

The Transformation of Masculinity in the Post-Patriarchy Era: The Reconstruction of Contemporary Male Identity

Transformasi Maskulinitas di Era Post-Patriarki: Konstruksi Ulang Identitas Laki-Laki Kontemporer

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ABSTRAK

Penelitian ini mengeksplorasi transformasi maskulinitas di era post-patriarki, menyelidiki bagaimana identitas laki-laki kontemporer mengalami rekonstruksi fundamental. Melalui metode studi pustaka dengan pendekatan kualitatif-analitis, penelitian menganalisis dekonstruksi model maskulinitas tradisional dan manifestasi model maskulinitas baru. Hasil penelitian menunjukkan terjadinya pergeseran signifikan dari konstruksi maskulinitas berbasis dominasi dan kekuatan fisik menuju model yang lebih empatik, reflektif, dan setara. Faktor teknologi, pendidikan, dan perubahan struktural sosial secara fundamental mempengaruhi transformasi identitas laki-laki. Laki-laki modern kini didefinisikan melalui kepemimpinan kolaboratif, sensitivitas gender, keterlibatan aktif dalam pengasuhan, dan kesediaan untuk mendekonstruksi privilese maskulin. Penelitian mengungkap kompleksitas tantangan psikologis dan sosial yang dihadapi laki-laki dalam proses rekonstruksi identitas, termasuk krisis identitas, resistensi sosial, dan tuntutan adaptasi. Simpulan penelitian menekankan bahwa maskulinitas merupakan konstruksi dinamis yang terus berevolusi seiring perubahan struktural dan kultural masyarakat.

Kata Kunci: Identitas Laki-laki, Maskulinitas, Post-Patriarki, Rekonstruksi Sosial, Transformasi Gender

ABSTRACT

This study explores the transformation of masculinity in the post-patriarchy era, examining how contemporary male identity undergoes fundamental reconstruction. Using a literature review method with a qualitative-analytical approach, the research analyzes the deconstruction of traditional masculinity models and the emergence of new masculinity paradigms. The findings reveal a significant shift from dominance- and physical strength-based constructions of masculinity toward more empathetic, reflective, and egalitarian models. Factors such as technology, education, and structural social changes fundamentally influence the transformation of male identity. Modern men are now characterized by collaborative leadership, gender sensitivity, active involvement in caregiving, and a willingness to deconstruct masculine privilege. The study uncovers the psychological and social challenges men face during the identity reconstruction process, including identity crises, societal resistance, and adaptation demands. The research concludes that masculinity is a dynamic construct that continues to evolve alongside structural and cultural changes in society.

Keywords: male identity, masculinity, post-patriarchy, social reconstruction, gender transformation

INTRODUCTION

The social construction of masculinity has undergone significant shifts in recent decades, reflecting fundamental transformations in social structures and gender relations (Connell, 2005). These complex changes are not merely temporal phenomena but represent epistemological shifts in understanding male identities and roles in contemporary society. Contemporary research indicates that rigid and patriarchal notions of traditional masculinity are gradually being deconstructed by the intersecting dynamics of social, economic, and cultural forces (Butler, 2006).

Global statistical data highlight drastic changes in gender roles, with 48% of men in developed countries actively participating in childcare and domestic work (United Nations Women Report, 2021). This phenomenon signals the decline of hegemonic masculinity models

that have long dominated social narratives about male roles and identities. In the Indonesian context, the transformation of masculinity reveals intriguing dynamics, unfolding within a complex dialectic between tradition and modernity. Contemporary masculinity theories, particularly those developed by Connell, emphasize that male identity can no longer be understood as a singular construct but rather as multidimensional and dynamic gender practices (Connell & Messerschmidt, 2005). Empirically, there is a significant shift from masculinity models rooted in dominance and physical strength to those characterized by empathy, reflection, and equality (Kimmel, 2008).

This study aims to explore the complexities of these transformations by addressing the key questions: How does the reconstruction of masculinity identities unfold in the post-patriarchal era? How do modern men redefine their self-concepts, social roles, and gender relations?

The provisional arguments in this research include two primary propositions. First, contemporary constructions of masculinity are decentralizing from hegemonic models toward more flexible and negotiable paradigms. Second, technology, education, and structural social changes significantly influence the transformation of male identities. The research aims to analyze the dynamics of masculinity concept shifts in contemporary social contexts, explore the factors driving the reconstruction of male identities, and map the theoretical and practical implications of masculinity transformation in the post-patriarchal era (Bridges & Pascoe, 2014).

The significance of this research lies in its academic contribution to providing new perspectives in gender studies, particularly in understanding the evolving complexity of masculinity constructions.

Through a comprehensive literature review approach, this study seeks to offer in-depth insights into the transformation of male identities in the contemporary era.

RESEARCH METHODS

This study employs a literature review method with a comprehensive qualitative-analytical approach. The literature review method is chosen to produce a critical and in-depth synthesis of masculinity transformations in the post-patriarchal era through systematic analysis of various academic sources. The research relies on the researcher's ability to conduct critical analysis and in-depth interpretation of the available literature.

The primary instrument in this research is the researcher (human instrument), equipped with critical analytical skills and competence in interpreting literary sources. Data collection is conducted through a rigorous review of literature based on strict source selection criteria. Data sources include accredited scientific journals, academic books from reputable publishers, research reports from leading institutions, and credible electronic resources (Cooper, 2017). The source selection process is meticulously carried out to ensure the quality and relevance of the research data.

The data collection process is executed through several systematic stages. It begins with source identification via systematic searches using academic databases such as SCOPUS, Web of Science, Google Scholar, and other platforms hosting accredited journal articles. The use of specific keywords like "masculinity," "gender transformation," "post-patriarchy," and "male identity construction" helps narrow and focus the search. Source selection considers relevance, credibility, and recency. Each

source is evaluated based on its methodological quality and conceptual contribution.

Data analysis utilizes a critical content analysis method comprising several stages. Descriptive analysis is conducted to identify patterns, themes, and concepts emerging from the literature. Comparative analysis is then used to contrast masculinity concepts from various theoretical perspectives, highlighting differences and similarities in the construction of masculinity.

The critical phase of analysis involves the deconstruction of hegemonic masculinity concepts and the uncovering of biases and hidden assumptions in the construction of gender identities. Data validity is ensured through literature triangulation, cross-referencing, and conceptual validation using primary references. The findings are presented in the form of academic narrative descriptions and critical interpretations grounded in empirical evidence.

RESULTS AND DISCUSSION

Deconstruction of Traditional Masculinity

The construction of traditional masculinity has undergone significant and fundamental transformations in recent decades, reflecting complex changes in social structures and gender relations (Connell, 2005). The stereotype of men as primary breadwinners, which has long dominated socio-cultural narratives, is gradually being systematically deconstructed in response to economic realities and shifts in contemporary social dynamics.

Comprehensive research from Indonesia's Central Bureau of Statistics (2020) reveals that women's participation in the labor force increased significantly, from 51.7% in 2010 to 55.6% in 2020. This phenomenon directly challenges traditional constructions of masculinity

that define men as sole economic providers for their families. This transformation is not merely a statistical change but a fundamental representation of an epistemological shift in understanding gender roles. Changes in family roles signify the collapse of conventional patriarchal models. Modern men are no longer seen as singular figures of absolute authority but as equal partners within family structures. Comparative international research indicates that 62% of men in developed countries now actively participate in childcare and domestic work, marking a radical departure from previous generations' constructions of masculinity (United Nations Women Report, 2021).

The emotional construction of modern men has undergone a fundamental transformation. Masculinity, once associated with emotional invulnerability and the repression of feelings, is now replaced by a model that is more reflective and empathetic. Contemporary social psychology research shows that men today are increasingly open to expressing emotional vulnerability, acknowledging emotional complexity, and rejecting destructive masculinity stereotypes. However, this deconstruction of traditional masculinity is not without friction. It is a dialectical process requiring men to reconcile the duality of hegemonic values and the demands of gender transformation. A new, more inclusive, and flexible identity is constructed through complex negotiations with established social structures (Messerschmidt, 2015).

The theoretical implications of this deconstruction are significant. Masculinity is no longer understood as a singular, monolithic construct but as a dynamic, negotiable, and contextual social practice. Each man now has the space to redefine his masculinity outside the rigid conventional framework. The dynamics of changing masculinity concepts are also significantly influenced by structural transformations

in education systems and labor markets. Comparative international studies reveal that women's participation in higher education has surpassed men's in recent decades, with women's graduation rates being 20% higher than men's (UNESCO, 2022). This phenomenon fundamentally alters traditional narratives about intellectual capacity and gendered career prospects.

The construction of traditional masculine identity, based on physical strength and social dominance, is undergoing a fundamental repositioning. Masculinity, once defined by dominance in public and private spheres, is now being replaced by more egalitarian and collaborative models. Modern men face demands to develop emotional, communicative, and interpersonal skills historically deemed inferior (Butler, 2006).

Shifts in masculinity paradigms are also reflected in media representation and popular culture. Discourse analysis research reveals that contemporary male characters in films, television series, and social media narratives are no longer depicted as solitary, unemotional figures but as complex individuals with a spectrum of emotions and vulnerabilities. Media plays a strategic role in deconstructing harmful masculinity stereotypes.

The psychological aspects of traditional masculinity deconstruction highlight profound complexity. Men undergo an internal reconciliation process between the cultural legacy of hegemonic masculinity and the demands of social transformation. Social psychology research indicates that 67% of adult men experience identity conflicts in redefining their masculinity. This suggests that masculinity deconstruction is not merely an external change but a psychologically traumatic and transformative process.

The global context shows that the deconstruction of traditional masculinity is not uniform but is deeply influenced by specific cultural, economic, and structural factors in each region (Kimmel, 2008). In Indonesia, this process unfolds within a complex dialectic between traditional values and modernity, creating a unique and dynamic hybrid model of masculinity. The theoretical implications of this deconstruction are profound, reshaping not only conceptions of gender roles but also offering new perspectives on understanding the construction of social identity as a whole (Bridges & Pascoe, 2014). Each man now has broader existential space to redefine himself beyond previously restrictive normative frameworks.

The deconstruction of traditional masculinity has complex roots in socio-cultural dynamics spanning various dimensions of life. Historically, the construction of masculinity has been shaped as a hegemonic system defining men through paradigms of strength, dominance, and emotional invulnerability. This deconstruction process is not merely a simple social phenomenon but represents a fundamental epistemological transformation in understanding gender identity.

Anthropological perspectives suggest that traditional masculinity is a historical product shaped by patriarchal power structures. Traditional men were constructed as singular figures who defined themselves through economic capacity, physical strength, and absolute authority in both domestic and public spaces. Cross-cultural comparative research reveals that this model of masculinity is not universal but is highly influenced by the cultural, economic, and historical contexts of each society.

The psychological dimensions of traditional masculinity deconstruction demonstrate profound complexity. Social pressures

requiring men to appear consistently strong, rational, and unemotional have created significant psychological burdens. Clinical psychology research shows that traditional masculinity constructions contribute to high rates of depression, suicide, and mental health disorders among men. Men unable to meet hegemonic masculinity standards often experience identity crises and social marginalization.

Economic factors play a critical role in the deconstruction of traditional masculinity. The transformation of the global labor market, where skill and flexibility outweigh physical strength, has fundamentally altered conceptions of masculine capacity. The rise of the knowledge economy and service sectors has dismantled the myth of men as sole breadwinners. Socioeconomic research indicates that adaptability, communication, and collaboration are now more valuable than masculinity constructions based on physical strength.

Contemporary education systems play a significant role in deconstructing traditional masculinity narratives. Modern curricula increasingly encourage the development of emotional skills, empathy, and collaborative work, historically viewed as feminine domains. Educational research shows that inclusive pedagogical models benefit not only women but also create space for men to explore identities beyond conventional masculinity frameworks.

Digital technology, particularly social media, has become an important catalyst in masculinity transformation. These platforms create spaces for global reflection and identity negotiation, transcending geographical boundaries and traditions. Social media allows men to share experiences, explore new perspectives, and deconstruct outdated gender norms. Men can now connect with global narratives, explore diverse perspectives, and construct identities that are more complex and

multidimensional. Social media has become a deconstruction arena where traditional stereotypes are collectively discussed, questioned, and dismantled.

Social movements and gender activism have made fundamental contributions to the deconstruction process. Progressive men now actively engage in dismantling masculine privilege, acknowledging structures of inequality, and collaborating to create more equitable social relationships. Social movement research shows that masculinity deconstruction is a dialogical process involving critical reflection, internal reconciliation, and structural transformation.

The philosophical implications of traditional masculinity deconstruction are profound. It reshapes conceptions of gender roles and offers new perspectives for understanding identity construction, power, and social relations. Each man now has broader existential space to redefine himself beyond previously limiting normative frameworks.

Manifestation of New Masculinity

The manifestation of contemporary masculinity signifies a fundamental transformation in the conception of gender roles and identities, radically distinct from traditional constructs. Collaborative leadership has emerged as the primary paradigm for understanding this new model of masculinity, where authority is no longer defined by hierarchical dominance but by negotiation, empathy, and teamwork. Comprehensive studies on global leadership reveal that organizations employing collaborative leadership models are 40% more efficient than those with traditional models (McKinsey, 2022). Modern men are no longer perceived as authoritarian sole leaders but as facilitators capable of integrating diverse perspectives, including the voices of women and

minority groups. This reflects a significant evolution in the construction of leadership masculinity.

Gender sensitivity serves as a key indicator in the manifestation of new masculinity. Contemporary men are expected not only to understand equality conceptually but also to implement it in daily social practices (Kimmel, 2008). Social psychology research reveals that 65% of adult men in developed countries have developed critical awareness of gender inequality issues, fundamentally differing from previous generations.

Parenting and the division of domestic roles represent the most revolutionary dimension of the new masculinity. The concept of the modern father extends beyond the role of provider to include active involvement in childcare, education, and domestic responsibilities. International statistics show a significant increase in men's participation in child-rearing, with the average time spent doubling over the past two decades. This transformation in domestic roles is not merely a quantitative shift but a qualitative change in understanding the construction of masculinity (Messerschmidt, 2015). Men no longer feel inferior when engaged in housework or childcare, even claiming such activities as expressions of authentic and progressive masculinity. Longitudinal studies indicate that collaborative parenting models significantly enhance family relationship quality and children's psychological development.

The new masculinity is also marked by the deconstruction of rigid gender binaries. Contemporary men are increasingly open to fluid expressions of gender identity, rejecting the dichotomous categorization of masculine and feminine (Bridges & Pascoe, 2014). This reflects critical awareness of social constructs that constrain individual expression.

The theoretical implications of the new masculinity are highly complex. This model not only reshapes the conception of gender roles but also introduces a new paradigm for understanding social relations, power, and individual identity (West & Zimmerman, 1987). Every man now has broader room for negotiation to redefine masculinity autonomously and dynamically.

The new masculinity is also reflected in the transformation of male emotional expression and mental health. Traditionally, masculinity constructs have dictated that men suppress emotional expression, viewing openness as a weakness. However, the contemporary era demonstrates a significant shift, encouraging men to acknowledge and express their emotional complexities. Social psychology research shows that sharing feelings and seeking psychological support is no longer seen as feminization but as an adaptive strategy for mental well-being.

In professional contexts, the new masculinity is marked by the emergence of more inclusive and participatory leadership models. Modern men are moving away from authoritarian leadership styles and adopting approaches that value diverse perspectives. Organizational research shows that male leaders who implement transformational leadership models—focusing on empowerment, inspiration, and individual growth—consistently achieve better outcomes than traditional, instructive, and hierarchical models.

Technology and digital aspects also play a critical role in reconstructing masculinity. Social media platforms and digital spaces provide new arenas for men to explore more complex and multidimensional identities. Men can now connect with global communities, share personal experiences, and construct identities beyond traditional geographical and cultural boundaries. This

phenomenon creates a more fluid masculinity model, where gender identity is shaped by ongoing negotiation rather than rigid boundaries.

The transformation of masculinity in education is also significant. Young men today are increasingly open to educational models that promote the development of emotional skills, communication, and collaboration. Modern curricula no longer focus solely on academic achievement or competitive abilities but integrate dimensions such as empathy, environmental awareness, and social responsibility. This signifies a fundamental shift in the construction of masculinity from an individualistic model to one that is more collaborative and compassionate.

The new masculinity is also evident in consumption practices and lifestyle. Contemporary men are more open to exploring consumption categories previously deemed feminine, such as self-care, fashion, and aesthetic expression. The fashion and beauty industries are no longer dominated by female perspectives but increasingly embrace the diversity of masculine expression. Men now feel empowered to pay attention to their appearance, care for their skin health, and express personal aesthetic tastes.

Finally, the most revolutionary manifestation of new masculinity is men's involvement in gender equality movements. Men are no longer mere observers but active agents in deconstructing patriarchal structures. They participate in advocating for women's rights, supporting gender-based violence prevention movements, and critically reflecting on masculine privileges that have long gone unrecognized. This shows that the transformation of masculinity is not merely an individual change but a fundamental social movement.

Thus, the manifestation of new masculinity represents the complexity of ongoing social transformation, where male identity is no longer understood as a static construct but as a dynamic process that continuously evolves alongside structural and cultural changes in society.

Psychological and Social Challenges

The transformation of contemporary masculinity presents significant psychological and social challenges for men in the context of a post-patriarchal era (Connell, 2005). The deconstruction of traditional masculine identities is not a linear process but involves profound internal and external conflicts, creating complex and multidimensional psychological dynamics (Butler, 2004).

At the individual psychological level, men often experience a traumatic identity crisis when deconstructing deeply ingrained masculine constructs that have persisted for centuries (Beck & Beck-Gernsheim, 2002). Clinical psychology research indicates that 72% of adult men face significant psychological pressure during the reconciliation process between traditional masculinity and contemporary social demands. This pressure goes beyond external adaptation, encompassing a fundamental epistemological conflict in understanding self-concept and social roles.

Traditional male psychological constructs—rooted in paradigms of emotional invulnerability, dominance, and suppression of feelings—are systematically deconstructed. Men are now expected to develop emotional skills traditionally associated with femininity. Social psychology research suggests this shift induces significant identity anxiety, as many men feel threatened by the potential loss of their masculine essence (Hooks, 2004).

The social challenges men face in this transformation are equally complex. Societal structures built over centuries of hegemonic patriarchy are not easily dismantled (Messner, 2016). Progressive men attempting to deconstruct male privilege often encounter resistance from entrenched social structures, conservative male groups, and traditional social institutions. The family institution serves as a primary site of social conflict in masculinity transformation. Egalitarian domestic role-sharing challenges traditional constructions of men solely as providers. Sociological studies show that 58% of urban families experience internal conflict when redefining gender roles, especially concerning men's participation in household chores and childcare (Jarvis et al., 2009).

The labor market also undergoes fundamental transformations, creating social challenges for men. The dominance of knowledge-based economies and service sectors demands skills previously considered "feminine," such as empathy, communication, and collaboration. Men who cannot adapt to this new paradigm risk economic and social marginalization. Psychologically, the challenges in adapting are profound. Traditional rigid masculinity constructs have fostered psychological defense mechanisms that are difficult to dismantle. Self-concepts built on dominance, physical strength, and absolute authority undergo fundamental deconstruction, triggering traumatic identity crises.

Longitudinal studies reveal that men who successfully navigate this transformation are those who develop psychological flexibility, openness to change, and critical reflection on gender identity constructs. They do not merely adapt externally but undergo deep internal reconciliation. Media and digital spaces play a strategic role in both challenging and offering solutions for masculinity transformation. Digital platforms

provide negotiation spaces for identities that transcend traditional boundaries, enabling men to connect with global narratives, share experiences, and explore alternative masculinity models.

Lastly, social movements and gender activism offer fundamental transformative contexts. Progressive men are no longer mere objects of change but active agents in deconstructing inequality structures. They critically reflect on masculine privilege, acknowledge dominance structures that have long been unconscious, and collaborate to create more equitable social relations (Carla et al., 2022).

Beyond these challenges, the intersectionality of gender identity constructs adds another layer of complexity (Gilmore, 2012). Men from diverse ethnic, social class, and sexual orientation backgrounds experience masculinity transformation differently, creating a wide spectrum of experiences.

Mental health emerges as a critical dimension of the psychological challenges in masculinity transformation. Epidemiological studies highlight a significant correlation between traditional masculinity constructs and high mental health risks among men (Elliott, 2016). Social pressures to appear strong, invulnerable, and emotionally reserved have fostered destructive psychological defense mechanisms.

The educational sphere presents structural challenges in reconstructing masculinity. Curricula rooted in patriarchal paradigms often fail to provide space for young men to explore more complex gender identities. Educational institutions face the dual task of systematically deconstructing harmful masculinity stereotypes while building more inclusive and gender-sensitive education models.

Generational conflict dynamics play a vital role in social challenges. Men from different generations adapt at varying speeds and intensities.

Younger generations tend to be more open to flexible masculinity models, while older generations often experience significant psychological resistance to change.

The global economy plays a critical role in reshaping masculinity challenges. The transformation of competitive, knowledge-based labor markets forces men to deconstruct self-concepts built on physical strength paradigms. Adaptability, emotional skills, and communication have become essential for professional success.

Digital technology adds complexity to masculinity transformation. Social media platforms create spaces for identity negotiation that transcend traditional geographical and cultural boundaries. Men now connect with global narratives, explore diverse perspectives, and construct more fluid identities. However, this also introduces new challenges related to digital identity construction.

The psychosexual aspects of masculinity transformation also present unique complexities. Increasingly fluid concepts of sexual orientation and gender expression challenge rigid binary constructions of masculinity and femininity. Contemporary men face demands to redefine concepts of intimacy, relationships, and sexual expression beyond conventional frameworks.

Feminist movements and gender activism have fundamentally altered the social contract of masculinity. Men can no longer maintain privilege without critical accountability. They are compelled to deeply reflect on patriarchal legacies within themselves, a process that creates profound psychological challenges.

In conclusion, the psychological and social challenges of masculinity transformation represent an ongoing dialectical process, requiring every man to actively and critically redefine his identity, roles,

and social positions within the context of contemporary structural societal changes.

Comparison of Masculinity Concepts: Global versus Local Perspectives

The intergenerational transformation of masculinity concepts reveals a complex dynamic, heavily influenced by both global and local contexts, with technology and social media playing a fundamental role in the reconstruction of gender identity. Generational differences in understanding masculinity can no longer be viewed as a linear phenomenon; instead, they must be seen as a complex, multidimensional dialectical process.

Contemporary younger generations, particularly Millennials and Gen Z, demonstrate much greater flexibility in defining masculinity compared to previous generations. They tend to reject rigid traditional constructions of masculinity, favoring more inclusive, empathetic, and equitable perspectives. Digital technology and social media have served as primary catalysts in this transformative process, providing spaces for negotiating identities that transcend geographical, cultural, and generational boundaries (Hoffbauer, 2012).

In a global context, digital platforms such as social media allow young men to connect with alternative masculinity narratives from around the world. They can explore diverse expressions of gender, share personal experiences, and construct identities beyond traditional normative frameworks (van Dijck, 2013). This phenomenon fosters more fluid models of masculinity, where gender identity is no longer confined by rigid boundaries but is instead shaped through ongoing negotiation processes.

The local context in Indonesia presents unique dynamics in the intergenerational transformation of masculinity. The intersection of traditional values and modernity creates a complex hybrid model of masculinity (Boellstorff, 2015). Older generations, who often adhere to patriarchal constructions, encounter younger generations increasingly open to more egalitarian gender relations. Technology and social media act as transformative mediums, facilitating intergenerational dialogue and promoting the reconciliation of perspectives.

Social psychology research reveals that 67% of adult men experience identity conflicts when redefining the concept of masculinity (Anderson, 2009). Older generations tend to face significant psychological resistance to change, while younger generations exhibit greater openness to flexible models of masculinity. Social media is not merely a communication tool; it is a transformative space where gender identity constructions can be deconstructed and renegotiated continuously.

The technological implications for intergenerational masculinity transformation are profound. Digital platforms create a global communication ecosystem, enabling men to explore identities beyond traditional boundaries. Younger generations are no longer bound to singular narratives of masculinity but are instead empowered to choose, combine, and negotiate complex and multidimensional identity models.

CONCLUSION

Based on a comprehensive analysis of masculinity transformation in the post-patriarchal era, this study concludes that the construction of male identity has undergone fundamental changes that go beyond a mere shift in social roles. Masculinity transformation is an ongoing process involving the deconstruction of traditional values while

responding to dynamic social demands. This process highlights the importance of flexibility, gender sensitivity, and adaptability in shaping modern male identities.

The key findings of this study indicate that the manifestation of new masculinities is characterized by flexibility, gender sensitivity, and the ability to negotiate beyond the boundaries of traditional constructs. Modern men are no longer confined to hegemonic masculinity models rooted in dominance and physical strength; instead, they are developing identities that are more inclusive, empathetic, and collaborative. This transformation is evident across various aspects of life, including domestic roles, professional leadership, and emotional expression.

However, this transformation process is not without challenges. Men face significant psychological and social complexities, including identity crises, structural resistance, and internal conflicts in deconstructing patriarchal legacies. This study asserts that masculinity transformation is a continuous dialectical process requiring critical reflection, openness, and adaptability.

Recommendations for future research include exploring the dynamics of masculinity transformation within more specific cultural contexts, focusing on intersectionality and the experiences of men from diverse ethnic, social class, and sexual orientation backgrounds. Future studies should delve deeper into the psychological and social implications of masculinity identity reconstruction, particularly within the complexities of Indonesian society. Additionally, comprehensive longitudinal studies are needed to understand the evolution of contemporary masculinity models and to develop effective strategies for supporting inclusive and equitable social transformation.

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