



**RECONSTRUCTING GENDER**  
A Multicultural Anthology

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Estelle Disch  
*University of Massachusetts Boston*

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## MASCULINITY AS HOMOPHOBIA

MICHAEL S. KIMMEL

Even if we do not subscribe to Freudian psychoanalytic ideas, we can still observe how, in less sexualized terms, the father is the first man who evaluates the boy's masculine performance, the first pair of male eyes before whom he tries to prove himself. Those eyes will follow him for the rest of his life. Other men's eyes will join them—the eyes of role models such as teachers, coaches, bosses, or media heroes; the eyes of his peers, his friends, his workmates; and the eyes of millions of other men, living and dead, from whose constant scrutiny of his performance he will never be free. “The tradition of all the dead generations weighs like a nightmare on the brain of the living,” was how Karl Marx put it over a century ago (1848/1964, p. 11). “The birthright of every American male is a chronic sense of personal inadequacy,” is how two psychologists describe it today (Woolfolk & Richardson, 1978, p. 57).

That nightmare from which we never seem to awaken is that those other men will see that sense of inadequacy, they will see that in our own eyes we are not who we are pretending to be. What we call masculinity is often a hedge against being revealed as a fraud, an exaggerated set of activities that keep others from seeing through us, and a frenzied effort to keep at bay those fears within ourselves. Our real fear “is not fear of women but of being ashamed or humiliated in front of other men, or being dominated by stronger men” (Leverenz, 1986, p. 451).

This, then, is the great secret of American manhood: *We are afraid of other men.* Homophobia is a central organizing principle of our cultural definition of manhood. Homophobia is more than the irrational fear of gay men, more than the fear that we might be perceived as gay. “The word ‘faggot’ has nothing to do with homosexual experience or even with fears of homosexuals,” writes David Leverenz (1986). “It comes out of the depths of manhood: a label of ultimate contempt for anyone who seems sissy, untough, uncool”

Also a part of Racism

(p. 455). Homophobia is the fear that other men will unmask us, emasculate us, reveal to us and the world that we do not measure up, that we are not real men. We are afraid to let other men see that fear. Fear makes us ashamed, because the recognition of fear in ourselves is proof to ourselves that we are not as manly as we pretend, that we are, like the young man in a poem by Yeats, "one that ruffles in a manly pose for all his timid heart." Our fear is the fear of humiliation. We are ashamed to be afraid.

Shame leads to silence—the silences that keep other people believing that we actually approve of the things that are done to women, to minorities, to gays and lesbians in our culture. The frightened silence as we scurry past a woman being hassled by men on the street. That furtive silence when men make sexist or racist jokes in a bar. That clammy-handed silence when guys in the office make gay-bashing jokes. Our fears are the sources of our silences, and men's silence is what keeps the system running. This might help to explain why women often complain that their male friends or partners are often so understanding when they are alone and yet laugh at sexist jokes or even make those jokes themselves when they are out with a group.

The fear of being seen as a sissy dominates the cultural definitions of manhood. It starts so early. "Boys among boys are ashamed to be unmanly," wrote one educator in 1871 (cited in Rotundo, 1993, p. 264). I have a standing bet with a friend that I can walk onto any playground in America where 6-year-old boys are happily playing and by asking one question, I can provoke a fight. That question is simple: "Who's a sissy around here?" Once posed, the challenge is made. One of two things is likely to happen. One boy will accuse another of being a sissy, to which that boy will respond that he is not a sissy, that the first boy is. They may have to fight it out to see who's lying. Or a whole group of boys will surround one boy and all shout "He is! He is!" That boy will either burst into tears and run home crying, disgraced, or he will have to take on several boys at once, to prove that he's not a sissy. (And what will his father or older brothers tell him if he chooses to run home crying?) It will be some time before he regains any sense of self-respect.

\* Violence is often the single most evident marker of manhood. Rather it is the willingness to fight, the desire to fight. The origin of our expression that one has a chip on one's shoulder lies in the practice of an adolescent boy in the country or small town at the turn of the century, who would literally walk around with a chip of wood balanced on his shoulder—a signal of his readiness to fight with anyone who would take the initiative of knocking the chip off (see Gorer, 1964, p. 38; Mead, 1965).

As adolescents, we learn that our peers are a kind of gender police, constantly threatening to unmask us as feminine, as sissies. One of the favorite tricks when I was an adolescent was to ask a boy to look at his fingernails. If he held his palm toward his face and curled his fingers back to see them, he passed the test. He'd looked at his nails "like a man." But if he held the back of his hand away from his face, and looked at his fingernails with arm outstretched, he was immediately ridiculed as a sissy.

BY THE  
ARBITRARY  
ROMANS

As young men we are constantly riding those gender boundaries, checking the fences we have constructed on the perimeter, making sure that nothing even remotely feminine might show through. The possibilities of being unmasked are everywhere. Even the most seemingly insignificant thing can pose a threat or activate that haunting terror. On the day the students in my course "Sociology of Men and Masculinities" were scheduled to discuss homophobia and male-male friendships, one student provided a touching illustration. Noting that it was a beautiful day, the first day of spring after a brutal northeast winter, he decided to wear shorts to class. "I had this really nice pair of new Madras shorts," he commented. "But then I thought to myself, these shorts have lavender and pink in them. Today's class topic is homophobia. Maybe today is not the best day to wear these shorts."

Our efforts to maintain a manly front cover everything we do. What we wear. How we talk. How we walk. What we eat. Every mannerism, every movement contains a coded gender language. Think, for example, of how you would answer the question: How do you "know" if a man is homosexual? When I ask this question in classes or workshops, respondents invariably provide a pretty standard list of stereotypically effeminate behaviors. He walks a certain way, talks a certain way, acts a certain way. He's very emotional; he shows his feelings. One woman commented that she "knows" a man is gay if he really cares about her; another said she knows he's gay if he shows no interest in her, if he leaves her alone.

Now alter the question and imagine what heterosexual men do to make sure no one could possibly get the "wrong idea" about them. Responses typically refer to the original stereotypes, this time as a set of negative rules about behavior. Never dress that way. Never talk or walk that way. Never show your feelings or get emotional. Always be prepared to demonstrate sexual interest in women that you meet, so it is impossible for any woman to get the wrong idea about you. In this sense, homophobia, the fear of being perceived as gay, as not a real man, keeps men exaggerating all the traditional rules of masculinity, including sexual predation with women. Homophobia and sexism go hand in hand.

The stakes of perceived sissidom are enormous—sometimes matters of life and death. We take enormous risks to prove our manhood, exposing ourselves disproportionately to health risks, workplace hazards, and stress-related illnesses. Men commit suicide three times as often as women. Psychiatrist Willard Gaylin (1992) explains that it is "invariably because of perceived social humiliation," most often tied to failure in business:

Men become depressed because of loss of status and power in the world of men. It is not the loss of money, or the material advantages that money could buy, which produces the despair that leads to self-destruction. It is the "shame," the "humiliation," the sense of personal "failure." . . . A man despairs when he has ceased being a man among men. (p. 32)

In one survey, women and men were asked what they were most afraid of. Women responded that they were most afraid of being raped and murdered. Men responded that they were most afraid of being laughed at. (Noble, 1992, pp. 105-106).

## Power and Powerlessness in the Lives of Men

I have argued that homophobia, men's fear of other men, is the animating condition of the dominant definition of masculinity in America, that the reigning definition of masculinity is a defensive effort to prevent being emasculated. In our efforts to suppress or overcome those fears, the dominant culture exacts a tremendous price from those deemed less than fully manly: women, gay men, nonnative-born men, men of color. This perspective may help clarify a paradox in men's lives, a paradox in which men have virtually all the power and yet do not feel powerful (see Kaufman, 1993).

Manhood is equated with power—over women, over other men. Everywhere we look, we see the institutional expression of that power—in state and national legislatures, on the boards of directors of every major U.S. corporation or law firm, and in every school and hospital administration. Women have long understood this, and feminist women have spent the past three decades challenging both the public and the private expressions of men's power and acknowledging their fear of men. Feminism as a set of theories both explains women's fear of men and empowers women to confront it both publicly and privately. Feminist women have theorized that masculinity is about the drive for domination, the drive for power, for conquest.

This feminist definition of masculinity as the drive for power is theorized from women's point of view. It is how women experience masculinity. But it assumes a symmetry between the public and the private that does not conform to men's experiences. Feminists observe that women, as a group, do not hold power in our society. They also observe that individually, they, as women, do not feel powerful. They feel afraid, vulnerable. Their observation of the social reality and their individual experiences are therefore symmetrical. Feminism also observes that men, as a group, are in power. Thus, with the same symmetry, feminism has tended to assume that individually men must feel powerful.

This is why the feminist critique of masculinity often falls on deaf ears with men. When confronted with the analysis that men have all the power, many men react incredulously. "What do you mean, men have all the power?" they ask. "What are you talking about? My wife bosses me around. My kids boss me around. My boss bosses me around. I have no power at all! I'm completely powerless!"

Men's feelings are not the feelings of the powerful, but of those who see themselves as powerless. These are the feelings that come inevitably from the discontinuity between the social and the psychological, between the ag-

gregate analysis that reveals how men are in power as a group and the psychological fact that they do not feel powerful as individuals. They are the feelings of men who were raised to believe themselves entitled to feel that power, but do not feel it. No wonder many men are frustrated and angry.

This may explain the recent popularity of those workshops and retreats designed to help men to claim their "inner" power, their "deep manhood," or their "warrior within." Authors such as Bly (1990), Moore and Gillette (1991, 1992, 1993a, 1993b), Farrell (1986, 1993), and Keen (1991) honor and respect men's feelings of powerlessness and acknowledge those feelings to be both true and real. "They gave white men the semblance of power," notes John Lee, one of the leaders of these retreats (quoted in Ferguson, 1992, p. 28). "We'll let you run the country, but in the meantime, stop feeling, stop talking, and continue swallowing your pain and your hurt." (We are not told who "they" are.)

Often the purveyors of the mythopoetic men's movement, that broad umbrella that encompasses all the groups helping men to retrieve this mythic deep manhood, use the image of the chauffeur to describe modern man's position. The chauffeur appears to have the power—he's wearing the uniform, he's in the driver's seat, and he knows where he's going. So, to the observer, the chauffeur looks as though he is in command. But to the chauffeur himself, they note, he is merely taking orders. He is not at all in charge.<sup>1</sup>

Despite the reality that everyone knows chauffeurs do not have the power, this image remains appealing to the men who hear it at these weekend workshops. But there is a missing piece to the image, a piece concealed by the framing of the image in terms of the individual man's experience. That missing piece is that the person who is giving the orders is also a man. Now we have a relationship between men—between men giving orders and other men taking those orders. The man who identifies with the chauffeur is entitled to be the man giving the orders, but he is not. ("They," it turns out, are other men.)

The dimension of power is now reinserted into men's experience not only as the product of individual experience but also as the product of relations with other men. In this sense, men's experience of powerlessness is real—the men actually feel it and certainly act on it—but it is not true, that is, it does not accurately describe their condition. In contrast to women's lives, men's lives are structured around relationships of power and men's differential access to power, as well as the differential access to that power of men as a group. Our imperfect analysis of our own situation leads us to believe that we men need more power, rather than leading us to support feminists' efforts to rearrange power relationships along more equitable lines.

Philosopher Hannah Arendt (1970) fully understood this contradictory experience of social and individual power:

Power corresponds to the human ability not just to act but to act in concert. Power is never the property of an individual; it belongs to

a group and remains in existence only so long as the group keeps together. When we say of somebody that he is "in power" we actually refer to his being empowered by a certain number of people to act in their name. The moment the group, from which the power originated to begin with . . . disappears, his "power" also vanishes. (p. 44)

Why, then, do American men feel so powerless? Part of the answer is because we've constructed the rules of manhood so that only the tiniest fraction of men come to believe that they are the biggest of wheels, the sturdiest of oaks, the most virulent repudiators of femininity, the most daring and aggressive. We've managed to disempower the overwhelming majority of American men by other means—such as discriminating on the basis of race, class, ethnicity, age, or sexual preference.

Masculinist retreats to retrieve deep, wounded masculinity are but one of the ways in which American men currently struggle with their fears and their shame. Unfortunately, at the very moment that they work to break down the isolation that governs men's lives, as they enable men to express those fears and that shame, they ignore the social power that men continue to exert over women and the privileges from which they (as the middle-aged, middle-class white men who largely make up these retreats) continue to benefit—regardless of their experiences as wounded victims of oppressive male socialization.

Others still rehearse the politics of exclusion, as if by clearing away the playing field of secure gender identity of any that we deem less than manly—women, gay men, nonnative-born men, men of color—middle-class, straight, white men can regroup their sense of themselves without those haunting fears and that deep shame that they are unmanly and will be exposed by other men. This is the manhood of racism, of sexism, of homophobia. It is the manhood that is so chronically insecure that it trembles at the idea of lifting the ban on gays in the military, that is so threatened by women in the workplace that women become the targets of sexual harassment, that is so deeply frightened of equality that it must ensure that the playing field of male competition remains stacked against all newcomers to the game.

Exclusion and escape have been the dominant methods American men have used to keep their fears of humiliation at bay. The fear of emasculation by other men, of being humiliated, of being seen as a sissy, is the leitmotif in my reading of the history of American manhood. Masculinity has become a relentless test by which we prove to other men, to women, and ultimately to ourselves, that we have successfully mastered the part. The restlessness that men feel today is nothing new in American history; we have been anxious and restless for almost two centuries. Neither exclusion nor escape has ever brought us the relief we've sought, and there is no reason to think that either will solve our problems now. Peace of mind, relief from gender struggle, will

come only from a politics of inclusion, not exclusion, from standing up for equality and justice, and not by running away.

## NOTE

1. The image is from Warren Farrell, who spoke at a workshop I attended at the First International Men's Conference, Austin, Texas, October 1991.

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