

HOW THE LIKING OF SPORTS IS INFLUENCED BY THE YOUTH GENDER

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Abstract

This research was intended to determine how the gender of youth influences the liking for sports. The study included 100 young people aged 18-25 years of both sexes, of whom 54 males and 46 females. The sample selection was random and the only criterion for choosing them was the age. A questionnaire was used to collect the data, in which young people expressed their appreciation for different sports. The processing of collected data is done using the statistical software (SPSS) version 19 for Windows. From the results of this research it is noticed that men have chosen sports in which more aggressiveness is expressed, while women have chosen sports where aggression does not appear almost at all. There are sports that are preferred by both genders.

Keywords: female, male, questionnaire, sport, liked, comparison.

Introduction

If somebody wants to be progressive and to achieve desired success in various activities, he should have as high and perfect level of socialization as possible. If that person wants to achieve satisfying results, he should be socialized in all dimensions of life.

The level of human socialization is distinguished on the basis of their culture, how he expresses himself, how he thinks, how he operates, how he communicates with others, how he behaves, how he works, how he respects the others, himself, tuition class, etc.

Sociology of physical culture and sports is an element that is incorporated in the sphere of culture of general culture. Sports includes: games, entertainment, rest, movement, dynamics, rivalry, etc. So sports are a segment or social dimension of human life. The game is in a state or social position. Sports mean the game.

Movement, game, sports are a necessity of man in his life. They appear as a need, a gap that must be filled; they are a human's need, biological, spiritual and mental - intellectual needs. So, sports are the perfection of the anatomical, physiological, psychic, spiritual structure of man. Through sport - game, the man makes a cybernetic or whole - general integrity, as well as harmonious integration, that is reflected positively in all spheres and activities of human life, such as in health, work, and so on.

In sports - the game is less noticeable of all human activities, so the level of socialization can be clearly noticed. Sociology has the ethical, social, sustainability phenomenon, etc. Sports sociology cares how to shape quality, character, morale, etc., through sport and play.

The connection between gender and sports affiliation, or the determination of age periods when young people prefer to engage in different sports, has been subject of various researches. If we refer to the results of the authors Skobin et al. (2006), boys are more inclined than girls to like and engage in sports, be they individual or collective sports.

Studies about problem

There has been a change in how certain gender sports were viewed when women / men attempted to challenge the boundaries. Gymnastics for example started as an all-male sport. It was believed that women did not have the build nor strength to compete in this sport. In 1928 women were allowed to compete in the Olympics in gymnastics in the team events. In 1952, women were allowed to compete in the individual Olympic gymnastic competitions. They

showed spectators, men and women alike, that females can acquire the athletic built to compete in exercises traditionally performed only by men. (Alexander, 2002).

Society must begin to accept the variety of sports both men and women can compete in regardless of the traditional gender specific sports notions of the past. Women should be allowed to participate in traditional "male" sports like hockey, bodybuilding, and boxing without being stereotyped as lesbians. Men should be allowed to participate in traditional "female" sports like synchronized swimming and field hockey without losing their "masculinity". A person does not lose their masculinity/femininity because they chose to participate in a particular sport. (Alexander A., 2002).

But women and girl athletes have yet to reach parity with men. Women are still only about one-third of interscholastic and intercollegiate athletes. In addition, women college athletes receive less than 26% of college sports' operating budgets, and less than 28% of college recruiting money. Although as a society we are making progress towards equality, there is no way to proclaim women's sports equal to those of men when funding and support is so drastically different. (Flanagan K., 2002).

Purpose of Research

The purpose of this research was to validate the reports of choice of sport according to the likes (desires) of the two genders:

- Confirmation of sports choice of the male gender. .
- Confirmation of sports choice of the feminine gender. .
- Comparison of sports choices between genders.

Work methodology

Samples of the Tested People

In this research, 100 young people aged between 18 and 25 were divided into two sexes, 54 males and 46 females. The sample selection was random and the only criterion for choosing them was the age. The research was conducted in the Municipality of Podujevo – Kosovo, in the time period of March 2018. It should be emphasized that all young people- students in the research were able to be surveyed.

Measuring instrument

The questionnaire was used for collecting data. The youth - the students had the opportunity to choose from 10 different sports offered in the questionnaire and to add any sport that has not been listed in the 10 sports listed.

The method of applying the research

First, a questionnaire has been compiled, containing 10 types of sports and other sports added by the participants, and the request for young people to choose, according to their desire, the sports they want to engage in or attend as spectators. The questionnaire was submitted to the youngsters to be filled out. There were cases when the questionnaire was given at home, and after they completed it, they handed it in to the author/researcher. However, in most cases, young people were approached on the street and following the explanatory conversation conducted with them, the questionnaire was completed immediately. It should be noted that the participation of young people in the research was voluntary.

Interpretation of Results and Discussion

After data collection, their processing was done using statistical program (SPSS) version 19 for Windows.

Table 1. Descriptive statistical variables in females

Sports-females	N	Minimum	Maximum	Mean	Std.Deviation	%
1. Athletics	14	3	10	7.71	2.164	30,43
2. Basketball	17	2	10	7.88	1.965	36,96
3. Football	14	3	9	6.79	2.119	30,43
4. Gymnastics	14	3	10	7.00	2.418	30,43
5. Handball	9	2	10	6.00	2.828	19,57
6. Swimming	14	5	10	7.57	1.604	30,43
7. Ping pong	12	1	10	5.50	3.060	26,09
8. Tennis	15	2	9	6.87	2.560	32,61
9. Volleyball	44	6	10	9.61	.868	95,65
10. Judo	12	1	9	4.67	3.085	26,09
11. Rhythm	9	4	9	7.11	1.900	19,57
12. Skiing	9	4	9	6.56	1.590	19,57

Based on the basic statistical indicators of the variables applied in this paper, we find that the most favored (liked) sports among the majority of respondents is volleyball with 95.65 percent, then basketball with 36.96 percent, tennis with 32.61 percent and gymnastics with 30.43 percent. The sports that have the least percentage are: handball with 19.57 percent, rhythmic gymnastics with 19.57 percent and skiing also with 19.57 percent. From what is seen on the chart, we can say that women prefer more sports with low aggressiveness and less contact with the opponent. These results are presented graphically below:

Graph 1. Female results graphically presented. Female sport-preferences

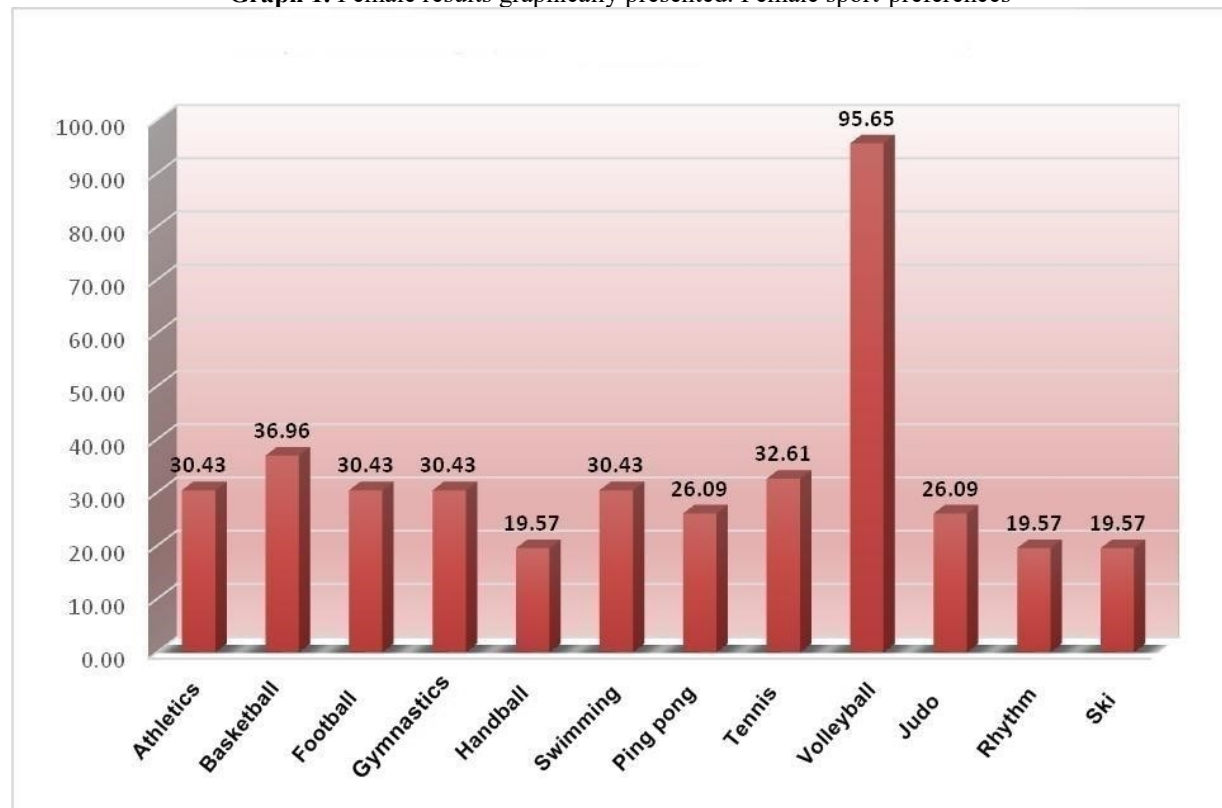


Table 2. Descriptive statistical parameters in males

Sports-males	N	Minimum	Maximum	Mean	Std.Deviation	%
1. Athletics	11	1	10	7.54	2.504	20,37
2. Basketball	16	1	9	8.00	2.033	29,63
3. Football	50	9	10	9.90	.303	92,59
4. Gymnastics	6	1	9	6.00	3.225	11,11
5. Handball	11	2	9	7.64	2.014	20,37
6. Swimming	13	6	10	8.38	1.261	24,07
7. Ping pong	6	2	9	7.00	2.608	11,11
8. Tennis	10	4	9	6.50	1.716	18,52
9. Volleyball	16	5	9	7.56	1.504	29,63
10. Judo	9	3	10	5.78	2.587	16,67
11. Boxing	7	3	10	7.14	2.545	12,96
12. Kick box	5	8	10	9.00	.707	9,26
13. Karate	7	2	9	6.86	2.545	12,96
14. Taekwondo	2	3	9	6.00	4.243	3,70
15. Ski	5	3	9	7.60	2.608	9,26

Based on the basic statistical indicators of the variables applied in this paper, but also on the basis of the chart below, we find that the most favored (liked) sports for men is football, with 92.59 percent, followed by basketball with 29.63 percent, volleyball with 29.63 percent and swimming with 24.07 percent. Sports, which have the lowest percentage are: kick box 9.26 percent, skiing with 9.26 percent and taekwondo with 3.70 percent. From what is seen in the chart, we can say that men prefer more sports in which aggressiveness is more expressed, namely they prefer group games more.

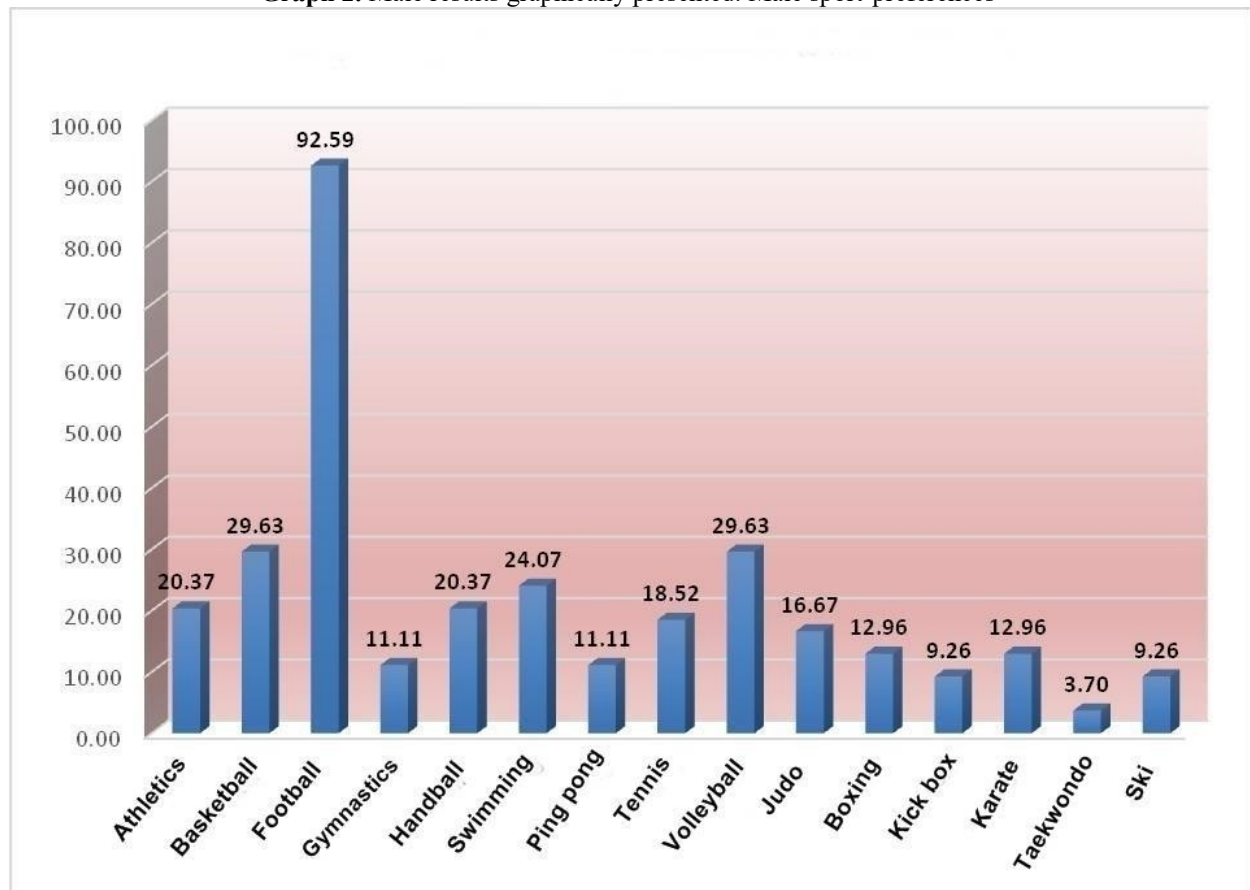
Graph 2. Male results graphically presented. Male sport-preferences

Table 3. Comparison of the choice of sports between the sexes

Sports-females	Mean	%	Sports-males	Mean	%
1. Volleyball	9.61	95,65	1. Football	9.90	92,59
2. Basketball	7.88	36,96	2. Basketball	8.00	29,63
3. Tennis	6.87	32,61	3. Volleyball	7.56	29,63
4. Swimming	7.57	30,43	4. Swimming	8.38	24,07
5. Athletics	7.71	30,43	5. Handball	7.64	20,37
6. Gymnastics	7.00	30,43	6. Athletics	7.54	20,37
7. Football	6.79	30,43	7. Tennis	6.50	18,52
8. Ping pong	5.50	26,09	8. Judo	5.78	16,67
9. Judo	4.67	26,09	9. Boxing	7.14	12,96
10. Rhythm	7.11	19,57	10. Karate	6.86	12,96
11. Ski	6.56	19,57	11. Ping pong	7.00	11,11
12. Handball	6.00	19,57	12. Gymnastics	6.00	11,11
			13. Kick box	9.00	9,26
			14. Ski	7.60	9,26
			15. Taekwondo	6.00	3,70

Based on the basic statistical indicators of the variables applied in this paper, we find that the most favored (liked) sports by females is Volleyball with 95.65 percent, while the most preferred sport by males is football with 92.59 percent. There are also sports which are preferred by both sexes. Basketball, which is the second ranked (most preferred) sport is preferred by women with 36.95 percent, while by men with 29.63 percent. Then follows swimming, which is the fourth ranked sport (most preferred) by women with 30.43 percent and by men with 24.07 percent. From what is seen in the table, we can say that there are sports that are preferred by both sexes.

Conclusion

In conclusion we can say that gender plays its part in determining the preferences over sports the youth wants to engage in or even be a spectator of. Although this research was focused only on this definition, these results are certainly supported by the results of other researches according to which besides gender, the choice of sports is also affected by the motivation of young people, their level of education, the social background of the families where young people come from, the educational level of their parents, the level of engagement of their parents in different sports etc.

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APPENDIX

QUESTIONNAIRE

I have compiled this questionnaire, within the preparation of the research work, in which you will select according to your liking the sports you want to practice or just follow them as a sports lover.

You have the right to participate in the research, or to withdraw at any time from it. Your identity will be confidential or anonymous at your choice.

Name Surname: _____

Age _____ sex _____

TOPIC: HOW THE LIKING OF SPORTS IS INFLUENCED BY THE YOUTH GENDER

List according to your liking the following sports.

ATHLETIC _____

BASKETBALL _____

FOOTBALL _____

GYMNASTICS _____

HANDBALL _____

SWIMMING _____

PING-PONG _____

TENNIS _____

VOLLEYBALL _____

JUDO _____

Others _____

THANK YOU FOR UNDERSTANDING