

HE-MAN

Here's the latest insight from PsychTests, a division of Queendom.com, thinking about how the movies portray "real men": strong silent types who don't blink in the face of danger, bad boys who are always emotionally out of reach, gruff male characters who prefer to display their feelings in actions rather than words. It seems that, aside from anger, most male movie characters rarely show their emotional side. And sadly, it seems that art may be imitating life – or perhaps even the reverse.

Analyzing data from 4,203 men who took their Emotional Intelligence Test, researchers at Queendom looked into how real men deal with their emotions. What their study revealed was an evident difference between the emotional attitude of younger and older men. While both groups (men under 40 and men over 40) still struggled to accept their emotional side, the problem was more prominent for younger men:

- 31% of men under 40 struggle to identify their feelings (compared to 8% of men over 40).
- 31% of men under 40 find it hard to express their feelings (compared to 17% of men over 40). According to 36% of younger men, talking about their feelings requires a degree of vulnerability that they are not comfortable with (compared to 21% of older men).
- 24% of men under 40 are uneasy displaying affection or appreciation; 23% are uncomfortable when expected to console someone (compared to 13% of men over 40, in both cases).
- 44% of men under 40 said that they will do whatever they can to keep themselves from crying (compared to 30% of men over 40).
- 24% of men under 40 have difficulty snapping out of a bad mood (compared to 13% of men over 40).
- 13% of men under 40 have difficulty calming themselves down when they are anxious, 23% when they are angry (compared to 8% and 14% of men over 40, respectively).
- 18% of men under 40 get angry or sad when the smallest thing goes wrong in their life (compared to 8% of men over 40).

- 32% of men under 40 admit that they are incredibly impatient (compared to 26% of men over 40).
- 32% of men under 40 avoid discussing touchy or sensitive topics (compared to 25% of men over 40).
- 33% of men under 40 indicated that people who are overtly emotional make them uncomfortable (compared to 26% of men over 40).
- 23% of men under 40 said that they don't know what to say or do when someone gets upset around them; 18% said all they want to do is get away from the person (compared to 11% and 8% of men over 40, respectively).
- 46% of men under 40 feel awkward in social situations (compared to 33% of men over 40).
- 17% of men under 40 said that when they make a decision, they "rely purely on logic" rather their gut feelings (compared to 8% of men over 40).
- 11% of men under 40 said that they would rather be feared than loved (compared to 3% of men over 40).

"We've done a great disservice to men – and while it's partly a media issue, the root of the problem starts in the home," explains Dr. Ilona Jerabek, PsychTests president. "When a little boy cries, family members will discourage the behavior, telling him that he's 'a big boy, not a baby.' As boys grow up, they're told to 'man-up,' 'toughen up,' or 'act like a man' when they face a difficult time, which translates to not showing any form of emotion that would be considered weak, like fear, anxiety, or sadness. Yet at the same time, many women complain that their boyfriend or husband is distant, and that he doesn't share his emotions. So men are constantly being bombarded with these wildly mixed messages. And the result is destructive. We end up with men who don't know how to deal with their emotions, or who are only able to show 'appropriate male emotions,' like anger. The problem is, bottled-up emotions will find their way out eventually, often by lashing out in what seems like anger."

FROM MY INBOX

Pacifican Angela M. Eslava is concerned about pedestrians crossing Highway 1 between Crespi and Linda Mar Beach. She says drivers turning left from Crespi often cheat on the yellow light and come dangerously close to hitting people in the crosswalk. Slow down out there, folks!

SWAMI SEZ

“The past, the present, and the future walked into a bar. It was tense.” (Swami Umami)

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