

BEING A MAN

STUDENT NAME

INSTITUTION AFFILIATION

PROFESSOR

COURSE

DATE

Background

Definitions:

1. **Masculinity:** Refers to meanings, social behaviors, roles as well as practices reserved for the male gender at any given time in any society.
2. **Femininity:** These are similar roles in society, reserved for females.
3. **Hypermasculinity:** Sociologically used to denote the overrated nature of virility, masculinity, and physicality.
4. **Patriarchy:** A government system in which the eldest male in a family, be it the father or eldest son alive is reckoned and respected as the holder of political power, social privilege, moral authority and are in charge of properties (Haggins, 2018). According to Lancet, in India, 300 to 600 thousand pregnancies with female fetuses are ended yearly (Pear, 2014).
5. **Toxic masculinity:** refers to traditional practices that may prove to be harmful to one gender or the whole society at large if persisted upon. In most societal settings, toxic masculinity encourages aggression, homophobia, and male dominance as a show of manliness. It is a belief that men are and should at all times act tough without showing their emotions openly as that may be deemed as a sign of weakness.
6. **Antifemininity:** a social belief encouraging men to discard anything regarded to be feminine, for instance showing emotions.

Discussion

Importance of exercise

Naturally, we are all born with a love for exercise and playing, as children. With age, however, things such as work and having kids pose a challenge to this end. Often, as a man, you feel the urge to exercise keeping in mind the vast benefits of the same, ranging from weight loss, improved levels of testosterone, reduced chances of colon cancer, solving or reducing chances of erectile dysfunction, stronger bones to reduced anxiety and depression. What amount of exercise is beneficial to you as a man? One may wonder. The time factor plays a role in discouraging exercising or working out. Fortunately, one does not require a whole day of working out to stay fit and healthy.

(Kelly H. Woodward, 2018) 30 minutes of walking every day get one off the mark of risky health complications as listed above. An additional strength exercise of two to three sessions (days) a week is even spicier. Most important to note is consistency and making this a habit, for better results. Each day comes with its pressures and tensions. Relieve yourself of such through exercises to lower chances of depression, anger, and anxiety, regardless of your age.

Healthy and ideal physical condition

The average heartbeat of an adult male ranges from 60 beats to 100 beats per minute. This is the measure at rest. When running, say a distance of 1.5 miles, an adult male, (25-34 years old) should cover the distance in 11 minutes, give or take. A significant positive deviation in the completion time would indicate a need to improve, as that's a risky state of

aerobic fitness which may be due to a poor physical state of fitness. A male of a similar age bracket should be able to do an average of 28 pushups and 44 sit-ups.

A healthy man should have their waist circumference smaller than their hips, the otherwise would imply an overweight which poses a risk of contracting heart diseases and diabetes type 2. Body mass index gives a more precise reading of physical fitness. Normal weight should range between 18.5 and 24.9. Anything below 18.5 is underweight, above 24.9 is overweight, both of which are unhealthy.

In some communities, amassing weight, especially around your belly for males is mystified as a sign of good health from “good” feeding and gives a misleading sense of confidence. The good feeding, unfortunately, turns out to be fatty and junk foods. One needs to watch their body weight and physical appearance. Having a flat tummy is no indicator of lack of proper feeding, but rather a state of physical fitness, except for malnutrition cases. More often than not, however, overweight individuals fall victim to mockery and negative criticism, a vice that may lead to stigmatization and mental stress.

Role of masculinity in quality of interpersonal relations

The false notion that failure to express emotion is strength has pushed males to desist from sharing their personal feelings. This is harmful to them, and society in the long run, as they get overstretched by stress and have no safe space to pour their feelings out, a technique has been well proven to ease pressure and lower the risk of mental illness. Other techniques such as yoga and meditation have been labeled anti femininity and therefore a very rare practice by males.

In an attempt to escape mental pressure, it has become common for men to engage in drugs and excessive substance consumption. Such practices hinder rational reasoning and may lead to making regretful decisions such as domestic violence and truancy. Even in workplaces, some men develop aggressiveness as a response to competition from female colleagues. Latin America has seen more women rise to elective political seats such as in parliament. That being good news in the corridors of gender equality, cases of violence and intimidation have spiked, a possible reaction from the men who feel “threatened”. Exposure to health facts and unlearning of some masculine beliefs can see a significant change in this trend, as women too can serve equally in positions of power just as men would.

Personal experience of threat to the sense of manhood

Guilty! I’m not as clean as a whistle here. I have felt a threat to my sense of manhood before. Goes back to my junior high school where I felt entitled to win in any challenge that involved a female competitor. If I was on the sideline in such a competition, I would effortlessly back the male competitor. “Unfortunately” some iron ladies in my class hurt my ego, mercilessly and not once, in various tests. I would envy their scores for no good course. I would develop a sense of dislike against them, a sense cured only when I would beat them in the next test. I later came to learn to accept such healthy competition and my love to see women in leadership positions is immeasurable.

Conclusion

Physical fitness is essential in a man's mental and physical well-being, which calls for regular exercising and participation in sports. A physically fit man is less likely to have mental stress and stigma compared to one who is overweight. Both males and females experience mental

overstretch and should feel free to seek external care when the need occurs. A man showing his emotions, other than anger, is not a sign of weakness.

References

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