

# The Ballad of the Lonely Men

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### ABSTRACT

One of the most overlooked consequences of the overwhelming inclusion of women in academia and the labor market is the growing number of men who have been relegated to not finding a partner or becoming fathers. Some people turn this weakness into an identity. Initially conceived as support groups for single men, Incels (or involuntary celibates) are groups of young men who meet in online forums, disdain romantic love, have cynical views of romance, and have become the perfect enemy to embody the prejudices that characterize them as violent, antisocial, and resentful. But how much of this is real? This article will describe what we know about them based on the latest research. What do those who are not chosen think? What do they think about women and themselves? What are their personalities like? What does their cynicism hide? Are they violent? This article will attempt to give a general overview of a trend that is gaining more and more followers.

**Keywords:** Incel, Involuntary Celibates, Online Forums, Loneliness, Cynicism

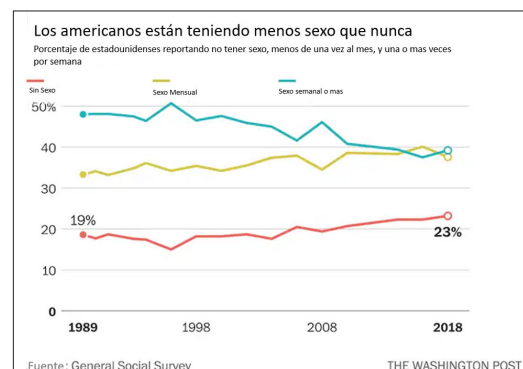
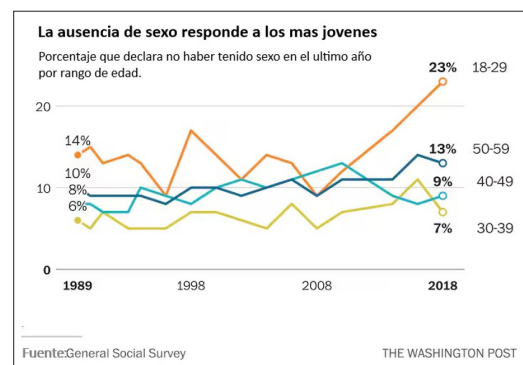
It is a widely accepted assessment within evolutionary psychology that, on average, women tend to seek out sexual partners who, in terms of perceived status, are at a similar or higher level than themselves. It's not that men don't do this; they simply generally value different things. For example, a woman's purchasing power has almost no influence on men's choice. In fact, in some studies, it's a negative predictor.

The successful inclusion of women in academia and the labor market was inevitably accompanied by greater autonomy and earning power. This phenomenon suggests that a significant percentage of heterosexual men have been deprived of the opportunity to have sexual partners because they failed to meet the demands.

In the US, the number of men under 30 who report not having had sex in the past year rose from 8% in 2008 to 23% in 2018, nearly tripling in a decade.

This striking percentage is part of a trend of fewer sexual encounters, even among the most sexually active population. The percentage of people who have sex once or more a week increased from 51% in 1996 to 39% now. affected. Nearly HALF

of Gen Z (15-29 years old) are single and have never been in a committed relationship.



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In other words, there are more celibates, and those who still have sex do so less frequently. Against this backdrop, there are groups of young people who have made this difficulty their identity.

They are called “INCEL” (a shortening of the English word “involuntary celibates”). It refers to individuals, mostly men, who report being unable to find a sexual partner despite longing for one. It was initially conceived as a support group for men struggling with romantic disappointment. However, incels have since gained notoriety for their online presence and more cynical perspective on relationships, women, chads, feminism, and especially themselves.

### What Personality do Involuntarily Celibate People Have?

Incels tend to have a high percentage of negative experiences. In a study by William Costello, they found that INCELS possess a personality pattern they called “inter-individual victimization tendency,” consisting primarily of four characteristics.

They care deeply about other people’s recognition of their situation. Nothing worse for a young incel than hearing that “it’s not that hard” or “it’s not that bad.” Moral elitism: They believe they are morally above those who are having sex. Lack of empathy (if no one cares about me, why should I care about anyone else?) External locus of control: “I can’t change anything on my own; my life is at the whim of forces beyond my control.”

One of the most shocking statistics found in the study is that only 20% of Incels believed their condition was temporary. This means that 4 out of 5 of the kids interviewed think they’ll be alone for the rest of their lives and never become parents.

This belief in the **permanence of one’s condition** is a predictor of depression and low life satisfaction.

- 73% of incels are diagnosed with moderate or severe forms of depression.
- 67% of them are diagnosed with some anxiety disorder.
- 82% of Incels indicated that they had seriously considered suicide at least once.

### What is your Environment Like?

When we hear about singles who are very happy and comfortable in their single life, we may not realize that they are often people with many friends.

The presence of friends seems to act as a buffer against the loneliness of not having a romantic partner. Brandon Sparks found that incels lack not only romantic partners, but also friendships.

Furthermore, incels are NOT present outside of social media. Only 3% of forum members contribute to the chat, which serves as a testament to their extreme isolation, EVEN within their own group.

While author William Costello clarifies that he doesn’t believe incels intend to “attract parishioners to the congregation,” it is equally true that once inside, they are jealously guarded about “closing the door.” It is a limiting environment for any forum member who wants to recommit to a romance. The mere initiative will be harshly criticized and may even lead to expulsion from

the forum. A member who stubbornly seeks love is pejoratively referred to as “FakeCell.”

It’s interesting that, in individual interviews, most of them secretly support their incel peers finding love, but they would never admit it on the forum. They would somehow consider it a kind of betrayal.

### Are they violent?

If we think of an incel as a potential terrorist, filled with hatred for society, perhaps we should reconsider this judgment. Thinking of incels as supremacists is difficult when their entire self-perception is based on emphasizing their own ineptitude and inadequacy.

Costello says an incel extremist sounds more like a suicidal person than a terrorist or aggressor. Their hatred is directed inward rather than outward.

### The Most Common form of Toxic Language on these Forums is Self-Referential.

That is, self-criticism. The violent outbursts of incel groups can be attributed to less than 10% of their population.

It was previously theorized that this group of men would be the most responsible for sexual assaults, who, lacking sex, would try to obtain it through violence. Contrary to this assumption, sexual offenders tend to be narcissistic and sexually successful. They believe they have a right to the sex they are being denied.

### What do you think about the opposite sex?

Incels’ perceptions of the opposite sex’s priorities were also analyzed. In other words, they were asked, “What do you think women value in a man?” Almost all Incels overestimate the importance women place on physical attractiveness and earning power and believe women undervalue humor, intelligence, and kindness, consistent with a cynical view of romance.

### Do incels benefit from gathering in online forums?

To answer this question, Costello’s study recruited 152 incels. Many of these individuals did not use forums.

Some participants emphasized the feeling of belonging and being understood in the forum. On the other hand, more than half of those surveyed stated that these groups made them feel hopeless. Comparing both groups, Incel forum users were more anxious on average and more convinced that their loneliness was a permanent state.

### The Young Male and His Lack of Purpose

Throughout human history, having high demographic concentrations of young, single men (when intrasexual competition is at its peak) has been disastrous for communities. In evolutionary psychology, it’s called “Young Male Syndrome.” The momentum produced by testosterone is like a hammer; it can be used to build or destroy. Young men are the explorers who bravely venture into the unknown and keep the wolf at bay, and they also make up the majority of the prison population. It’s peculiar, then, that with this growing number of single men, they don’t even seem to be involved in these kinds of activities. It seems as if they’ve been anesthetized. “Safe” doses of dopamine

in the form of pornography and marijuana have turned their angst and loneliness into internalizing behaviors. They have withdrawn from public life and challenges.

These young men claim they've been cast out. They tell us that society tells them they have no purpose. A qualitative study called "Goodbye My Friendcels" analyzed farewell letters posted by incel forum users before ending their lives. The two most frequently used words in their requiems are "worthless" and "useless." There seems to be a primal need among men to feel needed, to be of service to the community.

The resentment palpable in the comments about women and society in general sounds like a rationalization, indistinguishably mixed with envy and longing. If we want them to be part of the future, the response we are giving these young people is insufficient. There is no point in asking them to speak if we are not going to listen to them.

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