

TABLE 1  
SEX-ROLE PATTERNS AND CONFLICTS AND THEIR EFFECTS

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

Fear of femininity	Restrictive emotionality
Fear of emasculation	Treating women as sex objects and inferiors
Fear of being vulnerable	Socialized competitiveness that restricts self and others
Fear of failure	Socialized power needs that restrict self and others
Low self esteem	Socialized dominance needs that restrict self and others
Obsession with success/achievement	Socialized control needs that restrict self and others
Work stress and strain	
Homophobia	
Limited body awareness/sensuality	
Restricted sexual and affectionate behavior	
Restricted communication patterns	

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

<i>Interpersonal Life</i>	<i>Home and Family Life</i>
Limited intimacy with other men, women, and children	Role overload
Marital conflict	Sexual dysfunction/dissatisfaction
Fear of aging	Family violence (child and wife abuse)
Fear of retirement	Inabilities in active and positive parenting
Loss of heterosexual interest	Overt/covert subordination of women and children
Lack of confidence	Fear of failure
<i>Career Development and Work Life</i>	<i>Physical Life</i>
Overwork	Health problems (ulcers, hypertension, coronary heart disease)
Success bind	Drug, alcohol, and food abuse
Career ladder bind	Early death
Work stress and strain	
Type A behavior	
Role conflict	
Breadwinner bind	
Fear of unemployment	
Fear of failure	