

3 Ways Males Suffer In Nepal

Article Series: **SUFFERED**

3 Ways MALES Suffer In Nepal

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The article is based upon author's personal belief and experiences

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Added In:-30 Jan 2025 Thu

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Views:- 41

"let's face the other side of the community who are never taken care of and are lonely, struggling, expected just because they belong to a specific gender"

Introduction



Nepali society is a well cultured and traditionally vibrant commune. This society is also filled with a lot of common harmful beliefs and eco-systems favouring these toxic cultures among people. It's the people and always we who shape society and its values. No one deserves to suffer as also stated in Article 14 in the constitution of Nepal (The right to freedom from torture and cruel, inhuman, or

degrading treatment or punishment).



These lines and laws are existing within these papers and between the margins of these books. We being a male in this society have suffered unfairly to a lot of harmful components which seem to be much more common than they are supposed to be. Males have been criticized and judged just for being male along with illogical, baseless and fatal beliefs planted on males from the first breath of existence.

This is a personal topic for me and in this article let's face the other side of the community who are never taken care of and are lonely, struggling,

expected just because they belong to a specific gender.

Biased:

Males have to suffer from a lot of biases in our society. Biases in love, responsibility, law and societal stereotypes are largely experienced among men.



Biases in love

In our society men are biased even for love. Love has to be earned being a man. If you are rich, independent and stable you are loved by your parents, friends or partner whereas a struggling male

has to suffer from harsh words, conditions and hurtful sentences even from their parents, own family that is supposed to be there for him specially in those moments. Male have to shape themselves to the stereotypes of ideal son, friends and lover even if it hurts or puts them in harm. Also among many girls a conformant to ideal man and their expectations of hoping their male partner to be a provider is biased for man. Men are responsible for maintaining a relationship ,expressing first and putting in most of the effort in a relationship.



Biases in responsibility

Men are always supposed to bear responsibility which

starts from their own family and house. Having a son in our society indicates that the son is supposed to take care of parents, family members, siblings more than a daughter. Men are supposed to work restlessly and provide, look after other things in life without expressing how hard it is for them.

Environment:



How are children affected by domestic abuse?

Children who witness domestic abuse are at risk of both short and long-term physical and mental health problems. Every child will be affected differently to the trauma of domestic abuse.

Short-term effects of domestic abuse:

For **young children** this can include:

- bed-wetting
- increased sensitivity and crying
- difficulty sleeping or falling asleep
- separation anxiety

For **school aged children** this can include:

- a loss of drive to participate in activities and school
- lower grades in school
- feeling guilty and to blame for the abuse happening to them
- getting into trouble more often
- physical signs such as headaches and stomach aches

For **teenagers** this can include:

- acting out in negative ways such as missing school or fighting with family members
- having low self-esteem

Men are seen as suppressors, misogynists, rebels and even criminals in extreme. In which I get the reasons behind them to an extent but me being born surrounded by many modern concepts and a whole wide internet to learn from. I can see instances of a suppressor, supporting patriarchy or having misogynistic thoughts within myself. This is an unknown point that even males don't realise.

Your environment shouldn't define you but it does influence you to a large extent. Our environment ranging from house to society is following cultures, fashion and hundreds of other things that support idea of patriarchy, misogyny and even rape culture in

men.

Is Bollywood romanticizing harassment?

ANHIATMAKKAR | 11:24 PM, AUG 28, 2021

Approximately 210 million households in India own television sets, and out of that number, almost all have access to Bollywood movies. Bollywood, the cinema industry of India with a global influence, releases over 1,000 films a year – all of different varieties and origins. Children in India are exposed to these films before they can even talk, which naturally affects their beliefs as they grow up. Unfortunately, celebrities in the roles of exaggerated characters don't exactly prove to be the best influence on young minds. The industry is playing an imperative role in normalizing social evils against women, including



Bollywood is very much responsible for promoting sexual violence against women.

Opinion

There was a time in the 80s and 90s when almost every movie had a sexual abuse scene. It's a problem with Bollywood which still sort of exists. Not with the story but with the way it was depicted. Nobody needs to see the villains undressing the characters and undoing their pants and their disgusting, lustful faces or hear the victim's moans and cries. I remember being very young, 10 or 11, when I watched Jaani Dushman and was horrified by Manisha Koirala's abuse scene. How on earth did the directors and actors not for once think that it was unnecessary to include in the movie? Nobody objected. There were even more disgusting ones back in the 80s- the one with Zeenat Aman and Raj Babbar. How the hell did something like that get the censor board approval back then? It seems like Bollywood had and still has an obsession with such plot lines and depiction. They are still making movies about abuse and crime, like haven't there been 173774647 similar stories already told. The current generation and the generation before sort of grew up with these kinda cheap and sleazy movies especially in poor states of UP and Bihar and Rajasthan and such places are the ones with the most sexual crimes. Bollywood has played a major role in promoting sexual violence among these people besides other reasons of course. I really wish they would stop making such movies.

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Songs, movies, jokes we are generally surrounded with, cultures, traditions, norms we follow , role of mother in home, workplace we have observed and other things supports a lot of harmful mindset and

dominating biased thoughts towards females for which there is misandry in females too. I myself have seen my own self getting affected by this. These components in our society are normalized which have highly affected female's safety and well being along with transforming male to have an ill attitude towards another gender.

Expectations:



One of the most common ways male suffers is from the expectations they have to fulfill. We are expected not to break, to work restlessly, satisfy and look after family, not to cry, succeed in our academic and

professional careers and many more.

In many ways we are expected to put our needs second. We are expected to work according to others' wishes, love according to others' wishes, act according to others' wishes and even be according to others' wishes.

The one thing that needs to be picked up is ofcourse toxic/baseless stereotypes about masculinity as: Aggression, Violence, Emotional suppression, Misogyny, Homophobia, Sexism can also be observed in our society which seeds a lot of thinking patterns and values in male's mind.

Conclusion



A person's ethnicity, culture, age, race, gender can influence his/her thoughts but it doesn't define them. Everyone of us is different and it's one's love and willingness to grow that makes us a wise person. Females and other groups have also suffered a lot in our society. We should all be together to end these problems and support for a better future . We should respect everyone and should love every living segment of our common existence.





Toran Jung Bam

Hey! Thank You For viewing my article. I am really looking forward to this article series. And I hope this will bring love, peace and make all of us break our stereotypes about our society and it's valuable components. Also that it promotes a common harmonious living between us. I love to share my thoughts and my perspective. Do see my other articles and keep reading!

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