This phenomenological qualitative study explored men over the age of 40 years old using medically monitored testosterone therapy. Eight participants were purposefully sampled and interviewed to gain a better understanding of their experiences of masculinity.

Data were analyzed and two overarching themes emerged: (a) masculinity is correlated to performance, and (b) masculinity is related to quality of life. Each participant’s lived experience showed these emergent and often overlapping themes that create a better framework to engage men in counseling by better understanding their locus of motivation.

The findings of this study revealed themes that men use to define themselves as men and how they perceive their social, occupational, and familial roles. Additional research further exploring these roles and the motivations influencing them is warranted. A new sample using an alternate qualitative methodology such as narrative, case study, or ethnography can add to a deeper, richer understanding of the phenomenon.