

“You wouldn’t wear a skirt to school”.

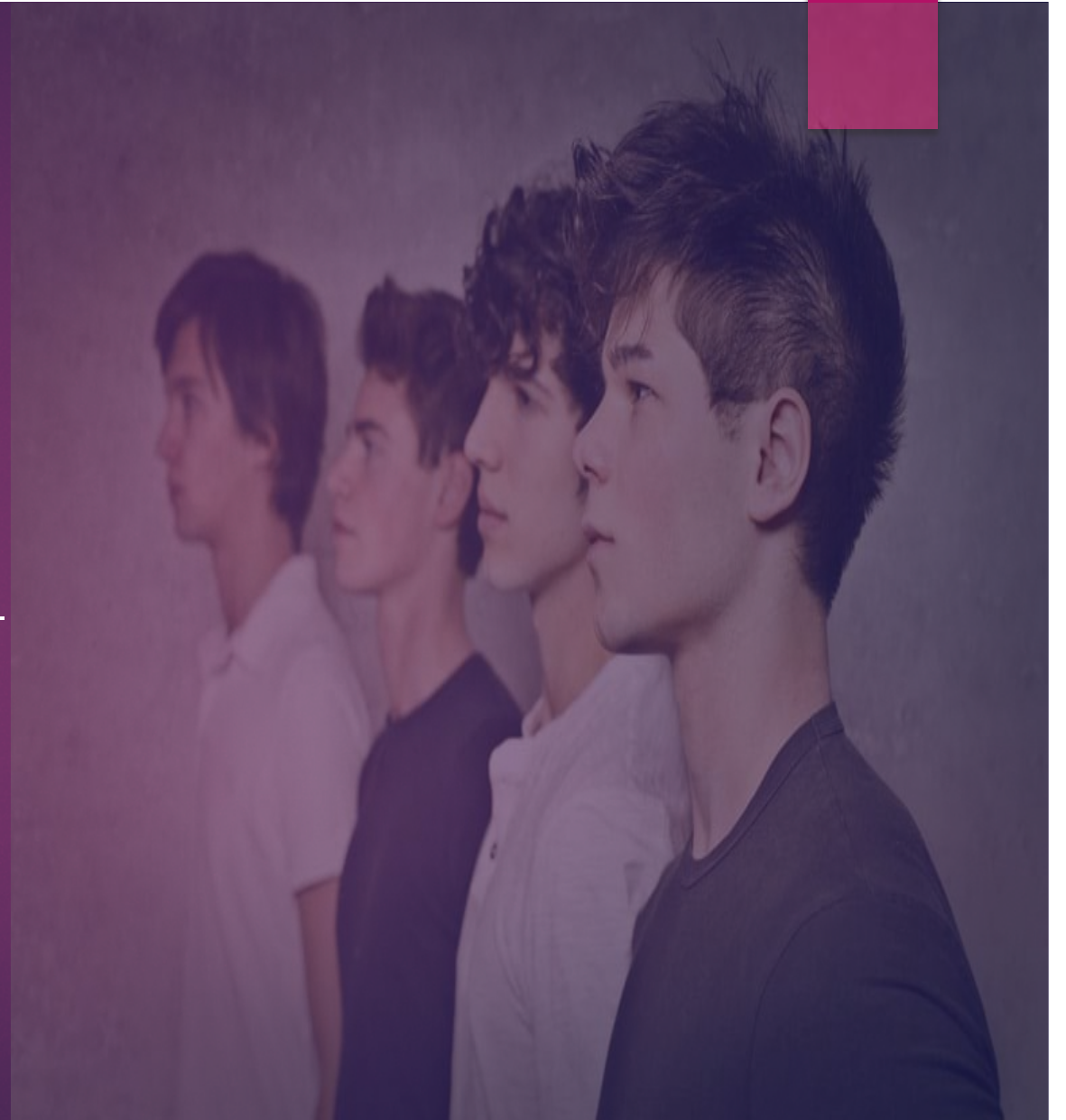
An Exploration of Male Mid-adolescents’ Interpretation and Management of their Wellbeing.

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Aim:

- To explore male adolescents' interpretation of their wellbeing with a view to understanding the factors that underpin their health-related behaviours.



Methods:

- Phenomenological approach;
- Semi-structured interviews;
- Four mid-adolescent males;
- Digitally recorded & transcribed verbatim;
- Analysed using TA.



Results:

- Latent rules of gender informed behaviours: *"You wouldn't wear a skirt to school"*.
- Wellbeing was interpreted as a *"Happy, healthy mindset"*.
- Physical activity provided a *"Place to get away"*.
- One individual was *"Close enough to trust"*.
- Solution-focused support: *"I want you to fix it!"*.

Conclusion:



- Gender plays a significant role in how young males interpret & manage their wellbeing:
 - Manage in isolation;
 - Rely on Physical Activity;
 - Solution-focused approach;
 - Seek help from only one trusted person.
- Responsibility was the key gender influence.
- Future studies.