Appendix

Understanding the dynamics of men and masculinity in contemporary Kerala

Questionnaire

I. Personal Profile

1. Name

2. Age : ............

3. Religion : □ Hindu □ Christian □ Muslim □ Any other specify

4. Caste : ................

5. Which category you belongs to :
   □ SC □ ST □ OBC □ Forward □ Any other, specify ............

6. Education : □ SSLC □ Plus Two □ Degree □ Diploma □ PG
   □ Any other, specify ............

7. Class : □ Middle □ Upper middle □ High

8. Residential area : □ Panchayath □ Municipality □ Corporation

9. Occupation

10. In which sector you are working :
    □ Govt □ Private □ Corporate □ Any other specify

11. Monthly income : □ below 15000 □ 15000-25000 □ 25000-35000
    □ 35000-45000 □ above 45000

12. Working hours : ...............to.........
13. Details of family members

<table>
<thead>
<tr>
<th>No</th>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Relation with you</th>
<th>Education</th>
<th>Employment</th>
<th>Monthly income, if any</th>
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II. Work and Work Satisfaction

(Please mark (✓) your opinion to the following statements)

1. You can find enjoyment in your work
   - □ Always  □ Most of the time  □ Sometimes  □ Never

2. You are often concerned about how others evaluate your performance at work
   - □ Always  □ Most of the time  □ Sometimes  □ Never

3. Your motive behind selecting this job
   - □ Income  □ Job security
   - □ Passion to the work  □ Didn’t get any other

4. What is the most difficult thing in your job
   - □ Pressure from officials  □ Increasing workload
   - □ Competition between colleagues  □ Work timing
   - □ Nothing like that

5. Are you satisfied in your present income
   - □ Very much satisfied  □ Satisfied  □ To some extend  □ Not at all satisfied

6. Any time you wish to quit your job
   - □ Always  □ Most of the time  □ Sometimes  □ Never
III. Domestic Work Sharing

1. Do you share household work with your partner
   - Daily
   - Most of the time
   - Sometimes
   - Never

2. Whether you enjoy it
   - Very much
   - Sometimes
   - Never

3. Who took most responsibility for

<table>
<thead>
<tr>
<th>Work</th>
<th>Myself</th>
<th>Partner</th>
<th>Both equally</th>
<th>Someone else, Specify</th>
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<td>Cleaning</td>
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<td>Washing</td>
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<tr>
<td>Child care</td>
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<tr>
<td>Feeding the kids</td>
<td></td>
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<tr>
<td>Teaching your child</td>
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IV. Men in Familial Roles

IV(A) Approach Towards Fatherhood

1. You are enjoying the role as a father
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

2. Fatherhood is the highest form of male responsibility
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

3. Fatherhood affected your maturity
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

4. Fatherhood is a positive shaper of a man’s life
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

5. The responsibility of a father become complex when comparing to the traditional father
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

6. You are a very friendly father
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree

7. Father can play a major role in developing the masculine identity of his son
   - Strongly agree
   - Agree
   - Undecided
   - Disagree
   - Strongly disagree
IV (B)  Men in the Role of Husband and Son

1. You are a friendly husband
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

2. Working partner can make the family life more comfortable than the housewife
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

3. You give enough respect to your wife
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

4. You try to appreciate her in her achievements
   ■ Always ■ Most of the time ■ Sometimes ■ Never

5. You are facing adjustment problems with your wife
   ■ Always ■ Most of the time ■ Sometimes ■ Never

6. You are satisfied in fulfilling the role as a son
   ■ Completely ■ To some extend ■ Not at all

V. Decision Making

7. Who make the important decisions in your family
   ■ You ■ Partner ■ Both

8. You can make a balance between work and family responsibilities
   ■ Always ■ Most of the time ■ Sometimes ■ Never

9. You are struggling for maintaining the standard of living of your family
   ■ Always ■ Most of the time ■ Sometimes ■ Never

VI. Men- Health Conditions and Habits

1. Are you conscious about your health conditions
   ○ Always ○ Most of the time ○ Sometimes ○ Never

2. Do you conduct regular health checkups
   ○ Always ○ Most of the time ○ Sometimes ○ Never

3. Do you try to eat at regular intervals
   ○ Always ○ Most of the time ○ Sometimes ○ Never

4. Do you smoke
   ○ Daily ○ Occasionally ○ Rarely ○ Never
5. Do you drink alcohol
   - Daily
   - Occasionally
   - Rarely
   - Never

6. How often do you exercise at gym or home
   - Daily
   - Occasionally
   - Rarely
   - Never

7. Do you have any tensions relating the following
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<th>Type of tension</th>
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<th>Sometimes</th>
<th>Never</th>
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<td>Family</td>
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VII. Leisure Time Activities and Interests

1. Do you get enough time to relax
   - Most of the time
   - Sometimes
   - Never

2. You feel your life is interesting
   - Always
   - Sometimes
   - Never

3. How you spend your leisure time
   - Spend with friends
   - Spend in any social media like Facebook, Whatsapp etc.
   - Spend with family
   - Watching TV
   - Shopping
   - Any other, specify

4. You are interested in
<table>
<thead>
<tr>
<th>Area of interest</th>
<th>Very much</th>
<th>To Some extend</th>
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VIII. Images of Masculine Qualities and Perceptions Among Men

1. In your opinion which are the three important qualities a man need to have
   (please mark 1,2,3 on the basis of importance)
   □ Courage  □ Physical fitness  □ Sexual capacity
   □ Confidence □ leadership □ Protecting family
   □ Beauty □ Respecting women

2. Making money is part of my idea of being a successful man
   □ Strongly agree □ Agree □ Undecided □ Disagree □ Strongly disagree

3. You are satisfied in your status as a man
   □ Strongly agree □ Agree □ Undecided □ Disagree □ Strongly disagree

4. Masculinity depends on the physical appearance of a man
   □ Strongly agree □ Agree □ Undecided □ Disagree □ Strongly disagree

5. You give importance for your physical fitness
   □ Very much □ To some extend □ Not at all

6. You are interested in changing fashion trends
   □ Very much □ To some extend □ Not at all

7. What are the two main criteria for you when purchasing cloths and accessories
   □ Quality □ Brand □ Comfort □ Price □ Style

8. Branded outfits make you more confident
   □ Very much □ To some extend □ Not at all

9. Which is the most difficult thing in your day to day life
   □ Maintaining the standard of living
   □ Work and family balancing
   □ Health problems
   □ Problems in family relations
   □ Any other please specify,..............
IX. Measuring The Masculine Behaviour Traits- Success Dedication, Restrictive Emotionality, Inhibited Affection and Exaggerated Self Reliance and Control

(** Be sure to answer every question. Please be honest in your responses **)

1. Spend a great deal of my time pursuing a highly successful career
   ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

2. I don’t discuss my feelings and emotions with others
   ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

3. I don’t devote much time to intimate relations
   ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

4. I try to be in control of everything in my life
   ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

5. I am very ambitious in the pursuit of a success oriented career
   ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

6. I am not the type of person to self disclose about my emotions
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

7. I don’t involve myself too deeply in loving, tender relations
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

8. I make sure that I “call all the shots” in my life
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

9. I devote extensive time and effort to the pursuit of a professional career
   ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

10. I don’t often talk to others about my emotional reactions to things
    ■ Strongly agree ■ Agree ■ Undecided ■ Disagree ■ Strongly disagree

11. I don’t become very close to others in an intimate way
    ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

12. I don’t take orders or advise from anybody
    ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree

13. I do whatever I have to in order to work towards job success
    ○ Strongly agree ○ Agree ○ Undecided ○ Disagree ○ Strongly disagree
14. In general I avoid discussions dealing with my feelings and emotions  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

15. I don’t often tell others about my feeling of love and affection for them  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

16. I don’t let others tell me what to do with my life  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

17. I work hard at trying to ensure myself of a successful career  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

18. I don’t often admit that I have emotional feelings  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

19. I tend to avoid being in really close intimate relationship  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

20. I don’t allow others to have control over my life  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

X. Perspectives Towards Gender Equality

1. Men are superior to women  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

2. Women should obey men in family  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

3. Proper socialisation among boys can reduce atrocities against women  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

4. How you accept the idea of gender equality  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

5. Gender equality can make family life more comfortable  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

6. Your opinion towards the concept of ‘living together’  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree

7. Male life is more struggling nowadays  
☐ Strongly agree ☐ Agree ☐ Undecided ☐ Disagree ☐ Strongly disagree
8. Who is the most respectable women in your view? why?
   ........................................................................................................................................
   ........................................................................................................................................

9. Who is your role model for manhood? why?
   ........................................................................................................................................
   ........................................................................................................................................