



## From Social Interaction to Withdrawal: A Sociological Analysis of the Decline of Male Initiative in Contemporary Romantic Relationships

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### ABSTRACT

*This article aims to analyze sociologically the decline of male initiative in contemporary romantic relationships by situating it within broader transformations in social norms, power relations, and the institutionalization of risk in modern society. Using a literature review methodology, this study systematically examines academic articles, books, media reports, and analytical essays from databases such as Google Scholar and Scopus-indexed journals, employing thematic analysis to identify patterns in gender interactions, digital culture, and risk perception. The findings show that the decline in male initiative is not primarily a matter of individual confidence but rather an adaptive response to increasingly risky, unbalanced, and uncertain social conditions; social media, dating applications, and the normalization of moral labeling practices have raised the social and symbolic costs of cross-gender interaction, leading men to adopt avoidance strategies as a form of risk management in response to ambiguous norms, reputational vulnerability, and algorithmic inequality in digital dating markets. This phenomenon reflects structural changes in gender relations where instrumental rationality and risk avoidance have become dominant, with significant implications for sociological studies of intimacy, marriage, and gender in understanding how late modernity reshapes the meaning of romance and emotional investment.*

**Keywords:** Gender relations, Young men, Social risk, Modernity, Romantic interaction

### ABSTRAK

Artikel ini bertujuan untuk menganalisis secara sosiologis penurunan inisiatif laki-laki dalam hubungan romantis kontemporer dengan menempatkannya dalam transformasi yang lebih luas dalam norma-norma sosial, hubungan kekuasaan, dan pelembagaan risiko dalam masyarakat modern. Dengan menggunakan metodologi tinjauan literatur, penelitian ini secara sistematis mengkaji artikel akademis, buku, laporan media, dan esai analitis dari database seperti jurnal yang terindeks Google Scholar dan Scopus, menggunakan analisis tematik untuk mengidentifikasi pola interaksi gender, budaya digital, dan persepsi risiko. Temuan-temuan tersebut menunjukkan bahwa menurunnya inisiatif laki-laki bukan semata-mata disebabkan oleh kepercayaan diri individu, namun lebih merupakan respons adaptif terhadap kondisi sosial yang semakin berisiko, tidak seimbang, dan tidak menentu; media sosial, aplikasi kencan, dan normalisasi praktik pelabelan moral telah meningkatkan dampak sosial dan simbolik dari interaksi lintas gender, sehingga menyebabkan laki-laki mengadopsi strategi penghindaran sebagai bentuk manajemen risiko sebagai respons terhadap norma-norma yang ambigu, kerentanan reputasi, dan ketidaksetaraan algoritmik di pasar kencan digital. Fenomena ini mencerminkan perubahan struktural dalam hubungan gender di mana rasionalitas instrumental dan penghindaran risiko menjadi dominan, dengan implikasi signifikan terhadap studi sosiologis tentang keintiman, pernikahan, dan gender dalam memahami bagaimana modernitas akhir membentuk kembali makna romansa dan investasi emosional.

**Kata kunci:** Relasi gender, Laki-laki muda, Risiko sosial, Modernitas, Interaksi romantic



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## 1. Introduction

Romantic relationships have historically been one of the main arenas in which gender norms are produced, reproduced, and negotiated. In many societies, men are culturally positioned as the active, initiative-taking, and responsible party in initiating romantic interactions, while women are positioned as the responding or evaluating party (Connell, 2005). This pattern does not stand alone, but is embedded in broader social structures, including gender-based division of labor, hegemonic constructions of masculinity, and social expectations of men as protectors and breadwinners.

However, in the last decade, various empirical reports and public discourse have shown a significant shift in this pattern, especially among young men in urban and industrialized societies. Men are less likely to take the initiative in approaching women, both in public and private spaces. This phenomenon is often simplified as a crisis of confidence or a decline in masculinity, without considering the social context that shapes these individual choices.

The moralistic approach that blames individuals tends to ignore the fact that social actions always take place within the confines of structures. From a sociological perspective, individual behavior cannot be separated from the norms, sanctions, and power relations that surround it. Therefore, the decline in male initiative needs to be interpreted as a social phenomenon related to changes in informal rules in cross-gender interactions.

In addition to being based on general theories of gender relations and modernity, the phenomenon of romantic interactions has also become the focus of empirical studies in Indonesia. The persistence of patriarchal expectations and unequal gender roles in contemporary relationships increasingly shapes patterns of emotional withdrawal and the declining initiative of men in romantic interactions, particularly within modern digital society. For example, qualitative research on gender relations in dating relationships among young people in Yogyakarta highlights how patriarchal cultural constructs continue to shape the roles of men and women in romantic contexts, and how dating experiences are influenced by social norms that place men as the active party and women as the passive party. This study also emphasizes that the meaning of gender equality in romantic relationships is shaped by diverse social experiences, including family, education, religion, and local culture.

In addition, studies on the construction of digital intimacy and the use of dating apps show how users in Indonesia utilize digital spaces to build “digital intimacies” and social capital. These findings are important because digital platforms often become arenas where the norms of initiation and patterns of romantic interaction are exposed to market logic, algorithms, and complex social networks. This study also reports on the differences between heterosexual and homosexual users in forming intimate relationships through digital media, thereby enriching our understanding of the variability of romantic experiences in the context of heteronormative Indonesia.

Although many studies in Indonesia focus on the negative effects of dating relationships, such as violence in relationships and the role of patriarchal beliefs in aggressive male behavior in dating, the findings show a strong link between representations of masculinity, social norms, and power dynamics in romantic relationships. A quantitative study of young adult men found that patriarchal beliefs influence aggressive behavior in dating, reflecting how traditional gender values still influence aspects of interpersonal behavior in youth.

In addition, psychological research in Indonesia has found varying relationships between social factors and fear of intimacy in romantic relationships, although social support does not directly predict fear of intimacy. These findings imply that various determinants, both structural and psychological, can contribute to individuals' decisions to avoid or withdraw from initiatives in the process of forming romantic relationships.

Advanced modernity is characterized by increased social reflexivity, in which individuals constantly evaluate their actions based on possible long-term consequences (Giddens, 1991). In this context, romantic interactions are no longer understood solely as spontaneous expressions of attraction, but as risky actions that can have reputational, legal, and economic consequences. The uncertainty of norms, what is considered reasonable, appropriate, or transgressive, amplifies social anxiety.

## **2. Method**

This study employs a library research approach because the focus of the research is conceptual and interpretive, namely to analyze sociologically the decline of male initiative in contemporary romantic relationships through existing academic discourse. Library research was considered appropriate because the study does not aim to measure behavior quantitatively, but rather to examine patterns of meaning, social narratives, and structural transformations reflected in previous studies and theoretical literature. The data sources used in this study consist of scientific journal articles, academic books, research reports, analytical essays, and selected media publications relevant to the themes of gender relations, modernity, romantic interaction, digital culture, and risk society. The literature search was conducted systematically through academic databases such as Google Scholar, Scopus-indexed journals, and national journal portals. The author used several keywords, including “gender relations,” “masculinity,” “romantic interaction,” “dating apps,” “risk society,” “digital intimacy,” and “male withdrawal in relationships.”

To improve methodological transparency, this study applied inclusion and exclusion criteria in selecting literature. The inclusion criteria covered: (1) literature discussing gender relations and romantic interaction in modern society; (2) studies related to digital media, dating applications, masculinity, or social risk; (3) publications from the last 5–10 years to ensure relevance to contemporary social conditions; and (4) theoretical works considered foundational in sociology, such as the works of Beck, Giddens, Weber, and Connell. Meanwhile, the exclusion criteria included literature that lacked academic credibility, opinion-based writings without analytical grounding, duplicate publications, and sources not directly related to the focus of the study. The selected literature was then evaluated based on relevance, conceptual contribution, methodological clarity, and consistency with the research objectives. This evaluation process was important to ensure that the sources used possessed sufficient academic quality and analytical reliability. In addition, the study prioritized peer-reviewed journal articles and reputable academic publications to strengthen the validity of the discussion.

The data analysis process employed thematic analysis with an interpretive approach. The author identified recurring themes, conceptual patterns, and dominant arguments across the literature, particularly regarding transformations in gender norms, perceptions of social risk, the influence of social media, and changes in the meaning of intimacy and romantic relationships. Each finding was interpreted critically by situating it within broader social, cultural, and institutional contexts. Through this approach, the study not only summarizes previous findings but also reconstructs sociological explanations concerning the relationship between structural change and individual behavior. Rather than relying on direct empirical triangulation, this study strengthened analytical credibility through comparison across interdisciplinary sources, including sociology, gender studies, digital culture studies, and contemporary social theory. The use of multiple academic perspectives was intended to reduce interpretive bias and provide a more balanced understanding of the phenomenon under discussion.

### **3. Result and Discussion Result**

#### **Changes in Risk Perception in Romantic Interactions**

The literature reviewed indicates that romantic interactions in contemporary society are increasingly perceived through the framework of risk and uncertainty. Referring to Beck's concept of the "risk society," modern individuals tend to calculate the potential social consequences of their actions more reflexively than in previous periods (Beck, 1992). In the context of romantic relationships, this means that approaching or initiating interaction is no longer viewed solely as a spontaneous emotional act, but also as a socially calculated decision.

Several studies suggest that changing gender norms and heightened public sensitivity toward issues of consent, harassment, and power relations have transformed the meaning of interpersonal interaction. Research on gender relations among young people in Yogyakarta, for example, demonstrates that expectations surrounding masculine and feminine roles remain strong, even as norms of equality continue to evolve (D, 2022). This creates tension because men are still culturally expected to take initiative, while simultaneously being required to navigate increasingly complex and subjective social boundaries.

At the same time, this phenomenon should not be interpreted as evidence that men alone experience social pressure in romantic interactions. Women also encounter various forms of vulnerability, including harassment, objectification, and unequal emotional expectations in relationships. Therefore, the increasing caution found in romantic interactions reflects broader transformations in gender relations rather than a problem affecting only one side. The literature instead shows that both men and women are adapting to changing social norms in different ways.

The ambiguity of contemporary interaction norms contributes to heightened uncertainty in social behavior. Several authors note that individuals increasingly rely on self-monitoring and reflexive judgment when engaging in intimate relationships because social evaluations can shift rapidly depending on context, digital exposure, and public interpretation. As a result, some individuals, particularly young men in certain contexts, adopt avoidance strategies as a form of risk management rather than simply because of declining confidence.

#### **Social Media and the Publication of Private Life**

The literature also emphasizes the important role of social media in transforming private interactions into potentially public events. Digital platforms expand the visibility of everyday communication and allow interactions to be recorded, circulated, and interpreted by broader audiences. Studies on digital intimacy in Indonesia show that online platforms have fundamentally reshaped how intimacy, attraction, and social validation are constructed (Noviani et al., 2024).

This condition influences how individuals manage self-presentation and interpersonal behavior. Awareness that private interactions may become publicly visible encourages greater caution in communication, especially in ambiguous romantic situations. However, claims regarding reputational risks should be understood carefully and contextually. While some discussions suggest that men may experience reputational consequences related to accusations or negative labeling, women also face significant reputational pressures in digital environments, including online harassment, moral judgment, and gendered stigma.

Therefore, reputational vulnerability in digital culture is not entirely asymmetrical, but rather

shaped by different gendered expectations and power relations. The literature indicates that social media intensifies public scrutiny for all parties involved, although the forms and consequences of that scrutiny may differ across gender and social context.

In sociological terms, this reflects the expansion of what Foucault conceptualized as surveillance into everyday digital interaction. Individuals increasingly regulate their own behavior because they anticipate potential observation, documentation, and evaluation by others. Consequently, romantic interaction becomes more reflexive, cautious, and strategically managed.

### **Dating Apps and Structural Inequality**

Studies on dating applications further demonstrate how digital platforms restructure romantic relationships through algorithmic systems and market-oriented interaction patterns. Dating apps are often presented as efficient tools for finding partners, yet several studies suggest that these platforms also create unequal distributions of attention and visibility among users (Noviani et al., 2024).

Research on digital intimacy indicates that dating applications encourage individuals to present themselves competitively through curated profiles, symbolic status markers, and visual attractiveness. In this context, romantic interaction increasingly resembles a competitive marketplace in which users evaluate one another rapidly based on limited information.

Some studies report that many male users experience repeated rejection or low response rates on dating applications, which may contribute to emotional exhaustion and declining motivation to initiate interaction. However, it is equally important to recognize that women also experience different pressures within these platforms, including unwanted attention, sexual harassment, and objectification. Thus, digital dating environments generate different but interconnected vulnerabilities for both genders.

The findings suggest that dating applications do not simply facilitate intimacy, but also transform the logic of romantic relationships by embedding them within systems of visibility, competition, and algorithmic selection. This contributes to broader changes in how individuals perceive emotional investment, commitment, and interpersonal risk.

## **4. Discussion**

The findings of this literature review indicate that the decline in male initiative in romantic relationships cannot be explained solely through psychological factors or individual moral failure. Instead, it reflects broader structural and cultural transformations associated with modernity, digitalization, and changing gender norms.

From Weber's perspective, social action is always oriented toward meaning and anticipated consequences. In contemporary society, individuals increasingly engage in what may be described as reflexive rationality, namely the tendency to continuously evaluate the risks, benefits, and possible interpretations attached to social behavior. Romantic interaction therefore becomes not merely emotional, but also strategic and socially calculated.

At the same time, the discussion should not position men exclusively as passive victims of structural change. Gender relations are relational and dynamic, involving negotiation, adaptation, and agency from multiple sides. Women's increasing assertiveness, economic independence, and demands for equality are also part of broader emancipatory transformations that reshape expectations within intimate relationships. Consequently, the phenomenon discussed in this article should be understood as part of a wider renegotiation of gender roles rather than a unilateral social

decline.

The tension between traditional and modern expectations creates what sociologists describe as anomic conditions. Traditional norms still often expect men to be assertive, economically stable, and initiative-taking, while modern norms simultaneously emphasize emotional sensitivity, reflexivity, and awareness of boundaries. Because these expectations are not always clearly institutionalized, individuals frequently experience uncertainty regarding appropriate behavior in romantic contexts.

In addition, the increasing influence of digital capitalism on intimacy has transformed romantic relationships into spaces shaped by visibility, symbolic value, and competition. Dating applications and social media encourage individuals to continuously evaluate themselves and others according to market-oriented standards of desirability and social status. Those who perceive themselves as unable to meet these standards may gradually withdraw from participation.

The notion of “passive resistance” can therefore be interpreted not simply as refusal, but as a sociological adaptation to perceived uncertainty and emotional exhaustion. Rather than openly opposing changing social norms, some individuals respond through disengagement, reduced participation, or avoidance of romantic involvement altogether. This reaction reflects a broader pattern of withdrawal often associated with late modern societies characterized by insecurity and reflexive self-monitoring.

To clarify these dynamics, Table 1 summarizes the structural factors that influence the decline in male initiative.

**Table 1.** Structural Factors Contributing to the Decline of Male Initiative in Romantic Relationships

No	Structural Factor	Indicators and Dynamics	Examples from Literature	Sociological Implication
1.	Social media	Increased visibility, digital surveillance, reputational exposure	Public circulation of private interactions and online moral judgment (Noviani et al., 2024)	Encourages self-monitoring and caution in interpersonal interaction
2.	Changing Gender Norms	Renegotiation of masculine and feminine expectations	Tension between traditional masculinity and modern equality norms (D, 2022)	Creates uncertainty regarding appropriate romantic behavior
3.	Dating Applications	Algorithmic selection and unequal visibility	Competitive interaction patterns and repeated rejection experiences	Produces emotional exhaustion and strategic withdrawal.
4.	Risk Society	Heightened awareness of social and symbolic consequences.	Reflexive calculation of interpersonal risks (Beck, 1992).	Encourages avoidance strategies in uncertain social contexts.
5.	Digital Culture and Public Evaluation.	Expansion of public commentary and online validation	Dependence on symbolic recognition through digital interaction.	Intensifies pressure in self-presentation and intimate relationships.

Source: Researcher's processed data

Table 1 is compiled to systematically summarize the main structural factors contributing to

the decline in male initiative in romantic relationships. This table is not intended as a linear list of causes and effects, but rather as an analytical framework showing how various social dimensions are intertwined and shape the context of individual actions. By presenting these factors concisely, the table helps to clarify that the phenomenon discussed does not stand on a single variable, but is the result of complex interactions between social structures.

The social media factor in the table emphasizes the role of digital technology as a mechanism for amplifying risk. Social media not only expands the reach of interactions, but also magnifies the consequences of minor mistakes or social awkwardness. In this context, reputational risk becomes disproportionate because a single event can be massively disseminated and taken out of its original context. This condition changes the rational calculations of individuals, especially men, in determining whether a romantic initiative is worth taking.

The legal norms and institutional regulations listed in the table show how interpersonal interactions are now increasingly linked to formal consequences. Although regulations exist to protect individuals from violence and abuse, in certain social practices these regulations are also perceived as a source of uncertainty. The blurred line between actions that are considered reasonable and those that are considered violations causes individuals to choose defensive strategies, including avoiding interaction, as a form of self-protection.

Dating apps as a structural factor highlight how market logic and algorithms operate in the intimate sphere. The imbalance of attention and expectations generated by digital platforms creates a systematic experience of rejection for many male users. In the long term, this experience not only affects online behavior, but also shapes individuals' attitudes and self-confidence in face-to-face interactions, thereby reinforcing the tendency to withdraw.

Finally, the risk culture summarized in the table reflects broader social conditions, where caution and avoidance are the norm for rational behavior. In a society that is increasingly sensitive to symbolic and moral transgressions, the social costs of mistakes are considered too high compared to the potential benefits of romantic relationships. Therefore, the avoidance strategies exhibited by many men can be understood as a logical adaptation to an uncertain social environment. Sociologically, this phenomenon shows that intimate relationships cannot be separated from the structural context in which they occur. When social structures produce uncertainty and asymmetry of risk, changes in individual behavior are a predictable consequence.

## **5. Conclusion**

This study has demonstrated that the decline of male initiative in contemporary romantic relationships cannot be adequately understood as a matter of individual psychology, such as diminished confidence or personal failure. Rather, the phenomenon represents a complex sociological adaptation to structural transformations characteristic of late modernity. Through the lens of risk society, reflexive modernization, and changing gender relations, the findings reveal that men's withdrawal from romantic initiation constitutes a rational response to perceived social uncertainty, reputational vulnerability, and unbalanced interaction norms.

Three primary structural factors emerged from the literature. First, the expansion of digital surveillance through social media and dating applications has transformed private romantic interactions into potentially public events, intensifying reputational risks and encouraging defensive self-monitoring. Second, the tension between residual traditional expectations which continue to position men as assertive initiators and emergent egalitarian norms creates anomic conditions in which appropriate behavior remains ambiguous and socially consequential. Third, the

institutionalization of risk awareness, particularly surrounding consent and power relations, has elevated the symbolic costs of interpersonal mistakes to levels that many individuals consider disproportionate to the potential benefits of romantic engagement.

Theoretically, this study contributes to sociological understandings of intimacy by extending Beck's risk society thesis into the domain of everyday romantic practice. While Beck focused primarily on large-scale technological and environmental risks, the findings here indicate that reflexive risk calculation has permeated the most personal dimensions of social life. Furthermore, the study refines Giddens' concept of pure relationship by demonstrating that even the earliest stages of relationship formation long before mutual commitment is established are now subjected to strategic calculation rather than spontaneous emotional expression.

Practically, these findings have implications for several domains. For mental health professionals and counselors, recognizing that male withdrawal often reflects structural adaptation rather than individual pathology may inform more effective interventions that address social context rather than solely focusing on self-esteem or communication skills. For educators and policymakers, the findings suggest that promoting healthy romantic relationships requires not only addressing harassment and inequality which remain critically important but also reducing the ambiguity surrounding normative romantic behavior through clearer social scripts and educational programs that normalize mutual initiation and explicit communication of intent.

However, this study is not without limitations. As a literature review, it synthesizes existing research rather than generating primary empirical data. The findings are therefore contingent upon the representativeness and quality of the sources analyzed. Additionally, the literature drawn upon predominantly reflects urban, educated, and digitally connected populations, limiting the generalizability of conclusions to rural, less educated, or older demographic groups where gender norms and technological access may differ substantially. Future empirical research should employ mixed methods combining surveys, in-depth interviews, and digital ethnography to capture the lived experiences of men across diverse socioeconomic and cultural contexts. Longitudinal studies would also clarify whether the observed withdrawal represents a lasting shift or a transitional adaptation as gender norms continue to evolve.

In summary, the decline of male initiative in romantic relationships signals not a crisis of masculinity per se, but rather a broader renegotiation of intimacy under conditions of social reflexivity, digital visibility, and institutionalized risk awareness. Recognizing this phenomenon as structurally situated rather than individually pathological opens space for more nuanced sociological inquiry and more effective practical responses to changing patterns of love, romance, and relationship formation in contemporary society.

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