



Positive Masculinity: Men's Efforts to Eliminate Sexual Violence from the Home

Selvy Anggriani Syarif¹, Iin Mutmainnah²

^{1,2} Institut Agama Islam Negeri Parepare

¹selvyanggrianisyarif@iainpare.ac.id, ²iinmutmainnah01@iainpare.ac.id

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Abstract

The socialization of positive masculinity perspectives among men is an effort to strengthen the positive aspects of masculinity in society. The goal is for men who embrace positive masculinity to promote equality and reduce gender-based violence. This research aims to describe the roles that men with a positive masculinity perspective can play within the family and how these roles can help reduce the potential for sexual violence.

This study employs a literature review and content analysis, focusing on 10 positive values from the positive psychology/positive masculinity framework. The analysis was conducted on the Instagram accounts @bapak2id, @id_ayahasi, @bumilpamil.id, @ayahbercerita.id, and @lakilakibaru. The findings identify three key roles for men with a positive masculinity perspective: active involvement in parenting, participation in pregnancy and birth preparation, and fostering healthy family relationships. These roles align with Islamic teachings. The analysis of feeds, comments, and discussions (both offline and online) from these five accounts indicates strong support for the elimination of sexual violence in society.

Sosialisasi perspektif maskulinitas positif di kalangan laki-laki hadir sebagai upaya memperkuat nilai positif dari aspek maskulin di tengah masyarakat. Kehadiran laki-laki dengan perspektif maskulinitas positif diharapkan mampu mendorong kesetaraan hingga berkurangnya kekerasan berbasis gender. Penelitian ini dilakukan untuk mendeskripsikan peran yang dapat diambil oleh laki-laki berperspektif maskulinitas positif di keluarga dan pengaruh peran tersebut dalam mengurangi potensi terjadinya kekerasan seksual.

Kata Kunci: maskulinitas positif; keluarga; kekerasan seksual

Penelitian ini menggunakan metode *literature review* dan analisis konten dengan menggunakan 10 nilai positif pada *the positive psychology/positive masculinity framework* terhadap akun Instagram @bapak2id; @id_ayahasi; @bumilpamil.id; @ayahberkisah.id; dan @lakilakibaru. Ditemukan tiga peran yang dapat dilakukan laki-laki berperspektif maskulinitas positif, yaitu terlibat aktif dalam pengasuhan, terlibat dalam persiapan kehamilan dan kelahiran, serta membangun relasi sehat dalam keluarga. Hal tersebut sejalan dengan ajaran-ajaran dalam Islam. Berdasarkan hasil analisis bahwa unggahan, komentar, serta diskusi (luring/daring) yang diselenggarakan kelima akun tersebut menunjukkan dukungan terhadap penghapusan kekerasan seksual di masyarakat.

Introduction

An ideal family is formed through a balance of roles that are mutually agreed upon and shared between men and women. This balance is fostered by satisfaction within the family, created through cohesiveness, adaptation, and communication among family members (Anwar, 2015). Today, public spaces are increasingly open to women, offering them opportunities to participate. Similarly, men are also increasingly taking on roles in the domestic sphere that were once considered the exclusive domain of women. This shift illustrates that gender roles, which are often thought to be inherent based on one's gender, are actually dynamic (Puspitawati, 2013). Gender roles are socially constructed and shaped by cultural norms (Fakih, 2008; Zega, 2021). As a result, gender roles can vary significantly across different societies.

In Middle Eastern societies, particularly Saudi Arabia, there remain strict limitations on women's movement and interaction. Social control, in the form of rules, is often based on gender differences and male guardianship laws, severely restricting women's mobility unless they are accompanied by a male guardian (Elamin & Omair, 2010). Every activity a woman wishes to undertake, whether related to education or work, requires approval from her male guardian (Sa'diah, 2022). These restrictions significantly influence the gender roles of women in Saudi Arabia, confining them largely to the private sphere. Although the Saudi government has recently begun to relax some of the restrictions on women's guardianship and mobility, strong societal norms and traditions continue to pose significant challenges for women.

In contrast, Taiwan, which has a significantly higher level of gender equality compared to other East Asian countries (World Economic Forum, 2022), has witnessed changes in women's roles in the public sphere. In Taiwanese society, there is no longer a significant difference in participation in education and work based on gender (Iida, 2023). However, similar to other East Asian cultures, Taiwanese society remains strongly influenced by Confucian values that emphasize women's roles within the family and social hierarchies (Shao & Lee, 2023). Consequently, women who have higher education and successful careers are still expected to fulfill traditional family roles when they return home. They must navigate a "second shift," taking care of their children and families, cleaning the house, and hosting family gatherings (Hochchild & Machung, 1989). In such cases, men, as fathers, primarily focus on working outside the home (Iida, 2023).

In Indonesia, there are men who have taken on the role of stay-at-home fathers or househusbands (Suharmanto et al., 2020). These men are actively involved in domestic tasks, including caregiving, while their wives pursue careers in the public sphere (Liong, 2017). For example, Bhagavad Sambada, in an interview with *tirto.id*, discussed taking on the role of a househusband because his wife had greater opportunities for stable employment.

Educational campaigns encouraging men to engage in domestic activities have also gained traction on social media, with Instagram accounts like @bapak2id, @id_ayahasi, @bumilpamil.id, @ayahberkisah.id, and @lakilakibaru promoting the idea that men should not be hesitant to discuss and participate in parenting and household tasks. These responsibilities are seen as shared duties between husbands and wives (Syafe'i, 2015).

These efforts, consciously or unconsciously, challenge the patriarchal stigma that has traditionally been associated with men—the belief that men are superior and have control over women (Sakinah & A, 2017). Over time, this patriarchal culture has not only become a burden for women, who suffer its negative effects, but also for men who recognize the value of seeing themselves as equals with women.

The gender differences between men and women do not necessarily lead to gender discrimination. This is the type of mainstreaming that men aim to build through the perspective of positive masculinity. The concept of positive masculinity has been explored in psychological studies, often related to positive psychology, person-centered therapy, and the concept of "possible selves" (Davies et al., 2010).

Positive masculinity is an effort to broaden the traditional concept of masculinity to become more inclusive, diverse, and healthier (Cole et al., 2021).

Positive masculinity encourages men to recognize their own needs to be healthy, responsible, tolerant, civilized, and actively involved in household and community activities (Davies et al., 2010). This mainstreaming is necessary because men are particularly vulnerable to committing acts of violence due to misconceptions about strength and toughness. By reinterpreting masculinity in a positive direction, it is hoped that men will become more involved in household roles that were previously considered taboo. This, in turn, will contribute to forming a more gender-equitable society (Wandi, 2015).

Research findings suggest that when men take on roles in the domestic sphere, it has a positive impact on the development of children and families. For example, Sarkadi et.al. (2008) found that fathers' involvement in parenting positively influences children's mental development. Although men are often the primary breadwinners, their involvement in parenting—averaging around six hours each day—can significantly benefit children's lives (Hidayati et al., 2011).

When fathers engage in parenting, it helps children develop a positive self-concept (Astuti & Masykur, 2015). Fathers should be involved in parenting by providing supervision and indirectly fulfilling adolescents' needs, which can positively influence children's behavior and their future needs (Partasari et al., 2017). In families of female migrant workers, fathers also take on caregiving roles when their wives are away for work, although they may still rely on help from other female family members (Syarif, 2018a). Further, men's involvement in meeting children's rights has been shown to help children plan their futures, develop their talents, and complete their schoolwork more easily (Mil et al., 2022).

The previous studies highlighted the increasing number of men taking on parenting roles, positively impacting children's growth and development. However, specific research is needed to examine how men's involvement in the household might influence the occurrence of sexual violence in society. This is crucial because many perpetrators of sexual violence are men (Sumera, 2013) often due to imbalances in husband-wife relationships, viewing violence as a conflict resolution method, and frustrations from unmet expectations (Alimi & Nurwati, 2021). With the presence of men who embrace a positive masculinity perspective, it is hoped that husband-wife relations will become more balanced, thereby minimizing domestic violence.

This approach could be a vital first step in reducing the stigma of men as potential perpetrators of sexual violence, both within families and in the broader community.

This article aims to: [1] describe the roles that men with a positive masculinity perspective can assume within the home (family) and [2] examine how this perspective influences the reduction of the risk of sexual violence. The article is based on qualitative research conducted through literature review and content analysis. It provides an in-depth discussion of content presented by several relevant social media accounts on Instagram, including @bapak2id, @id_ayahasi, @bumilpamil.id, @ayahberkisah.id, and @lakilakibaru.

Division of Roles of Men and Women in the Family

The rapid social changes driven by the progress of the times have significantly altered the roles of men and women within the family. According to structural functional theory, the division of roles between men and women is crucial for maintaining family balance (Puspitawati et al., 2008).

Nowadays, societal views on gender roles heavily influence the division of responsibilities within the family (Purbasari et al., 2016), often confining domestic duties to women while men assume roles outside the home.

However, with increased access to education for all, including women, and a broader range of job opportunities that no longer strictly separate roles by gender, the dynamics within families have shifted. In some families, the woman may take on the role of the primary breadwinner. While this is still considered taboo by some, it often occurs as a result of mutual agreement between partners, who consider the opportunities available to them.

The shift in women's roles as breadwinners has led to the need for other family members, namely men, to take over the responsibilities of housekeeping and caregiving. This adjustment is necessary to maintain balance and family satisfaction (Anwar, 2015). However, this shift presents challenges for men, who may seek help from the wife's family to ensure that the children's needs are met, particularly if the father also works outside the home (Syarif, 2018b). Additionally, men may face societal judgment or ridicule, as their involvement in domestic work is seen as a deviation from traditional male roles by those who adhere to a strong patriarchal culture. In such views, men are expected to be powerful and strong, and domestic work is considered beneath them (Hasan Susanto, 2015).

These circumstances require a strong foundation, allowing men to feel confident and proud of their choices and agreements with their partners rather than feeling that they are doing something inappropriate. This strong foundation runs counter to the patriarchal perspectives that still dominate society. Men must be willing to relinquish the privileges that have been passed down through generations, which cast them as superior beings who are strong and deserving of being served. The courage to let go of these privileges will give rise to men with a new perspective, one that promotes gender-equitable social change (Larasati & Astuti, 2019).

The emergence of men with these new perspectives, reflected through social media platforms like Instagram, demonstrates the growing number of men who are committed to promoting gender equality from within the home. Various social movements for change have previously been initiated through social media, using these platforms as tools to raise awareness (Kapriani & Lubis, 2014). Social media provides a space for self-expression and the rapid dissemination of information (Rafiq, 2020). It also serves as a virtual space that facilitates interaction and the exchange of ideas on specific issues (Jambi et al., 2023), including the perspective of positive masculinity.

This study identified at least five Instagram accounts that actively campaign for men's involvement in family activities at home. These accounts are @bapak2id, @id_ayahasi, @bumilpamil.id, @ayahberkisah.id, and @lakilakibaru (**Tabel 1**).

Tabel 1. Number of Followers and Uploads of Five Instagram Accounts

Instagram Account	Followers	Uploads
@bapak2id	1,5 million	5.764 times
@id_ayahasi	106 thousand	176 times
@bumilpamil.id	82,8 thousand	907 times
@ayahberkisah.id	153 thousand	435 times
@lakilakibaru	10,3 thousand	506 times

Source: *www.instagram.com*, 2024

Although many Instagram accounts focus on involving men in household activities, particularly parenting, the reason for selecting the five accounts mentioned above for observation is their consistent and active posting. Additionally, the alignment of their content with the objectives of this study is another key reason for their selection.

Based on the positive psychology/positive masculinity framework, several positive aspects of masculinity should be promoted to strengthen the understanding of men's positions and roles. These aspects include: [1] **male relationships** that tend to be pleasant and develop closeness through shared activities, [2] **attention-giving** by men according to the expectation that they should care for those closest to them, [3] **fatherly involvement** in parenting by being responsive to the needs of their children at all times, [4] **male independence**, demonstrated by the ability to face various challenges and make decisions, [5] **men as workers** who show self-achievement, which should be seen as a valuable role for loved ones, [6]

courage and risk-taking for men, which need to be assessed more objectively to distinguish between risky actions and those that are reasonable, [7] **community orientation**, where men participate in groups with clear and meaningful values, [8] **humanitarian assistance** by men, which increases opportunities and experiences for boys involved in social activities that foster sensitivity to others, [9] **humor skills**, used by men to build relationships, reduce tension, and manage conflict, and [10] **good male heroism**, which shows leadership qualities in a community, overcomes challenges, and contributes meaningfully (Kiselica & Englar-Carlson, 2010).

These ten positive masculinity values are promoted by the five Instagram accounts mentioned earlier. For instance, the @bapak2id account, with its relaxed and relatable approach, shares posts that are far from preachy. The posts often feature concise yet impactful sentences that encourage followers to engage, comment, and discuss household matters. This approach fosters a sense of camaraderie among men, making it easier for them to take on roles within their families.

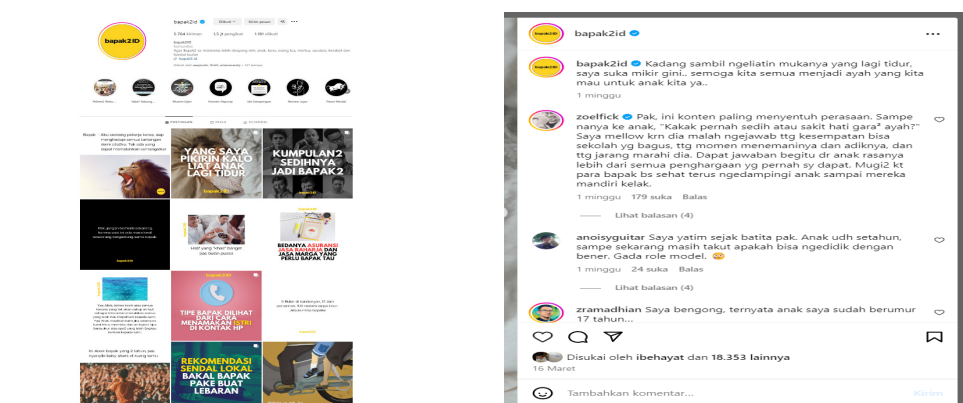


Figure 1.

Uploads & Comments on the Instagram Account @bapak2id, 2024

Source: <https://www.instagram.com/bapak2id/>, 2024

The content on @bapak2id primarily aims to provide tips for building effective and equal communication with partners (wives) on issues close to family life. An important factor in building a harmonious family life is establishing good communication among family members (Yullianti et al., 2023). Through open, understanding, and respectful communication, families can find solutions to every problem they face (Hidayah et al., 2023).

In contrast, the @id_ayahasi account focuses more specifically on educating men about their roles during breastfeeding. Their tagline, "Because making it together, taking care of the child is also together," reflects the account's mission to encourage fathers to be active participants in their children's early years. Fathers are urged to actively seek ways to support the breastfeeding process. Research shows that fathers' involvement as a support system during breastfeeding has a positive impact, helping to produce the hormone oxytocin, which facilitates breast milk production and promotes happiness (Prasetya et al., 2019; Ramadhan et al., 2022).

Not only disseminating information through posts on Instagram, @id_ayahasi also frequently hosts discussions involving experts and fathers who have successfully engaged in supporting breastfeeding. These discussions occur across various platforms, both online and offline. Examples of posts and comments on the @id_ayahasi account are shown below (Figure 2). The @id_ayahasi account frequently shares educational posts and organizes parenting discussions. These activities aim to shift the focus of men in the family from being passive recipients of care to active participants who serve their partners and are consistently present for their children. This approach aligns with the positive psychology/positive masculinity framework.

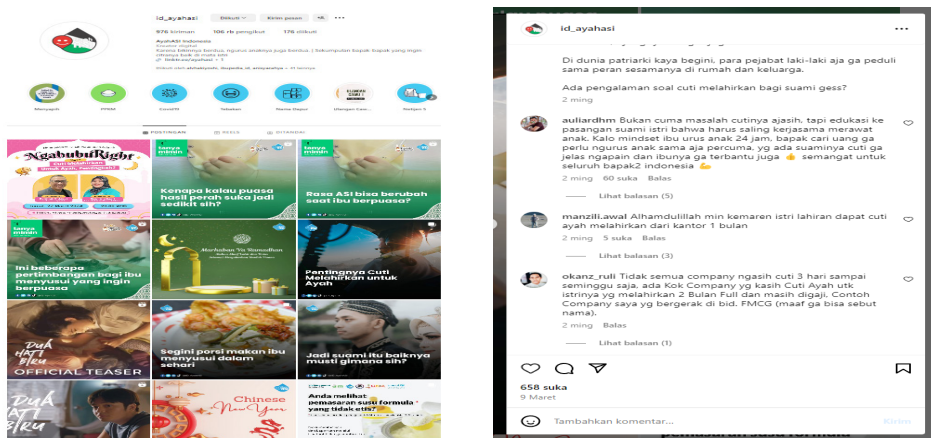


Figure 2.

Uploads & Comments on the @id_ayahasi Instagram Account

Source: https://www.instagram.com/id_ayahasi/, 2024

The @bumilpamil.id account, managed by midwife Jamilatus Sa'diyah and her husband, Fadli Fadlulrohman, provides valuable information on pregnancy and childbirth for both pregnant women (*bumil*) and their partners (*pamil*). Research shows that a father's involvement during pregnancy improves both maternal and fetal health (Xue et al., 2018). Fathers who provide physical, emotional, psychological, and financial support during pregnancy also gain confidence, which enhances their sensitivity in interacting with their child (Suesti & Suryaningsih, 2020). Therefore, the pregnancy and childbirth process should be a shared responsibility between partners.

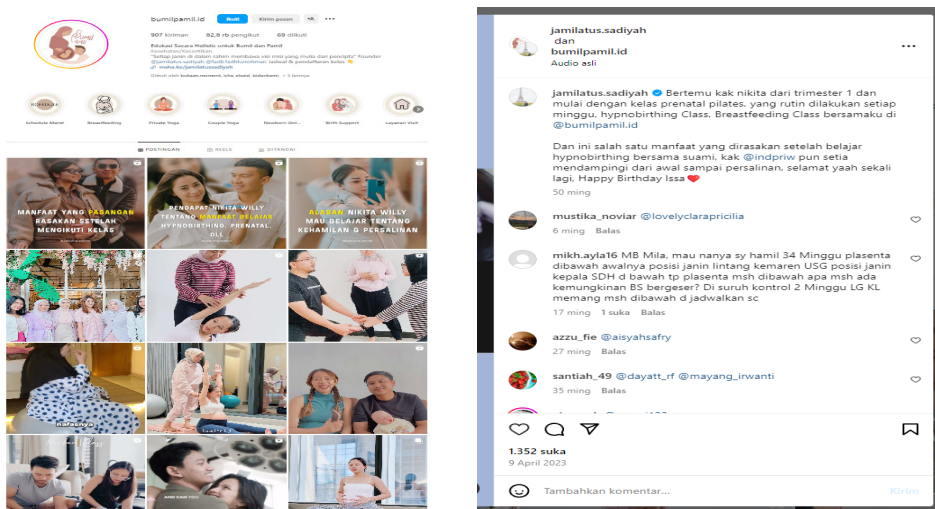


Figure 3.

Uploads & Comments on the Instagram @bumilpamil.id

Source: <https://www.instagram.com/bumilpamil.id/>, 2024

According to the positive psychology/positive masculinity framework, @bumilpamil.id engages in activities that promote positive masculine values (Figure 3). The account shares practical tips to support parents through the important stages of becoming parents. Equipped with parenting skills, parents can positively influence their children's emotional development (Yunisari et al., 2020). The account also hosts classes to prepare pregnant women and expectant fathers for parenthood, emphasizing the crucial role parents play in shaping their children's character and social development (Marzuki et al., 2024).

The @ayahberkisah.id account uses the tagline “*Bercerita Dialog Iman dan Bermain Bersama Ayah*” (Storytelling, Faith Dialogue, and Playing with Father) to highlight the importance of fathers in raising their children. Despite having fewer uploads compared to the other accounts (see **Table 1**), @ayahberkisah.id consistently offers the “*Kelas ABI*” classes, which generate significant interest, as evidenced by participant comments. These classes help fathers build closer bonds with their children through storytelling and play. Additionally, each class integrates a religious approach to strengthen the father-child relationship through shared faith.

Involvement in parenting reflects a father's self-awareness and contributes to nurturing pious and mature children in all aspects (Astuti & Masykur, 2015). The content on @ayahberkisah.id aligns closely with the positive psychology/positive masculinity framework, particularly in demonstrating how men can actively engage in their roles as fathers. The account also shares experiences related to building relationships between husbands and wives, grounded in faith.

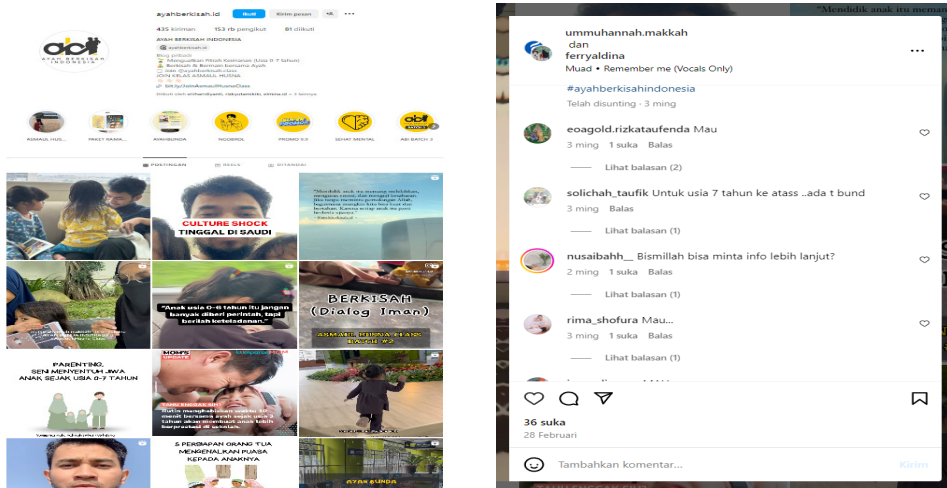


Figure 4.

Uploads & Comments on the Instagram Account @ayahberkisah.id

Source: <https://www.instagram.com/ayahberkisah.id/>, 2024

Based on observations across the five accounts, @lakilakibaru has the fewest followers (see **Table 1**). However, this account, which is dedicated to promoting the men's movement for gender equality, initially emerged through the website www.lakilakibaru.or.id. Unlike the other four accounts, @lakilakibaru addresses broader themes. This account is part of a social movement aimed at dismantling traditional concepts of masculinity that perpetuate gender inequality, as discussed by (Larasati

& Astuti, 2019). By frequently mentioning the term “positive masculinity,” @lakilakibaru highlights the need for a shift away from conventional masculinity toward a perspective that supports gender justice and equality. This shift is essential to reduce gender-based violence and improve relationships between men and women, particularly within the family (Redaksi ALB, 2016). The various activities conducted by @lakilakibaru serve as a means to disseminate ideas and concepts that encourage men to take on new roles in advancing gender equality in society (**Figure 5**).

The examples provided by these five Instagram accounts illustrate that men can adopt diverse approaches to participating in domestic family activities. The key is that men must be willing to learn alongside their partners (Suesti & Suryaningsih, 2020) and step out of the comfort zone that has historically been their privilege under patriarchal norms.

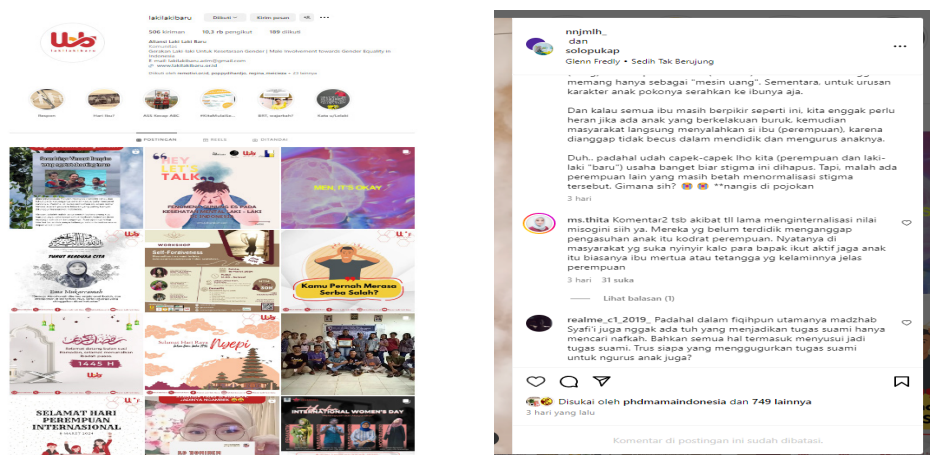


Figure 5.

Uploads & Comments on the @lakilakibaru Instagram Account

Source: <https://www.instagram.com/lakilakibaru/>, 2024

Moreover, it is essential to recognize that domestic work is neutral and can be shared between men and women (Wardana, 2023). Therefore, it is important to emphasize that domestic roles and work are just as valuable as roles and work in the public sphere. There should be no segregation that perpetuates the notion that domestic work is unsuitable for men, and vice versa.

The Role of Men in the Family from an Islamic Perspective

One of the fundamental aspects that defines human character is the difference in gender. Allah SWT created humans as either male or female, each with unique purposes and roles. These differences imply distinct rights and obligations for men and women, as observed in life.

The issue arises from a lack of understanding regarding the roles prescribed by Allah (*sunnatullah*). Social roles are often viewed as mere labels (stereotypes) and social constructs, disconnected from the biological differences between men and women and the divine will of Allah SWT.

Gender refers to the socially constructed differences between men and women, which are created by both genders to align with cultural norms (Kodir, 2006). These gender differences should not be a basis for discrimination against women but should be understood as part of *sunnatullah* and the natural order of the universe.

Understanding the verses of the Qur'an reveals various differences between men and women. However, these differences in creation have a distinct purpose and goal. The social roles assigned to men and women, including gender stereotypes, are inherently linked to their biological nature, which endows them with different traits, characters, tendencies, roles, and functions in life. Nevertheless, men and women are considered partners (*azwaj*) in life. Although each has a primary role, they must collaborate to fulfill their respective duties (QS. Ar-Ruum (30): 21). In this context, biological differences (sex) are tools provided by Allah SWT to support each other in carrying out their responsibilities as Allah's representatives (caliphs) on earth.

From an Islamic perspective, the status of men and women is equal. Although physiologically different, in the eyes of Allah, both are treated and regarded equally (QS. Al-Hujurat (49): 13). Quraish Shihab, in Tafsir al-Misbah (2017), explains that this verse acknowledges women's rights and does not endorse discrimination against them. The only distinction between men and women is based on the piety of each individual.

Family is a manifestation of the love between men and women, bound by the bonds of marriage. The primary purpose of marriage, apart from ensuring the continuation of the human race, is to fulfill emotional needs and achieve spiritual balance. Cooperation in managing the household is essential to achieve the family's goals. Both men and women have equal roles concerning rights within the family. However, men are given one level of responsibility above women, as they are obliged to protect and provide for their families (QS. al-Baqarah (2): 228).

Regarding child-rearing, the Qur'an provides numerous examples, such as in QS. Yusuf (12) 4-5:

إِذْ قَالَ يُوسُفُ لِأَبِيهِ يَا أَبَتِ إِنِّي رَأَيْتُ أَحَدَ عَشَرَ كَوْكَبًا وَالشَّمْسَ وَالْقَمَرَ رَايَهُمْ لِي سَاجِدِينَ
 قَالَ يَبْنِي لَا تَقْصُصْ رُؤْيَاكَ عَلَى إِخْوَتِكَ فَيَكِيدُوا لَكَ كَيْدًا إِنَّ الشَّيْطَانَ لِلْإِنْسَانِ عَدُوٌّ
 مُبِينٌ

Translation:

(Remember) when Yusuf said to his father (Ya'qub), "O my father, indeed I have (dreamed) seeing eleven stars, the sun, and the moon. I saw them all prostrating themselves to me." He (his father) said, "O my son, do not tell your dream to your brothers, for they will devise a serious plot against you. Indeed, Satan is a clear enemy to mankind."

Similarly, in QS. Luqman (31): 13, it is shown that a father plays a significant role in imparting education to his children.

وَإِذْ قَالَ لُقْمَنُ لِابْنِهِ وَهُوَ يَعِظُهُ يَبْنِي لَا تُشْرِكْ بِاللَّهِ إِنَّ الشِّرْكَ لَظُلْمٌ عَظِيمٌ

Translation:

(Remember) when Luqman said unto his son, when he was exhorting him: O my dear son! Ascribe no partners unto Allah. Verily! to ascribe partners (unto Him) is a tremendous wrong

Reflecting on these verses, it becomes evident that men, particularly fathers, are directly involved in educating their children. The examples provided in the Qur'an indicate that fathers should take more responsibility for nurturing their children. This responsibility is not limited to matters of faith but extends to other areas where the father's presence and involvement in discussions with their children are crucial. While the bond between a mother and her children is naturally strong, fathers must overcome the misconception that child-rearing is solely the mother's responsibility. The essence of these Qur'anic verses should guide us in understanding the role of men in the family.

In addition to the stories of the prophets in the Qur'an, the Prophet Muhammad SAW also provides an example related to child care. An authentic hadith from Imam Bukhari narrates the Prophet's closeness to his granddaughter, Umamah bint Abi al-Ash, whom he carried during prayer:

عن أبي قتادة رضي الله عنه قال: خَرَجَ عَلَيْنَا النَّبِيُّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - وَأُمَامَةُ بِنْتُ أَبِي الْعَاصِ

عَلَى عَاتِقِهِ، فَصَلَّى فَإِذَا رَكَعَ وَضَعَهَا، وَإِذَا رَفَعَ رَفَعَهَا. (رواه البخاري في صحيحه، رقم الحديث: 2606، كتاب الأدب، باب رَحْمَةِ الْوَلَدِ وَتَقْبِيلِهِ وَمُعَانَقَتِهِ).

Translation:

Abu Qatadah (may Allah be pleased with him) reported: "Once, the Prophet (peace and blessings be upon him) came out carrying Umamah, the daughter of Abi al-'Ash, on his shoulders. He prayed while carrying her. When he prostrated, he put her down, and when he stood up, he lifted her back onto his shoulders." (Sahih Bukhari, Hadith No. 515).

The hadith of the Prophet Muhammad (peace and blessings be upon him) carrying Umamah during prayer is not only recorded in Sahih Bukhari but is also documented in the Sahih collections of other hadith scholars. This wide recognition underscores the prominence of this narration among hadith experts. Another well-known story is when the Prophet (peace and blessings be upon him) was prostrating for an extended time during prayer, causing concern among his companions, who feared something had happened to him. Upon rising from prostration, they saw Hasan and Husayn riding on the Prophet's shoulders.

These scenes, depicted in the hadith, teach us that carrying, caring for, and playing with children are part of the Sunnah taught by the Prophet (peace and blessings be upon him). This practice is not exclusive to women or mothers but is equally incumbent upon men or fathers. Joint caregiving between father and mother reflects the application of both the Qur'anic verses and the hadith of the Prophet (peace and blessings be upon him). This approach contrasts sharply with the current societal norms, where the roles of men and women are often segregated—women are deemed responsible for domestic affairs while men are seen solely as leaders, detached from household responsibilities.

This misinterpretation stems from an overly hierarchical understanding of men as *qawwam* (protectors and maintainers), leading to male superiority and arrogance. In reality, the concept of *qawwam* pertains to the responsibility and obligation of men to provide for and fulfill the needs of their wives and family members. This duty begins with the dowry given at marriage and continues with the financial support mandated by both the Qur'an and Sunnah.

Men with a Positive Masculinity Perspective in the Family

In the earlier section, we discussed how Islam outlines the role of men in the family, which contextually aligns with practicing human values (Kodir, 2019). This

includes being kind to one's family, both as a husband to his wife and as a father to his child. This understanding is the common thread linking Islamic thought on the role of men with the perspective of positive masculinity embraced by enlightened men.

Positive masculinity distinguishes itself from traditional masculinity, which often associates men with traits like strength, power, fortitude, and hard work (Wandi, 2015). Conversely, traits such as interpersonal relationships, verbal abilities, and gentleness are often seen as opposites of masculinity. Over time, the characteristics of masculinity have evolved, influenced by cultural contexts (Lawono et al., 2022) and significant social changes.

The term positive masculinity, or positive psychology in the field of psychology, is an effort to highlight the positive aspects of masculinity. This approach seeks to expand the traditionally narrow concept of masculinity, making it more inclusive, diverse, and healthier (Cole et al., 2021). Men who embody positive masculinity differentiate themselves from those adhering to traditional masculinity by initiating respectful communication, being good listeners, and speaking calmly and politely (Kaufman, 2016).

Positive masculinity presents a psychological model of men that emphasizes positive aspects such as male relationship styles, roles as fathers, independence, work ethic, courage, cooperation, humanitarian values, humor, and heroism (Kiselica & Englar-Carlson, 2010). Based on these ten positive aspects of masculinity, an analysis of five Instagram accounts, as discussed earlier, reveals the emergence of men with a new perspective.

This shift represents a breath of fresh air in the effort to achieve gender equality, particularly within the family. Men with a positive masculinity perspective are involved in every aspect of household activities. The division of roles within the family no longer blindly follows cultural norms but is based on the needs, agreements, and situations unique to each family. Partners mutually agree on the division of roles and tasks, taking responsibility for them as a demonstration of their shared commitment (Rahmawati, 2016).

The five Instagram accounts discussed earlier exemplify men with a positive masculinity perspective. Each account, through its posts, strives to portray men actively involved in raising children, supporting their wives through pregnancy and childbirth, and fostering close physical and emotional bonds with their partners and children.

For instance, an upload by @bapak2id (**Figure 6**) highlights efforts to familiarize fathers with various terms and concepts related to child-rearing. This aligns closely with the ten positive aspects outlined in the positive psychology/positive masculinity framework. The approachable content and active engagement from followers in the comments section further promote the socialization of positive masculinity values.



Figure 6.

Upload of Instagram Account @bapak2id, 2024

Source: <https://www.instagram.com/bapak2id/>, 2024

Similarly, @id_ayahasi (**Figure 7**) shares posts that promote awareness about a baby's needs during breastfeeding, especially while traveling. These posts emphasize the critical role fathers can play during the breastfeeding period, particularly in preparing for long trips.

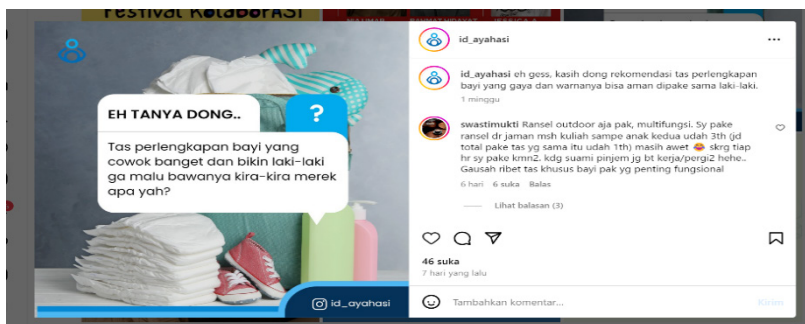


Figure 7.

Upload of Instagram Account @id_ayahasi

Source: https://www.instagram.com/id_ayahasi/, 2024

The @bumilpamil.id account also reinforces positive masculinity through one of its posts (**Figure 8**), where a photo shows a man participating in newborn care.

This imagery is a direct representation of the positive masculinity values that the account advocates.



Figure 8.

Uploaded by Instagram Account **@bumilpamil.id**

Source: <https://www.instagram.com/bumilpamil.id/>, 2024

Meanwhile, @ayahberkisah.id (Figure 9) encourages men to treat their wives gently, aiming to reduce instances of domestic violence, especially during conflicts.

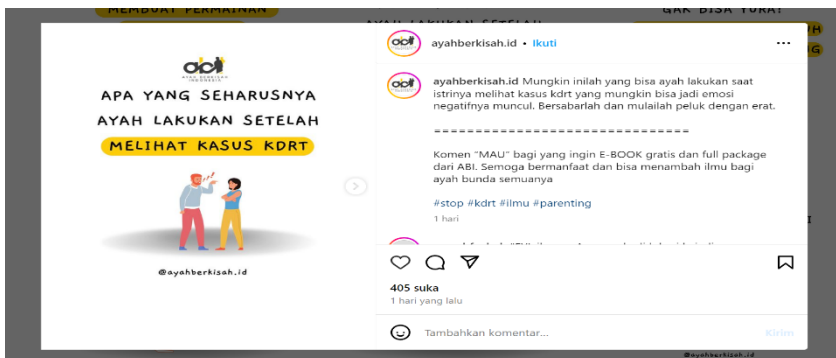


Figure 9.

Uploaded by Instagram Account **@ayahberkisah.id**

Source: <https://www.instagram.com/ayahberkisah.id/>, 2024

The @lakilakibaru account (Figure 10) invites men to share family roles, challenging patriarchal norms and advocating for gender equality. This call for action is a step towards achieving equality in all aspects of life, for both men and women.



Figure 10.

Instagram Account Post @lakilakibaru

Source: <https://www.instagram.com/lakilakibaru/>, 2024

From these five Instagram accounts, several key roles can be identified that men with a positive masculinity perspective can play within the family, aligning with the values of mutuality in Islam. **The first**, active involvement in child-rearing: Men should be involved in raising children, whether fully or in alternation with their partners. Child-rearing is not solely a mother's responsibility, even though women's nurturing traits may traditionally align with these roles. The presence of fathers in the parenting process has been shown to significantly enhance a child's development. By building strong communication with children and engaging in parenting activities, as demonstrated by accounts like @bapak2id and @ayahberkisah.id, fathers can also take preventive measures against all forms of sexual violence.

The second, participation in pregnancy and childbirth: Men's involvement in the process of pregnancy and childbirth, as highlighted by educational posts from @bumilpamil_id and @id_ayahasi, is crucial. While these biological processes are unique to women, they also bring significant mental changes. The presence of men during this time can support women as they navigate these changes. The birth of a child impacts not only a woman's life, role, and status (Hairunisa, 2021), but also introduces men to new responsibilities as fathers, shaping their role models for their children.

The third, active participating in building healthy relationships within the family is essential. Men with a positive view of masculinity should focus on fostering relationships grounded in equality, fairness, and shared responsibilities, such as washing, cooking, and cleaning, as emphasized by the @lakilakibaru account.

Establishing open communication, prioritizing discussion and deliberation, and avoiding any form of violence are key ways to nurture a healthy partnership. These practices also serve as positive examples for children, helping them develop into respectful individuals. By fostering such relationships, couples can work towards mutual happiness, with each partner sharing roles, thereby preventing one person from feeling more burdened than the other.

Men's Efforts with a Positive Masculinity Perspective to Eliminate Sexual Violence from the Home

The roles of men in the family, as discussed earlier, positively correlate with the elimination of sexual violence in the home. These roles align closely with Islamic teachings that emphasize mutuality, partnership, and cooperation as the pillars of household life (Kodir, 2019). The comprehensive involvement of parents can serve as a proactive measure to prevent children from becoming victims or perpetrators of sexual violence (Ligina et al., 2018). It is crucial to continue socializing the involvement of men in promoting gender equality and eliminating sexual violence. There are at least four reasons why men must engage in this important work (Hasyim, 2018):

1. Men are the majority of perpetrators of sexual violence: According to the National Commission on Violence Against Women's Annual Notes (2023), many perpetrators of violence are close relatives who should be role models for victims (e.g., husbands, fathers, uncles, boyfriends, friends, and even state civil servants). This issue is deeply rooted in traditional masculinity and patriarchal culture prevalent in society.
2. Toxic masculinity triggers gender injustice and violence: Gender bias and power inequality in society often lead to toxic masculinity, where the strong dominate the weak, leading to violence against women, children, and even other men (Fakih, 2008). Toxic masculinity provides men with an excuse to perpetrate violence.
3. Men's involvement in domestic activities positively influences children's perspectives: When men engage in household activities such as cooking, cleaning, and childcare, it shapes children's perspectives on gender roles and relationships. This involvement helps children see their male role models as positive contributors to the family (Ligina et al., 2018). By

participating in these roles, men help create a new, more just image of gender relations.

4. Community-based education transforms men's attitudes towards women: Involvement in transformative, community-based education positively impacts men's attitudes and behavior towards women, including their understanding of sexual violence. This openness allows men to support women's active participation in important processes, including decision-making (Hasyim & Murdijana, 2006).

The presence of social media accounts like @bapak2id, @id_ayahasi, @bumilpamil.id, @ayahberkisah.id, and @lakilakibaru—among others—that consistently share information, knowledge, and foster online and offline discussions is a strategic step for men to demonstrate their support for gender equality and the elimination of sexual violence, particularly within the home. These accounts, with their positive masculinity perspectives, also actively voice the need to eliminate gender-based sexual violence through their posts and comments. They often express support for victims of sexual violence and publicly denounce perpetrators, especially when such cases are reported in the media.

Campaigning for men with a positive masculinity perspective is essential in creating more men who are literate in gender issues and committed to gender equality. By sharing knowledge, tips, and creating spaces for discussion, these campaigns aim to encourage men to step out of their comfort zones—no longer just being served at home, but actively contributing alongside their partners. This movement must start on a small scale and grow to encompass larger societal changes.

Partisanship in this effort must be organized because sexual violence is not just a personal issue; it also involves social norms, institutions, and other societal factors (Hasyim, 2018). All parties must play their roles according to their abilities and capacities. For men, this means starting at home by embodying a more egalitarian self-image and being good partners and study buddies for their children. With these efforts, it is hoped that violence, in all its forms, will no longer be tolerated or justified.

Conclusion

The emergence of men embracing a new perspective, characterized by positive masculinity, offers a fresh and hopeful approach to the struggle for gender equality

and the elimination of sexual violence. By taking on roles within the home—such as actively participating in childcare, being involved in the pregnancy and childbirth process, and fostering healthy relationships with their partners—men can begin to redefine their roles in society. This is precisely what the five Instagram accounts—@bapak2id, @id_ayahasi, @ayahberkisah, @bumilpamil.id, and @lakilakibaru—are striving to promote: portraying men as positive and egalitarian figures.

Aligned with universal Islamic values, which affirm that men and women are equal in the eyes of God, it is essential for men to adopt positive roles within the home. This approach underscores the equal standing of men and women in the household, where both can contribute to building healthy relationships, engaging in meaningful communication, and selecting roles and tasks that align with their capacities and abilities. Ultimately, domestic responsibilities should be a shared concern.

Adopting this mindset and mode of interaction can help dispel the negative image of men as wielding power over women and other vulnerable groups, a perception that often normalizes violence. This ideal, however, requires a strong commitment from men, as it demands stepping out of the comfort zones shaped by societal norms. Yet, for the sake of eliminating sexual violence—especially against women and children—men who embrace positive masculinity must take decisive action.

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