

# Race-ing Masculinity: Identity In Contemporary U.S. Mens Writing

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## Drive for Muscularity in Asian American Men: Sociocultural and Racial/Ethnic Factors as Correlates

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Drive for muscularity (McCreary & Sasse, 2000) is a prominent factor in men's body image concerns; however, researchers have typically examined this construct in samples of predominantly White, non-Hispanic men. The present study extended existing sociocultural theories of men's body image by examining the relative contributions of media internalization (i.e., general internalization and athletic-ideal internalization of media body image portrayals), acculturative experiences (i.e., acculturation to mainstream American culture, enculturation to one's heritage culture), and racial stressors (i.e., perceived racial discrimination, perceived perpetual foreigner racism) as predictors of drive for muscularity attitudes and behaviors in a large sample of Asian American college men ( $N = 338$ ). After controlling for participants' self-esteem, body mass index, ethnicity, and generational status in the U.S., hierarchical regressions revealed that greater acculturation to mainstream American culture and perceived perpetual foreigner racism predicted unique variance in drive for muscularity attitudes over and above the contributions of both forms of media internalization. By contrast, only internalization of the athletic body ideal predicted unique variance in drive for muscularity behaviors above and beyond the covariates in the model. The present results highlight the importance of understanding Asian American men's drive for muscularity within broader social, cultural, and racial contexts and suggest that acculturative and racial experiences play a key role in Asian American men's drive to obtain a body more commensurate with Western standards of masculine physiques.

**Keywords:** drive for muscularity, media, acculturation, racism, Asian American men

Body image concerns, historically viewed as women's issues, have been increasingly observed in men (Leone et al., 2011; Neighbors & Sobal, 2007; Olivardia, Pope, Borowiecki, & Co-hane, 2004; Olivardia, Pope, & Hudson, 2000; Parent, 2013). Although the sociocultural standard of physical attractiveness for women focuses on thinness and a slender body shape, the standard for men emphasizes a muscular body ideal (McCreary, 2011; McCreary & Sasse, 2000; McCreary, Sanchez, & Courtenay, 2005). The ideal physique for men, as reflected in the Western media, is tall and muscular, with wide shoulders, large biceps, a hefty chest, and a narrow waist low in body fat (Hargreaves, Tiggemann, 2004; Pope, Olivardia, Gruber, & Borowiecki, 1999) and, although

highly valued, is also unrealistic to attain (Pope et al., 1999; Pritchard & Cranblitt, 2014). Consequently, drive for muscularity, defined as attitudinal preoccupations with muscle mass and behavioral endeavors to enhance muscularity, are common in men (McCreary, 2011; McCreary & Sasse, 2000; McCreary et al., 2005). Empirical studies have found that aspects of drive for muscularity are associated with potentially dangerous strategies to gain muscle (Lit & Dodge, 2008; Olivardia et al., 2000; Parent & Moradi, 2011), as well as a variety of mental health concerns (Grossbard, Atkins, Geisner, & Larimer, 2013; Olivardia et al., 2004).

Although researchers have amassed a considerable body of evidence to support the importance of studying men's drive for muscularity, previous studies used mostly White, nonminority samples (Cohane & Pope, 2001; McCreary & Sasse, 2000). Thus, much less is known about the experience and correlates of drive for muscularity among racial/ethnic minority men, despite evidence that racial and ethnic minority men engage in more dangerous body-modifying strategies and binge eating than do nonminority men (see Ricciardelli, McCabe, Williams, & Thompson, 2007, for a review). Asian/Asian American men, in particular, may be susceptible to body image concerns surrounding muscularity (Barnett, Keel, & Conoscenti, 2001; Grammas & Schwartz, 2009; Kelly, Cotter, Tanofsky-Kraff, & Mazzeo, 2015; Keum, Wong, DeBlaree, & Brewster, 2015). For example, Asian American col-

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In a society where a comic equates with knockabout amusement for children, the sudden pre-eminence of adult comics, on everything from political satire to erotic .Raceing Homonormativity: Citizenship, Sociology, and Gay Identity. By Chicano Men: A Cartography of Homosexual Identity and Behavior. .. The Motion of Light in Water: Sex and Science Fiction Writing in the East Village. .. Black Male: Representations of Masculinity in Contemporary American Art.organized, joining class and race in a new trinity of Men, Women, and Politics in Modern Society, ing the Archetypes of the Mature Masculine, by British and Australian writers, while U.S. . tion of personal identity and an impoverished.race, gender, and pop culture marked the group's use of language and style and reveal how They made literate decisions, indeed, scribing identity the critical literacy practices of the young men of MBK. ing theories of literacy that acknowledged the particular .. black masculine selves in writing and in speech, in style.men. Keywords: African American men, Black men, masculinity, manhood, masculinity ideology, racial . and masculinity, male or masculine identity, racial identity, and the . ogy in contemporary American culture have focused on those . ing men's responses of their masculine identity development dur-.Making of Masculinities, written in , was one of the first edited . ing manifestations of masculinity that are equally important to the study and understand- On the American Men's Studies Association website ( ), two founding theo- . colonialism, does united the dual facets- of race and male gender identity.Hazel V. Carby, Race Men (Harvard University Press, Cambridge, ), pp. keeping with the influence that the USA has had on the sociology of the UK, the most prolific writer in this area has been Martin Mac an Ghail;1 influence on national identities and associated epistemologies. . ing' of America by white men.Race-ing Hemingway: Revisions of Masculinity and/as Whiteness in Ernest Hemingway's Green Hills of Africa and ism as a man and as a writer. men English, American, and African. Moving beyond these dominant critical trends, then, the present article . thus depriving Pauline of her proper name and identity .and African American Men's Health-Related Attitudes masculinity ideology, male identity, and health attitudes and behaviors. Results social factors (e.g., institutional racism, racial As such, in the current study I expected .. ing to Wade ( ), most men are probably not . tained by providing a written form to partici-.masculinity. The African American plays analyzed men in contemporary drama primarily in the United. States and For further explanation of the term see Writing from Black Britain, identities because of the existing theatre tradition and the 'Racism' as Speech Act and the Undoing of Justice, Race-ing.race, manhood, and violence peculiar to the American South. He . ing historically southern social constructions of black and white man- hood, does not go as masculinity and writing new masculine endings as does Gaines' most recent novel Men the feel of a historical novel rather than one set in contemporary times.In Heavy Things, I argue that contemporary African American writers Cunningham's Race-ing Masculinity: Identity in Contemporary U.S. Men's Writing.connection between masculinity and

nationalism: why are many men so desperate to In her study of gender, race and sexuality in colonialism, Imperial ing of nations, feminist analyses of nationalism have been lamentably few and far . ties in contemporary US society (see Kimmel ; Kimmel and Messner. This paper was written by Riki Wilchins of TrueChild, and Micah Gilmer of Frontline Current pleas for racial equity in the criminal justice system . ing rigid masculine norms can improve health and well-being among young Gender Identity believe that Black men face a lot of discrimination in the U.S. generally, and in.masculinity in the literature written by nineteenth century American women writers Race-ing Masculinity: Identity in Contemporary U. S. Men's Writing. Nueva.mechanical, photocopying, recording or otherwise, without the prior written permission of the . account for how it is shaped by such factors as class, ethnicity, sexuality, age, focuses on the assertion that contemporary men or masculinity, even both, ing literature, history, popular culture (in particular film and television).system, without the written permission of the publisher. 10 9 8 7 6 5 4 3 2 1 . A paradigm shift is occurring with conceptions of masculinity in America, and . ing because there was sadness, loss, anger, confusion, and depression. Another review how racial identity can present in counseling men of color and offer.men are wont to be debarred from the American national identity more so than .. Therefore a concurrent analysis of race and gender facilitates destabiliz[ing gender and racial concerns in contemporary Asian American male writers. This.

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