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GEOGRAPHIC

Continent
Europe (EU)

Country
Ireland
United Kingdom

BASIC DETAILS

Language
English

Sector:

Health

Title (EN):

Understand
ing how men experience, express
and cope with mental distress:
Where next?

Abstract description (EN):

In line with the shift towards prioritising lay accounts and narratives of chronic illness in sociology, there is an emerging literature on men, their subjectivities and experiences of mental distress. We argue in this paper that subjectivities and distress among men are an important area for critical sociological research. Very little is known about men's subjectivities or the meanings they give to - and how they cope with or seek help for - distress. At the same time, current theories of gender relations, performativity and wellbeing as they pertain to men are likely to shed further light on subjectivity and distress. However, current theories (and qualitative research involving men and women) are pointing to considerable complexity. In this paper, we outline what is known about distress and men, and consider the utility of gender relations, performativity,

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subjectivities and wellbeing for a better understanding of distress. We also ask: What other factors influence distress, and how should these be considered in relation to men and masculinities? What are the implications for research and policy?

Keywords: Distress, Masculinities, mental health, Performativity, Subject

Free Comments:

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