TABLE 1
SEX-ROLE PATTERNS AND CONFLICTS AND THEIR EFFECTS

Psychological Patterns and Conflicts Developed During
Men's Sex-Role Socialization

Fear of femininity
Fear of emasculation
Fear of being vulnerable
Fear of failure
Low self esteem
Obsession with success/achievement
Work stress and strain
Homophobia
Limited body awareness/sensuality
Restricted sexual and affectionate behavior
 Restricted communication patterns

Restrictive emotionality
Treating women as sex objects and inferiors
Socialized competitiveness that restricts self and others
Socialized power needs that restrict self and others
Socialized dominance needs that restrict self and others
Socialized control needs that restrict self and others

The Psychological Effects of Male Sex-Role
Conflicts and Strain in Four Life Areas

Interpersonal Life
  Limited intimacy with other men, women, and children
  Marital conflict
  Fear of aging
  Fear of retirement
  Loss of heterosexual interest
  Lack of confidence

Career Development and Work Life
  Overwork
  Success bind
  Career ladder bind
  Work stress and strain
  Type A behavior
  Role conflict
  Breadwinner bind
  Fear of unemployment
  Fear of failure

Home and Family Life
  Role overload
  Sexual dysfunction/dissatisfaction
  Family violence (child and wife abuse)
  Inabilities in active and positive parenting
  Overt/covert subordination of women and children
  Fear of failure

Physical Life
  Health problems (ulcers, hypertension, coronary heart disease)
  Drug, alcohol, and food abuse
  Early death

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