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ASSESSING TRADITIONAL MASCULINITY IDEOLOGY AS A PREDICTOR OF EMOTIONAL EXPRESSION AMONG MALE UNIVERSITY STUDENTS IN INDONESIA

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Abstract

Emotional expression is an important component of an individual's psychological well-being. In Indonesia, where patriarchal values continue to shape gender socialization, men may internalize traditional masculinity ideology, which emphasizes restrictive emotionality. This study aims to examine whether traditional masculinity ideology predicts emotional expression among male university students in Indonesia. The participants in this study consisted of 130 male university students aged 18-25 years who were selected using a purposive sampling method. Traditional masculinity ideology was measured using an adapted version of the Male Role Norms Inventory (MRNI), while emotional expression was measured using an adapted version of the Emotional Expressivity Scale (EES). The data were analyzed using simple linear regression analysis. The results of the study show that traditional masculinity ideology significantly predicts emotional expression with a negative regression coefficient and direction of relationship. Traditional masculinity ideology accounted for 35.5% of the variance in emotional expression (R^2 = 0.355). These findings indicate that the higher the internalization of traditional masculinity ideology, the lower the level of emotional expression among male university students.

Keywords: *Traditional Masculinity Ideology, Masculinity, Emotional Expression, Male University Students*

Abstrak

Ekspresi emosi merupakan komponen penting dalam kesejahteraan psikologis individu. Di Indonesia, di mana nilai-nilai patriarki masih membentuk proses sosialisasi gender, laki-laki dapat menginternalisasi ideologi maskulinitas tradisional yang menekankan pembatasan ekspresi emosi. Penelitian ini bertujuan untuk menguji apakah ideologi maskulinitas tradisional merupakan prediktor ekspresi emosi pada mahasiswa laki-laki di Indonesia. Partisipan penelitian berjumlah 130 mahasiswa laki-laki berusia 18-25 tahun yang dipilih menggunakan metode purposive sampling. Ideologi maskulinitas tradisional diukur menggunakan adaptasi skala Male Role Norms Inventory (MRNI) dan ekspresi emosi diukur menggunakan adaptasi Emotional Expressivity Scale (EES). Data dianalisis menggunakan analisis regresi linear sederhana. Hasil penelitian menunjukkan bahwa ideologi maskulinitas tradisional secara signifikan memprediksi ekspresi emosi dengan koefisien regresi dan arah hubungan yang negatif, di mana ideologi maskulinitas tradisional mampu menjelaskan 35,5% varians dalam ekspresi emosi (R^2 = 0,355). Temuan ini mengindikasikan bahwa semakin tinggi internalisasi ideologi maskulinitas tradisional, semakin rendah tingkat ekspresi emosi mahasiswa laki-laki.

Kata kunci: *Ideologi Maskulinitas Tradisional, Maskulinitas, Ekspresi Emosi, Mahasiswa Laki-laki*