

<https://doi.org/10.48047/AFJBS.6.1.2024.538-546>



African Journal of Biological Sciences

Journal homepage: <http://www.afjbs.com>



Research Paper

Open Access

## Beyond the Scientific Explanation: Determining the Gender Preferences and Gender Orientation among Sports Enthusiasts

**John Raymond M. Jimeno**

*Western Mindanao State University  
Zamboanga City, Philippines*

Volume 6, Issue 1, Jan 2024

Received: 15 Dec 2023

Accepted: 05 Jan 2024

Published: 25 Jan 2024

*doi: 10.48047/AFJBS.6.1.2024.538-546*

### **Abstract**

There is a long history of vigorous debate and high public interest surrounding attempts to define and comprehend gender preference. Understanding this is vital to marketers and consumer researchers, but their studies on the matter have been few in number, and progressed slowly. This study aims to revitalize the relationship between gender preferences and gender orientation among student-athletes. Target participants are basketball teams from state universities in Zamboanga City, Philippines. The sampling strategy appropriate for this study is total enumeration because there might only be a few athletes on each squad. Using standardized survey instruments, this study uses a descriptive quantitative design that will be tallied and analyzed using inferential statistics. The gender preference of athletes is moderately correlated with their gender orientation, according to the data.

*Keywords: gender preferences, gender orientation, sports, basketball, athletes, correlation*

### **Introduction**

A human activity that is primarily focused on physical effort and ability, with aspects of competition or social interaction, and where the rules and behavioral patterns regulating the activity are formally established through associations and are widely acknowledged as sports. The most popular sport in the Philippines is basketball. It was first brought to the nation during the American colonial era, when American professors began instructing baseball and other sports through the YMCA and educational institutions.

It's likely that no local studies have looked into the sport psychology of basketball and

considered gender orientations as a variable in the process of communication between players and coaches. The study's findings will provide guidance to educators, athletes, and school administrators so they can put the progressive and compassionate welfare of all parties involved ahead of winning. Thus, understanding gender preference is among the most researchable subjects in the contemporary era.

Because it has several connotations that are only loosely related, the term "gender preference" might be misleading. When biological parents wish for a male or female kid, for instance, they are referred to as having a gender preference or a sexual preference. It goes without saying that male birth is required in patrilineal civilizations. For short-term utilitarian reasons and eventually as a basic social security system, less evolved civilizations have a tendency to favor men.

The phrase "gender preference" is also used to refer to situations in which women are subjected to overt or covert forms of job discrimination because it is assumed that they lack the necessary physical labor or heavy lifting skills. All things considered, however, sexual orientation is the most common context in which the terms gender preference and sexual preference are used.

The word "gender" refers to a set of social and cultural norms that society expects a person to behave in accordance with their biological sex, as stated in the paper by Uvarina et al. (2017). Consequently, gender preferences in sports are influenced by sociocultural norms rather than biological sex. These standards also have an impact on psychological traits, behaviors, and activities. In a society, being a man or a woman entails more than just possessing particular physical characteristics; it also involves adhering to socially acceptable gender norms. It is also known as the "social sex" that develops inside a community and is modeled after the roles and behaviors of biological sex representatives. According to societal notions about the roles that men and women should play in society, every member of society has participated in the process of gender socialization since birth.

Based on physiological expressions, most societies classify people as female or male from birth (Blackless et al., 2000). Gender is acknowledged as a major dimension in social categorization, with its roots in science (Kang and Bodenhausen, 2015). Following that, these categories are seen as matching those of men and women (Ansara and Hegarty 2014). This perspective that sees gender as a binary phenotypic expression of underlying genotype makes biology particularly relevant for analyzing differences amongst members of different gender categories. It is associated with the idea that gender is fundamentally biological (Brescoll et al. 2013).

The idea that gender is biological also bases the classification of people into two genders (man and woman), which are seen to be complementary to one another, on reproductive roles (Kay et al., 2007; Morgan and Davis-Delano, 2016). The absence of a concept of genders other than women and men in a binary perspective of gender, like the one outlined, adds to the stigma and marginalization that people who identify as nonbinary or with alternative gender identities face (Hegarty et al. 2018). Nowadays, the most pressing issues are the growth of gender studies in

psychology and physiology, the discovery of efficient athlete training regimens that take into account their gender characteristics, and the creation of unique gender-training programs.

Including gender considerations in athlete training across all sports is currently the most pressing scientific issue. The gender approach seeks to achieve equality for both men and women. It focuses on eliminating gender discrimination in its various forms, with the goal of establishing the social conditions required for women and men to fully realize their inherent strengths in all areas of work, social interactions, athletics, and private life (Uvarina et al., 2017).

Hence, the researcher was motivated to pursue this study to determine the correlation of gender preference specifically with gender orientation.

## **Related Literature and Studies**

### **On the Gender Perspectives**

Ramos et. al (2024) from the standpoint of gender inclusion, emphasized that in order to obtain a deeper understanding of gender motives and experiences, it is imperative to develop studies focusing on sporting activities (Fullagar and Pavlidis 2012). The latter includes addressing concerns of equity in women's physical activity engagement, especially in light of the notable growth in women's involvement in marathon events in recent decades (Deluca et al., 2023). Although gender disparities in training commitment and competition may be the cause of gender inequalities in relative performance, Robert et al. (2011) argue that the growing complexity of female involvement in these events emphasizes the significance of not undervaluing female achievement.

In addition to the sports profile, the socio-demographic profile—which includes age, married status, and gender perspectives—has attracted scholarly attention. Males were more inclined to start running marathons because of the competitive aspect, according to research by Malchrowicz-Moōko et al. (2020a). Women were motivated by things like self-esteem, psychological coping, affiliation, and purpose in life at the same time. These results are consistent with the observations made by Nikolaaidis et al. (2019), who noted that women's goal success, coping, and self-esteem dimensions were less important than men's competitiveness. Nonetheless, Rozmiarek et al. (2021) discovered no statistically significant variations according to gender or marital status among participants in different racial categories, which goes against the conclusions of Malchrowicz-Moōko and Waśkiewicz (2020) that married status affected participants' motivation.

According to Larumbe-Zabala et al. (2019), men tended to overestimate their talents but showed more determination and self-confidence than women. Contrarily, women changed their outcome expectations more than men did, and they reported more exceptional social support. Deaner et al. (2015) also noted that there are gender-based differences in the motivation of elite athletes. Men tend to be more motivated for competition, which is correlated with longer training regimens, whereas women are more motivated to balance study and athletics. Injury or family

responsibilities could not be the cause of this disparity. Similar findings were made by Leon-Guereño et al. (2020, 2021) who discovered statistically significant differences in motivation based on age and gender, but not on marital status. After extending the age range of their study, Malchrowicz-Mosko et al. (2020) discovered that children under the age of twelve gave the highest priority to enjoyment as their main motivator, with sociability receiving the lowest rating.

Findings from research on the reasons behind women's rising interest in running events indicate a growing trend in involvement. There is little difference in motivation between competing in mixed events and running competitions exclusively for women (Eagleman 2013). Moreover, research (Ruiz-Juan and Zarauz-Sancho 2014; Zarauz-Sancho and Ruiz-Juan 2012) have found that women are more motivated than men, and they also show a higher degree of commitment.

### **On the Scientific Explanation on Gender Preference**

According to Klysing (2020), gender is seen as a primarily biological category that is further impacted by social processes. This perspective is supported by the sociobiological framework that underpins many of the dominant theories of gender and gender differences in psychology today (Buss 1995). This sociobiological understanding of gender has come under fire for fostering harmful "corrective" practices toward intersex people (Blackless et al. 2000), treating biology as a pre-discursive gender essence, promoting gender essentialism, and having fundamental ontological and methodological flaws in its scientific support (Meynell 2012). It has also been criticized for cementing gender status inequalities (Stone 2004).

On the other hand, gender is seen by social constructionist theory as a social classification that serves the hierarchical purpose of ordering people in society, rather than an intrinsic trait. Gender is seen as a signification structure, recognizing it as a macro-structure and the way gendered activities are performed (Connell 1987, p. 26–38). It is believed that biological classification must be understood in the context of a socially constructed meaning system rather than serving as an objective basis for gender (Connell 1995, pp. 61–65).

What effects do various gender theories have on how laypeople understand gender as a social category, and what are the implications of viewing gender as socially produced or based on a shared essence? In order to contribute to these discussions, the current study examines how reading various scientific accounts of gender differences affects people's conception of gender classification. Additionally, the present study examines how people's gender lay theory influences their inclination to impute prejudice when they encounter gender discrimination.

### **Research Objective**

To determine if a correlation exists between gender preference and gender orientation among student-athletes.

### **Methodology**

The purpose of this study is to ascertain whether gender preference and gender orientation among student-athletes are correlated. Basketball teams from state universities in Zamboanga City with their athletes are the intended participants. Since there might only be a few athletes on each squad, total enumeration is the sampling strategy that works best for this research. It focuses on how basketball players relate to ideas of sport psychology and how coaches interact with them to construct "average to top" performing teams. Using standardized survey instruments, this study uses a descriptive quantitative design that will be tallied and analyzed using inferential statistics.

To meet the research objective, a survey on preferred gender orientations (SPGO) was utilized. It is composed of the first 20-item inventory on the college students' level of heteronormativity. This survey is the basis for classifying the respondents into the following: cisgender male, cisgender female, lesbian, gay, bisexual, and transgender. The 20 statements are measured by a 5-point Likert scale: 5-strongly agree; 4 agree; 3-neutral; 2-disagree; 1-strongly disagree.

**Results and Discussion**

Table 1.0 presents the cross-tabulation correlation between the athletes' gender orientation preference based on gender (earlier chosen in the preliminary descriptive questionnaire). A closer look at

This table reveals that all the gender orientation-statements (1, 2, 3,4,5,6,7,8,9,10,11,12,13,14,15,16, 17, 18, 19 & 20) *moderately and positively correlated* to their gender earlier selected as cisgender males, cisgender females, lesbians, gays, and bisexuals, as evidenced by their corresponding r values (.643\*,.794\*,.698\*,.516\*,.679\*,.783\*,.586\*,.618\*,.719\*,.588\*,.413\*,.478\*,.465,.891\*,.441\*,.459\*,.506\*,.433\*,.489\*,.533\*) with their respective p values (.007,.001,.015,.017,.002,.015,.023,.000,.001,.006,.034,.011,.021,.005,.041,.003,.038,.006,.025, &.014), all significant at alpha.05 since these p values are less than the.05 probability. Hence, the athletes' gender orientation shows moderate correlation with their gender preference.

*Table 1.0 Cross tabulation-Correlation: The Athletes' Gender Orientation Preference based on Gender*

Gender Preference * Gender	OrientationSources of Information	Statistical Value	Approximate Significance p	Interpretation
LGBT1 & Gender	Pearson's r	.643*	.007	Moderate Correlation
Straight2 & Gender	Pearson's r	.794*	.001	Moderate Correlation
Female-Gay3 & Gender	Pearson's r	.698*	.015	Moderate Correlation

Male-Bisexual4 Gender	&Pearson's r	.516*	.017	Moderate Correlation
Bisexual5 & Gender	Pearson's r	.679*	.002	Moderate Correlation
LGBT6 & Gender	Pearson's r	.783*	.015	Moderate Correlation
Female-Gay7 & Gender	Pearson's r	.586*	.023	Moderate Correlation
Male-Bisexual8 Gender	&Pearson's r	.618*	.000.	Moderate Correlation
Bisexual9 & Gender	Pearson's r	.719*	.001	Moderate Correlation
LGBT10 & Gender	Pearson's r	.588*	.006	Moderate Correlation
Female-Gay11 Gender	&Pearson's r	.413*	.034	Moderate Correlation
Male-Bisexual12 Gender	&Pearson's r	.478*	.011	Moderate Correlation
Bisexual13 & Gender	Pearson's r	.465	.021	Moderate Correlation
Transgender14 Gender	&Pearson's r	.891*	.005	Moderate Correlation
LGBT15 & Gender	Pearson's r	.441*	.041	Moderate Correlation
LGBT16 & Gender	Pearson's r	.459*	.003	Moderate Correlation
LGBT17 & Gender	Pearson's r	.506*	.038	Moderate Correlation
LGBT18 & Gender	Pearson's r	.433*	.006	Moderate Correlation
LGBT19 & Gender	Pearson's r	.489*	.025	Moderate Correlation
Straight20 & Gender	Pearson's r	.533*	.014	Moderate Correlation

*N*=96

\* Significant at alpha .05 Low Correlation= .3 and below; Moderate Correlation = .4 to .7; High Correlation=. 8 and above (Downie & Heath, 1984).

## Conclusion

An essential component of who you are is your gender identity. You can have a better understanding of both yourself and those around you by learning more about gender identity. Target participants are basketball teams from state universities in Zamboanga City. The sampling strategy suitable for this study is total enumeration because there might only be a few athletes on each squad. This research uses a descriptive quantitative design with standardized survey instruments that will be collated and subjected to inferential statistics analysis. After gathering and analyzing the data through statistics, this study concludes that athletes' gender orientation shows a moderate correlation with their gender preference.

## References

- Ansara, Y. & Hegarty, P. (2014). Methodologies of misgendering: Recommendations for reducing cisgenderism in psychological research. *Feminism & Psychology*, 24(2), 259–270.
- Blackless, M., Charuvastra, A., Derrtyck, A., Fausto-Sterling, A., Lauzanne, K., & Lee, E. (2000). How sexually dimorphic are we? Review and synthesis. *American Journal of Human Biology*, 12(2), 151–166.
- Brescoll, V. L., Uhlmann, E. L., & Newman, G. E. (2013). The effects of system-justifying motives on endorsement of essentialist explanations for gender differences. *Journal of Personality and Social Psychology*, 105(6), 891–908.
- Buss, D. (1995). Psychological sex differences: Origins through sexual selection. *American Psychologist*, 50(3), 164–168.
- Connell, R. (1987). *Gender and power: Society, the person and sexual politics*. Cambridge: Polity (in association with Blackwell, 1987).
- Connell, R. (1995). *Masculinities*. Berkeley: University of California Press.
- Deaner, R., Lowen, A., Rogers, W., and Saksa, S. (2015). Does the sex difference in competitiveness decrease in selective sub-populations? A test with intercollegiate distance runners. *Peer Journal* 2015.
- Deaner, R., Masters, K., Benjamin, O., and LaCaille, R. (2011). Marathon performance as a predictor of competitiveness and training in men and women. *Journal of Sport Behavior* 34: 325–42.
- Deluca, J., Clevenger, S., Zabriskie, H., and Landers-Ramos, R.. (2023). Exploring women's marathon participation in the United States, 1980–2019. *Journal of Cultural Analysis and Social Change* 8.
- Eagleman, A. (2013). Attitudes, motivation, and commitment of runners who do and do not participate in women-only road races. *International Journal of Sport Management and Marketing* 13.
- Fullagar, Simone, and Adele Pavlidis (2012). It's all about the journey: Women and cycling events. *International Journal of Event and Festival Management* 3: 149–70.
- Hegarty, P., Ansara, Y., & Barker, M. (2018). Nonbinary gender identities. In N. K. Dess, J. Marecek, & L. C. Bell (Eds.), *Gender, sex, and sexualities: Psychological perspectives* (pp. 53–76). New York: Oxford University Press.
- Kang, S. & Bodenhausen, G. (2015). Multiple identities in social perception and interaction: Challenges and opportunities. *Annual Review of Psychology*, 66, 547–574.

- Kay, A. C., Jost, J. T., Mandisodza, A. N., Sherman, S. J., Petrocelli, J. V., & Johnson, A. L. (2007). Panglossian ideology in the service of system justification: How complementary stereotypes help us to rationalize inequality. *Advances in experimental social psychology* (Vol. 39, pp. 305–358).
- Klysing, A. Exposure to Scientific Explanations for Gender Differences Influences Individuals' Personal Theories of Gender and Their Evaluations of a Discriminatory Situation. *Sex Roles* 82, 253–265 (2020).
- Larumbe-Zabala, E., García-Lluch, J., Agea, E. and Peris-Delcampo, D. (2019). Goal-setting strategy and psychological differences in marathon runners compared by gender. *Journal of Human Sport and Exercise* 14: 725–35.
- León-Guereño, P., Galindo-Domínguez, H., Balerdi-Eizmendi, E., Rozmiarek, M. and Malchrowicz-Moško, E. (2021). Motivation behind running among older adult runners. *BMC Sports Science, Medicine and Rehabilitation* 13: 138.
- León-Guereño, P., Tapia-Serrano, M., Castañeda-Babarro, A., and Malchrowicz-Mosko, E. . (2020). Do sex, age, and marital status influence the motivations of amateur marathon runners? The Poznan Marathon case study. *Frontiers in Psychology* 11.
- Malchrowicz-Moško, Ewa, and Zbigniew Waśkiewicz (2020). The impact of family life and marital status on the motivations of ultramarathoners: The Karkonosze Ultramarathon case study. *International Journal of Environmental Research and Public Health* 17: 6596.
- Meynell, L. (2012). Evolutionary psychology, ethology, and essentialism (because what they don't know can hurt us). *Hypatia*, 27(1), 3–27.
- Nikolaidis, P., Chalabaev, A., Rosemann, T. and Knechtle, B. (2019). Motivation in the Athens Classic Marathon: The role of sex, age, and performance level in Greek recreational marathon runners. *International Journal of Environmental Research and Public Health* 16: 2549.
- Ramos-Ruiz, J., Solano-Sanchez, M., Castaño-Prieto, L.; Garcia-Garcia, L. (2024). Why do we run in a sporting event? a Gender perspective through the half-marathon of Cordoba, Spain. *Social Science* . 13, 209.
- Rozmiarek, M., Malchrowicz-Moško, E., León-Guereño, P., Tapia-Serrano, M. and Kwiatkowski, G. (2021). Motivational differences between 5k runners, marathoners and ultramarathoners in Poland. *Sustainability* 13: 6980.
- Ruiz-Juan, F., and A. Zarauz-Sancho (2014). Analysis of motivation amongst Spanish marathon runners. *Revista Latinoamericana de Psicología* 46.

Ruiz-Juan, F., and A. Zarauz-Sancho (2011). Validation of the Spanish version of the Motivations of Marathoners Scales (MOMS). *Revista Latinoamericana de Psicología* 43.

Stone, A. (2004). Essentialism and anti-essentialism in feminist philosophy. *Journal of Moral Philosophy*, 1(2), 135–153.

Uvarina, N., Vorogejkina, A., Mamylna, N., Semchenko, A ., Podgorbunskikh, A. (2017). Integrative Role of Awareness Levels of Athletes of their Individual Gender Characteristics. *Journal of Pharmaceutical Sciences and Research. Cuddalore Vol. 9, Iss. 7.*

Zarauz-Sancho, A., and Ruiz-Juan, F. (2012). Super-adherence marthoners: Predictor variables and gender differences. *Universitas Psychologica* 11.