

Alternative friendships to improve men's health status. The impact of the new alternative masculinities' approach

Ríos-González, O.

Ramis-Salas, M.

Peña-Axt, J.C.

Racionero-Plaza, S.

Abstract

Background: Men who develop behaviors connected with the model of hegemonic masculinity present several health problems. Previous research has shown the types of problems that men commonly suffer in this regard such as chronic diseases, dietary disorders, and traffic accidents. To combat and overcome this situation, several campaigns, policies and recommendations have been undertaken, and consequently, their influence has been analyzed. However, there have been few investigations into the role of men's friendship in the reduction of these physical health problems. The findings presented in this article are focused on this issue, illustrating the impact of male friendship on the shaping of healthy behaviors. **Methods:** Drawing upon a qualitative-based methodology articulated in a case study of the Men in Dialogue association, located in Spain, the study has followed the premises of the communicative approach, a total of 15 structured online open-ended questionnaires have been performed and analyzed. The median age of the participants is 37.5 years. **Results:** The findings show how men involved in Men in Dialogue are promoting a kind of masculine friendship that is improving men's emotional well-being and, consequently, their physical health.

Author keywords

Friendship

Happiness

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Self-confidence

Solidarity