

**Toxic Masculinity Beliefs and Impulsivity in Men: Moderating Role of Gender Role Beliefs**

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**ABSTRACT**

*The aim of the current research was to test the impact of the beliefs of toxic masculinity on impulsivity in men and to test how gender role beliefs moderate the effect of beliefs of toxic masculinity in the sociocultural environment in Pakistan. Masculine norms and values in patriarchal cultures are usually conducive to emotional repression, dominance and toughness of behaviour, which in turn might lead to inefficient emotional regulation and disruptive behavioural consequences. The quantitative cross-sectional research design was applied, and 220 adult men were sampled using convenience sampling and having various educational and occupational backgrounds. Standardized psychological measures were used to test toxic masculinity beliefs, impulsivity and gender role beliefs. The correlation and moderation analysis were used to analyze the data in order to determine predictive relationships and interaction effects. The results showed that there is a strong positive correlation between the toxic masculinity beliefs and impulsiveness, which implies that the higher the beliefs in the inflexible masculine norms, the more impulsive tendencies. Moreover, gender role beliefs also played a significant role in stepping this relationship, with guys that had stronger beliefs about gender roles demonstrating a more significant association between toxic masculinity and impulsivity, and guys with less entrenched beliefs demonstrated weaker associations. These results indicate that gender norms which are internalized are critical in controlling behavior and psychological functioning in men. The research has real-world implications on clinical psychology, counseling, and psychoeducational interventions in that the authors touch on the challenge of deregulated gender role beliefs to decrease impulsive behavior and encourage a more healthful emotional expression. This work is culturally grounded in its analysis of toxic masculinity and impulsivity in Pakistani men.*

**Keywords:** toxic masculinity beliefs, impulsivity, gender role beliefs, masculinity, Pakistani men.

**INTRODUCTION**

The notion of masculinity is well known as a social and cultural construct that has been created based on social expectations, cultural norms, and gender socialization as opposed to strictly biological variables (Connell, and Messerschmidt, 2005). In most societies, masculinity is linked to such qualities as power, dominance, independence, and control over emotions, whereas emotional vulnerability and sensitivity are not usually tolerated (Levant and Richmond, 2016). These expectations affect the perceptions of men, emotional regulation, and reactions to psychological stress. Family system, cultural practices, media image and social institution strongly inculcate traditional masculine values in patriarchal societies like Pakistan and the traditional masculine values are to suppress any expression of emotions and ensure a

behavioral toughness so that men retain their masculine identity (Imtiaz and Kamal, 2024). Although these norms might establish resilience and social conformity, strict adherence to such belief might lead to psychological distress and maladaptive behavioral consequences as well.

Toxic masculinity beliefs are one of the significant constructs that indicate the strict masculine conventions. Toxic masculinity is a set of socially promoted ideologies that focus on the aspects of emotional suppression, aggression, dominance, and anti-vulnerability (Kupers, 2005). These are beliefs that make men not be emotional and encourage behavioral patterns that are focused on control, toughness, and emotional repression. Toxic masculinity is not masculinity but, instead, it is the adverse psychological and behavioral results of strict masculine demands (Connell and Messerschmidt, 2005). Male-dominated male-dominated beliefs tend to make such men have the perception of weakness when expressing their emotions and use of maladaptive coping strategies, including aggression, taking risks, and acting impulsively, when they encounter emotional difficulties (Mahalik et al., 2003).

Impulsivity is a psychological construct or a psychological term that describes the tendency to behave without giving it a second thought or proper planning and without considering the consequences (Moeller et al., 2001). Poor emotional control, lack of self-control and being prone to dysfunctional behavioral problems like aggression, the use of substances and making risky decisions are linked with impulsive behavior (Evenden, 1999). One of the primary characteristics of the toxic masculinity beliefs is emotional suppression that can contribute to the enhancement of the inner emotional tension and the decreased capacity of people to manage their emotions. Consequently, the repressed emotional distress can be expressed in forms of impulsive reactions to behavioral expressions in place of healthy expressions of emotions (O'Neil, 2008). Past studies have established that men who have a high level of adherence to conventional masculinities have a higher chance of restraining their emotions and displaying impulsive or violent actions (Wong et al., 2017). It can be inferred that beliefs about toxic masculinity can also be significant in the effects of impulsivity in men.

But not all people can have this relationship as strong. Gender role beliefs which are described as the internalized attitudes by people about the way men and women should behave and what they should do, can be the source of the differences in the effects of the masculinity beliefs (Kerr and Holden, 1996). According to traditional gender role beliefs, males are dominant, emotionless and in charge whereas females are not encouraged to be emotional and vulnerable. The men who are very committed to traditional gender role beliefs might be more pressured to live up to very strict masculine ideals, thereby leading to a higher level of emotional suppression and impulsivity. On the other hand, men who possess looser or egalitarian gender role beliefs can have better emotional control and less impulsivity in their behavior. According to Gender Role Conflict Theory, the strict followership of traditional masculinity roles may lead to the emergence of psychological strain and adverse influence on the emotional functioning and behavior (O'Neil, 2008). Thus the gender role beliefs can act as a moderator that reinforced or undermined the relationship between toxic masculinity beliefs and impulsivity. Although the world is witnessing an increasing amount of studies on masculinity, and its psychological implications, there is a shortage of empirical studies investigating these connections in the Pakistani cultural setting. A majority of the literature has been done on the Western population where the cultural norms on masculinity, expression of emotions, and gender role are quite different as compared to collectivist and patriarchal societies like Pakistan (Levant et al., 2007). The Pakistani culture values masculinity closely related to emotional toughness, power, and social responsibility and tends to dissuade men showing emotional weakness (Rizvi, 2015). Such cultural demands can heighten emotional repression and add to impulsive reactionary behavior. Nevertheless, no empirical data has studied the effect of toxic masculinity beliefs on impulsivity in Pakistani men and how gender role beliefs can impact this correlation.

The research problem that will be tackled in this research paper is the poor knowledge of the role of toxic masculinity belief in developing impulsive behaviors among men in the Pakistani sociocultural framework. Even though research on toxic masculinity and emotional suppression and maladaptive behavioral outcomes were associated with each other in international studies, there was a lack of culturally-relevant research studies on these interrelationships in Pakistan. Also, little empirical evidence has been conducted on the moderating effect of gender role beliefs especially among South Asians. The absence of such studies hinders the formulation of culturally relevant psychological strategies that can enhance the emotional regulation and behavioral changes of men.

This research was driven by the fact that this is a critical cultural and psychological gap that has to be bridged by exploring masculinity-related ideologies and behavioural consequences among Pakistani men. The applicability of the beliefs of toxic masculinity to impulsivity and the impact of gender role beliefs on this connection can work together to provide useful information to clinical psychology, mental health interventions, and psychoeducational programs. This information may be used to encourage more healthy emotional expression, better regulation of behavior, and less psychological distress in men.

### **LITERATURE REVIEW**

The last few years have seen a growing interest in the topic of the impact that beliefs about toxic masculinity have on the emotional and behavioral outcomes of men. Toxic masculinity is a strict masculinity standard, which advocates dominance, non-emotionality, violence, and anti-vulnerability (Stahl, 2024; Supratiwi, 2024) . These norms that are socially enforced influence how men emotionally regulate themselves and how they behave and are related to other undesirable psychological consequences, such as the emotional dysregulation and maladaptive coping behaviors (Najstrom, 2026) . Recent evidence indicates that norms of masculinity cause emotional functioning in women such that they encourage emotional constraint and constrain adaptation coping mechanisms, which makes them more exposed to impulsive and aggressive behavior (Mancini et al., 2025) ). A number of recent empirical studies have shown that there is a strong relationship between toxic masculinity beliefs and poor mental health outcomes. As an illustration, Horton et al. (2026) established that toxic masculinity supports hypermasculine standards, affective stifling, and adaptively dysfunctional reactions, which may influence psychological functionality adversely. On the same note, a study conducted by Habsy (2025) revealed that important emotional regulation and more behavioral problems among males are linked to toxic masculinity behaviors.

The study has also demonstrated that toxic masculinity is connected with the increased levels of depression, anxiety, emotional distress, and new evidence reveals that strict masculine values can disrupt the psychological well-being and emotion of men (IJRASET, 2024) . One of the major psychological processes by which toxic masculinity is known to affect behavior is emotional suppression. Masculine cultures tend to shun emotions, where a man is told not to give in to emotions like sadness, fear, etc. (Nyoni, 2025) . Emotional dampening may lead to emotional disruptiveness and less psychological adaptability, which makes people more likely to become impulsive in the event of emotional distress (Noel et al., 2025) . Emotional dysregulation has been recognized as one of the most important factors that correlate masculine norms and impulsive and aggressive conduct implying that males who suppress their emotions can act impulsively because they have less emotional regulation capacity (SAGE Journals, 2024) .

Impulsivity per se is also a well-researched behavioral consequence related to emotional and psychological distress. Impulsivity is the act of making decisions without enough thought of the consequences and it is connected with inadequate emotional management and elevated behavioral danger (Leontyev and Yamauchi, 2025) . It has been indicated through the research that masculine socialization

can be a cause of impulsive behavior because it stimulates the urge to take risks and suppress emotions as a sign of manliness (Barragan, 2024) . Emotional suppression causes a person not to be able to process emotions properly, and there is a high probability of impulsive behavioral reactions (DeGue et al., 2023) .

The beliefs about the gender roles have been also determined as a significant factor that affects the impulsive behavior. Gender role beliefs are the views by the individuals on the right ways and roles of the men and women. Recent studies have established that gender role attitude is a major factor that drives impulsiveness and behavioral management (SCIRP, 2026) . It has been established that masculine gender role attitudes explain variations in impulsivity and behavioral self-control where people who strongly support traditional masculinity norms could easily be tempted to indulge in impulsive behavior (SCIRP, 2026) . Equally, the conformity to traditional norms of masculinity has been linked to less expressivity of emotions and maladaptive behavioral consequences, which suggests that the existence of strict gender role beliefs may hurt the functioning of emotions (World Journal of Advanced Research and Reviews, 2025).

### **Objectives**

- To examine the relationship between Toxic Masculinity Beliefs, and Impulsivity
- To Investigate the moderating role of Traditional Gender Roles between Toxic Masculinity Beliefs, and Impulsivity
- To Investigate the moderating role of Male Gender Roles between Toxic Masculinity Beliefs, and Impulsivity.

### **Hypotheses**

H1. There would be a positive correlation between Toxic Masculinity Beliefs and Impulsivity in Men.

H2. Traditional Gender Roles will moderate the relationship between Toxic Masculinity Beliefs and Impulsivity in Men

H3. Male Gender Roles will moderate the relationship between Toxic Masculinity Beliefs and Impulsivity in Men.

### **Method**

The study aims to confirm the connection between the toxic masculinity beliefs and impulsivity in men and to test whether beliefs of gender role mediate the effects of the toxic masculinity beliefs on impulsivity in Pakistani social cultural environment. The chapter presents a detailed account of the design of the research and gives the methodological procedures that were applied in the study. It describes the sample in terms of its nature and properties, such as sampling method and the characteristics of participants.

### **Research Design**

The research design adopted was a correlational research design that would investigate the relationship between toxic masculinity beliefs and impulsivity in the male population and determine how gender role beliefs mediate that relationship. Correlational research is suitable when the study is aimed at examining the relationship between variables without controlling them. This design enables the researcher to study

how variation in one variable can be connected to variation in another variable and how strong and in what direction these relationships are.

Correlational research design is used to study the association between two or more variables in their natural environment without any experimental manipulation or intervention of the researcher. In this kind of design, the researcher records and quantifies variables in their natural state of occurrence and compares their relationships by means of statistics. Correlation coefficients are used to measure the relationship between variables and this shows the strength of the relationship and the direction of the relationship. A positive correlation means that either variable is increasing at the same time, the other variable is also increasing and a negative correlation means that one variable is increasing and the other is decreasing (Bhandari, 2023).

### **Sampling Strategy and Sample**

In the present study, convenience sampling was employed to recruit the participants. Convenience sampling is a sampling method that is non-probability, whereby the study participants are chosen on the basis of their availability and readiness to engage in the studies (Etikan et al., 2016). The approach was deemed suitable to the current study because of practical constraints in this case which included time, availability and accessibility of participants. Moreover, convenience sampling is equally applied in psychological studies to test the association between the psychological variables in naturally found populations.

The sample comprised of a total of 220 adult men who were recruited based on different educational, occupational and social backgrounds in Pakistan. The selection of the participants was done so as to have variety in the demographic aspects such as age, education level, and occupation to increase the external applicability of the findings to the cultural context. The study only involved the male participants because the research had a specific objective of exploring the beliefs of toxic masculinity and how it is connected to impulsivity in men. Participants who fulfilled the inclusion criteria of being adult males and volunteering to participate in the study were enrolled in the study.

The sample size of 220 participants was deemed sufficient to implement both correlational and moderation analyses because the bigger the sample, the higher the reliability and statistical power of the results (Tabachnick and Fidell, 2019). The study was voluntary, and an informed consent was signed by all the participants before data collection. The study participants were promised of confidentiality of their answers and anonymity and they were told that they could pull out of the study at any rate with no repercussions.

### **Inclusion Criteria**

- Male participants between the ages of 28–40 years.
- Sample was derived from private companies, schools, colleges, hospitals, banks and insurances companies
- Both married and unmarried men were included

### **Exclusion Criteria**

- Men with serious medical issues, disabilities, or a history of diagnosed psychiatric disorders.

- Non-consenting individuals or those unable to complete the assessments independently.

### **Assessment Measures**

#### **Male Role Norms Inventory–Revised (MRNI-R)**

Levant et al. (2010) created a new version of the Male Role Norms Inventory that is the Male Role Norms Inventory-Revised (MRNI-R) used to measure people who support traditional masculine norms and toxic masculinity beliefs. The MRNI-R is a self-report tool, which is reliable and popular in measuring beliefs that are associated with emotional restriction, dominance, aggression and avoidance of femininity. It is grounded on the theoretical concept of the hegemonic masculinity and gender role socialization. The scale comprises several items, which are rated on a Likert-type scale (1-strongly disagree to 5-strongly agree) with a higher score reflecting better support of beliefs of toxic masculinity. The sample items contains such statements like a man must always seem tough and men are not supposed to show their feelings. Previously, MRNI-R has been shown to have a good internal consistency and construct validity (Levant et al., 2010).

#### **Barratt Impulsiveness Scale–11 (BIS-11)**

The BIS-11, created by Barratt (1994) was used to measure impulsiveness. One of the most prevalent self-report measures of impulsivity is the BIS-11, which is used to measure such behavioral tendencies as acting without thinking, inability to plan, and the inability to keep self-control. The scale has 30 items that will be rated using the 5-point Likert The more the score, the higher the levels of impulsivity. BIS-11 assesses 3 key elements of impulsivity, attentional impulsivity, motor impulsivity and non-planning impulsivity. Some of the sample items are: I do things without thought and I think things through (reversed scored). The scale has been found to be very reliable and valid in a wide range of populations (Stanford et al., 2009).

#### **Gender Role Attitudes Scale (GRAS)**

The scale of gender role beliefs was measured through Gender Role Attitudes Scale (GRAS), which was created by Kerr and Holden (1996). The GRAS captures the beliefs of people about traditional and egalitarian gender roles. The scale evaluates the attitudes concerning the male dominance, emotional expression, and the gender-specific role in the society. It is composed of several questions that are rated using a Likert-type scale, and the higher the score, the more one endorses the traditional gender role beliefs. Some of the sample statements consist of the statement that men should be emotionally strong and men should be the main decision makers in the family. The GRAS has shown positive psychometric characteristics and other psychometric qualities such as reliability and validity and is extensively applied in gender role studies (Kerr and Holden, 1996).

### **Ethical Consideration**

All the ethical considerations were observed before the research was conducted to secure the rights and well-being of the participants. Authority to exercise the standardized psychological instruments was gained either by formally seeking authorization of the original authors or through accessing validated versions of the scales that were publicly available. Prior to the actual process of data collection, the participants became completely aware of the purpose, nature, and process of the study, so that they could have a clear picture on what was expected of them in the study. All participants underwent an informed consent to ensure that they volunteered to participate in the study. The participants were also told of their right to pull out of the study at any point in time without any repercussion or backlash. More so,

anonymity and confidentiality were highly observed during the research process. No personal data was documented and all responses were just utilized as academic and research purposes. These ethical considerations were undertaken based on the common ethical principles of conducting psychological research in order to respect, protect and maintain privacy of the participants.

**Procedure**

The data was collected after informed consent was taken, and all ethical conditions were met. The participants were selected by using academic institutions, places of work, and social networks and those who fitted the inclusion criteria of adult men who were free to participate in the research were invited to participate in the study. Prior to the administration of the questionnaires, the participants were briefly told the purpose and procedure of the research and assured that the information they provided will not be disclosed to any other party other than academic purposes. The male roles norms questionnaire, which is called the Male Role Norms Inventory-Revised (MRNI-R) was carried out using paper and pencil, and the questionnaires are the Male Role Norms Inventory-Revised (MRNI-R), Barratt Impulsiveness Scale-11 (BIS-11) and the Gender Role Attitudes Scale (GRAS). The participants were asked to read the statements completely and answer sincerely according to what they believe and experience. The questionnaires were taken one at a time and in a tranquil and comfortable environment to reduce the distractions and the correctness of the answers. The time required on average to fill all the questionnaires was about 15-20 minutes. Once they were complete, the questionnaires were collected, verified as complete and coded to be statistically analysed. Data collected were subsequent subjected to statistical software to further analyze the relationship between toxic masculinity beliefs, impulsivity and gender role beliefs by performing correlation and moderation analysis on the collected data.

**RESULTS**

**Table 1**

*Psychometric properties of Male role norm inventory, Barrat impulsiveness scale and gender role attitude scale (N=220)*

Sr No	Variables	k	Min	Max	Mean	SD	$\alpha$
1	MRI	25	38	118	88.42	18.35	.92
	i) Negativity Towards Sexual Minorities	9	13	45	33.55	7.81	.85
	ii) Avoidance of Femininity	9	11	44	30.67	7.21	.85
	iii) Dominance	7	9	33	24.20	5.59	.79
2	BIS	30	44	109	83.29	12.18	.71

4	i)Traditional Gender Roles	8	8	38	20.48	6.67	.83
	ii)Male Gender Roles	6	6	30	18.27	5.05	.74

*Note: MRI= Male Role Norm Inventory-Revised, BIS= Barrat Impulsiveness Scale,*

The measures employed in the current study were appropriate in the measurement of the planned constructs of toxic masculinity beliefs, impulsivity, and gender role beliefs. Table 1 shows the descriptive statistics (mean, SD, and Cronbach alpha reliability coefficients) of all the variables measured in the study and their subscales. The reliability test showed a high internal consistency of the Male Role Norm Inventory-Revised (MRI) which has the alpha of Cronbach of 0.92. The subscales of MRI were also found to be reliable such as Negativity Towards Sexual Minorities ( $\alpha = .85$ ), Avoidance of Femininity ( $\alpha = .85$ ), and Dominance ( $\alpha = .79$ ). Barratt Impulsiveness Scale (BIS) exhibited a satisfactory reliability index of .71 in terms of Cronbachs alpha. In the same way, the subscales of Gender Role Attitudes Scale had high internal consistency, with Traditional Gender Roles ( $\alpha = .83$ ) and Male Gender Roles ( $\alpha = .74$ ). These results show that there were no instruments in the current research that had low reliability. Hence, the scales were deemed to be reliable to measure the targeted constructs, and the data were deemed to be fit to continue with the inferential statistical analysis further.

**Table 2**

*Pearson Correlation matrix showing relationship among Male role Norm Inventory- Revised, Emotional Expressivity, Barratt Impulsiveness Scale and Gender Role Attitude Scale. (N=220)*

Sr No	Variables	1	2	3	4	5	6	7
1	MRI	—						
2	NTSM	.929**	—					
3	AOF	.900**	.762**	—				
4	DOM	.825**	.669**	.599**	—			
5	BIS	.182**	.134*	.080	.306**	—		
6	MGR	.573**	.423**	.441**	.722**	.487**	—	
7	TGR	-.683**	-.594**	-.514**	-.748**	-.399**	-.812**	—

*Note:  $p < .05$ , \*\*  $p < .01$*

*Variables categories: MRI= Male Role Norms Inventory- Revised Scale, NTSM= Negativity Towards Sexual Minorities, AOF= Avoidance of Femininity, DOM= Dominance= BIS= Barratt Impulsiveness Scale, MGR= Sub Scale Male Gender Roles, TGR= Traditional Gender Roles.*

The correlation analysis was done using Pearson correlation to identify the relationship between toxic masculinity beliefs, impulsivity and gender role beliefs. These findings revealed that toxic masculinity beliefs (MRI) were significantly positively correlated with impulsivity (BIS) ( $r = .182, p < .01$ ) meaning that increased beliefs in toxic masculinity were related to increased impulsivity in men. Of the subscales, Dominance was significantly related to impulsivity ( $r = .306, p$  value was less than  $.01$ ), Negative towards Sexual Minorities had a weak but significant positive relationship ( $r = .134, p$  value was less than  $.05$ ). Also, Male Gender Roles (MGR) had a significant positive correlation with both toxic masculinity beliefs ( $r = .573, p < .01$ ) and impulsivity ( $r = .487, p < .01$ ), but Traditional Gender Roles (TGR) had significant negative correlations with toxic masculinity beliefs ( $r = [-?].683, p < .01$ ) and impulsivity ( $r = [-?].399, p < .01$ ). All these results suggest that toxic masculinity beliefs and gender role beliefs are highly connected with impulsivity in men.

**Table 3**

*Regression analysis examining the interaction effect of Male Gender Roles in relationship between Toxic Masculinity Beliefs and Impulsivity (N=220)*

Variables	$\beta$	Impulsivity		
		$SE$	LLCL	ULCL
Constant	94.51	12.69	69.49	119.52
MRI	-0.42**	0.15	-0.71	-0.13
MGR	-0.21	0.72	-1.63	1.20
MRN x MGR	0.018*	0.008	0.003	0.033
Low MGR	-0.17**	0.06	-0.28	-0.06
Moderate MGR	-0.10*	0.05	-0.19	-0.01
High MGR	0.01	0.07	-0.12	0.14
$R^2$	.27			
$F$	26.51			

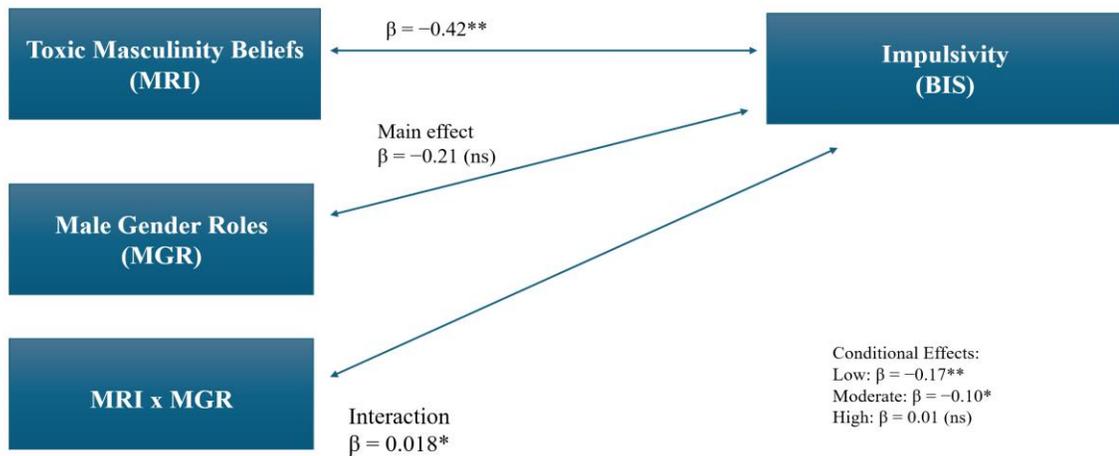
*Note: \* $p < .001, p < .01, p < .05$ , MRI= Male Role Norm Inventory Revised, MGR= Male Gender Roles*

The moderation analysis was done to test the hypothesis on whether the belief in male gender roles mediates the association between the beliefs about toxic masculinity and impulsivity. The findings revealed that beliefs in toxic masculinity (MRI) had a strong predictive ability of impulsiveness ( $b = -$

0.42,  $p < .01$ ), a fact that inferred that beliefs in toxic masculinity are strongly correlated with impulsiveness. The interaction between the beliefs of toxic masculinity and male gender roles (MRI x MGR) also reached significance ( $b = 0.018$ ,  $p < .05$ ) which implies that the beliefs about the male gender roles were a significant moderator in this relationship. More detailed analysis revealed that, at low ( $b = -0.17$ ,  $p < .01$ ) and moderate ( $b = -0.10$ ,  $p < .05$ ) levels of male gender role beliefs, the connection between toxic masculinity beliefs and impulsivity was significant but at high levels ( $b = 0.01$ ,  $p > .05$ ), it was not significant. The general model had a significant value ( $F = 26.51$ ,  $R^2 = .27$ ) which means that the predictors accounted 27 percent of the variance of impulsivity. These results are favorable to the moderating effect of the male gender role beliefs on the association between the beliefs of toxic masculinity and impulsivity.

**Figure 1**

Statistical Model of Male Gender Role as a moderator between Toxic Masculinity Beliefs and Impulsivity.



Model Fit:  $R^2 = .27$ ,  $F = 26.51$ ,  $N = 220$

**Table 4**

*Regression analysis examining the interaction effect of Traditional Gender Roles in relationship between Negativity Towards Sexual Minorities and Impulsivity (N=220)*

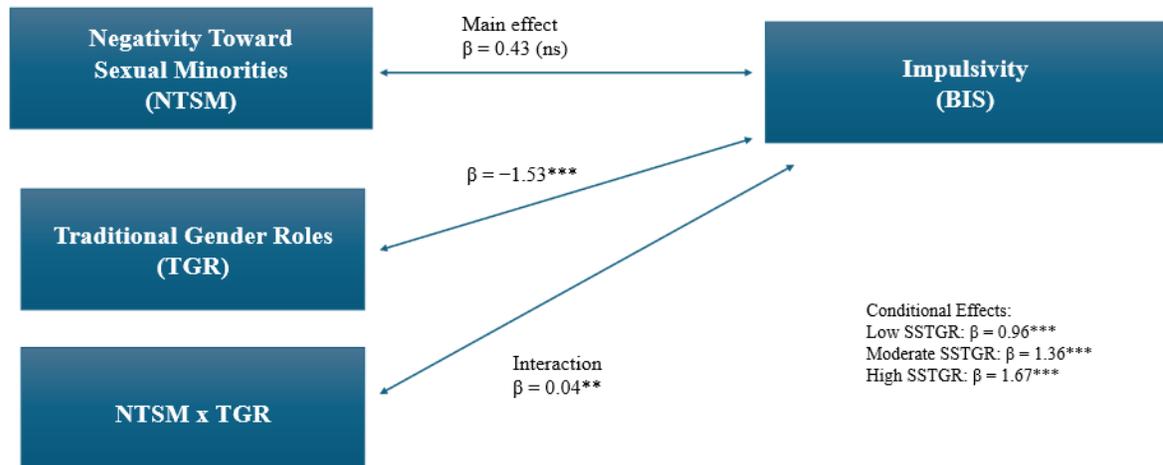
Variables	Impulsivity			
	$\beta$	$SE$	LLCL	ULCL
Constant	89.31 ***	6.72	76.60	102.55
NTSM	0.43	0.35	-0.26	1.12
TGR	-1.53 ***	0.31	-2.15	-0.91
NTSM x TGR	0.04 ***	0.02	0.01	0.08
Low TGR	0.96 ***	0.18	0.61	1.31
Moderate TGR	1.36 ***	0.12	1.12	1.60
High TGR	1.67 ***	0.18	1.32	2.03
$R^2$	.47			
$F$	63.72***			

*Note:  $p < .05$ ,  $p < .01$ ,  $p < .001$  NTSM= Negativity Towards Sexual Minorities, TGR= Traditional Gender Roles*

Regression analysis was conducted to examine the moderating role of Traditional Gender Roles (TGR) in the relationship between Negativity Towards Sexual Minorities (NTSM) and impulsivity. The results indicated that Traditional Gender Roles significantly predicted impulsivity ( $\beta = -1.53$ ,  $p < .001$ ), suggesting that gender role beliefs play an important role in influencing impulsive behavior. The interaction between Negativity Towards Sexual Minorities and Traditional Gender Roles was also significant ( $\beta = 0.04$ ,  $p < .001$ ), indicating that Traditional Gender Roles significantly moderated the relationship between NTSM and impulsivity. Further conditional analysis showed that the relationship between NTSM and impulsivity was significant at low ( $\beta = 0.96$ ,  $p < .001$ ), moderate ( $\beta = 1.36$ ,  $p < .001$ ), and high ( $\beta = 1.67$ ,  $p < .001$ ) levels of Traditional Gender Roles, with the strength of the relationship increasing at higher levels of gender role beliefs. The overall regression model was significant ( $F = 63.72$ ,  $p < .001$ ) and explained 47% of the variance in impulsivity ( $R^2 = .47$ ). These findings indicate that Traditional Gender Roles significantly strengthen the relationship between negativity towards sexual minorities and impulsivity among men.

**Figure 2**

Statistical Model of Traditional Gender Roles as a moderator between Negativity Towards Sexual Minorities and Impulsivity



Model Fit:  $R^2 = .47$ ,  $F = 63.72^{***}$ ,  $N = 220$

## DISCUSSION

According to the findings of the current research, the beliefs of toxic masculinity are closely related to impulsivity in men, and the correlation is also determined by the beliefs in gender roles. These results are aligned with the current literature indicating that the strict masculine principles of emotional suppression, dominance, and toughness might have an adverse effect on emotional regulation and cause impulsive behavioral patterns (Wong et al., 2017; Levant and Richmond, 2016). The men who embrace the ideas of toxic masculinity highly tend to suppress their vulnerable feelings (sadness, fear, insecurity) and this leads to rise of emotional tension and impulsive reactions instead of processing of emotions in healthy ways. The current research findings also point at the significant moderating factor that is the gender role beliefs that contribute to impulsivity. In particular, the interaction analysis revealed that the beliefs about gender roles played an important role in determining the relationship between the beliefs about toxic masculinity and impulsivity.

This points to the fact that men who are highly supportive of traditional male gender roles might have more psychological pressure to be emotionally suppressive and impulsive in their behavioral reactions. This is in line with the Gender Role Conflict Theory that posits that when gender roles are followed rigorously, they may cause psychological tension and affect emotional functioning (O’Neil, 2008). The correlation between the masculinity norms and impulsive behavior has also been supported by previous researches. Indicatively, Wong et al. (2017) have observed that adherence to males stereotypes had been linked to heightened emotional regulation and dysfunctional coping mechanisms. On the same note, Levant et al. (2020) observed that the traditional beliefs about masculinity were connected to decreased emotional display and heightened behavioral danger. The present study contributes to this body of

literature by showing that gender role beliefs are a critical factor in determining the degree of relationship between the toxic masculinity beliefs and impulsivity.

Moreover, the current results indicate cultural relevance of masculinity beliefs in determining psychological operations in Pakistani men. In collectivist and patriarchal cultures, like in Pakistan, men are usually expected to show emotional hardness and inhibit emotional tendencies to ensure social standing and manhood. Such cultural norms could be the source of emotional repression and the impulsive reactions. The current research offers culturally specific findings to the effect that toxic masculinity beliefs and gender role beliefs could be the determinants of impulsivity in Pakistani men. On the whole, the results of the current research confirm the hypothesis that, the beliefs in toxic masculinity are strong predictors of impulsivity and that gender role beliefs act as moderators of the relation between them. The findings of this research can be added to the current literature as it gives empirical evidence on the psychological effects of toxic masculinity beliefs and gender role beliefs in a non-Western cultural setting.

## **CONCLUSION**

To sum up, the current paper has proven that the set of beliefs about toxic masculinity is closely linked to impulsivity in men, and the moderating role of gender role beliefs is also important in this case. The results indicate that strict rules of masculinity and conventional gender roles beliefs can play a role in causing emotional repression and direct reactions of acting on impulse. This research adds to the literature body since it gives a culturally pertinent data on the topic of masculinity and behavioral control among Pakistani men.

The results indicate that it is necessary to target the beliefs of masculine toxicity and inflexible gender roles in order to support better emotional functioning and behavioral control in men. The identification of the impact of masculinity beliefs on impulsivity can be used to design psychological interventions and mental health programs that could help change emotional awareness of the individual, emotional regulation, and adoption of healthier coping mechanisms.

## **LIMITATIONS**

The current research utilized a self-report design that could lead to the bias in the response since participants could provide socially desirable answers. Convenience sampling can also present a weakness of generalizing the results to the general population. The cross-sectional research design does not allow the researcher to determine a cause-effect relationship between the research variables. The beliefs of masculinity were not directly measured on cultural and social influences, which potentially affect the results. The other psychological factors like personality traits, emotional regulation and social support were not incorporated and might have an impact on impulsiveness.

## **RECOMMENDATIONS**

The longitudinal designs are recommended to be used in the future researches aiming at exploring the long-term effects of beliefs in toxic masculinity on impulsivity. The population of different cultures and socioeconomic statuses should be represented in future researches. Other moderating variables and mediating variables like emotional control, coping and social support should be analyzed. Intervention researches are needed to investigate whether this can be achieved by decreasing beliefs in toxic masculinity to enhance emotional regulation and decrease impulsiveness. The qualitative study must be carried out with the aim of discovering the lived experiences of men in their masculinity and emotional expression.

### **General Implications**

The results can be used to educators design programs that encourage emotional sensitivity and expression of emotions in men. These findings can be used to create interventions based on emotion suppression and impulsivity by mental health professionals. The greater understanding of the psychological effect of the toxic masculinity beliefs can help society. The paper is relevant to the culturally related psychological studies in Pakistan.

### **Clinical Implications**

The beliefs of toxic masculinity can be tackled in therapy by mental health professionals to enhance emotional regulation. Psychological interventions like Cognitive Behavioral Therapy (CBT) can make people acquire more healthy coping mechanisms. Masculinity beliefs can be used to educate men in ways that they can be aware of the effects of their beliefs on emotional and behavioral functioning through psychotherapy programs. Underage male offenders could receive assistance with the early intervention programs that would enable them to have a better regulation of their emotions. The cooperation among clinicians, educators, and communities can involve healthier masculinity standards.

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