg and Copach (2008) and Holahan and Moos (1987). Understanding how people respond to stress is essential for recognising both healthy and unhealthy coping mechanisms. Contains 13 item scale (mostly true about me-not so true About me) (Hamby, Sherry & Grych, John & Banyard, Victoria. 2015)
- 2. Clinical Anger Scale (CAS):** The purpose of the present investigation was to develop and validate an objective self-report instrument, the Clinical Anger Scale (CAS), designed to measure the syndrome of clinical anger. Factor analysis of the Clinical Anger Scale confirmed essentially a unidimensional item structure; reliability analyses also demonstrated adequate alphas (i.e., internal consistency) and test-retest coefficients (i.e., stability) for the CAS; and other results indicated that the CAS was unrelated to social desirability influences. Contains 20 item scale each with 4 different level of anger. (Snell, William & Gum, S & Shuck, R & Mosley, JA & Hite, T. 1995)
- 3. CFPB Financial Wellbeing Scale:** A measurement tool developed using state-of-the-art techniques, including cognitive interviewing and testing to ensure accurate comprehension of questions. The scale is a highly reliable and valid measure of the financial well-being construct based on multiple waves of quantitative testing. Contains 10 item scale, divided into two parts, statements describes the situation which the participants has to mark from Completely – Not at all agree. (Collins, J. & Urban, Carly. 2019).

Information schedule: In the questionnaire, information regarding subject's age, marital status, academic qualification, occupation, locality, socio-economic status, and family type was asked.

Procedure: The researcher gathered data from men in Lucknow, who were either employed or unemployed, student or business men. I visited many men one-on-one, gave each one the questionnaire, and instructed them to answer it as per each questionnaire along with the informed consent. Proper rapport was built with the participant and reassured that there is no right or wrong answer and encouraged to provide honest answers.

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Statistical Analysis: Analysis of the collected data was done using JASP version 0.19. Statistical values (Mean and Standard Deviation) were obtained for the two groups of participants and the data analysis was done by one-way ANOVA to assess the differences among men who are students, employed or unemployed men within the age range of 20 to 60.

STATISTICAL ANALYSIS

This study aims to investigate the mental health of men and how the financial conditions impact coping and anger among men. (20-60 years old)

Table 1: Shows the demographic data of the participants-

<p>Age range</p> <ol style="list-style-type: none"> 1. 20-30 - 62.5% 2. 30-40- 27.5% 3. 40-50- 9% 4. 50-60- 1.5 % <p>Marital status</p> <ol style="list-style-type: none"> 1. Married- 51.5% 2. Unmarried- 49% 3. Divorced- 1.5% <p>Education</p> <ol style="list-style-type: none"> 1. Bachelor's- 62.5 % 	<ol style="list-style-type: none"> 2. Masters- 15% PhD – 2% 3. 12th pass- 21% <p>Socio-economic status</p> <ol style="list-style-type: none"> 1. High- 17% 2. Middle- 70% 3. Low- 8.5% <p>Occupation</p> <ol style="list-style-type: none"> 1. Unemployed - 34.5 % 2. Job- 19% 3. Govt/private – 20.5% 4. Business – 26%
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ANOVA: Single Factor- Table 1 shows the single factor ANOVA between total finance data and coping outcome.

SUMMARY

Groups	Count	Sum	Average	Variance
Total Fin.	200	10778	53.89	135.8370854
Coping	200	6765	33.825	62.1048995

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	40260.4225	1	40260.4225	406.7901261	7.84715E-63	3.864929221
Within Groups	39390.455	398	98.97099246			
Total	79650.8775	399				

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ANOVA: Single Factor- Table 2 shows the single factor correlation between Finance and Anger.

SUMMARY

Groups	Count	Sum	Average	Variance
Anger	200	3671	18.355	97.2251005
Total Fin.	200	10778	53.89	135.8370854

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	126273.6225	1	126273.6225	1083.60455	1.1756E-115	3.864929221
Within Groups	46379.375	398	116.531093			
Total	172652.9975	399				

ANOVA: Single Factor- Table 3 shows the single factor correlation between Coping and Anger.

SUMMARY

Groups	Count	Sum	Average	Variance
Coping	200	6765	33.825	62.1048995
Anger	200	3671	18.355	97.2251005

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	23932.09	1	23932.09	300.4090881	1.52182E-50	3.864929221
Within Groups	31706.67	398	79.665			
Total	55638.76	399				

DISCUSSION

Based on the conclusion that there is no significant difference between men as the P value is 7.84 for Finance and Coping which is >0.05, for Finance and Anger it is 1.175 which is > 0.05 and for Anger and Coping it is 1.52 which is again >0.05 which is intriguing and warrants further exploration. Several possible explanations can be considered such as similarities in experiences or characteristics. It is possible reason for the lack of significant difference is that the men in the study share similar experiences, characteristics or backgrounds that influenced the outcomes. This study findings highlight the need of further research to explore the complexities of men's mental health. Future studies can build upon this research by incorporating additional variables, using more robust methodology, and exploring much bigger population of males.

CONCLUSION

According to the study findings males who struggle with money coping or range do not differ statistically significantly. The confusion that there is no substantial difference between the groups can be drawn from this observation which employees that the null hypothesis cannot be rejected. These findings has significant ramifications for the study of men's mental health and emphasize the need for more investigation into the nuances of the same. The results of the study also highlight how crucial it is to take into account additional variables that could affect coping and anger among various financial criteria. The study ads to continue the conversation and investigation of men's mental health even if it is not find any not available between men. These results can be expanded upon in future research by adding more variables and view points to further comprehension of this integrated problem.

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Conflict of Interest

The author(s) declared no conflict of interest.

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