The article develops a theoretical model used to explain how social class and classism have an effect on men’s lives, and social class pressures are created based on the context and socialization about masculinity and social class. Men may perceive these pressures in various and different ways compared with women. Men tend to work in career fields with higher mortality rates, have poorer health, and experience work-related stress as a result of social class pressures.

The article creates a three step process to help men better understand their behavior and themselves as a result of economic cultures, social class worldview, and classism. The fundamental premise of the Social Class Worldview Model (SCWM) establishes that “everyone exists in an environment in which there are expectations of, and demands on, individuals to be a certain way and have certain things in order to remain in congruence with others in that environment” (356). The SCWM creates a schema people use to make sense of their economic and social environment. The Modern Classism Theory (MCT) states classism represents “prejudice and discrimination based on social class resulting from individuals from different perceived social classes” (357). Classism not only recognizes cognitive behavior, but also the affects it can have on an individual’s shame, depression, stress level, and motivation.

The article supports the “Cognitive and Behavioral Distancing from the Poor” because it suggest theories that can be used to explain the way one’s behavior when they are cognitively and institutionally distanced. A lack of resources leads to a continuation of cognitive distancing by the middle and upper class, which can lead to laziness, depression, increased stress, and angry behavior towards one’s coworkers, friends, and family. This behavior can be explained by using the Social Class Worldview Model and the Modern Classism Theory.