

for both methods of data presentation and when used together, can communicate abstract findings with depth and with accuracy.

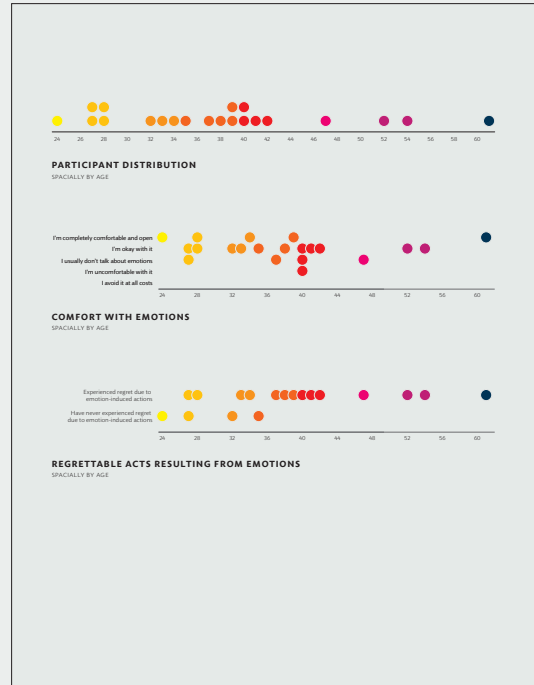
16 ROBERT J. COURNOYER AND JAMES R. MAHALIK

Table 2  
Means, Standard Deviations, and *t* Values Comparing College-Aged and Middle-Aged Men on Items of Two Factors for the Gender Role Conflict Scale

Item	M	SD	<i>t</i>
<b>Success, Power, and Competition</b>			
Moving up the career ladder is important to me	4.72	1.25	3.80***
C	3.98	1.32	
M	4.01	1.60	0.25
Making money is part of my idea of being a successful man	3.95	1.33	
C	3.37	1.57	-1.09
I sometimes define my personal value with my career success	3.61	1.40	
C	2.88	1.45	-0.06
I evaluate other people's values by their level of achievement and success	2.89	1.30	
C	3.81	1.67	2.21*
I worry about failing and how it affects my doing well as a man	3.28	1.55	
C	4.61	1.25	2.21*
Doing well all the time is important to me	4.20	1.21	
C	3.56	1.58	1.65
I often feel that I need to be in charge of those around me	3.23	1.28	
C	3.23	1.62	1.90
Competing with others is the best way to succeed	2.82	1.28	
C	3.43	1.46	3.05**
Winning is a measure of my value and personal worth	2.77	1.27	
C	4.46	1.47	3.35***
I strive to be more successful than others	3.77	1.26	
C	4.23	1.46	1.12
I am often concerned about how others evaluate my performance at work/school	4.21	1.36	
C	3.79	1.48	2.16*
Being smarter or physically stronger than other men is important to me	3.33	1.30	
C	3.85	1.53	5.04***
I like to feel superior to other people	2.77	1.32	
C			
<b>Conflict Between Work and Family</b>			
I feel torn between my hectic work schedule and caring for my health	3.07	1.69	-2.77**
C	3.79	1.75	
M	4.35	1.61	-0.83
My career, job, or school affects the quality of my leisure or family life	4.53	1.36	
C	3.07	1.63	-2.59**
Finding time to relax is difficult for me	3.70	1.59	
C	3.56	1.72	-1.02
My needs to work or study keep me from my family or leisure more than I would like	3.82	1.55	
C	3.64	1.68	-0.86
My work or school often disrupts other parts of my life (home/family/health/leisure)	3.85	1.48	
C			
Overwork and stress, caused by a need to achieve on the job or in school, affects/hurts my life	3.28	1.53	-0.55
C	3.40	1.34	
M			

Note. For each *t* test,  $df = 175$ . C = college-aged men; M = middle-aged men.  
\*  $p < .05$ . \*\*  $p < .01$ . \*\*\*  $p < .001$ .

Data presentation from Cournoyer and Mahalik's *Cross-Sectional Study of Gender Role Conflict Examining College-Aged and Middle-Aged Men*.<sup>4</sup>

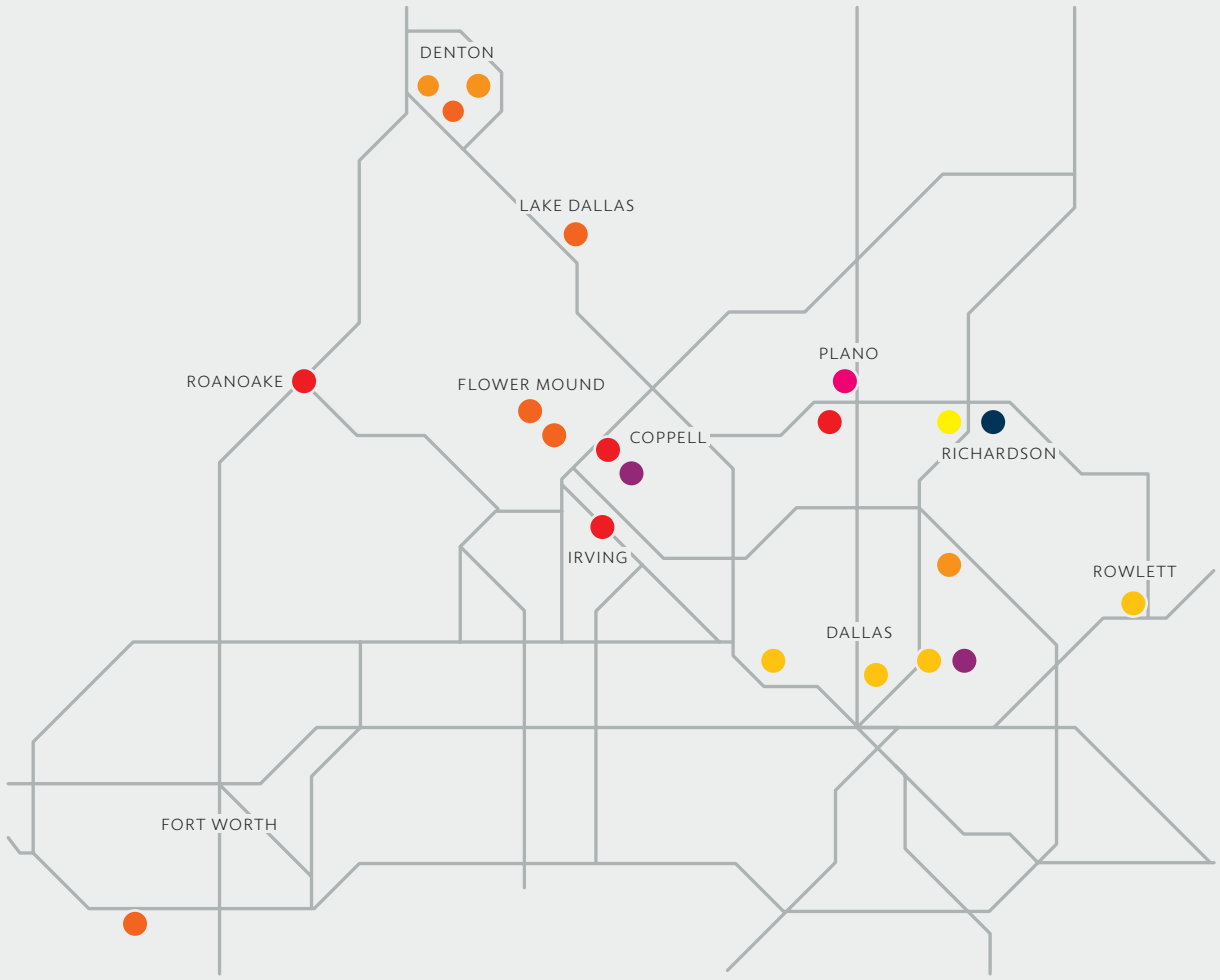


Visualization of data from this study.

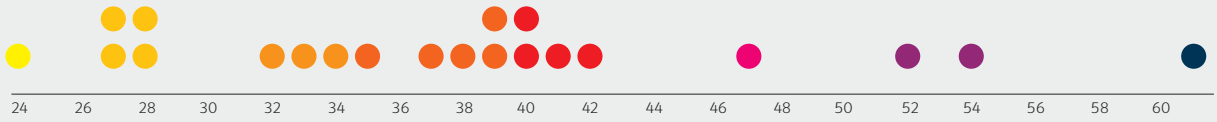
## Context

The number of responses received from the initial survey weren't quite what I had hoped. Going into this project I was hoping for over 50 participants from across the Dallas/Fort Worth area. After three weeks of soliciting for research participants to take part in my phase one survey, I wound up with 21 men who had chosen to participate. While the number of participants wasn't what I had hoped for, most participants took the time to write paragraph-long responses to survey questions which provided me with a sizable set of qualitative data that translated into a valuable look into participants' perceptions of mental health.

In order to provide context for the data that was gathered it is necessary to review the age, location and counseling experience of participants. Most of the men who participated in the study lived northwest of Dallas and their ages ranged from 24 to 61 years old with most participants between ages 37 and 42. By using data visualization methods it is possible to present several

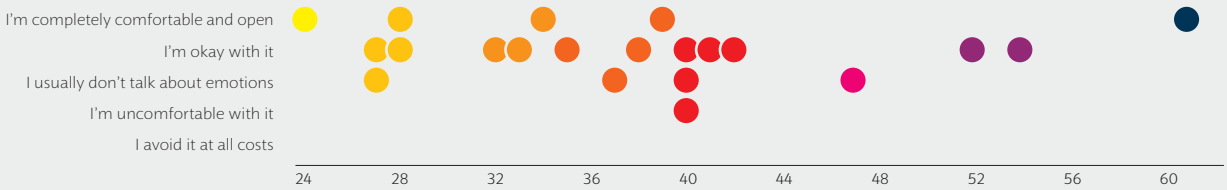


**LOCATION AND AGE OF PARTICIPANTS**  
 GEOGRAPHIC LOCATION IN DALLAS/FORT WORTH AREA, BY AGE



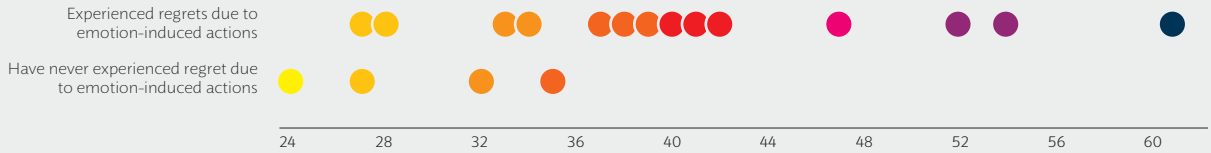
## PARTICIPANT DISTRIBUTION

BY AGE



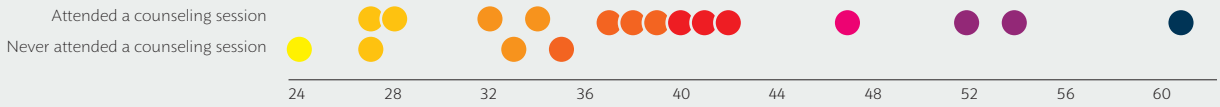
## COMFORT WITH EMOTIONS

BY AGE

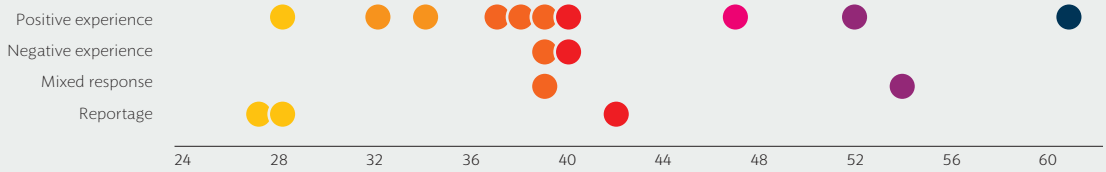


## REGRET FOR ACTIONS RESULTING FROM EMOTIONS

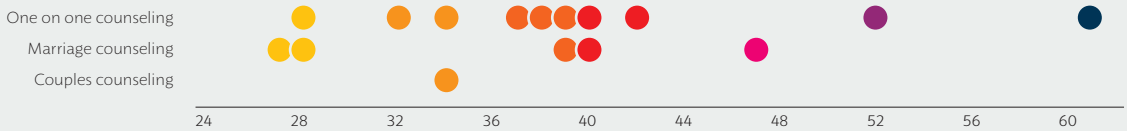
BY AGE



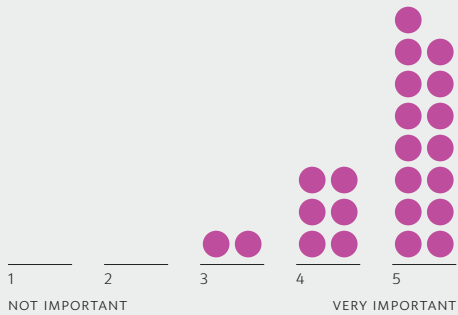
**COUNSELING ATTENDANCE**  
BY AGE



**THOUGHTS ON COUNSELING EXPERIENCE**  
BY AGE

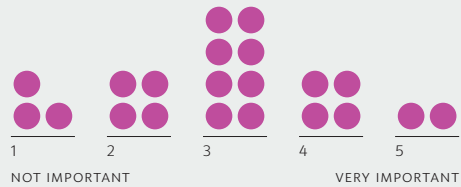


**TYPE OF SESSION ATTENDED**  
BY AGE



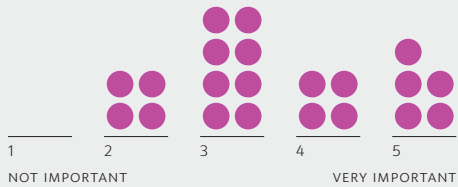
**COUNSELOR PERSONALITY AND DEMEANOR**

PARTICIPANT RESPONSES ON IMPORTANCE



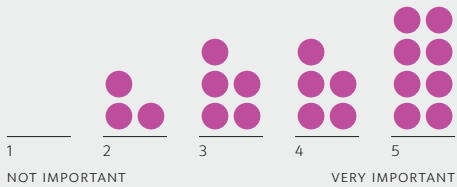
**COUNSELOR GENDER**

PARTICIPANT RESPONSES ON IMPORTANCE



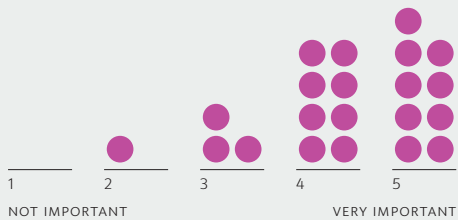
**CONVENIENCE: LOCATION**

PARTICIPANT RESPONSES ON IMPORTANCE



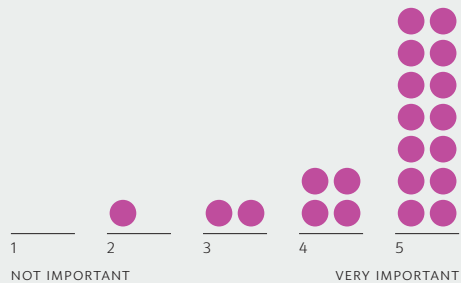
**CONVENIENCE: TIME OF DAY**

PARTICIPANT RESPONSES ON IMPORTANCE



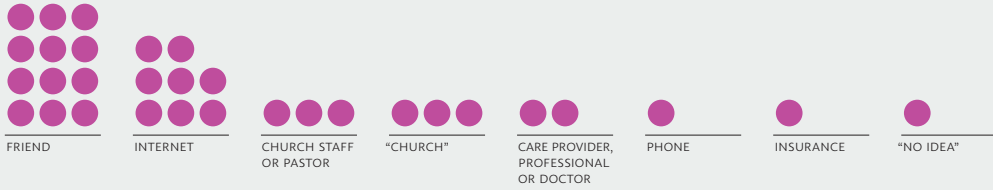
**COMFORT LEVEL OF COUNSELING ENVIRONMENT**

PARTICIPANT RESPONSES ON IMPORTANCE



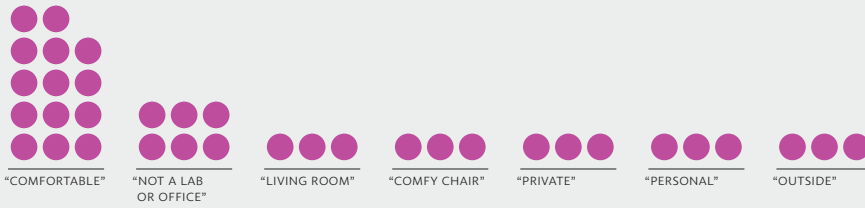
**PRIVACY AND SECRECY OF COUNSELING SESSIONS**

PARTICIPANT RESPONSES ON IMPORTANCE



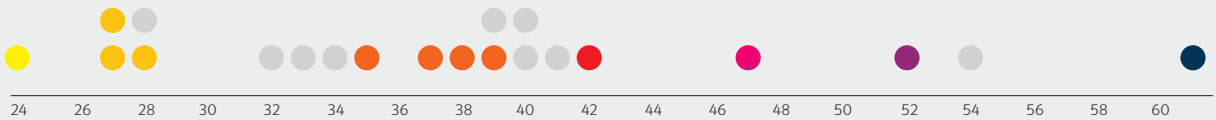
## HOW TO CONTACT A COUNSELOR

TOTAL OF ALL PARTICIPANT RESPONSES



## IDEAL COUNSELING ENVIRONMENT

TOTAL OF ALL PARTICIPANT RESPONSES



## SEEKING FRIENDS FOR COUNSELING CONNECTIONS

BY AGE, COMPARED TO ALL PARTICIPANTS