

Understanding and addressing societal pressures on men with psychiatric illness: An analysis of barriers, treatment, and psychological practices

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Abstract

Men afflicted with psychiatric disorders encounter significant challenges in seeking treatment, compounded by societal expectations influenced by patriarchal norms. These obstacles encompass social stigma, exclusion, and the erosion of power, reputation, and self-assurance. Understanding the plight of men rendered incapable due to psychiatric conditions or triggered situations is crucial, necessitating tailored solutions. This study aims to address the mental health deterioration experienced by men within societal constructs, their compulsion to conceal mental illness due to social pressures, and the implementation of social service practices for male rehabilitation and treatment. The study is structured into three primary sections, delving into theories, methodologies, laws, regulations, and associated legislation. The subsequent section presents findings and recommendations on the subject matter.

Keywords: Psychiatric illness, societal pressures, mental health, psychiatric treatments



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