

The Impact of Sports Activities on the Androgynous Behavior in Sport Science Faculty's Students

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Abstract

Androgyny is defined as the opposite characteristics between the gender and appearance. This study aims to determine the impact of sports activity on the tendency of androgynous behavior in female students of Sport Science Faculty. This is a descriptive qualitative study. There were 20 research subjects participated in this study. Furthermore, after being evaluated by *Bem Sex Role Inventor* (BSRI), six research subjects are categorized in androgyny category. The deep interview was performed to investigate the factors which influence them. The results, five research subjects stated that sport activities create and support their androgyny behavior. Most of them argued that their appearance makes them more confidence and simple. So they could perform better in their sport. Moreover, the environment in the competitive sport requires them to be competitive and strong. So, being strong and looks masculine are the dream of them. Furthermore, five of them started the androgyny behavior after junior high or senior high school. In conclusion, the androgynous behavior in sport science faculty is influenced by the sport characteristic.

Keywords: Androgynous Behavior, Androgyny, Sport Psychology

Introduction

In our society, sports being understood as an ideal means to maintain health (Dacica, 2015). Furthermore, it is also expected not only improve physical health, but also psychological health (Dohle & Wansink, 2013). So there are so many sport activities which are introduced as a leisure activity (Liu, 2009). Moreover, sport contributes positive value for human development (Maksum, 2009). However, sport participation is still dominated by male (Lentillon, Cogérino, & Kaestner, 2006). Female often being judged as an uncompetitive gender in sport (Klomsten, Marsh, & Skaalvik, 2005). So they do not have many chances and opportunity to participate in sport.

Fortunately, female athletes opportunity gradually increases. Especially, when female athletes perform very well and achieve a great accomplishment. They become a figure and an inspirator for other female athletes to participate in sport. As the result, there are many female athletes start to participate in sport and even in male "traditional" sport. They are getting more competitive by adapting their training style and also appearance. Furthermore, they have the strength, power, endurance and other physical components to support their performance.

Unfortunately, the society could not accept this condition. Society still perceps that gender difference has a significant gap in sport performance. Finally, there was a controversial case in the Singapore 2015 SEA Games. Philippine women's volleyball team refused to compete against the Indonesian national team. The Philippine women's volleyball team coach, Roger Goyareb distrusted the gender of an Indonesian volleyball players. She is Aprilia Santini Manganang. She has a powerful spike and amazing performance. Moreover, her appearance si so masculine. Goyareb even urged that

a sex test be conducted in Aprilia. He said, "She (Aprilia) is very strong. It is like using a male player in a women's team,". However, this request was rejected.

Aprilia's case could be categorized as androgyny. Androgyny is a term that combines two words from Greek "Andro" or men and "Gyne" or women (Heilburn, 1993). So, androgyny is concerned with a gender condition which is ambiguous in determining the gender characteristics (Regina, 2009). It is not clear whether an androgyny has male or female social identities, or a combination of the two according to the characteristics of the community in which they live (Rylett et al., 2017). There could be different sex, gender, and sexuality orientation (Carr, 2005). However, Androgyny is different from hermaphrodite or inter-sexuality (intersexuality), which is a condition in which a person is of dual sex (Safir, Rosenmann, & Kloner, 2003). In this research, researcher focuses on the girl who demonstrate masculine gender behavior or tomboys (Safir et al., 2003).

The aim of this research is to explore the impact of sports activity on the tendency of androgynous behavior. Especially, the androgyny phenomena in Sport Science Faculty which is dominated by male and has so many sport activities. So this research result is expected to give comprehensive knowledge and theories in sports psychology. Particularly, the effect of sport participation in female collage sport science faculty students' psychological genders (Rutkowska & Bergier, 2015). Moreover, this present paper also investigates the cause of androgynous phenomenon.

In the early 1970s the field of psychology and culture assumed that determining the type of sex was not only normal, but also very much needed as a result of human development. This assumption is reflected in research instruments in that field which are used to assess masculinity and femininity, where masculinity and femininity at that time are still seen as bipolar ends of a single continuum. The concept of androgynous individuals namely individuals who do not rely on gender as a principle that organizes cognition and which combines masculine and feminine elements in their personality has not been defined and has not been articulated at that time (Bem in Regina, 2009).

According to Rylett et al. (2017) Gender, on the other hand, refers to the roles and social or cultural characteristics used to describe masculinity and femininity in certain societies. Researchers who initially only pay attention to measurements of masculinity and femininity in absolute terms, in fact find that the measurements they use are not a picture of a sedentary personality trait. The measurement they use is a description of gender aspects that are considered relevant and closely related to self-concept and a person's self-image in line with the gender stereotypes used. The approach used then changes.

Women who are classified as androgynous have different appearance compare to ordinary woman. So it can be observed and distinguished the different easily. For example, women generally have long hair, wear brightly colored clothes, use colorful accessories, subtle speech and other feminine behavior as a woman. On other hands, androgynous tends to be more masculine. They have a male-like appearance, speech style, clothing, accessories and activities. However, individuals who are identically to be androgynous, could have a normal in terms of romance and relationships. So, they still have an interest in the other gender. Moreover, men who are classified as androgynous have the same characteristics as women. According to Manda & Suardi (2016) there are some factors that could influence women with masculine character are (a) because of the habit of women wearing men's clothing, (b) frequent activities carried out by men, (c) frequent associations with men. So, there are differences in approaches to masculinity and femininity (Brannon, 2012). However, this present paper limits the focus on the sport participation effect to androgynous phenomena towards female sports science faculty students.

Method

This is a phenomenological study with qualitative descriptive methods. There are 6 sport science faculty female students who were involved as research subject. All of them are selected by using

purposive sampling technique which is positively indicated as androgyny by *Bem Sex Role Inventory* (Fig. 1). Furthermore, the deep interview and observation were performed to get the further information about this phenomena.

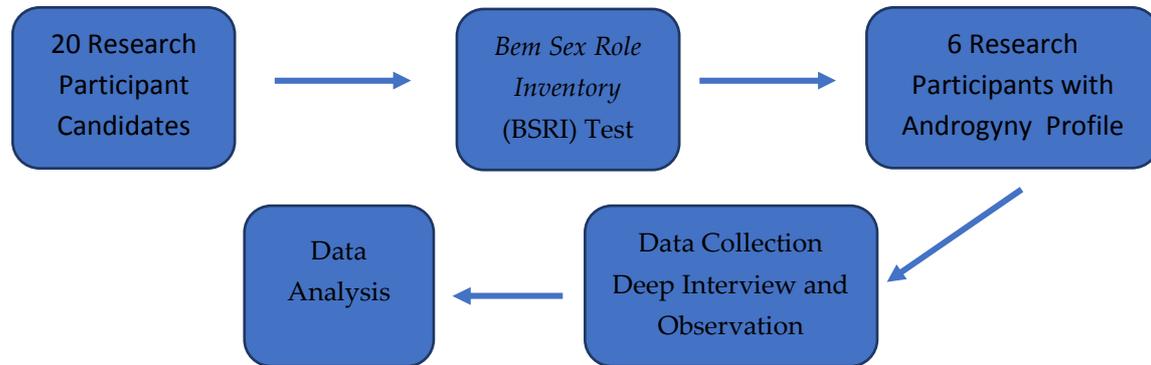


Figure 1 Research Procedure

Qualitative data analysis technique (Seidel, 1998 in Moleong, 2005)

1. Conducting in-depth interviews with the respondents studied.
2. Take notes that produce field notes, with that code given so that the data source can still be traced.
3. Collect, sort, classify, synthesize, make summaries and indexes.
4. Thinking, by making the data categories have meaning, looking for and determining patterns and relationships, and making general findings.
5. After the interview was conducted with the respondent and the researcher has found data about something related to the research, the steps taken by the researcher, namely, analyzing the results of interviews with respondents from the results of the analysis the researcher will find out whether the interview results can answer the problem said the researcher.
6. The next stage is, the researcher makes Verbatim (rewriting in detail the conversation between the interviewer and the respondent) so that the data from the results can be elaborated in detail and become accurate reference data for the next step.

Results and Discussion

Based on the interviews that were conducted in to six research participants (Table 1), there are two main topics will be discussed. However, there are several questions which were not included in this table. These questions were used to sharpen each interview item. So there are some explanations and deep reasoning correlating with the participants' answer.

Table 1 Interview Summary

No	Interview item	Research Participant					
		1	2	3	4	5	6
1	Do you participate in a sport activity regularly?	Yes	Yes	No	No	Yes	Yes
2	Was your childhood style the same as your current style?	No	No	No	No	No	Yes
3	Does your environment influence your style?	Yes	Yes	Yes	Yes	Yes	Yes

Cont. Table 1

4	Does your society accept your style?	Yes	Yes	Yes	Yes	Yes	Yes
5	Do you feel more comfortable with your current style?	Yes	Yes	Yes	No	No	Yes
6	Do you enjoy participating in sport activity?	Yes	Yes	Yes	Yes	Yes	Yes
7	Do you enjoy to dress up or appear feminism?	No	No	No	No	No	Yes
8	Do you feel more comfortable by having short hair style	Yes	Yes	Yes	Yes	Yes	Yes
9	Do you feel more confidence to act masculinity?	Yes	Yes	Yes	No	Yes	Yes
10	Do you often use your physical or kinesthetic to solve the problem?	No	No	No	No	No	Yes
11	Do you prefer to be a leader or being led by other?	No	Yes	No	Yes	No	No
12	Do you prefer to do Individual sport?	No	Yes	No	No	No	No
13	Have you ever participated in a sport training Center?	Yes	Yes	No	No	Yes	No
14	Does staying in a sport training center influence you to be masculine?	Yes	Yes	No	No	Yes	No
15	Do you enjoy to participate in full body contact sport?	Yes	Yes	Yes	No	Yes	Yes
16	Have you experience an intense training or exercise?	Yes	Yes	Yes	No	Yes	Yes
17	Do you compete or practice with male?	Yes	Yes	No	No	Yes	Yes
18	Is you achievement increasing when you change your style?	Yes	Yes	Yes	Yes	Yes	Yes
19	Does your sport activity influence your style and behavior?	Yes	Yes	Yes	Yes	Yes	Yes
20	Do you adjust your style and behavior to the sport characteristic?	Yes	Yes	Yes	Yes	Yes	Yes

First, there are 17% of androgynous research participants claimed that their appearance changing and behavior began in childhood. While 83% said that the change had been experienced since entering junior high or high school. Moreover, they stated that they changed their hair style become shorter after he participated in futsal team. This fact is caused by the gender discrimination in physical education class (Lentillon et al., 2006). Because females are judged as a low performer in physical education class (Klomsten et al., 2005). So some of them changed their style to more masculine. This condition also could be influenced by the adult or figure in their team (Safir et al., 2003).

(Research Participant 1)

Q: When did you look like a man? Tell me!

A: "Since junior high school, emm, since then I have come to understand futsal, yeah, because I joined futsal, yes, sport. Before you join, it's long, Sis. Like a normal girl "

(Research Participant 2)

Q: When did you look like a man? Tell me!

A: "since I was an athlete, about junior high school"

(Research Participant 5)

Q: When did you start to change your appearance?

A: "I started to change my appearance since I joined in the School Volley Ball Team"

(Research Participant 6)

Q: When did you start to be androgyny?

A: "I got my style since the childhood.

Secondly, their appearance and behavior changing give them more self-confidence. There are 83% research participants stated that having a masculine appearance makes them feel confidence. This confidence is obtained because male appearance is considered as a strong and competitive person in sport (Gadbois & Bowker, 2007). Furthermore, the behavior changing could be also understood as personal self-expression (Sandfort, 2005). However, androgyny has a better communication skill (Hirokawa, Yagi, & Miyata, 2004). So, They have higher self-esteem than non-athlete female (Harrison & Lynch, 2005).

(Research Participant 1)

Q: Is it more comfortable to have short or long hair? Give a reason!

A: "I enjoy to have a short hair, because it's very simple and easy to maintain"

(Research Participant 3)

Q: Is it more comfortable to have short or long hair? Give a reason!

A: "Short hair is more comfortable"

Q: "Why?"

A: "Because it's not complicated and don't feel hot"

(Research Participant 4)

Q: Does your masculine style support your sports achievements?

A: "Yes, I believe so. Because I compete in the higher level"

Q: Why do you think so?

A: "I gain more confidence when I am masculine. Because people will not underestimate me when we are competing in futsal game"

(Research Participant 6)

Q: How this masculine style benefit you?

A: "I become more positive. Particularly when I am facing the problem, everything become simple and easy".

Q: So do you prefer to be masculine?

A: "for me it is very flexible, It is also depending by the time and situation. For the daily style, I prefer to be like this. However, I can also change

my appearance in some certain occasions that require me to be more girly”

Conclusions

Based on the results and discussion, it can be concluded that sports activities influence Androgyny behavior. Because they believe that being competitive and strong is a must in sport. Moreover, Being masculine give them more self-confident. Furthermore, they can train their strength and capability as intense as male. Gordjin (in Maksun, 2007) also explained that "the emergence of motion behavior is essentially an interaction between individuals and the environment (person-world system)". The influence of this social environment also includes customs, traditions and norms (Sudirman, 2001). It is including hobbies and daily activities (Michele, 2007).

Implications

a. Researchers

Practically, this research provides an empirical experience and data about the phenomena that occur, namely the androgynous lifestyle among FIK students. In addition, it can provide direct insight and considerable and extensive experience related to subjects that are rarely studied, namely at the level of college students.

b. Other Researchers

The results of this study are expected to be able contribute the knowledge development of androgyny. Furthermore, the larger contributions and insights to future researchers are also coveted. In addition, it can be a good and relevant research for other researchers who will examine similar things.

c. Students

The results of this study can be used as a consideration and discourse to add new information to students related to the variety of phenomena around them. Moreover, they have more knowledge about androgyny.

d. University Institutions

The results of this study can be used as study material and information. Particularly to understand more about the phenomenon of androgynous lifestyles among students, especially at the Faculty of Sport Sciences, Surabaya State University.

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