

## **ABSTRACT**

*The large number of male workers in Indonesia, makes the patriarchal system dominant by society, so that a man is required to be masculine, have power and must dominate his environment, they have to struggle economically with psychological pressures. The stigma of masculinity supported by this patriarchal culture is one of the main causes of men not daring to show their emotional feelings and choosing to keep them to themselves which has a negative impact on themselves and tortures a man's mind. which is called toxic masculinity. This toxic behavior not only leads to physical, but also tastes, appearance, work, and other things that are considered to be related to the side of masculinity. In this study the author will use information media in the form of activity books as an answer to solutions of problems. This study uses qualitative methods such as observation, interviews, questionnaires and some other supporting data. The purpose of this design is to provide information to increase public awareness regarding the phenomenon of toxic masculinity towards men and is expected to reduce the level of toxic masculinity that still often occurs in our environment.*

**Keywords:** *Media Information, Activity Book, Psychology, Masculinity*