

EXPLORING THE IMPACT OF ECONOMIC CRISIS ON MEN'S MENTAL HEALTH IN SRI LANKA: A QUALITATIVE STUDY

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This qualitative study aims to explore the impact of the economic crisis in Sri Lanka on men's mental health. The economic crisis has profound implications for individuals' well-being, and understanding its specific effects on men is crucial for developing targeted support systems. This research addresses the gap in knowledge regarding men's mental health experiences during economic crises in Sri Lanka. The study employs qualitative interviews to gather data from a diverse range of men who have experienced the economic crisis in Sri Lanka. Participants were selected based on factors such as age, occupation, geographical location, and marital status to ensure a broad representation of experiences. Thematic analysis was used to analyze the collected data, identifying common themes and patterns related to men's mental health challenges, coping mechanisms, and support systems. The findings highlight the significant impact of the economic crisis on men's mental health in Sri Lanka. Participants reported increased levels of stress, anxiety, depression, and feelings of hopelessness. Financial insecurity, unemployment, and the inability to meet societal expectations were key contributors to these mental health issues. Coping mechanisms utilized by men included seeking support from family and friends, engaging in hobbies or physical activities, and accessing community resources such as counseling services. The study concludes that the economic crisis in Sri Lanka has substantial consequences for men's mental health. The findings emphasize the importance of implementing mental health interventions and support systems tailored to the specific needs of men during times of economic uncertainty. Addressing the mental health challenges faced by men during economic crises can contribute to overall well-being and resilience within the community.

Keywords: Men's mental health, Economic crisis, Sri Lanka, Qualitative study, Masculinity

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