

Comparison of femininity and masculinity traits among athletes of selected sports

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ABSTRACT

The aim of this research was to compare the femininity and masculinity traits among athletes. So 45 female and 45 male athletes (+16 yrs) attended at least once in Karate, Volleyball, Futsal, and Aerobic tournament provincial Championships were selected randomly from 360 individuals by Cochran formula. Eysenck femininity and masculinity questionnaire was used to evaluate the subjects. Data were analyzed by ANOVA, T-student, and Pearson correlation coefficient to compare the differences between the groups. The results showed that there is a significant difference between athletes in femininity and masculinity traits in four sports. There is a significant difference in femininity and masculinity traits between Karate and Futsal with Aerobic and Volleyball, and also Aerobic with volleyball. It means that the rate of masculinity traits in Karate and Futsal is more than other ones.

Keywords: femininity and masculinity, Karate, Futsal, Volleyball and Aerobics.

INTRODUCTION

The success or failure depends on many factors. So today, the study of relationship between personality and sport is the main subject of sports psychology. One factor that cannot be placed outside of framework of characteristics is gender identity that is reflecting a person's sense of masculinity or femininity. Despite it was thought for a long time that sex differences based on genetic and biological factors but the various and different researches showed that most aspects of masculinity or femininity are in fact acquired [4]. Nowadays, the basic argument in different sports is whether militancy and seeking competition, violent, heart of stone and qualities such as enthusiasm, prejudice are resulted from masculinity, and qualities such as elegance, quiet and gentle nature are resulted from femininity, are absolute and enduring characteristics related to gender and everybody both man and woman can possess these qualities [19]. In societies which exercise has emphasis over on masculinity more than other phenomena and the definition of masculinity, and meanwhile women have been regarded as the second sex in sports such as gymnastics [4]. The indicators such as competitive, stamina, sense of aggression are considered more attention in football and karate, the values that typically are male-centered in non-football and non-combat organizations. In addition, from historical perspective, the earning of these abilities is considered non-femininity for a woman. There is a famous cliché that says football and karate are very masculine sports [6]. Since the rate of participation in any activity is influenced by different factors such as culture, economic and mental, and participation in any sport is no exception too. Some questions such as what different factors effect on trends to the sport, and what trends have effects in kind of sport? Various researchers have been forced to study in this context [1]. Today, we know that masculinity or femininity is not inherent but is based on cultural and social conditions. Margaret Mid concluded that the observed

differences in temperament between the woman and man are not due to biological differences but due to differences in socialization and cultural expectations for each sex [1]. Geron, et al (1986) selected two groups based on sex and age. The athletes were active in 9 fields: gymnastics, swimming, running, tennis, basketball, volleyball, handball, football, and water polo. 273 male athletes and 379 male non-athletes were evaluated through Minnesota Multiphasic Personality Inventory (MMPI) questionnaire. The results showed that the athletes' characteristics were different with each other in different fields and these differences were not related to the type of sports, but was due to demographic characteristics [17]. Andre and Holland (1995) examined the perception of community of women and men participated in violent and non-violent sports with non-athletes. They reported higher masculinity scores for male athletes compared to male non-athletes. Also female athletes had higher masculinity scores than non-athletes women. There was no major difference between athletes and non-athletes' scores of femininity in women and men [2]. Caudwell (1999) focused his studies on gender of women who were playing football in England. What became clear was image of masculine woman who showed the characteristics of a man [5]. Miller and Levy (1999) concluded in his study titled "Gender role conflict, gender typed characteristics, self-concepts, and sport socialization in female athletes and non-athletes". They found female athletes have higher score in rate of self-concept and masculinity than non-athletes [14]. Lantz and Schroder (1999) assumed that the points above athletic identity scale are related to the role of masculinity and low point of it is related to the role of femininity. The results showed that athletes and individuals with high athletic identity considered themselves in the role of masculinity, while non-athlete ones with low athletic identity assessed themselves closer to female identity [12]. Khaleghi (2010) and Koivula (2001) in studies with male dominance in sport and difference of sport performance between the two genders have introduced sports such as gymnastics, swimming, and tennis as women's sports and sports such as football, wrestling, and baseball as masculine sports [12]. Khaleghi (2003) examined the role of athletes through the roles of masculinity (More muscle) and femininity (With physical elegance). She believed it is possible that female athletes perceive or experience the more role of conflict in being an athlete by herself [12]. Dorothy (2006) expressed the number of girls participating in masculine sports are more than boys participating in women's sports [7]. Hoe (2006) showed there was no significant difference in all five dimensions of personality between athletes with different experiences and levels of participation in sport [11]. However, it was observed a significant difference between the athletes of different fields (individual and group) in favor of group athletes. Follo (2006) stated surprisingly female athletes had separate definitions of sport, game and playing and they received the first obstacles as the motivation to continue playing rugby. These women fight with social norms that donot allow them to participant in contact sports, the territory of a man [8]. Taher (2007) completed the study about self-concept and masculinity/femininity among normal male individuals and males with gender identity disorder. This study determined self-concept and masculinity/femininity in 102 normal male and 102 males with gender identity disorder through Tennessee self-concept scale and MMPI masculinity/femininity questionnaire. The results showed that normal males have significantly higher masculinity scores than males with gender identity disorders [20]. Khaleghi (2008) studied female athletes' perception of athletic identity. According to findings, female athletes participating in competitive sports were considered as people with masculine identity [12]. Leonard (2008) stated in the paper of women and men in non-tradition sports (modern) that girls who play in traditional masculine sports are often masculine or rough, while the boys who participant in traditional feminine sports will be addressed often feminine, weak, and shy [17]. Shabani et al (2006) found the type of sport has been effective the most likely in determining of personality characteristics of athletes [19]. Ghanaatpishe (2007) measured the rate of masculinity and femininity through MMPI-2 test between Art and Science and Technology male university students. He found there is no significant difference between single and married students, undergraduate and master students, employed and non-employed students in terms of rate of masculinity and femininity [9]. Sadegian (2008) compared pilots, doctors, and teachers' personality characteristics and stated there is relationship between the type of job and personality characteristics and the rate of pilots scales are respectively more than doctors and teachers [18]. Azadi (2008) concluded that there is a significant difference between personality traits of masculinity and femininity of volleyball and football girls. In other words, volleyball girls are more feminine. This study was evaluated by Eysenck's questionnaires of femininity and masculinity and personality [3]. Khalegi (2010) compared the role of gender (masculine and feminine traits) and satisfaction of gender of novice and skilled futsal and volleyball players and concluded that there is a significant difference between the role of gender of novice futsal and volleyball players. But there is no significant difference between skilled futsal and volleyball players. This difference is more in favor of femininity in novice group and is in favor of masculinity in skilled group. Also she stated that the changes in role of gender have been created with changing from novice to skilled level among futsal and volleyball players and these changes are associated with increasing of masculinity traits [12]. On the other hand, Baird (1979), Kahn (1978), Niederfer (1978), and William (1978) believed that the athletes' trend to special sport is due to the athletes' personality than their personality is changed with the participating in sport [19]. According to the contradictory results and findings, we want to take a small step in the development of sport psychology in this study and assist the authorities with the comparison of femininity and masculinity traits in karate, aerobic, volleyball and futsal athletes. The study and survey of relationship of personality traits with types of sport activities will help coaches to act more successful in the selection of talented athletes and to guide the athletes in choosing of type of

sport and to response to the athletes' personal problems. Also, coaches provide the necessary programs for the athletes' guidance in their power and area of responsibility and are more careful in the athlete's effective training with regard to the athlete's personality characteristics.

MATERIALS AND METHODS

Design and participants

This study was a descriptive and correlation method research. Statistical population was all karate, aerobic, volleyball, and futsal female and male athletes (above 16 yrs) that were attended at least once in the tournament provincial championships. 90 men and women were selected randomly in each field by Cochran's formula. Eysenck's questionnaire of femininity and masculinity was used to find the results. It includes 31 questions (Yes, Perhaps, No). The validity and reliability of this questionnaire has obtained through test-retest with 0.81 reliability coefficients and also 0.80 reliability of masculinity and 0.82 reliability of femininity. 550 questionnaires were prepared to provide to sport boards of selected cities and athletes. Then, 360 questionnaires were detected without defects and their data were extracted for analysis after collection and survey of questionnaires. A mailing envelope with stamp was attached to the questionnaires for the referral of them to researcher's address. Data were analyzed by one and two way ANOVA test, t-student, and Pearson correlation coefficient at $p \leq 0.05$ level and Spss 16.

RESULTS

Table1. Mean & standard deviation of scores of femininity and masculinity traits in different sports

| Standard deviation | Mean | Percent of frequency | Sport |
|--------------------|------|----------------------|---------|
| | 90 | 17.65 | 2.43828 |
| | 90 | 17.66 | 2.61263 |
| | 90 | 10.30 | 2.41086 |
| | 90 | 11.90 | 2.77549 |

Table2. Difference between femininity and masculinity traits in different sports

| Gender | Changes | SS | Df | MS | F | Sig |
|--------------------------|----------------|----------|-----|----------|-------|-------|
| femininity & masculinity | Between Groups | 3960.044 | 3 | 1320.015 | 8.200 | 0.000 |
| | Within Groups | 2339.511 | 356 | 6.572 | | |

Table3. Difference between femininity and masculinity traits in different sports

| Gender | The comparison of sports | MD | SD | Sig | |
|----------------------------|--------------------------|------------|--------|------|-------|
| Femininity and masculinity | Karate | futsal | -0.222 | 0.38 | 0.954 |
| | | aerobics | 7.3* | 0.38 | 0.000 |
| | | volleyball | 5.7* | 0.38 | 0.000 |
| | Futsal | aerobics | 7.3* | 0.38 | 0.000 |
| | | karate | 0.222 | 0.38 | 0.954 |
| | | volleyball | 5.7* | 0.38 | 0.000 |
| | Aerobics | volleyball | -1.6* | 0.38 | 0.000 |
| | | karate | -7.3* | 0.38 | 0.000 |
| | | futsal | -7.3* | 0.38 | 0.000 |
| | Volleyball | aerobics | 1.6* | 0.38 | 0.000 |
| | | karate | -5.7* | 0.38 | 0.000 |
| | | futsal | -5.7* | 0.38 | 0.000 |

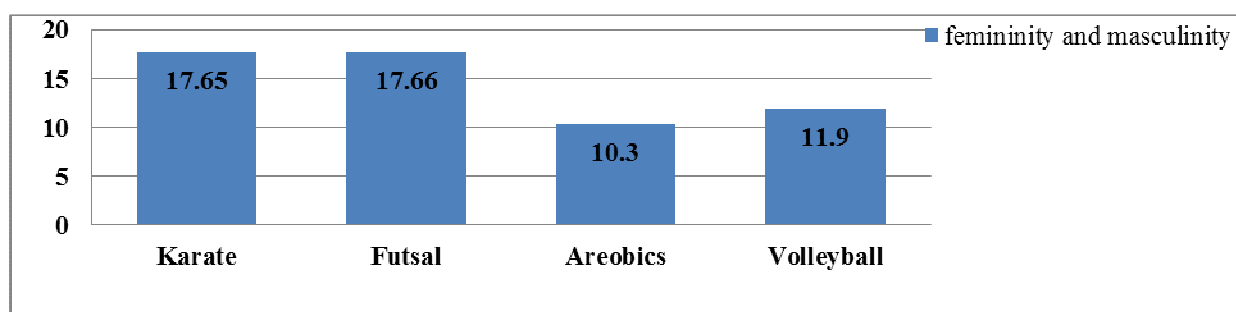


Figure 1. Related to mean scores of femininity and masculinity traits in different sports

According to above tables, the results of ANOVA analysis shows that there is a significant difference between the athletes in four sports in femininity and masculinity traits ($F=200$ and $P= 0.000$). According to the results of Tukey test (table 3), there was a significant difference between karate with aerobics and volleyball, between futsal with aerobics and volleyball and between aerobics with volleyball, karate and futsal and between volleyball with aerobics, karate and futsal from the rate of femininity and masculinity traits. According to table 1, the rate of masculinity traits are more than in karate and futsal sports.

DISCUSSION AND CONCLUSION

The results showed that the female and male athletes' rate of masculinity traits is more in karate and futsal than other sports. In other words, men and women who participate in masculine sports from the perspective of the community, have masculine traits. This finding is consistent with Schroder, et al (1999), Miller and Levy (1999), Andre and Holland (1995), and Leonard's findings who believed that girls who play in traditional masculine sports are often masculine or rough and also is consistent with Khaleghi (2008) who stated that female athletes participating in competitive sports were considered as people with masculine identity. But the results of Jean et al. (1986) showed that the athletes' personality in different fields had difference with each other. These differences were not only related to their type of sport since they belonged to different social environments, but this finding is conflict with Follo's (2006) findings who knows women as feminine, however they participate in violent sports. We can conclude personality apart from of what was discussed, it can be affected by factors such as environment, (family environment, sport, society, school, and the nature of sport, etc.) hereditary, and gender. As Cattell (1950) believes about one third of personality is determined by genetic factors and about two thirds of it is determined by environmental factors (such as, religion, peer groups, school, and the nation, etc.). In conclusion, there are more than fifty types of definitions for personality and personality is considered as a constantly changing dimensions of human being and it is affected by different factors, can be acknowledged that the findings of this study can be influenced by various factors (environment, heredity, and individual, etc.) that had been outside of the researcher's control and the findings of study is extended in the field of study and its statistical community. At the end, it is recommended that coaches, sport consultants, and families pay attention to personality traits (femininity – masculinity) as an important psycho-social structure and consider it in the process of guidance for athletic talents. According to the results of this study, it is better people who earn the most points of femininity and masculinity traits in process of talent be directed to football and karate sports regardless of their gender. In addition, it is better people who earn the lowest points of femininity and masculinity traits be directed to aerobics sport.

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