**153689-ICS 2B**

**PRINCIPLES OF ETHICS ASSIGNMENT 2**

**CRISIS OF MANLINESS**

Yes the crisis of manliness is a modern, global challenge that many men struggle with and are significantly influenced by many factors. One of the causes of this crisis is rigid customs and traditions of most societies and cultures. These outdated norms have been ingrained through socialization, the media, cultural traditions. For example, men are not supposed to show any weakness or seek help. Most men grow up knowing that if they show their vulnerability they will be seen as less of a man hence they tend to suppress their feelings. Moreover, gender roles have evolved with time. Before, many societies emphasized the traditional roles of provision, strength, protection, leadership and disciplinary. This stagnation can make it difficult for men to adapt to more collaborative and supportive roles both at home and in their workplaces.

The issue of mental health becomes another key cause since their emotional well-being is not catered for. Worsening this to drug addiction, alcoholism, suicide, and fights as a way of dealing with anxiety, stress, and depression temporarily. Even though there is the option of seeking help from mentors or attending therapy sessions, this is not a considerable solution for them since the notions instilled by cultures are still there to be adhered to.

The increasing presence and success of women in industries, workplaces and leadership positions has challenged the notions of male dominance. This brings a sense of uselessness and purposelessness to the men. For example, many women go by the word what a man can do I can do better. They are now performing the roles of the men such as being becoming single parents and leading the home and even in school many women are now pursuing courses that men are known for such as engineering. Another example is in our world today, it is not rare to find a woman in a construction site carrying cement bags amongst other men. This transition can be challenging for men who have been socialized to prioritize traditional masculine traits like dominance and independence.

The human race especially the men are to blame because I think most of them have a fixed mindset despite evolution. Their upbringing acts as a delaying factor for them to adapt to the new world since adapting to these shifts requires a fundamental re-evaluation of one's sense of purpose, identity, and value, which can be a difficult to break free and embrace a more flexible, emotionally aware form of masculinity and therefore it would be a prolonged process for many. Most of them opting not to try.