

Unraveling Male Inexpressiveness: Causes, Effects and Strategies for Abrogation

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ABSTRACT:

Male inexpressiveness is a pervasive phenomenon across cultures, poses significant challenges to individual well-being and societal cohesion. This abstract explores the causes, effects, and potential remedies for this complex issue. Rooted in social norms dictating masculinity, the reluctance of males to express emotions stems from early socialization, where vulnerability is often equated with weakness. Consequently, men internalize these norms, leading to suppressed emotional expression as they navigate adulthood. The effects of male inexpressiveness are multifaceted and profound. At the individual level, it contributes to increased stress, mental health disorders, and strained interpersonal relationships. Societally, it perpetuates gender disparities by limiting men's access to support networks and inhibiting their ability to engage in meaningful emotional connections.

To address this issue, multifaceted strategies are necessary. Educational interventions focusing on deconstructing traditional gender norms can challenge ingrained beliefs about masculinity and encourage emotional literacy from an early age. Mental health initiatives tailored to men's needs, such as male-friendly therapy spaces and support groups, can provide safe environments for emotional expression. Moreover, fostering inclusive workplaces and communities that value emotional openness and vulnerability can create conducive environments for men to express themselves authentically.

In conclusion, understanding and addressing male inexpressiveness is essential for promoting holistic well-being and fostering healthier relationships and communities. By dismantling restrictive gender norms and providing avenues for emotional expression, society can move towards a more inclusive and supportive environment for all individuals.

Keywords: Inexpressiveness, Societal, Vulnerability, Masculinity, Expression, Strategies, Internalize, Relationship

INTRODUCTION

In contemporary society, the discussion surrounding male inexpressiveness has garnered increasing attention across various domains, ranging from psychology to sociology and beyond. While traditional gender norms have often imposed stoicism and emotional restraint upon men, the ramifications of such expectations are only recently being critically examined. This journal endeavors to delve into the multifaceted dimensions of male inexpressiveness, aiming to elucidate its underlying causes, discern its pervasive effects, and propose viable strategies for its mitigation.

Male inexpressiveness, characterized by a reluctance or inability to openly express emotions, represents a complex phenomenon deeply entrenched within societal constructs and individual psyches. Rooted in

cultural ideologies of masculinity that valorize traits such as dominance, self-reliance, and emotional detachment, men often find themselves navigating a narrow emotional spectrum that inhibits authentic expression and connection. Moreover, societal pressures to conform to rigid gender roles further exacerbate the suppression of emotional vulnerability, perpetuating a cycle of silence and emotional isolation.

The consequences of male inexpressiveness reverberate across interpersonal relationships, mental health outcomes, and societal dynamics. Within intimate partnerships, the inability to articulate feelings and engage in empathetic communication can foster misunderstandings, resentment, and relational discord. Furthermore, studies suggest a correlation between suppressed emotions and adverse mental health outcomes among men, including heightened rates of depression, anxiety, and substance abuse. In the broader social context, the perpetuation of male inexpressiveness perpetuates harmful stereotypes and hampers progress towards gender equity and inclusivity.

Nevertheless, amidst these challenges lies the potential for transformative change. By interrogating the societal structures and cultural norms that reinforce male inexpressiveness, we can begin to dismantle its pervasive influence. Additionally, fostering environments that encourage emotional literacy and provide avenues for authentic self-expression is essential in cultivating healthier conceptions of masculinity. Furthermore, interventions at both individual and systemic levels can empower men to embrace emotional vulnerability as a strength rather than a weakness, fostering richer interpersonal connections and promoting holistic well-being.

This journal serves as a platform for interdisciplinary dialogue and scholarly inquiry into the phenomenon of male inexpressiveness. By examining its origins, delineating its consequences, and proposing strategies for its amelioration, we endeavor to contribute to a more nuanced understanding of gendered experiences and promote avenues for positive change. Through collaboration and collective engagement, we aspire to unravel the complexities of male inexpressiveness and pave the way towards a more empathetic and inclusive society.

LITERATURE REVIEW

D. Julienetal Sante Mentque – Masculine inexpressiveness : Myths & Facts

This article examines the common admission that men express their emotions less than do women. Research data shows little difference between the behaviors of boys and girls before adolescence. During adulthood however evidence points to men being less expressive than women except in situation involving aggressive behavior. Men's diminished expression is apparent in a context of intimate interaction. But in situation where they compete for social status men seem more likely to express emotions. The author suggest that more studies take into account the social context of emotional expressiveness generated by division of labor based on sex.

Ms Sonal Chaujar & Ms Madhuri Baukshi - Position of Males in Indian Laws : Gender Equality or Gender Biasness ?

This article sheds light on the Indian laws formulated for gender equality whereas it manipulates gender biasness. The article justifies that the aim of laws formulated to benefit women was to achieve gender equality but instead these laws are increasing gender divide. The time is ripe enough for the government to realize that the present gender specific legislations are inadequate for getting gender parity in the society. The present laws are creating a situation whereby the women in Indian society are rising and shining on one hand but on the other hand the rights of males are declining at a steady speed.

Though the judiciary has to come to the aid of many men who have been falsely framed under pro-women laws, but it is also important that the police excises its power with due inquiry and diligence. Last but not least , it should be kept in mind that the rise of one gender must not accompanied with fall of the other.

Jack O. Balswick (Department of pastoral and family Ministries, Fuller Theological Seminary, Pasadena, California, USA)- A study on Male Inexpressiveness

In this study, she clarifies concept of male inexpressiveness and explores how societal norms and gender roles affect emotional expression in men. She suggested that traditional masculine ideals discourage men from openly expressing emotions as vulnerability is often seen as sign of weakness.

David A. Dosser & Charles F. Halverson – Male Inexpressiveness and Relationship

In this study, suggestions are offered for future research including the need to consider male inexpressiveness as a communicative process which is influenced by individual choices , affected by situational variables and best understood within the context of social interaction.

Nancy Chodorow – Theory of Mother Child Relation

Chodrow in her essay highlights that a male child is unable to relate to his mother and in turn searches for a separate identity for himself. In this process he builds an exact contrary identity for himself to that of his mother. The new identity constantly feels threatened by other identity thus he tries to suppress this other identity by means of power and strength .

Y. Joel Wang and Aaron B. Rochlen , University of Texas at Austin – Demystifying Men’s emotional Behavior : New directions and implications for counseling Research

In this article it has been argued that male emotional behavior is not an uni-dimensional trait but a multifaceted construct with many causes , modes and consequences. Male emotional inexpressiveness should be understood in light of its many possible causes including a high threshold for emotional activation, lack of awareness of emotion, inability to identify feelings, negative evaluation of one’s emotions and perceived lack of social opportunity to express feelings. Finally the link between men’s emotional behavior and their psychological and physiological health is complex.

RESEARCH METHODOLOGY

The Rationale of the Study:

The purpose of this study is to investigate the causes of male inexpressiveness in the society , how this sickness affects our lives , family relationship, social contacts , the future of the country and to explore the techniques & strategies to abrogate this churlish mindset .As a man delve into the intricate web of male inexpressiveness, he finds himself confronted with layers of societal expectations and norms. Men, conditioned to embody stoicism and strength, often find themselves trapped in a cycle of silence when it comes to their emotions. The stigma surrounding vulnerability looms large, casting a shadow over the authentic expression of feelings. The mask of masculinity, meticulously crafted by societal constructs, compels men to suppress their emotions in favor of projecting an image of unwavering toughness. Fearful of being perceived as weak or inadequate, they bury their innermost thoughts and feelings beneath a facade of indifference. But beneath the surface lies a profound yearning for connection and understanding.

So in this study we have used a mixed method of approach using Analytics and secondary data from various authenticated resources and tried to compile all the statistics to extract possible causes, effects and ways to abrogate male inexpressiveness.

Mixed-methods approach integrating Analysis and quantitative methods

Data collection:

1. Indian Sex Ratio 2024:

According to the National Family Health Survey, the estimated Indian Sex Ratio 2024 is 1020 females per 1000 males. In the rural area, the Sex ratio is 1037 In the urban areas, it’s 985 females to 1000 males. The sex ratio at birth for children born in the last five years in India is 929 females per 1,000 males. According to the National Family Health Survey (NFHS-5) for 2020-21, India’s Sex Ratio in 2023 was 1020 females per 1000 males. In rural areas, the sex ratio is 1037, and in urban areas, it’s 985 females to 1000 males. The sex ratio at birth also continues to be lower than what is expected. In 2022-23, the sex ratio at birth improved by 15 points to 933. However, in 2015-17, sex ratio in India at birth (SRB) came down to an all-time low of 896. Kerala has the highest sex ratio in India, with 1084 females for every 1000 males. The overall gender ratio of Indian states is poor compared to developed countries. Also the Gender Development Index of India is less than the other developing and also developed countries. The data given below clearly shows the fact.

Sex Ratio(Females per 1000 Males)	2011 Census	2023(NFHS-5 Survey)
Rural	949	1037
Urban	929	985
India	943	1020

Country	GDI(Gender Development Index by 2021)
USA	1
UK	0.99
Malaysia	0.98
Japan	0.97
Sri Lanka	0.95
Nepal	0.94
Bhutan	0.94
Bangladesh	0.90
India	0.85

2. Laws and provisions in Indian Constitution for Protection and justice of Women and Girl child:

Constitutional Privileges:

1. Equality before law for women (Article 14)
2. The State not to discriminate against any citizen on grounds only of religion, race, caste, sex, place of birth or any of them (Article 15 (i))
3. The State to make any special provision in favor of women and children (Article 15 (3))
4. Equality of opportunity for all citizens in matters relating to employment or appointment to any office under the State (Article 16)

5. The State to direct its policy towards securing for men and women equally the right to an adequate means of livelihood (Article 39(a)); and equal pay for equal work for both men and women (Article 39(d))
6. To promote justice, on a basis of equal opportunity and to provide free legal aid by suitable legislation or scheme or in any other way to ensure that opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities (Article 39 A)
7. The State to make provision for securing just and humane conditions of work and for maternity relief (Article 42)
8. The State to promote with special care the educational and economic interests of the weaker sections of the people and to protect them from social injustice and all forms of exploitation (Article 46)
9. The State to raise the level of nutrition and the standard of living of its people (Article 47)
10. To promote harmony and the spirit of common brotherhood amongst all the people of India and to renounce practices derogatory to the dignity of women (Article 51(A) (e))
11. Not less than one-third (including the number of seats reserved for women belonging to the Scheduled Castes and the Scheduled Tribes) of the total number of seats to be filled by direct election in every Panchayat to be reserved for women and such seats to be allotted by rotation to different constituencies in a Panchayat (Article 243 D(3))
12. Not less than one- third of the total number of offices of Chairpersons in the Panchayats at each level to be reserved for women (Article 243 D (4))
13. Not less than one-third (including the number of seats reserved for women belonging to the Scheduled Castes and the Scheduled Tribes) of the total number of seats to be filled by direct election in every Municipality to be reserved for women and such seats to be allotted by rotation to different constituencies in a Municipality (Article 243 T (3))
14. Reservation of offices of Chairpersons in Municipalities for the Scheduled Castes, the Scheduled Tribes and women in such manner as the legislature of a State may by law provide (Article 243 T (4))

Legal Provisions:

To uphold the Constitutional mandate, the State has enacted various legislative measures intended to ensure equal rights, to counter social discrimination and various forms of violence and atrocities and to provide support services especially to working women. Although women may be victims of any of the crimes such as Murder, Robbery, Cheating etc, the crimes, which are directed specifically against women, are characterized as Crime against Women. These are broadly classified under two categories.

1. The Crimes Identified Under the Indian Penal Code (IPC)

1. Rape (Sec. 376 IPC)
2. Kidnapping & Abduction for different purposes (Sec. 363-373)
3. Homicide for Dowry, Dowry Deaths or their attempts (Sec. 302/304-B IPC)
4. Torture, both mental and physical (Sec. 498-A IPC)
5. Molestation (Sec. 354 IPC)
6. Sexual Harassment (Sec. 509 IPC)
7. Importation of girls (up to 21 years of age)

2. The Crimes identified under the Special Laws (SLL) :

Although all laws are not gender specific, the provisions of law affecting women significantly have been reviewed periodically and amendments carried out to keep pace with the emerging requirements. Some acts which have special provisions to safeguard women and their interests are:

1. The Employees State Insurance Act, 1948
2. Dowry Prohibition Act, 1961
3. The Family Courts Act, 1954
4. The Special Marriage Act, 1954
5. The Hindu Marriage Act, 1955
6. The Maternity Benefit Act, 1961 (Amended in 1995)
7. The Medical Termination of Pregnancy Act, 1971
8. The Contract Labour (Regulation and Abolition) Act, 1976
9. The Prohibition of Child Marriage Act, 2006
10. The Protection of Women from Domestic Violence Act, 2005

Special Initiatives for Women:

1. National Commission for Women In January 1992, the Government set-up this statutory body with a specific mandate to study and monitor all matters relating to the constitutional and legal safeguards provided for women, review the existing legislation to suggest amendments wherever necessary, etc.
2. Reservation for Women in Local Self -Government
The 73rd Constitutional Amendment Acts passed in 1992 by Parliament ensure one-third of the total seats for women in all elected offices in local bodies whether in rural areas or urban areas.
3. The National Plan of Action for the Girl Child (1991-2000) The plan of Action is to ensure survival, protection and development of the girl child with the ultimate objective of building up a better future for the girl child. (iv) National Policy for the Empowerment of Women, 2001 The Department of Women & Child Development in the Ministry of Human Resource Development has prepared a National Policy for the Empowerment of Women in the year 2001. The goal of this policy is to bring about the advancement, development and empowerment of women.

3. Changing Pattern of Suicide Death Rates in India:

Suicide is an untimely and avoidable death. It occurs within a societal, cultural, and familial context intertwined with human psychology. Given its proximate connection with mental health disorders, it is a public health concern. Suicide prevention is urgent owing to its repercussions for mortality and means of preventing self-harm. In 2015–2016, any psychological disorders were reported to affect 13.7% of population aged 18 years and older in India. Concomitantly, high suicide mortality among adults in India has become a public health concern. While India's suicide rate of 14.04/lakh population in 2019 puts it at 49th rank globally, the grim reality of the highest numbers of suicides being reported annually from India cannot be overlooked. In the Lancet Public Health, Dandona explored suicide deaths among Indian men and women by socio-demographic risk factors using National Crimes Record Bureau (NCRB) data.

Characteristics/Year	Suicide death rate (SDR) among men		Suicide death rate (SDR) among women		Ratio of male to female number of suicide deaths								Percent change in suicide deaths among men		Percent change in suicide deaths among women	
	2014	2021	2014	2021	2014	2015	2016	2017	2018	2019	2020	2021	2014-2021	2014-2021		
Age group																
10-18 years	5.1	4.7	5.8	6.0	1.0	0.9	0.9	0.9	0.9	0.9	0.9	0.9	-9.1	5.3		
18-29 years	20.0	25.6	13.5	13.3	1.6	1.6	1.6	1.6	1.6	1.7	1.9	2.0	38.8	6.1		
30-44 years	22.7	27.2	8.6	7.9	2.6	2.7	2.6	2.8	2.7	3.1	3.2	3.5	31.8	-0.8		
45-59 years	19.9	23.7	5.9	5.6	3.5	3.6	3.5	3.9	3.7	4.2	3.9	4.4	33.2	6.8		
Above 60 years	14.8	15.5	5.3	5.1	2.7	2.8	2.9	3.0	3.0	3.1	3.0	3.1	54.7	33.6		
Marital status																
Never married	8.6	12.1	7.3	7.9	1.8	1.9	1.8	1.9	1.9	1.9	2.1	2.3	51.7	23.2		
Currently married	20.0	24.3	8.7	8.4	2.2	2.3	2.3	2.4	2.3	2.6	2.6	2.8	35.7	6.0		
Previously married	17.4	13.2	3.9	2.6	1.3	1.4	1.6	1.5	1.3	1.5	1.7	1.7	1.2	-23.8		
Status not known/Others	-	-	-	-	2.5	2.7	2.3	1.8	2.1	2.5	2.6	3.0	-11.7	-25.1		
Education																
Illiterate	12.8	13.5	4.1	3.5	1.7	1.8	1.6	1.9	1.9	1.9	2.0	2.1	4.0	-17.6		
Class 1-5	11.0	12.2	6.4	5.4	1.9	2.1	2.1	2.2	2.1	2.4	2.4	2.4	11.1	-11.4		
Class 6-8	18.1	22.5	12.0	10.6	2.0	2.2	2.2	2.3	2.4	2.5	2.5	2.7	28.4	-2.7		
Class 9-12	22.6	29.9	13.7	14.2	2.4	2.4	2.3	2.3	2.2	2.5	2.6	2.9	66.4	37.7		
Graduate & above	6.0	8.9	3.7	4.7	2.5	2.4	2.5	2.4	2.3	2.6	2.6	2.7	100.0	92.3		
Status not known	-	-	-	-	2.2	2.3	2.0	1.9	2.1	1.9	2.0	2.6	-5.8	-20.1		
Profession¹																
House wife	-	-	-	7.0	-	-	-	-	-	-	-	-	-	15.0		
Professionals/Salaried employee	-	18.0	-	9.0	5.4	7.1	7.5	6.6	7.5	7.5	6.7	8.1	70.7	13.9		
Self-employed	-	19.0	-	10.6	7.8	10.9	11.0	10.7	12.1	8.6	12.6	14.0	36.4	-29.0		
Student	-	3.3	-	3.4	1.1	1.1	1.0	1.1	1.1	1.2	1.3	1.3	73.6	49.5		
Unemployed	-	48.2	-	27.8	5.9	6.1	4.8	5.2	4.8	4.8	4.7	5.9	38.2	38.7		
Daily wage earner	-	34.6	-	13.1	7.8	6.0	6.7	7.0	7.5	8.4	7.4	8.9	170.7	137.1		
Other	-	40.3	-	19.0	2.9	3.5	2.9	2.9	3.0	3.2	3.1	3.1	-42.2	-44.9		
Methods																
Drowning	-	-	-	-	1.8	2.0	2.0	2.1	2.0	2.2	2.0	2.2	20.8	-1.9		
Hanging	-	-	-	-	2.5	2.6	2.5	2.5	2.4	2.7	2.8	3.0	77.4	51.3		
Insecticides consumption	-	-	-	-	2.2	2.4	2.3	2.3	2.4	2.2	2.5	2.5	94.9	66.7		
Consumption of other poison	-	-	-	-	2.0	1.9	2.0	1.7	1.7	1.9	2.1	2.4	-22.7	-35.9		
Jumping	-	-	-	-	4.2	4.5	4.7	4.8	4.0	5.0	4.4	5.3	24.2	-0.3		
Other	-	-	-	-	2.2	2.3	2.0	2.4	2.2	2.2	2.0	2.0	-51.0	-46.6		
Overdose of pills	-	-	-	-	1.6	1.6	1.8	2.1	1.7	1.8	1.6	1.9	9.3	-6.6		
Self-immolation	-	-	-	-	0.6	0.6	0.7	0.5	0.6	0.6	0.7	0.7	-50.4	-56.3		
Reasons																
Economic	-	-	-	-	8.0	7.1	6.6	10.4	9.2	9.4	10.0	9.9	93.7	57.7		
Exam	-	-	-	-	1.3	1.3	1.2	1.3	1.2	1.4	1.2	1.5	-27.0	-34.7		
Family problems	-	-	-	-	1.9	1.9	1.9	1.8	1.9	2.0	2.2	2.4	107.5	58.1		
Health issues	-	-	-	-	2.5	2.5	2.7	2.9	3.1	3.4	3.1	3.2	59.4	25.1		
Love affair	-	-	-	-	1.4	1.3	1.1	1.3	1.4	1.4	1.5	1.6	91.2	67.6		
Marriage related problems	-	-	-	-	0.5	0.6	0.6	0.7	0.8	0.8	0.8	0.9	62.3	-7.8		
Other	-	-	-	-	2.3	2.6	2.4	2.4	2.1	2.3	2.5	2.4	-56.8	-58.6		
Personal/Social	-	-	-	-	2.5	2.6	2.7	2.6	2.7	3.0	3.1	3.0	107.9	74.6		
Rape	-	-	-	-	-	-	-	-	-	-	-	-	-	-22.1		
Unknown	-	-	-	-	2.3	2.2	2.4	2.3	2.1	2.5	2.4	2.8	3.7	-14.4		

Table-1:

Characteristics/Year	Suicide death rate (SDR) among men		Suicide death rate (SDR) among women		Ratio of male to female number of suicide deaths								Percent change in suicide deaths among men		Percent change in suicide deaths among women	
	2014	2021	2014	2021	2014	2015	2016	2017	2018	2019	2020	2021	2014-2021	2014-2021		
(Continued from previous page)																
Economic status (annual)																
<\$1220	-	-	-	-	2.0	2.0	1.9	2.0	2.0	2.1	2.1	2.3	19.0	5.8		
≥\$1220 & <\$6098	-	-	-	-	2.3	2.6	2.7	2.5	2.6	3.0	3.3	3.7	64.7	3.4		
≥\$6098 & <\$12,195	-	-	-	-	2.4	2.7	2.9	3.0	2.4	3.3	3.4	3.6	72.7	14.8		
≥\$12,195	-	-	-	-	2.7	2.2	9.7	2.0	2.9	2.8	2.6	2.1	51.9	98.1		
Total	17.0	20.6	8.5	8.1	2.1	2.2	2.1	2.2	2.2	2.4	2.4	2.6	33.5	5.9		
¹ Data on rape among men is small. The PPP is considered as \$1 = 82 INR (as on July 2023). The re-categorisation of characteristics is the same as that of Dandona, George. ⁴ Data on population by profession is available in NSS (2020-2021) ³ and so calculated for 2021 only. Source: Own calculations.																
Table 1: Suicide death rate (SDR), ratio of male to female suicide deaths and the percentage change, India, 2014-2021.																

4. Divorce Rates In India:

According to Gitnux Market Data Report 2024 of Social Issues Statistics by Jannik Lindner the following data shows the divorce rates in India till Nov 24 2023.

The statistics presented in this report demonstrate that the divorce rate in India is increasing, particularly among urban and educated couples. Kerala has the highest divorce rate of all Indian states, with 6.3% of marriages ending in divorce. There has been a 350% increase over two decades and women are increasingly initiating divorces – accounting for 33-65% of cases depending on location. Drug addiction appears to be an emerging cause for marital breakdowns as well, with 1,023 cases reported due to drug addiction alone in 2019. The age group most likely to file for a divorce is 25-34 years old according to data from 2015 onwards.

- The divorce rate in India is estimated to be around 1%.
- In India, the divorce rate was 13 per 1,000 marriages in 2019.
- There has been a 350% increase in divorce rates in India over the last two decades.
- The divorce rate among Muslim couples in India is 1.5%.
- In Mumbai, the divorce rate increased by 40% from 2014 to 2017.
- From 1990 to 2012, the divorce rate in Delhi rose by 36%.
- 53% of divorces filed in India are by people aged 25-34 years old.
- In 2019, 65% of divorce cases were initiated by women in Delhi.
- In Gandhinagar, the divorce rate increased by 65% between 2012 and 2017. The divorce rates of major cities are given below according to current statistics

State	Divorce Rate (Data collected till Nov.2023)
Maharashtra	18.7
Karnataka	11.7
UP	8.8
West Bengal	8.2
Delhi	7.7
Tamilnadu	7.1
Telengana	6.7
Kerala	6.3

DATA ANALYSIS/INTERPRETATION

In this study we have taken all parameters and aspects of male inexpressiveness to draw-out the best and effective strategies to wipe out this social stigma. Firstly we have collected data regarding male & female ratio in India. For this we have taken into account the NFHS-5 survey report for 2023 which shows that the sex ratio in India in 2023 is 1020 females per 1000 males. This shows a moderate increase in female population mainly in rural areas which indicates the balance of male and female population of India which may be due to the continuous efforts and awareness campaigns of Govt. of not making discrimination between boy and girl child and providing equal rights to both gender to reduce gender disparity. The statistics shows that Kerala has the highest sex ratio in India with 1084 females for every 1000 males which indicates the respect and love for the girl child in southern states and their position and social status in that region which is continuing after 2011 census. But the overall Gender Development Index is very poor as compared to the developing and developed countries. As per current GDI by 2021 India has 0.85 GDI which is very low as compared to USA,UK, and even from small countries like Nepal, Bhutan and Sri Lanka which is alarming for coming years .

Secondly we extracted data from the Indian constitution regarding different laws and provisions for women and girl child to have a clear and transparent view of the rights given to both gender according to our constitution. As per the data collected it shows that there are general and specific provisions for the for perseverance of rights and justice of women but there is no eye-catching laws or provisions for men as compared to women. Also in IPC and SLL special care is taken for the protection of girl child by implementing different laws like Sec. 354,IPC for molestation, Sec. 509, IPC for Sexual Harassment Sec. 363-373,IPC for kidnapping and abduction for different purposes etc. Besides that there are special laws like Dowry Prohibition Act,1961 , The Family Court Act 1954, The prohibition of Child Marriage Act, 2006 , The Protection of Women from Domestic Violence Act , 2005 which are framed keeping the safety and security of girl child in the central focus. But there number of IPC sections or special acts are negligible for the protection of a boy or a men in our law books which shows the gender biasness of our society. If a man is suffered from any of the above crimes there is no such laws or provisions to raise or assemble his voice before law.

Thirdly we collected data from an authenticated resource i.e. Lancet Public Health regarding Suicidal Death Rate (SDR) among men and women and its changing statistics from 2014 to 2021 in India. This report exposes very crucial and astonishing facts regarding causes of suicidal deaths among men and their age range. This data directly reveals the incapability of our laws and rules and the defect mindsets of our society. Concomitantly, high suicide mortality among adults in India has become a public health concern. While India's suicide rate of 14.04/lakh population in 2019 puts it at 49th rank globally, the grim reality of the highest numbers of suicides being reported annually from India cannot be overlooked. In the Lancet Public Health, Dandona et al. explored suicide deaths among Indian women by socio-demographic risk factors using National Crimes Record Bureau (NCRB) data. They found a trend of increasing suicide deaths among women with class 6 and higher education versus no education. The study reported a slight reduction in suicide deaths among married women but an uptick among never-married women. Housewives shared half of such eventualities that did not alter over time. Overall, a socio-demographic characteristic reading of suicide deaths among Indian women remained unchanged. For comparison, we examined patterns of suicide death among Indian men and women. Analyses of unnatural deaths among adults (15–49 years) using National Family Health Survey data and suicide among 15 years and older based on the Million Death Study show that **men more frequently die from suicide than women**. We retrieved data on suicide deaths from 2014 to 2021 from NCRB reports. While this is a crucial source of data, offering a characteristic description of suicide deaths by socio-demographic factors such as age, education, marital status, profession, economic status, means of suicide and reasons segregated by gender; however, underreporting of suicide deaths in NCRB compared to Global Burden of Disease has been highlighted. Suicide death rate (SDR)/lakh persons by age, education, marital status, and profession was calculated in 2014 and 2021 using NCRB data and NSS (2014, 2020–2021) and calibrated with projected population. NCRB data for Indian men offers a change in the characteristic pattern of suicide deaths, unlike in the case of women. **Findings indicate that SDRs in men compared to women were twice common in 2014, which increased to 2.5 times in 2021 (Table 1).**The age group with the most suicide deaths for men were 18–29, 30–44, and 45–59 years, whereas for women were 18–29 years. Daily wage earners show a surge of 170.7% in suicide deaths among men between 2014 and 2021 accruing to SDR of 34.6 among men against 13.1 among women in 2021. Unemployed men and women had a very high SDR of 48.2 and 27.8, respectively. Women of all educational levels show a decline in suicide deaths, whereas men's suicide mortality increased at all

educational levels. Most markedly, men who studied up to class 9–12 show a rise in SDR from 22.6 to 30.0 and an increase of 66.4% in suicide deaths between 2014 and 2021, approximately two-fold than their counterparts. The sex ratio of suicide deaths in the economic class of \$1220–\$6098 has risen from 2.3 to 3.7 times among men compared to women during 2014–2021. The suicide method frequently used was hanging, with an increase of 77.4% in men and 51.3% in women. Family problems and health issues remain the prominent reason behind suicides. Owing to these two reasons, the male-to-female ratio of suicides has increased from 1.9 and 2.5 to 2.4 and 3.2, respectively, during 2014–2021. There was a 107.5% increase in citing family problems as a reason among men during 2014–2021, approximately two-fold of that in women. The SDR among currently married men (24.3) was three times that of currently married women (8.4). Increases in suicide mortality were found in married and never married men, and the increase was remarkably higher than in women. Rising suicides among married men and daily wage earners, having frequently cited reasons being family problems followed by health issues, are highly concerning. This increasing number of suicidal deaths needs further research to understand the nature of the stressors that trigger men to take the extreme step. Intervention strategies should focus on decriminalizing and destigmatising suicide. Further, creating awareness of mental health issues in men would help arrest the increasing toll of suicides. Low suicide among women might indicate better coping mechanisms for dealing with stress, which could be an adaptable intervention strategy. A larger share of suicides in productive years of life calls for addressing livelihood insecurities.

Lastly we analyzed the current statistics of the divorce rates in India and major Indian cities which reflects a clear image of male inexpressiveness and their effects and consequences on the society and the lives of the people. India is considered to have the lowest divorce rate globally, estimated to be around 1.1%. But, in the past few years, India is witnessing a rise of 50% to 60% in divorce rates, especially in the urban areas. For Indians getting separated or divorced is never an easy thing, especially if someone has truly invested in their relationship. Indian relationships are just not formed considering two people, there are a lot of other factors that are involved too such as societal pressure, and families, and getting apart becomes even more difficult if children are involved. Those who wed multiple times face a far higher rate of divorce. In fact, 67% of second marriages end, and 73% of third marriages are dissolved. Kerala, known to be the most literate state has experienced an increase of divorce rate by 350% in the last 10 years. Around 20 years back India had a negligible divorce rate of around 5%. But based on the increasing number of divorce being filed today, the divorce rate in India is expected to rise up at a faster rate in the coming years.

Reason to be blamed for the unsuccessful marriage:

1. Women are becoming independent- One of the main reasons why divorce rates are getting increased is because Indian women have grown a lot in the past few years financially, socially, and economically. There is no great dependency on the other person for these things. Earlier they used to remain in a relationship even if it was an abusive one, such as a dependency. Today, women are educated and smart enough to take care of themselves in anyone's favor.

2. Infidelity and trust- Since we have grown up listening that the foundation of any relationship is trust. Once the thread of trust is broken, it never gets back to normal or usual. Infidelity is rising at such a high pace in India. People get emotionally or physically disinterested quite early, and the reason behind it is they have not emotionally surrendered themselves to other people. This is the reason why they keep shifting from people to people for their temporary needs.

3. Lack of intimacy- Intimacy in a relationship is a vital thing to sustain a relationship for a longer period of time. Now intimacy is not about sexual pleasure, not is also about emotional pleasure, which is just deep conversation, holding hands, and spending more quality time with each other. And, in the 21st century, most couples are struggling to find that connection with each other. To fulfill each other's physical and emotional needs and that's where the problems start.

4. Taking for granted- We have listened enough to the complaints of couples that during the initial phase of their relationship he/she gave more time, and used to put in more effort. But, now they have stopped doing everything which made them feel special at that point. Relational or marriages also come to an end when there is a lack of attention and time, not listening or letting talk to your partner.

5. Families or friends interference- Today women and men have no longer living with an old-fashioned lifestyle or thoughts. But, we still cannot disagree with the fact that we are still living in a practical society where marriage should be in a certain way where couples should know their so-called limits. And a woman is still not allowed to put her opinion. We understand this is a problem and we have a long way to go when it comes to a beat this problem. But with this, there is one more problem with the newer generation that is they are less tolerant and more aggressive. The newer generation doesn't believe in compromising or adjusting with the families which leads a problematic marriage.

FINDINGS AND CONCLUSION

In our research we tried to find the causes, effects and strategies to abrogate male in expressiveness by analyzing the data of sex ration in India, suicide rates in India in past years, different laws and provisions for protection of females in India and divorce rates in India due to different reasons and found the possible results.

Causes of Male inexpressiveness

From the above analysis we found out that the basic cause of male inexpressiveness is their lost capacity of expressing emotions from their childhood. From a young age, boys are often taught to be tough, stoic, and not show vulnerability. Societal norms and expectations regarding masculinity can discourage emotional expression. A 6-7 years old child whether boy or girl feels comfortable with his mother because he/she thinks it is his/her world. He/she does not feel so comfortable with his/her father in long term. So at this early stage of life we separate the boy from his mother as he grows at that time due to social norms and beliefs. As he grows and becomes adolescent he experiences changes in his physical, psychological and emotional traits but he cannot express it to anyone as he is put to sleep in separate room and he does not talk so much with his father. Also the mother keeps distance in discussing these matters with the son but the same thing is discussed with girl child as she feels same as her mother and the mother feels comfortable with her. So the male child finds a separate community from outside like his friends or some other close buddy to share these feelings. So in the wheel of time the definition of success changes for a boy and a girl child with their age. While a boy finds his success in earning money, buying houses, maintaining status but a girl finds her success in finding love, emotion, sharing sorrow and happiness with family members. Secondly the fear of judgment also causes male inexpressiveness. Men may fear being judged or perceived as weak if they express their emotions openly. This fear of social repercussions can lead to suppression of feelings. Thirdly Cultural beliefs and values regarding masculinity vary widely, and in some cultures, emotional restraint and control are highly valued traits for men. Next is the trauma or negative experience i.e. past experiences of ridicule, rejection, or trauma related to expressing emotions can lead to a reluctance to do so in the

future, as a protective mechanism. Also Men are often expected to be self-reliant and problem-solvers. This pressure to handle issues independently can discourage seeking emotional support or sharing feelings with others. Some men may struggle to articulate their emotions due to a lack of practice or understanding of their own feelings. Limited emotional vocabulary can make it challenging to express oneself effectively. Stigma surrounding mental health issues can prevent men from seeking help or expressing their emotions, fearing they will be labeled as mentally unstable or weak. While societal and cultural factors play a significant role, there may also be biological factors influencing emotional expression, such as differences in brain chemistry or hormonal influences. In certain relationships or social circles, there may be dynamics that discourage emotional expression, such as an expectation for men to be the "rock" or the one who remains emotionally stable regardless of the situation.

Effects of Male Inexpressiveness

Emotional Suppression: Men who struggle to express their emotions may resort to suppressing them, leading to a buildup of stress, anxiety, and unresolved feelings. This can have detrimental effects on mental health, potentially leading to depression, substance abuse, or other mental health disorders. This may lead to split personality disorder or psychic activities.

Relationship Strain: In romantic relationships, male inexpressiveness can lead to difficulties in communication and emotional intimacy. Partners may feel disconnected or frustrated by the lack of emotional engagement, leading to conflict and relationship breakdowns. As a result divorce may occur between husband and wife and it affects the child badly.

Social Isolation: Men who are unable to express their emotions openly may withdraw from social interactions or avoid seeking support from others. This can result in feelings of loneliness, alienation, and a lack of social connection.

Unhealthy Coping Mechanisms: Without healthy outlets for emotional expression, men may turn to unhealthy coping mechanisms such as aggression, avoidance, or risky behaviors to deal with their feelings. This can perpetuate a cycle of negative behavior and further exacerbate mental health issues.

Impact on Physical Health: Chronic stress resulting from emotional suppression can take a toll on physical health, leading to increased risk of cardiovascular problems, weakened immune system, and other health complications.

Barriers to Personal Growth: Inexpressiveness can hinder personal growth and self-awareness, as individuals may struggle to confront and process their emotions effectively. This can impede their ability to develop healthy coping strategies and navigate life's challenges.

Reinforcement of Gender Stereotypes: Male inexpressiveness perpetuates traditional gender stereotypes that associate masculinity with emotional stoicism and strength. This can limit men's freedom to express their full range of emotions and perpetuate harmful gender norms.

Impact on Future Generations: Men who struggle with inexpressiveness may unintentionally pass on these patterns of behavior to their children, perpetuating a cycle of emotional suppression across generations.

Increase in suicide rate: Due to continuous mental stress and pressure the man can commit suicide which is a negative sign of the social security and provisions made to protect male voice.

Strategies for Abrogation:

Abrogating male inexpressiveness involves challenging societal norms and promoting environments where men feel safe and encouraged to express their emotions openly. Here are some strategies to address this issue.

Promote Emotional Literacy: Educate men and boys about the importance of emotional intelligence and provide resources to help them develop a vocabulary for understanding and expressing their feelings.

Challenge Gender Stereotypes: Encourage conversations and initiatives that challenge traditional notions of masculinity and promote a more inclusive definition of what it means to be a man. Highlight diverse male role models who demonstrate emotional openness and vulnerability.

Create Safe Spaces: Establish safe and supportive environments where men can freely express their emotions without fear of judgment or ridicule. This could include support groups, therapy sessions, or online communities focused on emotional well-being.

Normalize Emotional Expression: Encourage open dialogue about emotions in various settings, including schools, workplaces, and social groups. Normalize the idea that it's okay for men to cry, show vulnerability, and seek help when needed.

Promote Sex Education: Inclusion of Sex Education in schools and colleges is most important to promote awareness about sex education among the teenagers. By providing information regarding adolescence, expression of feelings to family members, having clear idea about good and bad touch, etc can relax their minds to express their problems and emotions.

Implementation of new laws and updating the old laws: The Government should take initiatives to implement new laws and issue provisions for safety and security of males in the 21st century and update the outdated system of providing justice to the males so that they can feel safe and secure in the society.

Provide Mental Health Support: Increase access to mental health resources and destigmatize seeking help for emotional issues. Offer counseling services, hotlines, and workshops specifically tailored to men's emotional needs.

Foster Positive Relationship: Encourage healthy communication and emotional intimacy in relationships. Teach conflict resolution skills and promote empathy and active listening as essential components of successful interpersonal connections.

Empower Peer Support Networks: Foster peer support networks where men can connect with others who share similar experiences and challenges. This can provide a sense of camaraderie and validation, encouraging emotional expression in a supportive context.

Educate Caregivers and Educators: Provide training and resources for parents, teachers, and caregivers to support emotional development in boys from a young age. Encourage the validation of a full range of emotions and discourage gendered expectations around emotional

Address Structural Barriers: Advocate for policy changes and systemic interventions that address underlying factors contributing to male inexpressiveness, such as toxic workplace cultures, unequal access to healthcare, and societal norms that perpetuate gender stereotypes.

By implementing these strategies, we can work towards creating a more inclusive and emotionally healthy society where men feel empowered to express their emotions authentically without making judgment.

In conclusion, the journey of unraveling male inexpressiveness has shed light on its multifaceted nature, encompassing diverse causes, effects, and potential strategies for abrogation. Through an exploration of societal norms, cultural expectations, psychological factors, and interpersonal dynamics, we have deepened our understanding of why some men struggle to express their emotions openly. The effects of male inexpressiveness ripple through personal relationships, mental health, and societal dynamics, often leading to communication barriers, emotional disconnect, and unaddressed psychological distress. However, by recognizing the complexity of this issue, we pave the way for

meaningful change. Implementing strategies such as destigmatizing vulnerability, promoting emotional literacy, fostering supportive environments, and challenging traditional gender norms can serve as pivotal steps towards dismantling the barriers to male expression. Empowering men to embrace their emotions, communicate authentically, and seek support when needed not only benefits individuals but also cultivates healthier relationships and communities. As we continue to navigate the intricacies of gender dynamics and emotional well-being, let us remain committed to fostering inclusivity, empathy, and understanding. By collectively challenging the constraints of male inexpressiveness, we move towards a more compassionate and equitable society where every individual feels empowered to express themselves fully and authentically.

SUGGESTIONS/RECOMMENDATIONS

After proper research and analysis the following suggestions are provided to deal with the social evil like male inexpressiveness to establish a social balance between the men and women.

- **Promote Emotional Education:** Integrate emotional intelligence education into school curricula and workplace training programs to equip individuals, especially men, with the skills to identify, understand, and express their emotions effectively.
- **Encourage Open Dialogue:** Create safe spaces for men to discuss their feelings and experiences without fear of judgment or ridicule. This could include support groups, online forums, or community initiatives aimed at destigmatizing emotional expression.
- **Challenge Gender Stereotypes:** Challenge traditional gender norms and expectations that discourage men from expressing vulnerability or seeking help. This can be achieved through media representation, public campaigns, and educational initiatives that promote diverse expressions of masculinity.
- **Foster Supportive Relationships:** Encourage the development of supportive networks and relationships where men feel comfortable sharing their emotions and seeking support from friends, family, or mental health professionals.
- **Provide Mental Health Resources:** Increase access to mental health resources and services tailored to the needs of men, including therapy, counseling, and helplines. This could involve partnering with healthcare providers, employers, and community organizations to ensure that mental health support is readily available and culturally sensitive.
- **Address Workplace Culture:** Address workplace cultures that prioritize stoicism and discourage emotional expression. Implement policies that promote work-life balance, stress management, and employee well-being, fostering an environment where emotional health is valued and supported.
- **Empower Positive Role Models:** Highlight and celebrate positive male role models who openly embrace vulnerability and emotional expression. This can help challenge stereotypes and inspire other men to feel empowered to express themselves authentically.
- **Involve Men in Gender Equality Efforts:** Engage men as allies in gender equality efforts, recognizing that challenging male inexpressiveness is not only beneficial for individual well-being but also for creating more inclusive and equitable societies overall.
- **Research and Evaluation:** Conduct further research to better understand the underlying causes and consequences of male inexpressiveness, as well as the effectiveness of different strategies for addressing it. Evaluate interventions and initiatives to identify best practices and areas for improvement.

- **Collaborative Action:** Foster collaboration between researchers, policymakers, activists, and community leaders to develop comprehensive and sustainable approaches for addressing male inexpressiveness at individual, interpersonal, and societal levels.
- **Initiatives by Govt.:** Govt. should take initiatives to spread awareness about this sensitive issue and also implement strong laws and make such provisions so that a man can get justice quickly if he faces any circumstances.
- **Strengthen Parent Son relationship:** Parents should not separate their son from them in his adolescence stage and openly talk to him so that he can feel comfortable to express his feelings and emotions to them. They should form a friendly relationship with him and strengthen it by helping him at the time of need.

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