

Q Methodology of Gender Identity for Sport Participants

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Abstract

This Article examines Q as an empirical methodology for use in gender identity. The subjects of this article were adults who had participated in a sports activity for one year or more. I prepared a Q sample for advanced research and, special publication, using an open questionnaire and in-depth interviews. In this way, I applied the suggested gender identity types using, Q. I distributed Q statements to the sample and then generated the results using principal component factor analysis. I categorized gender identity among the sports participants by four attitude types 'open', 'conservative', 'subjective', and 'extroverted'.

Keywords: Gender, Identity, Subjective, Q methodology

1. Introduction

Sports gives life many physical and mental benefits, including health, happiness, and satisfaction. Lee [1] determined that modern sports can lead to personal and family development and human peace, and as a result, we spend our leisure time on sports activities. The purposes and types of sports have changed to become major parts of our lives compared with in the past. Eitzen and Sage [2] asserted that sports not only reflected egalitarian values and social system characteristics but also offered participants the chance to transcend social interest. Separately, it can be observed in sports that there are different features and patterns depending on the character of sports events [3]. In short, we insist on egalitarian values, but sports narrowly conceives of females in masculine sports as masculine and males in womanly sports as womanly. We need to distance ourselves from Confucian ideas and respect modern people as they are. In that sense, this study will play more of a facilitator role than that of research on gender identity in service of projected participants in a sports activity.

Until now, studies on gender identity have focused on females, and the stronger women's gender identity, the greater the influence on positive gender equality intentions [4]. With males, the stronger their gender identity, the greater the influence on negative gender equality intentions [5]. In other words, I predict through this study that strong gender identity among males will lead to backward gender equality intentions whereas strong gender identity among females will advance gender equality intentions.

In terms of sex roles as social identity research progressed, there is a distinction between males and females in sports. Females continue to participate in the manly sports of soccer,

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baseball, ice hockey, and skiing, and in reverse, men continue to participate in the womanly sports of dancing, cheerleading, and aerobics.

The Q methodology approaches understanding from within, and it is a qualitative and quantitative research method that focuses on subjective, human attitudes and behaviors using philosophy, psychology, and statistics. Q is also a special statistical skill that entails quantitative analysis of human subjectivity, and it has been accepted as a method of incorporating the results of human subjectivity and objectivity. Above all, the Q methodology is recognized as very handy for studying and understanding psychological changes and attitudes [6]; it can objectively measure humans' subjectivity, such as their values and attitudes. Q has been used in a wide variety of fields such as advertising, communications, politics, and nursing; for this study, it was a proper method for researching individual awareness about gender identity among sport participants.

Based on the above, I used Q for this study to investigate gender identity in sport participants. As societies change, sports participants demonstrate patterns in their characteristics, features, and reasons for participating. The results of this study are expected to increase positive sports values and identities and to provide for continuous participation in and expansion of the range of sports activities using baseline information.

2. Method

2.1. Participants

As noted above, there were 30 respondents in the study. The aim is to obtain subjectivity by revealing the number and nature of different points of view that exist within the group of respondents. It is actually rare to have more than 50 persons in a sample [7], and it was appropriate, in this study, to use 30 participants, 15 males and 15 females.

2.2. Instrument

To write the Q statements, I collected materials on gender identity from prior research, expert books, and open questionnaires by leisure sport professors, from which I extracted 137 statements. I then used expert meetings and inductive content, meanings, and categorical systems to remove ambiguous questions; ultimately, I selected 43 Q statements.

2.3. Q sort

After the Q researcher prepares the Q sample comes the Q sort, when the statements in the Q sample are presented to the respondents on separate cards, randomly numbered. The Q sort procedure involves ranking the statements into a distribution grid with the number of spaces corresponding to the number of statements. The value scale may range from, for example, -4 to +4, where +4 indicates the placing of statements that the respondent most agrees with and -4 indicates statements that the respondent most disagrees with. A total of 43 sports participants accomplished the Q sort.

2.4. Data processing

To analyze the sports participants' gender identity patterns, the sample scored the data that were collected after the Q sort. The statements were scored from 1 to 9 points, with 1 for the most negative and 9 for the most positive statements. The scores by statement order number were coded on a txt file, and then I used the QUANL program for the information [8].

3. Results and discussion

3.1. The patterns of gender identity for sports participants.

I used the Q factor analysis to determine how the study subjects had classified their statements as a way to get them to reveal the relevant factors in their own words [8]; Q in fact does not strenuously emphasize total variance because it does not raise explanatory power. The results showed four gender identity patterns among the study's sports participants, and their variances were as follows: type 1 = 8.78, type 2 = 3.71, type 3 = 2.43, and type 4 = 1.60; the total variance power was 55.04%, and the rates of variance by type were 29.24%, 12.40%, 8.10%, and 5.30% for types 1, 2, 3, and 4, respectively. The Q method showed independent relationships in which the factors had lower coefficients, near zero. The types represented people who judged (and thereby weighted) each type more highly [8].

3.2. Type: Open attitude

The type 1 attitude was open, and it comprised six respondents, two men and four women, who participated in basketball, dance, and badminton; specifically, only the men played basketball and only the women participated in dance. Kim and Pyo [9] reported that women's sex roles were fixed throughout the world, and Griffin [10] asserted that women who participated in sports were masculine. Here, I make no inferences regarding the study participants' gender identities.

3.3. Type II: Conservative attitude

The type 2 attitude was conservative, and this group consisted of seven respondents, all men; they participated in aerobic and practical dance. Mead [11] reported that some people acquired different attitudes, cognition, behaviors, and rules in society, specifically, that females should be womanly and men should be masculine. Furthermore, Bandura [12] reported that dance did not apply equally to general life roles but entered into conflicted gender roles through model theory.

3.4 Type III: Subjective attitude

The type 3 attitude was subjective, and this group comprised seven study respondents, three men and four women; this group participated in dance, including practical dance, badminton, and soccer. According to Lee [13], cognition of individual players is a feminine characteristic, and Chodorow [14] reported that females defined themselves in relation to other people, whereas males define themselves by how they are distinguished from other people.

3.5 Type IV: Extroverted attitude

The type 4 group had extroverted attitudes; there were 10 respondents in this group, a man and nine women, and they participated in sports such as basketball, horse riding, and practical dance. Kim and Park [15] reported that dancers' cooperation, harmony, and emotional connections influenced their positive moods and successful performance.

4. Conclusion

Sports does not distinguish between male and female; Confucian ideals and our society and culture are what separate male and female sports participants. We need to encourage choice in sports in accordance with its benefits, and these choices are not determined by biological gender. Therefore, sports leaders have to understand the individual character traits of sports participants while focusing on the psychological and physical benefits of sports. We also need to suggest that many people participate in sports as a guideline.

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