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The Relationship Between Conformity to Masculine Norms and Health Beliefs and Behaviours in Chinese and Australian Men

Abstract:

A cross-cultural comparison of the relationship between masculine norms and risky health behaviours was undertaken. Participants were 42 Australian and 32 Chinese male nationals who completed a masculine norms measure and a health questionnaire. The hypothesis that risky health behaviours would differ based on nationality was supported.

The hypothesis that masculine norms would significantly and positively correlate with risky health behaviours was partially supported. The finding that Chinese men had fewer significant relationships between risky health behaviours and masculine norm scores supported the hypothesis that nationality would affect this relationship.

Results suggested that for Chinese men masculinity is constructed differently to Australian men with regards to health behaviours. A masculine norms measure developed on a Chinese male population was recommended for further validation of these findings.