Abstract

The present study investigated Chinese masculine role norms among Hong Kong men. Based on the 94-item Conformity to Masculine Norms Inventory (CMNI) which contained 11 American masculine norms, confirmatory factor analysis (CFA) was performed with the response given by 744 Chinese men of different age, sexual orientation and marital status with an online questionnaire. An unsatisfactory model fit led to an exploratory factor analysis (EFA) with the original 144-item CMNI. Results supported a 10-factor solution with 99 items. With this revised CMNI, each conformity score of the 10 masculine norms was computed and correlated with positive psychological functioning variables (psychological well-being and subjective well-being) and negative psychological functioning variables (masculine gender role stress and somatic symptoms severity). Hierarchical regression analyses showed that after controlling for the demographic variables, conformity to certain revised masculine norms could predict psychological distress; yet conformity to certain norms could predict well-being unexpectedly. Nonetheless, demographic variables could not be proved to have a moderating influence to the effect of masculine norm conformity on psychological functioning. Limitations and implications of the study were explained.