

**La Expresión de Emociones en los Hombres Jóvenes Españoles según los Mandatos
de Género**



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Resumen

La gran diferencia que existe entre hombres y mujeres es el desempeño de los roles de género establecidos por la propia sociedad. Los roles de género determinan las normas sociales y el comportamiento que cada individuo debe seguir dentro de una cultura o país. Actualmente existen nuevas formas de expresar la masculinidad y es por ello por lo que el objetivo principal de la investigación es comprobar si los jóvenes españoles siguen los mandatos de género a la hora de expresar sus emociones con la aparición de estas nuevas masculinidades. Para ello, se plantea que los hombres jóvenes están influenciados por los estereotipos marcados por la sociedad y que los hombres pueden sentirse más cómodos expresando sus emociones con el sexo opuesto. La muestra está compuesta por 7 chicos de entre 18 y 30 años con una edad media de 24,7 años.

Se realizó un grupo focal en el que se preguntó a los participantes sobre temas como la expresión emocional, las tareas domésticas, la toma de decisiones, los contextos en los que se sienten más cómodos para expresar determinados roles... El análisis de los datos se llevó a cabo mediante un análisis cualitativo y los resultados mostraron que, a pesar de la existencia de nuevas masculinidades, los hombres jóvenes aún no se sienten cómodos expresando sus emociones, pero sí se sienten más cómodos expresándose emocionalmente con el sexo opuesto.

Tanto la primera como la segunda hipótesis se cumplieron, la primera planteada fue que los hombres seguían mandatos de género para expresar sus emociones. En cuanto a la siguiente hipótesis, se planteaba que los hombres jóvenes españoles se sentían más cómodos al expresar sus emociones con el sexo opuesto.

Palabras clave: rol, género, cultura, sociedad, nuevas masculinidades, mandatos de género.

Abstract

The great difference that exists between men and women is the performance of gender roles established by society itself. Gender roles determine the social norms and behavior that each individual must follow within a culture or country. Currently there are new ways of expressing masculinity and that is why the main objective of the research is to check whether young Spanish men follow gender mandates when expressing their emotions with the emergence of these new masculinities. To this end, it is proposed that young men are influenced by the stereotypes set by society and that men may feel more comfortable expressing their emotions with the opposite sex. The sample is composed of 7 boys between 18 and 30 years old with an average age of 24.7 years.

A focus group was conducted in which participants were asked about topics such as emotional expression, household chores, decision making, contexts in which they feel more comfortable expressing certain roles.... The data analysis was carried out using qualitative analysis and the results showed that, despite the existence of new masculinities, young men still do not feel comfortable expressing their emotions, but they do feel more comfortable expressing themselves emotionally with the opposite sex.

Both the first and second hypotheses were fulfilled, the first hypothesis posed was that men followed gender mandates in expressing their emotions. As for the next hypothesis, it was stated that young Spanish men felt more comfortable expressing their emotions with the opposite sex.

Key words: role, gender, culture, society, new masculinities, gender mandates.

Poster

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The Expression of Emotions in Young Spanish Men according to Gender Mandates

INTRODUCTION

The term gender role was proposed by John Money in 1955 and this term is very present nowadays due to the feminist movement that has been present for several centuries. Equality between men and women is sought and the great difference between them is the performance of gender roles established by society itself. Gender relations are socially constructed and that is why they are transformable. Gender roles are guided by stereotypes, which are a set of beliefs that an individual has in relation to a social group.

Nowadays there are new ways of expressing masculinity, that is, next masculinities and with the arrival of these new masculinities it is possible that the expression of emotions in Young Spanish men is also changing.

OBJETIVE

The objective of this study is to see if men continue to express their emotion influenced by gender mandates, to see how the do it and with whom they do it.

METHODOLOGY

Qualitative analysis of the focus group

FOCUS GRUP

7 Participants between 18 and 30 years old, X years old=24,7

QUALITATIVE ANALYSIS

The data analysis method used is the Thematic Analysis (TA) developed by Victoria Braun and Victoria Clarke in 2006, with which both deductive ("top-down") and inductive ("bottom-up") methods will be used to identify the strategies proposed by the theory in the participants' narrated experiences, allowing for strategic searches with a look further away from the theory with which the research was designed.

RESULTS

	Preference for communication with females	Preference for same-sex communication	Difficulty in expressing sensibility	Little interest in the emotional	Little attention to the needs of others	Fear of being judged.
Participant 1	X					
Participant 2			X	X	X	X
Participant 3		X				
Participant 4				X		
Participant 5		X				
Participant 6	X					
Participant 7					X	

The participants gathered in a room where the tables were distributed in a circular fashion to create a more personal and less formal relationship. The participants were given sheets of paper where they had to answer personal and interpersonal questions. Finally, comments were made on what each person had written and why.

CONCLUSION

Young men follow patterns when expressing their emotions and this is due to stereotypes set by society. Young men feel more comfortable expressing their emotions with the opposite sex, i.e., with the female.

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