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**FRAGILE MASCULINITY AMONG PEER GROUPS**

**Abstract**

Recent research in gender psychology finds that males are expected to actively earn and maintain their status as ‘real men’ or risk losing this valued group status. The loss of manhood can create anxiety among males who feel that they are failing to meet cultural standards of masculinity-a state that is termed as fragile masculinity.

**What is fragile masculinity?**

Fragile masculinity is defined as a term used to describe a man who has a fragile sense of masculinity for whatever reason. It can be used for someone who tries too hard to fit the male stereotypes in fear of looking too feminine in front of society.

Although research has identified a variety of strategies that men adopt in order to restore their threatened status as ‘real men’, few studies have examined that most male often have this mindset that involves them doing things that allows them to fit in into the status of being ‘manly’, things such as for instance, not listening to emotional music or not being too emotional towards things like women would, which brings about female stereotype.

When confronted with an issue related to gender or social progress, fragile masculinity tends to manifest in one or more of the following ways:

* A discomfort with being seen as feminine in any way such as wearing the colour pink shirt.
* Avoiding activities that could be considered as more feminine than masculine etc.

Our biggest mistake is that instead of allowing masculinity and manhood to exist as its own phenomenon, we’ve developed a habit of defining it against femininity. Girls can be “tomboys”, wear all the colours and safely express a wide range of emotions, but for boys and men, the social consequences of embracing the conventionally feminine range from disapproval to pointed ribbing to violence, effectively keeping many men on high alert for details which may bring their gender-identity into question.

**Causes of fragile masculinity**

One common reason why the male gender become fragile about their masculinity is due to peer pressure from his fellow comrades/gender, making the individual feel insecure and weak for not being man enough. Consequentially resulting in them being very cautions of what they do or say, making them fragile by pretending to like things they don’t like to do and indirectly forcing them conceal their true nature. In some cases, some overreact or become aggressive when their “manhood” is challenged or threatened in anyway.

**Ways to eradicate fragile masculinity from one’s mind set:**

1. Don’t let material things define who you are

You can wear any colour of cloth you want, listen to any type of music you desire and engage in any activity you want to do even though its might appear feminine.

1. Have self confidence

To be fragile means to be vulnerable, so don’t let people’s judgment and criticism weigh you down. Be yourself.

1. You need to feel comfortable around friends and family

There is no need to act a certain different way around friends and family, there is certainly no need to do things that make you have a feeling of acceptance among them as well.

**Conclusion**

But fragile masculinity itself is far from funny. In fact, it’s part of the toxic masculinity that perpetuates rape culture and misogyny. But it’s a very real thing, and if you’ve been accused of having it, consider this an opportunity to address it.

**Reference**

I cantbebothered (2018). Definition of fragile masculinity,

https://www.google.com/amp/s/www.urbandictionary.com/define.php%3fterm=Fragile%2bMasculinity&amp=true