

SOCIAL FACTORS WHICH INFLUENCE
CANADIAN WOMEN'S PARTICIPATION IN
THE SHOT PUT

by

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Abstract

Twenty-two female and fifteen male high school students from Kingston and across Canada, and seventeen female and eleven male university students from across Canada completed a questionnaire to determine if social constraints, especially stereotyped body build images, were primarily responsible for the lack of women's participation in the shot put in Canada. These subjects responded to bipolar concepts on a seven-point Likert scale designed to solicit their impressions of the "ideal" woman, female shot putter, female athlete and generic shot putter. Analyses of variance were carried out to determine if a significant difference in perception and acceptance existed between different social categories: the "ideal" woman and female shot putter; the "ideal" woman and female athlete; the female athlete and female shot putter; and the female shot putter and shot putter.

In addition, thirty-seven female shot putters who had competed in the various age divisions at the OFSAA High School Track and Field Championships, the National Junior Track and Field Championships, the National Senior Track and Field Championships, Canada Games, or the Legends of the Plains Throws Meet completed a sport specific questionnaire. Among the data collected, those specific to body build image were analyzed and included as part of the thesis research. The results indicated that even without factoring in differential sport funding, availability of quality coaches and other traditional barriers to sport involvement, because of the

pervasiveness of social barriers the future for women's shot put in
Canada is not positive.

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CHAPTER 1

Introduction

The 1996 Atlanta Olympic Games presented a number of euphoric moments for Canadian track and field supporters. Canadians won gold medals in two of the premier events, the men's 100 meters and the men's 4x100 meter relay. Historically, only five other Olympic Games have produced the "golden moment" in track and field for Canadians: the 1908 London Games (gold-1, silver-1, bronze-3); the 1928 Amsterdam Games (gold-4, silver-2, bronze-2); the 1932 Los Angeles Games (gold-1, silver-3, bronze-5); the 1992 Barcelona Olympic Games (gold-1, silver-1, bronze-1) (McNulty & Radcliffe, 1992). Donovan Bailey's performance in Atlanta, represented the first time since 1928, when Percy Williams won the 100 meter and 200 meter events, that a Canadian track and field athlete has been a double gold medalist.

These results seem to suggest that track and field has been a steadily improving sport in Canada. Indeed, it has rebounded admirably from the dark days it experienced after the 1988 Seoul Olympics and Ben Johnson's positive test for steroid use. But is it true that track and field performances are improving? Cecil Smith's (1993) analysis of the progress made in the various Canadian track and field events over the last ten years in Canada, revealed that, (the odd improvement and odd regression aside), the sport has

actually been in a state of stagnation. Based upon his interpretation of the data, Smith candidly asserted that "Canada is very weak in depth. World class athletes will surface from time to time, but behind them there is a giant chasm" (Ibid., p. 7).

He went on to note that in particular there was a definite difference between track and field events.

Field events, throws and jumps, need serious surgery to save them from oblivion. Just look at how many field eventers cannot make standards to compete at the Olympics or World Championships. This must surely be a cause of concern to many people, because if it isn't, then ten years from now we will retain the same overall picture, which even by today's standard is not that great. Ultimately despair will set in amidst the field event athletes (Ibid.).

Smith is not alone in his pessimistic overview of the field events. Roman Olszewski (1993), in his annual ranking of Canadian Track and Field events in comparison to World Rankings, consistently ranks the women's shot put as either the worst or second worst event (only women's discus and men's hammer have the dubious distinction of laying claim to the bottom rung) in Canadian track and field. The last time a female shot putter was selected from the Canadian Olympic Trials to represent the country at the Olympic Games was in 1976 when Canada was the host nation. Even at the 1984 Los Angeles Games discus thrower Carmen Ionesco was only entered in the shot put event once Canadian officials learned there were not enough competitors to make a

complete final of twelve athletes. Paradoxically, women's shot put initially benefitted enormously from the Dubin Inquiry into drug use in Canadian Athletics (Dubin, 1990). The outcome of the Dubin Inquiry was the introduction of more stringent measures about drug use in sport. This led to drug-free standards which were significantly lower than at the previous Olympic Games. The consequence was that at Barcelona, Canada sent its largest ever track and field contingent. It included shot putter Georgette Reid. The benefit of the Dubin Inquiry was short-lived, however. In response to the severe funding cuts of the 1990s to Sport Canada, sport association funding has become increasingly tied to performance. As a result, unlike Barcelona, the Atlanta Games represented one of the smallest Olympic track and field contingents ever sent by Athletics Canada. The qualifying standards returned to the pre-Dubin Inquiry level and not a single woman represented Canada in the throwing events in Atlanta.

For an event to improve one critical prerequisite is that the best young athletes continue to be active competitors until they have achieved their maximum athletic potential. One would expect that the best juniors would continue in the event to become the best seniors, but this is not happening in the women's shot put. The National Championship results from the last fifteen years indicate that only one former National Junior Woman Shot Put Champion has successfully ascended to the top of the senior ranks. A similar

review of the other track and field events suggests that this situation is unique to the women's shot put and discus events. Statistics of the women's discus indicate that only two former National Junior Champions eventually won senior titles.

It is a truism that before a comprehensive investigation into an area can be conducted something must be known of that particular area. Currently there is no information available on Canadian women shot putters. In carrying out the research for this thesis no articles that dealt specifically with female field event athletes, let alone, shot putters, could be found anywhere in the current literature.

Not only is there no research being conducted on female shot putters, but there is also significant media distortion of female athletes generally. Kane (1988) argued that the media presents an image that the modern sporting woman has finally acquired the long overdue and widespread social acceptance that she has been denied for so long. If this apparently universal acceptance was indeed fact, then all women involved in sport, and their participation in sports traditionally classified as gender inappropriate should be positively perceived regardless of their body build. Kane found this was not the case. Women were underrepresented in media coverage and were portrayed in verbal and visual terms that detracted from their athleticism.

This thesis is an attempt to address the paucity of research concerning women shot putters. In order to test the hypothesis of whether or not women athletes are positively perceived I have utilized the systems dimension model developed by Brown (1985). Brown surmised that if female athletes had received universal acceptance then the impact from social constraints in the form of gender role stereotypes, disproportionate opportunity sets, and variation in social support received from significant others, regardless of the type of athletic involvement, should not determine the selection, and participation in any sport.

For the purposes of this thesis, only one aspect of Brown's systems dimension is investigated, that being the impact of gender role stereotypes and body image perception. As the following review of literature delineates, women's participation in sport, has not always been an individual choice or unencumbered, and even today is influenced socially.

The review presents both research and journalistic publications covering a variety of relevant topic areas, in the hope of providing an understanding of the wide range of complex, interrelated issues which are inherently implied when focusing on gender stereotypes and body image. In keeping with the objective to provide more information on Canadian female shot putters conclusions address the possible participation patterns of the elite Canadian female shot putter.

Journalistic articles are included in the review for two important reasons. First, as already noted, there is a significant absence of research on the topic. Second, newspaper and magazine articles are often an excellent barometer of social attitudes and a portrayal of social reality. In some cases they may even be a better indication of social attitude than research articles.

There are also significant limitations to this research. The majority of the articles that are presented in the review of literature are of American origin. Only a few applicable Canadian articles could be found that were pertinent. Given that Canadians differ from their American counterparts in their attitudes towards many social issues, it is logical that women's participation in sport will also differ. For this reason, whenever possible, the Canadian articles are highlighted. Second, and closely aligned to the first limitation, is that conclusions arrived at based upon the literature review are premised almost exclusively upon American research. As such they may not be an accurate reflection of the Canadian attitude towards women in the sporting domain. They do, however, provide the theoretical framework from which the more specific research question and hypotheses about the impact on participation in the sport may have on the elite Canadian female shot putter.

The results of this thesis provide some understanding as to why so many young athletically talented women refuse to participate and why so many female shot putters in Canada, have

tended to retire, drop out, or withdraw, from the sport before reaching the upper echelons of competition. The common denominator addressing these questions is believed to be body build image. Generally, it is hypothesized that women do not want to become involved in the sport because the body build required for success is in direct opposition to that of the "ideal female" body build norm. While beyond the scope of this thesis it is suspected that women who do become involved in the sport have a positive body image and a strong sense of self. It is also believed that years of fighting a "ton of feathers" (a continuous build up of numerous little things such as justifying their participation or body build) eventually leads to women retiring from the sport before reaching their full potential.

The choice of this topic is not fortuitous. The shot put has been an all consuming passion of mine for the better part of the last twenty years. It has had a significant and positive role in shaping and influencing my life. As a former Canadian National Team competitor in the shot put and currently a coach working with shot putters it pains me to see the event stagnating, if not regressing. Few women, and especially those with the physical potential to succeed, are prepared to even participate in, let alone commit themselves to excelling in the event.

This study then, in addition to producing results of theoretical merit, has a practical application. As an elite coach the conclusions

from this study will help me argue for the creation of a framework from which to promote the sport and maintain the interest of potential young throwers, so that women's shot put becomes one of the most progressive events in Canadian track and field.

One final limitation of this research applies to the review of literature which follows. Many of the articles presented are quite dated. At the risk of being repetitive, there simply was no research in this specific topic area. The articles that appear were chosen because they are either the most appropriate, or could be extrapolated to this particular topic.

The thesis is organized in the following way: Chapter two is the review of literature chapter. Chapter three focuses on the methods and procedures used in the data collection. The analysis of data, will be presented in Chapter four, with Chapter five being the discussion of the thesis results. The final chapter comprises the summary, conclusions and recommendations for future research.

CHAPTER 2

Review of Literature

The review of literature addresses the general factors which historically have impacted upon women's participation in sport, specifically public acceptance of the female athlete, stereotypes of women and female athletes, body build considerations, media portrayal of women and female athletes and role conflict issues. The review should provide the reader with a clear comprehension of the social atmosphere, past and present, in which the female athlete has had to compete. An understanding of the social condition and how the female athlete has been, and is currently perceived, is of vital importance in ascertaining those social constraints which have been eradicated and those which still influence sports participation.

General Factors Affecting Sport Participation by Women

Sport has historically been a dominantly male domain. Until recently, it was such an exclusive male domain that it was considered synonymous with the expression of masculinity (Boutilier & SanGiovanni, 1983; Harris, 1973; Kane, 1988; Kane, 1989; Sabo & Runfola, 1980). The genderization of sport, perpetuated by persistent myths, sexist attitudes and stereotyped beliefs, effectively served to shape and inhibit female participation

in athletics (Coakley, 1982; Kane, 1988; Karger, 1981). The severity of the restrictions on female participation in sport were largely culturally imposed and have varied throughout history (Coakley, 1982; Spears, 1978). In ancient Greek society, while the Cretes and Spartans accepted vigorous sporting activity by women, the Athenians felt women should be confined to the home and concentrate on making themselves attractive (Spears, 1978). With the rare exception, "physical prowess did not fit with popular definitions of femininity among the ancient Greeks", thus, "any involvement in sport led to questions about a woman's sexuality" (Coakley, 1982, p. 219). The questioning, especially if the woman is involved in a masculine defined sport, still occurs and may deter female participation (Ibid.).

The dominant concept of true womanhood -- frail, fragile and idle -- emerged from the middle ages and was not seriously challenged until the women's movement of the nineteenth century. Women became physically active in sporting type activities in the last half of that century, when organized games became an important part of the physical education curriculum (Spears, 1978). However, participation "was formally and informally controlled so that those involved would not strain themselves or be forced to display any unladylike behaviour" (Coakley, 1982, p. 221). In the United States, sport in the guise of playdays was fashionable for women in the 1920s. By the 1950s sport was overtly associated

with the connotations of being either ladylike or unladylike, thereby clearly genderized. The elite female collegiate participant gained some recognition as an athlete in the 1960s, when national intercollegiate championships for women were finally established in American colleges and universities (Spears, 1978). In order for American women to acquire the right of equal opportunity in sport, legislation was required and the so-called Title IX became law on July 21, 1975. Its proponents argued that after years of denial, women should be allowed to fully participate in sport (Kane, 1988).

Prior to Title IX, the conclusion that was drawn about the state of women in sport was, that "while sport for a few women.....has always been accepted, sport for the average girl or woman has not been accepted" (Spears, 1978, p.14). Evidence for the validity of this conclusion is amply supported by the research on the social acceptability of various sporting activities and the female athlete.

Both Metheny (1965) and Snyder & Kivlin (1975) in efforts to determine whether certain sports were construed as ladylike and, hence, more socially acceptable than others, obtained identical rank ordering by their respective research samples. Sports such as basketball, softball, and track and field scored low on social approval, primarily because they were team oriented, involved application of a large force, had high energy expenditure, and required considerable physical strength. Individual sports such as

swimming, tennis, and gymnastics which emphasized feminine grace, received the greatest social approval.

Selby & Lewko (1976) focused on the attitudes of grade school children toward women in sport. Girls in grades three through nine were found to have significantly more favourable attitudes towards female sport participation than did the boys. Older children and girls who were sports participants tended to have the greatest acceptance of women in sport. Male sport participants held the most negative attitude towards women's involvement in sport. Selby and Lewko speculated that this negative attitude stemmed from the fact that with female participation boys had to share sport facilities and coaches with girls.

Kingsley, Brown and Seibert (1977) were interested in discovering if college women athletes and non-athletes held the same attitudes about the social acceptability of women, with differing aspiration levels, involved in either traditionally masculine (softball) or traditionally feminine (dancing) sports. Athletes consistently rated the softball player higher in acceptability than the non-athletes did, regardless of aspiration level, while their rating of the dancer did not differ significantly from the non-athletes. The investigators had expected the non-athletes to rate the dancer significantly higher than the softball player in terms of acceptability, but no difference was discovered. Kingsley et al. concluded that societal norms do not contribute to a negative

perception of high aspirations among women who participate in traditionally masculine sports.

Research by Nixon, Maresca and Silverman (1979) documented how predominantly white, affluent college students regarded the "female in sport" issue. The students responded to eleven items grouped by the researchers under one of three categories -- opportunity structure, females in traditionally male sports realms, and femininity, masculinity and socialization. Opinions were found to dramatically vary according to the sex of the respondent. As long as female sport participation did not require men to share equipment and facilities, the male responses were favourable. In comparison to their male counterparts, female students had a greater acceptance of women competing in traditionally male sports, were less likely to feel that sport masculinized the participant, and did not feel that it was as important for the sportswoman to work at displaying her femininity. Nixon et al. concluded that women were uniformly and often, substantially, more likely than males to accept, without reservations, the involvement of women in sport.

Woodford and Wilbur (1981) introduced age and education as possible mitigating factors in explaining the attitude of the general public towards women participating in intercollegiate sport. Their sample group held very favourable views towards female participation; the chi-squared probabilities revealed no significant

gender differences in responses. However, respondents with no college education were found to hold significantly more negative, hence traditional views, on four of the six items as compared to respondents with a college education. Significant differences were also found between the responses of the three age groups (18-30, 31-50, over 50) on all six items. Notably, as the subjects got older their views became more conservative. Of particular relevance to this review, field events (shot put or discus) in comparison with other sports in the study (basketball, volleyball, softball, swimming, tennis, and track) were perceived by twice as many respondents to detract from the qualities a woman should possess. Woodford and Wilbur concluded that age and education strongly influenced attitudes held towards women's participation in sport. In general, the younger and more educated were the respondents, the more positive was their orientation towards women participating in intercollegiate sport. The researchers also concluded that the general public has a positive orientation and a high degree of acceptance towards women in specific sports.

An intriguing question arises from this study. Can the low social acceptance of women field athletes that was reported, be explained by negative social reaction to the body build and power possessed by these women athletes, or by a disdain for the event itself? The following quotation suggests that shot put is accepted as a legitimate sport, but only when the competitors are male.

To most of the women in the US and to many women of other nations, the shot put and discus throw are forms of competition that are generally unacceptable to the feminine image. They are men's sports, requiring tremendous explosive strength and a large physique for superior performance. Generally speaking, women do these very badly, poor mimics of men, and these sports have a limited appeal to the female sex. It is a known fact[!] that chiefly the hefty, masculine woman gains sufficient satisfaction from performance of these two athletic activities. There are many men and women around the world who would be delighted if the IOC would eliminate the shot put and discus from the field events for women in the Olympic Games because often the feminine self-image is badly mutilated when women perform in these two sports (Gerber, Felshin, Berlin, and Wyrick, 1974, p. 152).

If it was the event which was unpopular then the demand would have been to remove the shot put from the Olympic Games, rather than to bar female competition in it. Given the reference to body build and the association between the event and mutilation of the feminine image, arguably, it would appear that the body build possessed by women shot putters may have had a role in the negative social reaction in the Woodford and Wilbur investigation. Unfortunately, the public's perception and acceptance of women of large build who possess strength and power cannot be addressed since there has been no research conducted in this area. The common sense logic suggests that men find women with strength and power threatening to their masculinity (Hall, 1980). Moreover, the logic also suggests that men have a preference for weak women

as they can be more easily dominated than strong women. Hall (Ibid.) in her review of the "origins of the feminine image in sport" stated that the "Biblical injunction against women fighting has little to do with a protective spirit among men, rather it was a means to protect the status quo of domination and suppression" (Ibid., p. 6). Further, she asserts that little, if any, headway had been made by women in their efforts to freely participate in sport.

At this juncture, it should be noted that the Woodford and Wilbur (1981) investigation was the only one found that separated track and field into its two component parts -- track, field. This is an important separation since track and field is a sport comprised of running, jumping and throwing events, all of which require specific morphological and physiological characteristics in order for the participant to be successful (Schmolinsky, 1992). Without this methodological separation problems arise when a research sample is asked for its perception of track and field athletes. The researcher is never certain which athletes or event underlies the response given. This is even more problematic for the female track and field athlete. Arguably, the female runner and jumper would meet with greater public acceptance, than the female involved in throwing events, because the morphological characteristics of the former would more closely resemble those of the culturally preferred feminine body type. Support for this contention was seen in the Woodford and Wilbur (1981) study, in which positive

acceptance of female track athletes was almost twice that for female shot putters and discus throwers. In summary then, to regard track and field as a single category and to present data so obtained, provides, at best, a misleading interpretation, and at worst, a complete distortion of perceptions of female track and field athletes.

The negative male attitude towards female sport participation as noted by Nixon et al. (1979) was readdressed by Kidd (1983) in his article "Ontario Legalizes Discrimination". Kidd argued that since males have historically been encouraged to participate in sport while females have been systematically discouraged from doing so, males have enjoyed the best opportunities and, as a result, in most sports have achieved the highest standard of performance. He contended that as long as women are excluded from competition with men, an important avenue for improvement, the challenge of better competition, would be blocked. Kidd recognized that a catch-22 situation existed. As long as the objective standards to measure performance indicated that men "out performed" women, and as long as affirmative action in sport is non-existent, then performance-conscious decision makers will continue to channel more resources into men's programs, to the detriment of women's sport.

In an effort to ascertain whether or not societal acceptance of the female athlete had changed, Snyder and Sprietzer (1983) replicated and extended Snyder and Kivlin's (1975) study, factoring

in the subject's own sport involvement. They found the rank order of the sports had not changed from the previous study, but that respondents were less likely to feel participation in sports defined as less appropriate detracted from the participant's femininity. Snyder and Sprietzer concluded that in the eight year span between the two studies, there was evidence of greater acceptance of female sport participation by the general population.

In their study Basow and Spinner (1984) randomly distributed a four-item questionnaire, scored on a nine-point scale, describing either a male or female athlete in one of three sports (football, tennis, or figure skating), to both male and female college students. Representation of respondents was randomly distributed across all four years of college. The sum of the responses to the four-items was used to determine the social acceptability of the athlete. In addition, subjects provided biographical information, rated themselves on a nine-point scale as athlete/non-athlete, and rated the masculinity/femininity of the three sports on a nine-point scale. Using a two-way repeated (sport x rater's sex) analysis of variance, the researchers discovered football to be the most masculine, tennis to be less masculine and figure skating to be the least masculine activity. Male subjects rated all sports as being more masculine than did female subjects. A three way analysis of variance (sport x athlete sex x rater's sex) revealed only sport had a significant effect. A positive correlation existed between the

respondent's perception of themselves as athletes and the score of the hypothetical athlete was scored on the social acceptability scale. The male students rated both female and male athletes less socially acceptable than did the female students. The investigators concluded that male and female athletes were not differentially evaluated as a function of the sex-typing of sport, nor were female athletes evaluated more negatively than male athletes.

The literature would support the contention that the female athlete is now accepted more than at any previous time in history. It would be rash, however, to conclude that the female athlete is, without reservation, universally accepted and encouraged. Women are more accepting of women participating in sport than are men (Basow & Spinner, 1984; Nixon et al., 1979; Selby & Lewko, 1976). The male attitude seems to be one of self interest, that is, men do not mind women competing as long as there is no loss of facilities, equipment, or financial backing for male sport in the process (Coakley, 1982; Kidd, 1983; Nixon et al., 1979; Selby & Lewko, 1976; Woodford & Wilbur, 1981). The majority of studies continue to indicate that female athletes are accepted more if they are competing in gender-appropriate individual sports such as swimming, tennis, and gymnastics (Hall, 1980; Kidd, 1983; Metheny, 1965; Nixon et al., 1979; Snyder & Kivlin, 1975; Snyder & Spreitzer, 1983; Woodford & Wilbur, 1981).

The Kingsley et al., (1977) and Basow and Spinner (1984) studies were the only ones to conclude that there are no dominant negative societal norms regarding women participating in traditionally masculine sports. Unlike other studies which sampled both male and female subjects, the Kingsley et al. investigation used only female college students as subjects. The research group biased the results in that women tend to be more accepting of female athletes. Hence the generalizability of these results must be questioned. A number of the studies also indicated that the level of education was a correlate that differentially affected the degree of acceptance granted to female athletes (Snyder & Spreitzer, 1983; Woodford & Wilbur, 1981). It is, thus, not surprising that the college-educated subjects in the Kingsley et al. study expressed positive and liberal views of women in sport.

With regard to the Basow and Spinner (1984) study, the external validity of using a four-item questionnaire must be noted. It is possible that the wording and use of only four items was not sufficient to isolate a wider range of view points. In addition, the subjects had a higher than normal education level which would tend to favour more positive responses. The extrapolation of these results to attitudes of a wider population is inappropriate.

The status quo appears to be one of conditional acceptance for the female athlete. This partial acceptance of female athletes may be a reflection of the myths, stereotypical perceptions and fallacies

that exist regarding women and female athletes, and/or, possibly it is the outcome of the current cultural attractiveness norms that exist for women. The subsequent sections focus on the stereotypes and body build norms that come to define the female body image.

Stereotypes of Women and Female Athletes

Knowledge of a concept determines how that concept will be perceived. Favourable perceptions tend to be accepted while negative perceptions tend to be rejected. Knowledge, thus, precipitates acceptance and/or rejection. To discern why people accept one thing but reject another, it is essential to concentrate on the individual's knowledge of the thing and, in particular, how and where the persons acquired their knowledge. It has been speculated that people acquire knowledge through six methods, namely, tenacity, intuition, authority, rationalism, empiricism, and the scientific (Christensen, 1985). Arguably, all methods are subject to individual bias and may be erroneous for any number of reasons. For example, faulty categorization of the incoming information may lead to an inaccurate perception (Ibid.). Such errors can lead to the development of stereotypes, i.e., strongly held, but incorrect perceptions, which significantly influence behaviour and reaction towards the stereotyped object (Del Rey, 1978). This observation is important to this research. Comprehension of the stereotypes that surround women and female athletes may demonstrate the

perceptions held and provide some insight as to why the public tends to accept some women's sports but not others.

Research into stereotypes and sex-role stereotyping appears to be relatively consistent in its conclusions. The Clifton, McGrath and Wick (1976) study is typical of the research in the area. While they found little evidence in support of a general stereotype of women, the researchers contended that their results were consistent with, and supplemental to, the previously found stereotype -- women as passive, loving, and caring. In a problematic generalization, Clifton et al. proclaimed that "sociologists, as well as the mass media, portray housewife and bunny roles (women as sex-object) as the most traditional and acceptable roles for women" (Ibid., p. 144). Notwithstanding the problems with such generalizations, this perspective implies that the non-traditional female stereotype was ascribed masculine traits. The investigators stated that this "third stereotype is reserved for women who choose activities which carry them beyond the traditional roles which serve men. These women lose their femininity" (Ibid., p. 145).

Werner and LaRussa (1985), in an attempt to delineate consistencies and changes in sex-role stereotypes, replicated a 1957 study. The researchers concluded that, although women were viewed more favourably and men less so than in the past, there has been little change over the years in sex-role stereotypes.

Bray (1983) argued that the stereotype of women, much less female athletes, was at present a negative one, in which women are characterized as inactive, weak, quiet, and helpless, traits that are in direct conflict with those associated with athleticism. She noted that the primary myth surrounding female sport was that there is a conflict between sport and femininity -- a myth based upon the stereotyped notions of sexuality. Bray goes on to suggest that women acquiesced to sex-role stereotypes because of the broad sweep of ideological socialization, in which the school experience and commercial advertisements held paramount roles.

The only research encountered that directly addressed the possible existence of a female athlete stereotype was the Atkins, Morse and Zweigenhaft (1978) study. Not only did these researchers focus upon the stereotype of female athletes, they also compared that stereotype to actual ratings of photographs of female athletes and tested the ability of people to identify athletes from among a selection of women. Twenty randomly selected male and female students rated the female athlete on seventeen bipolar adjectives presented in a seven-point Likert Scale. The ideal-typical female athlete was perceived as being healthy, a leader, slightly more masculine and unattractive, and a strong-willed individual. The assessment of a series of randomly ordered photographs of women, both non-athletes and athletes (basketball, tennis, golf) for attractiveness, indicated no significant

differences between the attractiveness ratings of the athletes and non-athletes. When asked to select the photographs of the female athletes, female subjects were able to select the female athlete correctly sixty percent of the time, while male subjects selected correctly fifty percent of the time. Subjects made the differentiation between athlete and non-athlete on the bases that athletes would look healthier, more determined, attentive, energetic, outdoorsy, and be in good physical condition. The researchers concluded that the stereotype held by college students about the female athlete was predominantly positive since thirteen of the seventeen adjectives were evaluated in a socially desirable direction.

Although this is a very complex subject, generally speaking women are classified into two stereotyped categories, traditional (housewife and bunny) and non-traditional (career, athlete) (Atkins et al., 1978; Bray, 1983; Clifton et al., 1976; Werner & LaRussa, 1985). Women falling within the traditional classification are accorded typical feminine sex-role labels (passive, caring), while women designated as non-traditional are defined with masculine sex-role labels and are perceived as being slightly masculine and unattractive (Atkins et al., 1978; Clifton et al., 1976; Werner & LaRussa, 1985). The important observation for this thesis is that either stereotype does not allow women to engage in sport, a male domain, without dissonance being created.

It is perplexing that the one study that concentrates on the stereotyping of female athletes (Atkins et al., 1978) came to the conclusion that the stereotype of female athletes was primarily positive, while other studies suggest that the stereotype of women generally is a negative one (Bray, 1983; Werner & LaRussa, 1985). It logically follows that women located outside the norm should be viewed more negatively than those who conform to tradition. The subjects in Atkins et al. (1978) did perceive female athletes to be slightly masculine and unattractive, a possible indication of dissonance between the stereotype of women and that of women in sport. The choice of athletic endeavour may have led to the positive evaluation of female athletes as well. Sports like tennis and golf have a long history of social acceptance as appropriate female pursuits. Furthermore, the method used by the researchers involved looking at a head and shoulder shot of females. Such photographs would not illustrate those distinctive features which would significantly set athletes apart from a nonathletic woman. Had the researchers substituted pictures of female weight lifters or throwers, women with well developed trapezius muscles, would they have reached the same conclusions? The body build section which follows, will attempt to answer this question.

Body Build

Throughout history the concepts of feminine beauty have reflected the aesthetic standards of the period (Garner, Garfinkel, Schwartz, and Thompson, 1980). The body types that are the most acceptable will generally conform to the current standard of feminine beauty. A critical factor in ascertaining acceptable body type is the defining physique image evoked by the bipolar concepts of masculine and feminine. This factor is an integral part of this thesis. I believe that the body build of a female athlete is critical in understanding the dominant social definitions of femininity. Further, I believe that body build is an important mitigating factor in determining whether a female chooses to become involved in, maintain participation in, or withdraws from sport.

The Standard of Feminine Beauty

Garner, Garfinkel, Schwartz, and Thompson (1980) utilized several sources in their extensive attempt to document and quantify the cultural, especially the North American, standard for the "ideal" female figure as compared to that which existed in the 1960s. They concluded that the current ideal standard of beauty celebrates women who are thinner than the standards of the past twenty years. What is more striking about this ideal is that, in the same time period, improved nutrition has meant that the average female under thirty is now heavier.

Silverstein, Perdue, Peterson, and Kelly (1986) hypothesized that through its promotion of standards of unrealistically thin attractiveness for women the media contributed to eating disorders. After reviewing and quantifying the beauty norms promoted by television, magazines and the Hollywood movie industry, Silverstein et al. reached the same conclusion as that of Garner et al. (1980). Specifically, the current standard of beauty is unrealistic for the majority of women.

There is a real stigma attached to being overweight. "Fat persons are reacted to in (devaluing) categorical terms" (Schur, 1987, p.59). Schur argues that this devaluing is a fear of visual deviance and that "virtually all women in our society feel compelled to make continuous efforts not to 'violate' these norms" (Ibid., p. 59).

Given that the current standard of feminine beauty is one of thinness, what impact is it having on the sportswoman? Moriarty and Moriarty (1986) examined this issue and found that anorexia nervosa was more prominent in sports where appearance and weight control are important (figure skating, swimming & diving, track & field, and wrestling). The authors reasoned that, "sports precipitate rather than reflect subsequent eating disorders" (Ibid., p. 6), and the key to distinguishing which sports would attract those at risk was the latter's emphasis on body image.

It is logical to assume that standards of bodily attractiveness affects, not only women in general but also, the female athlete. Since thinness is the current measure of femininity, and ectomorphy is a measure of thinness, female athletes with ectomorphic body builds should be perceived more positively than athletes possessing non-ectomorphic body builds.

Body Build Stereotypes

Brenner and Hinsdale (1978) investigated body build stereotypes and self identification with various body builds across three different age groups of females. Representative side view profiles of the three body types were drawn for each of the age groups (5-6, 14-15, 18-20). A significant number of students preferred the mesomorphic (athletic) figure. The endomorphic (rotund) figure was not favored by any of the students. Younger subjects preferred and wished to be ectomorphic (thin) as compared to the older subjects. The researchers did not explore possible reasons for this choice of body build by the younger children. It may be a reflection of the media programming to which children are constantly exposed. It was also noted that heavier students had a negative body concept that was reinforced by the reactions of significant others. Brenner and Hinsdale concluded that obesity was a characteristic which elicits negative reactions and which would interfere with an obese person's social and emotional development.

It could also be concluded that the preferred body type is that which falls within a mesomorphic-ectomorphic category.

Darden (1972) documented that the commonsense assumptions about masculinity -- massive shoulders, marked torso narrowing and strong muscle molding -- contrasted sharply with that of femininity -- soft narrow shoulders, rounded flared hips and smooth muscles. He argued that the trend towards male-female role reversals, and uni-sex fashion designs, impact on these ideal types. Accordingly, Darden developed twelve varied (shoulder width, waist, hip, arm, thigh, calf size) randomly ordered, whole body outlines. These outlines were shown to 101 males and 133 females who ranked them as to the degree of femininity and masculinity present. The subjects were directed to use their own concept of femininity and masculinity in order to arrive at the rankings. Both the male and female subjects were in agreement concerning the ranking of femininity. Ranking for masculinity revealed divergent interpretations between male and female subjects. Darden concluded that if women were becoming more active in sports there should have been more agreement between men and women on the concept of masculinity. The results also indicate that people generally have definite images as to what constitutes the feminine physique.

The Harrison (1978) and Fisher, Genovese, Morris and Morris (1977) studies, demonstrated that, while for convenience sake, the

public perception and acceptance of the female athlete discussion had been separated from that of body build norms, the two were intertwined. In "The Perceived Image of the Female Athlete in Relation to Other Female Social Roles", Harrison reiterated that the concepts of "athletic" woman and "ideal" woman were viewed as mutually exclusive. Based upon the consensus reached by other researchers regarding body type preference, she postulated that female athletes who possessed a body type similar to that of a mesomorph (gymnast) or an ectomorph (swimmer), would be perceived more favourably than athletes with an endomorphic body type (shot putter). The shot putter was the least favourable role across all age groups (grade 6, grade 11, first year college physical education, and vocational students) of her sample group. Male subjects had a slightly more unfavourable view of the shot putter role than did the female subjects. Harrison concluded that "it is obvious that even with expanding role choices for women, stereotypes still exist, thus making some roles, athletic or otherwise more socially acceptable than others" (Ibid., p. 70). Implicit in the Harrison research is the unfavourable perception of female shot putters.

Fisher et al. (1977) developed a series of fifteen slides showing female athletes participating in a variety of sports (shot put, javelin, running, hurdles, high jump, long jump, archery, field hockey, basketball, pistol shooting, and softball). These action

pictures were then compared to the notion of the "ideal female". Subjects were to determine where on the "ideal female" scale, the active women might be located. In only one case, that of the male non-athlete, did the mean exceed the midpoint of the "ideal female" continuum. The researchers concluded that their subjects were moderately accepting of female sport participation. The male subjects were less accepting of female athletes than were the female subjects. Further, male subjects rated women involved in shot put, hurdles, high jump, long jump and running as the least ideal. Finally, only the slides of women participating in the shot put and hurdles were found to be significant at $p < 0.01$. Male and female subjects admitted they used body types and facial expressions to determine their ratings. Facial contortions and well defined muscular bodies led to less than ideal ratings. Those sports that were traditionally labelled masculine were considered less appropriate for female participation. "The female athletes were perceived as less feminine and less appealing as a result of their participation in a variety of track and field activities" (Ibid., p. 452). Consistent with previous research findings, non-athletic subjects perceived the female athlete less ideally. She was described as unfeminine and unappealing by these subjects. The researchers stated that "it might be speculated that as long as physical attractiveness is deemed a positive attribute for the "ideal

female" anything that detracts from this will be perceived by some as being less desirable" (Ibid., p. 459). I would argue that studies such as these may determine the differential acceptance found for specific female athletes.

Body-building is an activity that celebrates the ultimate development of the male and female physique. The development of maximum muscularity is the goal. For female body-builders this objective leads to role conflict. Duff and Hong (1989) found that American female body-builders felt there was a point beyond which a woman would become too muscular. Body-builders who were most idolized were those women who were able to combine muscularity with feminine attractiveness. "With the exception of a few exceptionally attractive women body-builders who frequently appear on television commercials and glaze the covers of national magazines, women body-builders as a group are not being perceived favourably by society at large" (Ibid., p. 518). This lack of public acceptance the researchers argue, lies in the incongruity between muscularity and the concept of femininity.

Traditionally the concept of femininity and feminine attractiveness are inconsistent with muscularity and physical strength. Even in this fitness conscious and more enlightened era, massive muscular development in women may still be considered by the public as pushing a healthy activity too far (Ibid.).

Predicated on the results of all these studies, I argue that the concepts of masculinity, and especially femininity, do evoke a vivid and well defined body image among individuals. The ectomorphic body type is the somatotype most reflective of the current standard of North American feminine beauty.

The commonsense connection of body build to femininity is graphically demonstrated by sports writer Jim Kernaghan (1987). This is his portrayal of shot putters:

The whales (shot putters), both male and, um, female divisions, pulled out the cannons in '87. Natalya (she's the one with the earrings) rocketed one out there 22.63 meters (Ibid., p. C1).

Since most people receive their sports information from the popular media, such a description has critical consequences. First, Kernaghan denigrates tremendously fit athletes because they do not fall within the acceptable social norm for body build – ectomorphy – particularly Natalya, who is 6'3" and 220 pounds (Mileshin, 1984), by labelling them whales. His description brings into question Natalya's femininity, "um, female". It is not clear whether he is questioning Natalya's femininity because she is a whale, because she is involved in a male sport, or because Natalya is both a whale and a woman who has no right to compete in a male sport. Finally, Kernaghan's opinion implies that it is females who are less than feminine, who become involved in shot putting. This is one

example of how ingrained are societal attitudes about femininity and female athletes engaged in weight events. Consider another:

But women field athletes who had developed body shapes and sizes appropriate to their events caused a furore of anxiety and consternation. Their appearance deviated so far from what was culturally acceptable in a woman that it was feared that they were men impersonating women. It was due to these fears, but with the ostensible intention of protecting real women from unfairness that the sex test was subsequently introduced (Ferris,1981, p. 5).

This is precisely the same attitude conveyed in the Gerber et al. (1974) study quoted earlier (p. 15). It is only hefty, masculine women of large physique, who have mutilated the feminine self-image, that compete in the shot put; and even these women are suspected of being men masquerading as female athletes. Because a certain body build has come to define femininity, women who deviate from the norm have their femininity questioned. This has a profound impact on female throwers. First, the female thrower has her femininity/sexuality continually questioned. Second, she becomes acutely aware of the overt/covert societal sanctions surrounding her activity. This pressures the female thrower to either resist very powerful social images of her as an athlete, or to capitulate to these images and withdrawal from the sport.

It must be kept in mind that stereotypes and an idealized body build image must be constantly created and reproduced. Each

new generation learns and adopts stereotypes within the customs of their time and space.

The section to follow concentrates on the media's role in promoting certain stereotypes about women, including images about the body, images which are unrealistic and unobtainable for most women. The pervasiveness of the media in contemporary society helps to maintain and/or perpetuate idealized views of women. In turn these media images help to create positive or negative attitudes towards sporting women and the body images they exhibit.

Media Portrayal of Women and Female Athletes

The media -- newspapers, magazines, books, television, movies and radio and now the internet -- are an omnipotent force in our society. It has the power to direct and shape belief patterns by telling "audiences who and what is valued and esteemed in our culture" (Kane, 1988, p. 89; Boutlier & SanGiovanni, 1983; Duquin, 1977; Poe, 1976). How the viewing public perceives an athlete largely depends upon the type of exposure he/she receives from the media. To realize star status (popular acclaim and acceptance) positive and frequent media exposure is critical. Female athletes have long complained that the media does not provide fair -- equal and unbiased -- coverage of them or their events. This section will attempt to determine, the type of coverage active women receive,

whether the coverage is comparable to that which men receive and, whether as claimed earlier, the media is guilty of propagating negative stereotypes of women and female athletes, perhaps in some sports more than others.

Visual Media—Research Articles

Movies are a tremendously popular North American past time as indicated by the multi-millions of dollars spent every year at movie theaters. How does Hollywood characterize the woman involved in sport?

McCormack (1983) was scathing in her review of Hollywood's version of the female athlete. The female athlete as presented in early Hollywood films was either a sexless "little girl who could sing and dance" or a "tall statuesque chorus line decoration waiting for Mr. Right, a life in the suburbs with children and church on Sunday" (Ibid., p. 56). McCormack further accused Hollywood producers of avoiding the question of male sexuality in dance, while casting doubts about the sexuality of a woman who dared to enter a male domain such as sport -- is she, or is she not, a lesbian?

In contrast, Kidd (1983) praised Hollywood for making the film Personal Best which showed two women serious about achieving athletic success. Personal Best broke the traditional invisibility of women's sport and smashed convention by depicting two strong and powerful sportswomen as opposed to the "Barbie Dolls" observed in the past. Kidd, surprisingly, failed to comment

about the film characterization of the women as lesbians, which introduced the question of sexuality so often raised in response to the sporting women. This was one of the few films that featured female athletes, and since Kidd believed it reflected a greater public acceptance of women in sport, it may have influenced her not to join in McCormack's (1983) denunciation of Hollywood.

"Women's sports are also underrepresented in television" (Kane, 1989, p. 60). Kane cited the Duncan and Hasbrook (1988) study in which it was also noted that:

females in all sports receive significantly less air time than men's sports, but females in team sports and certain individual masculine sports (e.g., shot putting) are the most under-represented of all (Ibid.).

Duncan and Hasbrook (1986) harshly contrasted the 1986 NCAA men's and women's basketball championships. Even when the female basketball players were granted equal coverage they were portrayed in a conventional and stereotypical manner. The athletic abilities of the women were completely ignored by the commentators who focused upon the female player's beauty and those who were fun to watch. The male players on the other hand continued to be described as powerful, great, dominant, all descriptors which centered upon the men's athletic talents. Similar findings were also noted by the Amateur Athletic Foundation of Los

Angeles in its study of television coverage of women's sport (Noden, 1990).

Visual Media--Journalistic Articles

In the editorial "Does a nice girl want to be a shot putter?", Melaniphy (1983) cited Paul Doherty, head of sport at Granada Television (U.K.), that "sports in which women participate do not attract viewers" (Ibid., p. 8). The example furnished by Doherty was the women's final at Wimbledon. "There just isn't the strength and speed there. You see men smashing and volleying and the women's game is an anti-climax because the power simply isn't there" (Ibid.). Paradoxically, if female tennis players did display the strength, speed and power of their male counterparts, they would probably still not receive equal coverage, as they would no longer conform to the image of the feminine sport participant. The major television networks use ratings as a shield to defend the dismal coverage of women's sport. This dilemma is exacerbated by the perpetual comparison of women's sports with those of men. Comparison of performance reinforces the notion that women are second-rate performers. If this image of inferiority is powerful enough, the viewer refuses to accept the production as "good" television. The television networks, in comparing women's and men's sport, have for all intents and purposes, declared that apples are oranges. If women's sport was promoted as an entity, unique and separate from men's sport, then perhaps, it would develop an

audience of its own; thereby eliminating the ratings excuse for the maintenance of the status quo.

Are there any benefits that can be derived from the sexist media coverage of women's athletics? Debbie Brill's (1986) discussion about the situation that existed in 1969-1970 appears to answer this question affirmatively. Brill remembered, "It was as though the sports media, looking around for a new theme, had discovered women's track and field" (Ibid., p. 27). Additionally,

There had been a general understanding that track and field women tended to be homely; now, suddenly, here was a crop that passed certain tests, both on the track and in front of the cameras (Ibid., p. 28).

Was it because these women had the prerequisites of sex-appeal first, then athletic talent, that they received media exposure? Given that women who fall outside the "Miss America" image tend to be either ignored or denigrated in societal norms, it is interesting to speculate whether, women's track and field would have garnered the exposure it did, had it not been for the fact that the "crop" of women at the time (Debbie Brill-HJ, Debbie Van Kiekebelt-HJ, Diane Jones-HJ, LJ, pentathlon) could "pass certain tests, both on the track", but more importantly, "in front of the cameras".

Print Media--Research Articles

Duquin (1977) wished to ascertain what sort of female image was being projected to youngsters through literature. She found that children's books had characters that were 70% male and 30% female. The more advanced the literature, the more the characters became male dominated. Children were thirteen times more likely to read about vigorous males as opposed to vigorous females. Women and girls were rarely seen involved in competitive sport. They were typically pictured gaily playing and this play was to be given up as the girl entered womanhood. The latter was a world occupied by the quiet, shy, pretty, passive mother role. Duquin concluded that the textual images developed in children's books may contribute to a restricted vision among young girls of possible future occupations and activities, including sports participation.

In other studies Poe (1976) and Duquin (1984) reviewed advertisements in popular household magazines in order to determine both the concept of beauty being promoted and the depiction of the sportswoman. Poe's study found a mere four advertisements out of 7580 which used known sportswomen to endorse products. Women were shown in recreational rather than competitive sporting situations. Finally, the models used were posed more sexual than athletically and the sports equipment was used primarily as props. Poe concluded that the dominant image was one which accepted mild forms of participation by women, but

not competent women involved in overt competition. She also argued that the advertisements perpetuated a number of stereotypes: women's dependency on men, women's inability to do any activity of importance, women as sex objects, and women as inactive and passive creatures. She noted that the sports most commonly depicted were swimming, riding, golf, tennis and skiing. These did not reflect the reality of women's sport. In her study, Duquin (1984), similarly, concluded:

Women's greater physical activity and mobility are only tangentially associated with advertising's concept of women's freedom and self-fulfillment. Whatever major improvements have taken place in women's participation in sport and exercise, the results of this research show, however, that the advertising industry continues to portray women as seductive, sedentary creatures more often hobbled in high heels than in sneakers, consuming the accoutrements of beauty, and awaiting pensively, passively for their prince (Ibid., p. 9).

Klein (1986) noted that women appearing in body-building magazines were portrayed as being delighted when dwarfed by their he-man, their weakness magnified and exaggerated. This led him to the same conclusion as that of Duquin and Poe. Moreover, the increased sales of body-building magazines bombarded the readership with gender stereotypes of men and women.

Given the portrayal of women in sport occurring in predominantly adult magazines, one has to wonder to what, are the

future athletes, consumers of youth magazines, being exposed? Rintala and Birrell (1984) in their content analysis of Young Athlete magazine do not present a positive picture. Males were twice as likely as females to be pictured in the magazine and be prominently portrayed in photographs 71-84% of the time. Articles predominantly featured women engaged in aesthetic sports, while men were featured in high-risk sports. The women were vastly underrepresented, even in those team sports in which the majority of participants were female. The researchers concluded that this bias served to reinforce conservative beliefs that female participation in team sports is inappropriate. They also concluded that the portrayal of females in aesthetic sports suggests the acceptability of different sport involvement for males and females. In short, there is a greater likelihood that young readers will learn to see sports as gender specific. The relevance of the Rintala and Birrell research for the present study is that at the optimal age for entering throwing events, young girls receive a powerful negative message -- strength sports are for men only!

Reid and Soley (1979) reviewed Sports Illustrated's coverage of women in sport from 1956 to 1976. They discovered that the percentage of articles about women and the number of pages devoted to women did not drastically differ between 1956 and 1976, despite the dramatic increase in female participation in sport during this same time period. The investigators concluded that a

cultural lag exists between the mass media's presentation of women and their changing roles in society. Reid and Soley's analysis indicated that sport was still a male dominant domain in 1976.

Kane's (1988) study would suggest very little has changed. Sport remains very much a bastion of masculinity. In her review of Sports Illustrated, no significant difference was found over the three time periods (before, during and post, Title IX becoming law in 1975) in the number of feature articles devoted to women. While there has been a significant change in the number of articles depicting females in athletic, as compared to nonathletic roles, most articles were written about women engaged in gender-appropriate sports. One could surmise that the Sport's Illustrated studies indicate that the print media remains reluctant to cover all women's sports participation equally. Kane stated:

If the amount and type of coverage is any indication of the kind of image a publication wants to project, then Sports Illustrated is sending a clear message as to which sports are considered acceptable or valued within women's athletics. When the vast majority of coverage still focuses primarily on "feminine" and therefore non-threatening female sport behavior, how much progress has actually occurred in challenging traditional stereotypes of what it means to be a female and a athlete? (Ibid., p. 96).

She further stated: "15 years after Title IX, female participation in athletics remains heavily influenced by traditional beliefs about

what is considered appropriate, ladylike behavior" (Ibid., p. 97). Coverage of women's sports has improved, especially since Bryant's 1980 investigation of the newspaper media. Until reporting such as that noted by Duncan and Hasbrook (1986) is eliminated objective coverage of all women in sport will not be a reality.

Hall (1980) argued that academic research journals were as guilty as the other media forms in promoting a sexist view of female athletes. Specifically, research on role conflict and sex-roles has simply replaced one stereotype, female athlete as masculine and unhappy, with another, female athlete as androgynous and contented. "The notion of role focuses attention away from historic, economic and political questions of differential power and equality between men and women" (Ibid., p. 17). Hall concluded that sex role studies only perpetuated stereotypes associated with female athleticism. They implicitly reinforced the notion that female sport participation was deviant.

Even the deviance literature sees women's participation in sport as an aberration, since it departs from the accepted norm of role activity. "The ascription of sex statuses is presumed to provide a complex of culturally prescribed roles and behaviours which individuals are expected to learn and perform" (Kitsuse, 1987, p. 14). Sex-typing of behaviour is very rigid; to deviate from normal sex-appropriate behaviour may suggest indirect evidence of homosexuality. A masculine appearance and behaviour is less

likely to produce for women, a suspicion of homosexuality, as compared to an effeminate appearance or behaviour in men. Nonetheless, the former appearance is an important element in the perception of lesbianism (Ibid., p. 16). Women who are perceived as masculinized, and who participate in sex-inappropriate activities, are also more likely to be perceived as lesbians. Once again, the sexuality of the sportswoman is questioned.

Print Media--Journalistic Articles

While journalistic articles reflect the opinions of the authors, the reader is invited to accept the ideas contained within them. Often these opinions also reflect the dominant view about an issue.

Everson (1987) in her article, "Starting Out: Women Body-Builders", stated, "unfortunately, while body-builders of both sexes are accepted, society still does not welcome us with open arms" (p. 33). She goes on to observe that while body-building was more widely accepted, female body-building could not be legitimated until the image of the participants, as portrayed by television and muscle magazines, became more accurate. Since the dominant media image was one in which women body-builders appeared only ten percent of the time, a distorted image was being promoted. With a dearth of body-building preparation images, the reader/viewer had no real understanding of the sport of body-building. Everson also believed that femininity was lost only when the body-builder used steroids. She concluded her article

with an acquiescence to the stereotyped propaganda, permeated in the mainstream media, about women and women in sport: women body-builders should perpetuate the "beauty" image (off-season, muscularly undefined) as opposed to the "beast" image (in-season, muscularly defined).

Mitch Albom's (1986) article, "Gabriela Lost, So Who Cares?", exemplifies the sexist extremes of much popular journalism. He literally drooled over Argentine tennis player Gabriela Sabatini, who lost to Martina Navratilova in the 1986 semi-finals at Wimbledon. His blatantly sexist article is legitimated with the observation that seldom in his line of work does he get to see "gorgeous creatures" as opposed to "big, ugly creatures with knee scars and tobacco in their cheeks and noses bent in half" and who "smelled like last week's socks" (Ibid., p. 46). Not only were the talents of Sabatini and Navratilova minimized, but implied, was that the latter resembled one of the ugly creatures he had to deal with so much of the time. Articles such as this one, while a rarity, still perpetuates the image of women as second class athletes, more attractive for their sex-appeal than their athletic talent.

The editor of People magazine, under the table of contents heading JOCKS, introduced Ron Arias's (1987) article as follows: "If good looks could kill, Argentine tennis ace Gabriela Sabatini would win this week's US Open by just showing up" (p. 1). Such an introduction puts the emphasis on sex-appeal and minimizes

athleticism, yet the heading was JOCKS not PINUPS. Fortunately, Arias chose to spend little time discussing Sabatini's appearance and instead concentrated on her athletic talent.

Stereotypical images, which further impede the cause of the female athlete, are contained in Joan Ryan's (1988) newspaper article on figure skater, Katarina Witt.

Mention the East German athletes and most Westerners think of broad backed swimmers and shot putters. Then along comes this butterfly of a woman to shatter the stereotypes. She is not only stunning, with her high cheekbones, dark eyes and delicate build, she is as beguiling and flirtatious as a Dallas debutante (p. 72).

If swimming, a traditionally feminine sport, could invoke images of a broad backed female, what sort of picture springs to mind of shot putters, a traditionally masculine sport? Yet again, one sees the depiction of female athletes of a particular type (those of the stunning and delicate category of body build).

The shocker of the Ryan article, however, came from Witt, herself, who replied in response to the accusation that her beauty inflates her skating marks:

In a way, I guess, (one's looks) is part of ice skating. Every man prefers looking at a well-built woman rather than a woman who is shaped like a rubber ball. Skating promotes what is feminine in us. It allows us to be more feminine than in most sports (Ibid., p. 72).

Why should looks play a part in ice skating? Should not the ability to combine jumps and intricate footwork into an error-free, four minute program, dictate who wins and who loses the contest?

Witt's comment is telling. Not only does it illustrate the interrelatedness of body build to femininity and the social acceptance of a sport, but also how female athletes themselves "buy into" the socially accepted images. It would seem that skating receives the coverage that it does, not because of the athleticism of the women who compete, but rather, because it is a sport where well-built, hence feminine, women can be put on display for the general public's viewing pleasure. Are other sports viewed as less feminine simply because the women who participate in them may not meet the criteria of well-built?

Scott Taylor's (1988) column in the Winnipeg Free Press represents not only another disgraceful example of the sexist commentary occasionally granted female sport coverage, but also, the type of reporting that Bryant (1980) condemned at the start of the decade. The title alone told the story, "Sexy Witt Steals Show". Instead of describing the sub par performance by Witt and the superior performances by Thomas and Manley, Taylor spent most of his time talking about the "costume that knocked 'em dead". "It was Witt's costume, not Thomas's skating, that had everyone in a tizzy last night" (Ibid., p. 54). Canadian, Elizabeth Manley, understood the situation perfectly. "We're here to do a sport and all anybody is

going to be talking about is Kati's costume" (Ibid.). Taylor cast Manley's comment aside and declared, "while Thomas is an athlete and Manley is a cutie pie, Witt is its sex goddess" (Ibid.). Most telling, this was a report from the Olympic Games, the premier winter sporting event in the world. It focused, not on the athleticism the Game's competitors demonstrated, but rather, the female athlete as a sex object.

Are these sexist comments the personal observations of individuals or are they part of the institutional practices of the newspaper industry to sell papers? Theberge and Cronk (1986) imply that it is the latter:

the primary determinant of the male bias in sports news is not journalist's work practices but the social organization of sport in North America and its domination by commercial spectator sports, which are directed primarily at male audiences (Ibid., p. 201).

Further, the increase in the number of women in sports journalism would not eradicate this institutionalized sexism because sexism was woven into notions about what constitutes news and the work routine that is followed to uncover the news.

The Kernaghan (1987) article in the London Free Press, which has already been discussed, needs to be readdressed as an example of the potential damage of so-called "news". The article in question, although a small paragraph, in a small column referred to shot putters as whales. What young woman in her right mind, would

want to become a shot putter and be subjected to an attitude similar to that of Kernaghan's? More critically, since it appeared as a news story, how many readers perceive this attitude to be a pervasive one? The principal reason young women do not become involved, in throwing events is because of size. Either women believe that because they are not big, they would not be successful, or that to become involved would make them big (Canadian coaches: Burke, May, Pirnie, Torcolacci, Worth). In either scenario, Kernaghan's "whale" description is telling. Women fear being labelled big, or becoming big.

McCall's (1977) treatise, "Who's Afraid of Bulging Biceps? A Call to Arms for Women Athletes," unmasked an unmistakable and implicit warning to American women athletes by labelling East German swimmer Kornelia Ender a bionic beast after she won four golds and a silver at the 1976 Olympic Games. The story even solicited support from American swimmer Shirley Babashoff who belittled "her East German competition as steroid automatons", and told reporters "I wouldn't want to walk around my neighborhood looking like a man" (Ibid., p. 30). Ironically, Ender was but one inch taller and five pounds heavier than Babashoff. The only tangible difference between the two swimmers was their degree of muscularity. McCall observed, that "John Naber was not called "bionic" or "beastly" when he matched Ender and won four gold medals and a silver in swimming" (Ibid.). She concluded that, "To

attack the appearance or question the gender of a winner remains a lethal ploy" (Ibid.).

Cohen's (1977) commentary on American shot putter Maren Seidler also disclosed some interesting insights. Seidler is 6'2" and weighs over 205 pounds. She is a seven time National Champion and has represented the USA in three Olympic Games. The captions which normally accompany photos of Seidler in action mention her "blue eyes or a wry observation that I could be seen in public without giving offense " (Ibid., p. 58). Again we see support for the contention that, the combination of being a woman who possesses a body build incongruous to that of the ideal, and who is competing in a sport traditionally labelled as masculine, may be the recipient of social disdain. What would motivate Seidler to become a shot putter?

I've never felt any particular burden on myself because I was a shot putter. I knew it didn't have such a great image, but it didn't bother me. I have a pretty strong idea about how I am and who I am (Ibid.).

It is unlikely that if she had not had such a strong self concept, she would have gotten involved in the sport and stayed in it as long as she did. For Seidler, her family was a source of strength. "My family is real sportsie. I grew up seeing discuses and shots and javelins" (Ibid.). She was introduced to the shot put by her father, who later became her coach, when she was eleven years old.

Seidler remembered receiving only encouragement from both her parents. Her parents succeeded in turning her size into a virtue and in making her feel almost sorry for the smaller children. Seidler's experiences highlight what the research has found: (a) the father has a significant role to play in the introduction and continuation of female sport involvement; (b) there has to be a low degree of sex-role stereotyping in the family; (c) there has to be significant positive approval and support from the family; (d) there must be an appropriate opportunity set (availability of programs, facilities, coaching) present for a woman to become involved in sport, especially one defined as masculine (Higginson, 1984; Higginson, 1986; Lewko & Greendorfer, 1977).

For Seidler, the rewards are great. "It's what I get my goodies from. There's the travel. I get very antsy if I'm two months without hitting an airport. I start thinking, gee, it'd be great to go to Africa this spring" (Cohen, 1977, p. 60). Travel is only one of the rewards. There is:

the feeling of achiness that comes from a good workout. The people she meets. The increasing competition of younger women shot putters who may someday challenge her. The attention she attracts as a champion. And the shot itself, constantly working with it to improve. I'm waiting for something else that will seem to give me as much as track and field does at the moment (Ibid.).

For Seidler, the rewards received from sports participation were ample and sufficient enough to override any negative social sanctions she may have experienced.

Cohen noted that the only area where Seidler exhibited "uncharacteristic self-consciousness" was in "talking about her weight", which she refused to divulge, "stating only that she would like to bring it down to between 195 and 205" (Ibid., p. 58). Seidler was obsessed with her weight and constantly dieted. While she did not link her weight obsession to societal pressures to conform towards the "ideal" feminine physique, it would appear that unconsciously she was doing just that. Certainly this is the message suggested by Al Feuerbach, former world record holder in the shot put. "American women shot putters have considerably more psychological hurdles to overcome than either Eastern European female or their American male counterparts" (Ibid., p. 60).

Finally, it is revealing that the title of Cohen's article was "MAREN SEIDLER BIG IS BEAUTIFUL". Directly underneath the title was this quote: "When I put the shot, it's feminine, because I'm female. Athletic motion doesn't have a gender" (Ibid., p. 58). Later in the article it is stated that Seidler "refuses to spend much emotional energy on defending her sexual identity" (Ibid., p. 60). These statements are poignant as they basically summarize the major themes of this review. Throwing the shot put is not a socially acceptable sport for women. Those women who do pursue this

activity will have their sexuality/femininity questioned by a dominant ideology of gender stereotypes. These stereotypes are propagated by a media, which still presents a biased, sexist, unequal portrait of women in sport. It is unlikely that any girl, given these cultural norms, would choose to become a shot putter. Only women with an exceptionally strong self-concept and a forceful and encouraging personal social support network would consider the sport.

In conclusion, the available literature, both research and journalistic, implicates the media in its propagation of negative stereotypes of women and female athletes through selective coverage, that is both biased and sexist in nature. Women were seldom shown in active roles in books and magazines, supporting the stereotype that women are passive creatures (Duquin, 1977; Duquin, 1984; Klein, 1986; Poe, 1976). The female athlete was rarely shown participating in competitive sporting situations, lending credence to the stereotype that women are unable to do any activity of importance (Bryant, 1980; Duquin, 1977, Duquin, 1984; Kane, 1989; Melaniphy, 1983; Poe, 1976; Reid & Soley, 1979; Rintala & Birrell, 1984).

When the media does focus on the competitive female athlete, it gives preferential coverage to those athletes that meet dominant images of beauty and who participate in sports that are considered feminine (Albom, 1986; Arias, 1987; Brill, 1986; Bryant, 1980;

Cohen, 1977; Duquin, 1984; Everson, 1987; Kane, 1988; Kane, 1989; McCall, 1977; Reid & Soley, 1979; Rintala & Birrell, 1984; Ryan, 1988; Taylor, 1988). The coverage often has sexist overtones and centers more on the sex-appeal than athletic talents (Albom, 1986; Arias, 1987; Brill, 1986; Bryant, 1980; Duncan, 1986; Duncan & Hasbrook, 1988; Duquin, 1984; Everson, 1987; Kane, 1989; Kernaghan, 1987; Klein, 1986; Ryan, 1988; Taylor, 1988). The sexuality question may be either directly, or indirectly, raised when the terms woman and athlete are combined, especially if the participation is in a gender inconsistent sport (Cohen, 1977; Hall, 1980; Kernaghan, 1987; Kidd, D., 1983; McCall, 1977; McCormack, 1983).

The biased/sexist media coverage may cause some female athletes to experience stress associated with their participation in sport. There is a powerful perception that the female who adopts the athlete role conflicts with societal norms about women. In spite of Hall's (1980) opposition to research investigating role conflict, this concept will now be addressed. It is my contention that role conflict may be the product of the differential acceptance accorded to the female athlete, based upon body build and sport, as cultivated by sexist and stereotyped media coverage.

Role Conflict

One of the reasons why some "women have been reluctant to participate in sport with the same intensity, range, and depth of involvement that characterizes men's participation" may be "the potential for role conflict that exists when women engage in sports" (Boutilier & SanGiovanni, 1983, p. 106). Role conflict is said to exist when a person perceives or experiences some degree of incompatibility between two or more role expectations, which makes it impossible to simultaneously conform to the conflicting sets of expectations (Anthrop & Allison, 1983; Berlage, 1987; Boutilier & SanGiovanni, 1983; Sage & Loudermilk, 1979; Snyder, Kivlin & Spreitzer, 1975). This role conflict is thought to lead to ambiguous self-definitions, conflicting role directives and intrapsychic strain (Boutilier & SanGiovanni, 1983). Consequently, it may cause the female athlete to:

- (1) choose not to enter the sport world at all,
- (2) withdraw from the sport system completely since the conflict appears unmanageable, or
- (3) compromise and adjust her position (eg., enter socially approved sports, ignore the stereotyping and negative sanctions, over compensate with an apologetic, ultrafeminine reaction) (Anthrop & Allison, 1983, p. 105).

Body build and the sport may be mitigating factors in the degree of role conflict perceived or experienced since acceptability of female participation varies according to both. Research and journalistic

articles will now be presented in order to ascertain if role conflict does exist or, whether it is an academic fabrication.

Research Articles

Snyder, Kivlin and Spreitzer (1975) argued that if a female athlete experienced role conflict it would be manifested through a negative self concept. Subsequently the researchers operationalized aspects of self-identity using measures of psychological well-being and body image. No negative associations between female sports participation and the two measures of self-identity were revealed, which prompted the researchers to question the concept of role conflict as it applies to the female-athlete role (Ibid., p. 175).

Respondents in the Sage and Loudermilk (1979) study neither perceived nor experienced extreme role conflict. Of the two categories, perceived role conflict was substantially greater than the actual experienced levels. Athletes competing in "socially unacceptable" sports (softball, basketball, volleyball, field hockey, track & field) encountered significantly greater actual role conflict than those athletes in the "socially acceptable" sports (tennis, golf, swimming, gymnastics). The researchers observed that "because American society traditionally places little value on girl's participation in sports, the female athlete receives little recognition for her skills and accomplishments (Ibid., p. 94). Even though only twenty-six percent of the subjects reported perceptions of role conflict, and only twenty percent reported experiencing it to a great

or very great extent, Sage and Loudermilk concluded that role conflict was a problem for female college athletes. The levels of role conflict may have been lower than anticipated because athletes who experienced role conflict may have chosen to withdraw from sport rather than deal with the incongruence continued sport participation created. The researchers also speculated that since female athletes, as compared to their non-athletic counterparts, reported higher levels of self-esteem and had a more positive self-perception, that sport provided some women with a sense of competency and self-determination which could override potential role conflicts.

Anthrop and Allison (1983) replicated the Sage and Loudermilk (1979) study but also asked respondents open-ended questions designed to identify any significant others who had encouraged or discouraged the high school subjects from participating in a specific sport. Their results were similar to other studies. "Role conflict does exist and is accepted by the subjects as an actual problem" (Ibid., p. 106). Seventy percent of the subjects reported only incidences of encouragement, primarily from their parents, friends, and peers. Of those reporting incidents of discouragement most competed in the non-socially approved sports. The "primary source of discouragement for the subjects" was the "lack of respect" accorded to the girl's by "male coaches, males in

general", and their "male peer group" (Ibid., p. 108). The investigators concluded:

There is evidence that others would perceive and act more negatively towards those in the non-socially approved than toward those participating in the traditionally socially approved sports (Ibid., p. 110).

In other words, certain sports are considered to be more appropriate for females than others.

Hoferek and Hanick (1985) speculated that in various regions of the United States, there would be differing expectations and degrees of acceptability for female sport participation. Their random sample of respondents from a small town in Iowa disclosed that sports participation neither detracted from nor enhanced a woman's feminine qualities. Since Iowa has a long tradition in women's sports, particularly basketball, Hoferek and Hanick concluded that sport preference may be contingent more on opportunity set and environmental support, than on consistency with societal sex-role stereotypes. Female athletes in Iowa communities would perceive/experience relatively little role conflict as their athletic involvement was socially sanctioned. Should these women leave their state for another region of the country where female basketball assumed a less accepted status, these women might perceive/experience role conflict.

Jackson and Marsh (1986) surveyed, thirty female power lifters from the 1984 Australian National Championships, forty-six randomly chosen high school female athletes from various sports, and forty-six randomly chosen female non-athletes of high school age, to assess the degree of role conflict present in the three groups. The power lifting group perceived significantly more role conflict than did the high school athletes and non-athletes. While no significant difference was found between the athletes, both groups experienced significantly more role conflict than the non-athlete group. As with previous studies, subjects perceived significantly more role conflict than what was actually experienced. Moreover, the levels experienced were relatively low, ranging from twenty to thirty percent depending upon the subject group. The greatest perceived role conflict occurred, "Because society typically feels sports are for men, the female athlete must risk being labeled masculine when she participates in sports" (Ibid., p. 203-204). The researchers concluded that their results supported the contention that females who participate in stereotyped masculine or non-socially approved sports perceive more role conflict than those who confine themselves to more acceptable sports.

Allison and Butler (1984) in reviewing research completed on role conflict concluded that there does not appear to be support for the belief that the female athlete must experience role conflict.

They suggest that there may be a need to separate role conflict into internal (dealing with the athlete's physical/psychological self-concept) and external (status inconsistency) domains. They go on to suggest that there appears to be no conclusive evidence that female athletes struggle with their feminine self-concept, the internal domain for role conflict. There is evidence to support role conflict "as existing as a function of the athlete's status inconsistency in the public domain" (Ibid., p. 158).

Using these observations, Allison and Butler then investigated the degree of perceived and experienced role conflict among forty-four female power lifters, representing all weight classes at the 1981 American Championships. Relatively low degrees of role conflict were found with the perceived role conflict greater than that which was experienced. The heavier weight classes perceived greater role conflict than did the lighter weight classes. In testing the concept of internal versus external role conflict, a factor analysis identified four factors: (a) emotional (perceived/experienced conflict in dating behaviour and appropriate emotional responses); (b) attraction (feminine image of the female athlete); (c) sport performance (skill, recognition and winning); (d) significant other (support for participation). Allison and Butler concluded that the factor analysis supported the concept of role conflict being multidimensional in nature.

The reification issued raised by Hall (1980) was addressed as a possible reason why perceived and experienced role conflict was found to be much lower than what gender-related literature predicted. The investigators concluded that female athletes were accepted more than in the past, and scholars may be guilty of intensifying a problem that no longer exists. Further, there is a possibility that "sport scientists have failed to distinguish, both conceptually and empirically, between what society thinks of the female athlete, and what she thinks of herself" (Ibid., p. 163). Although societal stereotyping of the female athlete does occur, it does not mean that the female athlete accepts these images and messages as part of her psycho-social identity. Allison and Butler asserted that the female athlete was not a passive recipient of the messages directed her way from socializing agents. On the contrary, she actively develops her own sense of self. Therein, lies a possible explanation for the reports of relatively low role conflict and high levels of perceived psychological well-being. The concept of role conflict should be reevaluated and assessed more systematically from a sociological, as opposed to, psychological level.

Journalistic Articles

Women whose body builds fall outside the socially accepted norm, may decline to participate in throwing events because of high levels of perceived and experienced role conflict. For example, Kathy Schmidt, an Olympic level javelin thrower, has spent the

better part of her life rationalizing her size, 6'1" and 175 pounds. While she enjoys weight lifting she believed the public was not accepting of it -- "they treat it like a freak show, as if it weren't serious" (Jordan, 1976, p. 38). Her statement is not without substance, as an organizer of a power lifting meet confessed he had invited women to compete as a gimmick to draw fans and pay for the men's event (Ibid.).

In a similar vein, Canadian Jan Todd (5'7"), who in 1977, gained the distinction of being the World's strongest woman, worried about her weight and how it might be interpreted when she deliberately went from 170 to 197.5 pounds to break the existing world power lifting records (Pileggi, 1977). Todd epitomizes women who do not meet typical body build norms and who compete in socially unaccepted sports. Like Todd, they may experience role conflict because others may view them as abnormal or freakish. Paradoxically, by resisting these interpretations, athletes like Schmidt and Todd may reach the pinnacle of sporting success.

In conclusion, role conflict would appear to exist, but at levels much lower than anticipated (Allison & Butler, 1984; Anthrop & Allison, 1983; Jackson & Marsh, 1986; Sage & Loudermilk, 1979; Snyder, Kivlin, & Spreizter, 1975). The female athlete who perceives and experiences extensive role conflict seems to have either, not totally committed to competitive sport, or has withdrawn

from competition (Anthrop & Allison, 1983; Boutilier & SanGiovanni, 1983; Coakley, 1982; Jackson & Marsh, 1986; Sage & Loudermilk, 1979). Those committed athletes appear to have a self-concept strong enough to ignore the external negative sanctions or become apologetic and ultrafeminine in reaction to them (Anthrop & Allison, 1983; Berlage, 1987; Boutilier & SanGiovanni, 1983; Coakley, 1982; Del Rey, 1978; Sage & Loudermilk, 1979). Status inconsistency is the single dominant reason given to account for the existence of role conflict and appears to be environmentally dependent (Allison & Butler, 1984; Anthrop & Allison, 1983; Boutilier & SanGiovanni, 1983, Coakley, 1982; Hall, 1980; Hoferek & Hanick, 1985; Jackson & Marsh, 1986; Sage & Loudermilk, 1979). Allison and Butler (1984) noted that the concept of role conflict, as it now exists, is multidimensional and must be reevaluated more sociologically. This lends credence to the contention stated initially, namely, that role conflict is linked to the differential acceptance accorded to the female athlete, based upon body build and sport; and that this differential is perpetuated by sexist and stereotyped media coverage.

Conclusions Reached Based Upon This Review of Literature

Clearly, there are still many social constraints that act as barriers to a woman's participation in sport. These constraints are complex and varied and do not affect all women and/or all sports

equally. Given the current social conditions, it is safe to say that most women do not choose to become involved in shot putting. Dominant ideologies and current societal norms dictate that should a woman choose to participate in the shot put she will:

- (a) be viewed as being in conflict with the feminine image;
- (b) have her femininity/sexuality questioned;
- (c) have a low level of social acceptance;
- (d) need an exceptionally strong self-concept;
- (e) need an encouraging and supportive environment (family especially the father, friends, peers etc), and opportunity set;
- (f) may find that role conflict, the product of the differential acceptance accorded to the female athlete based upon body build and sport, will eventually be responsible for withdrawal from the shot put.

CHAPTER 3

Methods and Procedures

This study entailed the survey of six separate groups to obtain as much information as possible concerning women competing in shot put. Given the lack of research in the area and the comparative vacuum in which this study was initiated, both qualitative and quantitative research techniques were employed.

Subjects and Design

Separate questionnaire surveys were designed for two categories of women identified as those who are/were shot putters, and those who had never participated in the sport. The non-shot put group was comprised of both high school and university aged subjects. The high school subject group totalled twenty-two female and fifteen male students. The subjects came from two sources – selected local Kingston high schools and an outdoor education seminar group in Toronto comprised of students from across Canada.

The choice of high school students was critical for a number of reasons:

- This is the stage when peer group influence peaks. Dating and social popularity are for many students a major priority at this developmental stage. Rigidly defined peer group norms of

acceptability may dictate whether a young woman competes in the shot put. Arguably, this is the age at which role conflict is greatest. Role conflict dilemmas combined with issues of self esteem may impact on the decision to be involved in the shot put.

- Teenage girls and boys also tend to reject physical education. "Several studies have shown that both males and females cease taking physical education classes when they are no longer compulsory, and the attrition of females is much greater than that of males" (Dahlgren, 1987, p. 32). This phenomenon needs to be understood in the context of a "socially unacceptable" sport like the female shot put.

The university subject group was comprised of seventeen female and eleven male students from across Canada who attended the same outdoor education seminar in Toronto. As was the case with the high school sample, university students were included because:

- They are at an age when career concerns and interests may take priority over athletic ambitions.

- As young adults, their beliefs and values are established. Thus stereotyped perceptions are likely to be clearly demonstrated.

The data was collected from these non-shot put groups in the spring and summer of 1994. The subjects were selected based on their proximity and access to the researcher. Participation was

voluntary, with both male and female students surveyed. The questionnaire was designed to determine:

- this group's perception and acceptance of female shot putters;
- to identify whether or not there was a perceived body image difference between a "female shot putter" and the "ideal woman";
- those factors that encourage or discourage participation in the shot put.

For the purposes of this thesis only the data image perceptions were analyzed. (The waiver form and questionnaire can be found in Appendix 1 and Appendix 2, respectively). This analysis consisted of the use of bipolar concepts on a seven-point Likert Scale to elicit subject's impressions of the concepts shot putter, female athlete, "ideal" woman and female shot putter.

Obtaining the opinions of both male and female students of various age groups was important in determining if a general stereotype of the "female shot putter" existed and was held in common by different populations. The questionnaire also asked respondents to provide personal social economic information. The subject group was well educated, came from middle-upper class homes, and most were involved in a non-traditional activity (outdoor education) and had extensive athletic backgrounds themselves. Therefore, as the literature on class attitudes suggest,

the nature of their perceptions regarding the female shot putter should be more favourable than that of other population groups.

Those who were identified as shot putters were a sample group of thirty-seven women who had competed in the various age divisions at the Ontario High School Track and Field Championship (OFSAA), the National Junior Track and Field Championships, Canada Games, the Legend of the Plains Throws Meet, or the National Senior Track and Field Championships. The operational definition of "a competitor" was a woman who had competed in at least one of these championships. In reality many of the survey sample had competed in more than one of these events.

The competition questionnaire was more detailed and designed to solicit as much information as possible about self perception, competitive experience, and retirement plans. Data were collected by the researcher over the course of the summer of 1994. When it was impossible for the researcher to personally attend, deliver and explain the questionnaire, data were collected by means of a mailed questionnaire. The names and addresses of the athletes of the National Junior and Senior Championship athletes were obtained by contacting Bruce Pirnie, the Throws Event Group Coordinator. The start list for the 1994 Ontario Federation of School Athletic Association (OFSAA) women's shot put competition was obtained by contacting Lorrie Mickelson, Executive Assistant, OFSAA

and then contacting the athletes through their school principal. (A copy of the competitive questionnaire can be found in Appendix 3).

The data consisted of both forced-choice items and open ended questions constructed to solicit a wide range of various information from the women. Data were analyzed to ascertain:

- opinions about the sport: ("Why do you think there are so few women in Canada competing in the shot put?");
- self esteem and body image;
- miscellaneous concerns

Subject responses were categorized and simple qualitative statistics were used to determine the views regarding body build image and to ascertain why young women choose not to become involved in the sport.

Data Analysis

Analyses of variance (ANOVA) were carried out to test the hypotheses that:

1. a quantitative difference exists in the perception and acceptance of the "ideal woman" and a "female shot putter";
2. a quantitative difference exists in the perception and acceptance of the "female shot putter" and the "female athlete";
3. a quantitative difference exists in the perception and acceptance of the "female shot putter" and "shot putter";

4. a quantitative difference exists in the perception and acceptance of the "ideal woman" and a "female athlete";

Additional hypotheses that the ANOVA's provide evidence for are:

5. body size and image will be a significant factor which contributes to the difference in perception of the female shot putter relative to the "ideal" woman and female athlete.

6. there will be a negative image of the woman who competes in the shot put;

7. the images of the "ideal" woman, female athlete and female shot putter will be stereotyped.

Once the responses to the open ended questions were categorized, simple percentages were used to determine the direction and intensity of the responses. It was predicted that the female shot putters would:

1. feel that the general population has a negative pre-conceived image of the female shot putter;

2. demonstrate a concern about being perceived as big;

3. feel that their body image is in conflict with that of the "ideal" woman.

Finally, it is hypothesized that the outcome of the non-shot put group and shot put specific group results would provide sufficient evidence to conclude that:

1. due to the social constraints of body image, few women will have the motivation to become involved in the sport;
2. the future of the women's shot put in Canada is tenuous one and that the situation is not likely to change.

CHAPTER 4

Results

Female Shot Putter Versus "Ideal" Woman

An analysis of variance (ANOVA) was conducted on how subjects responded to the perception scales of female shot putter (FSP) and "ideal" woman (IW). The sum of the responses across all scales in the categories female shot putter and "ideal" woman were analyzed as follows:

- a). FSP vs IW. Are there differences in responses to the scales within each category?
- b). FSP vs IW x GENDER. Are men and women responding differently to the scales within each category?
- c). FSP vs IW x SCHOOL. Are there differences in how the high school subjects responded to the scales within each category as compared to the university student responses?
- d). FSP vs IW x GENDER x SCHOOL. Are there differences in how men and women in high school respond to the scales within each category as compared to how men and women in university respond to the scales within each category?

The results of these analyses are presented in Table One.

Subjects were found to be responding to the female shot putter as compared to the "ideal" woman category in a significantly different manner. A gender difference in the male and female

TABLE ONE
Female Shot Putter Versus Ideal Woman ANOVA

FSP vs IW	F(1, 62) = 32.886	p<0.000*
FSP vs IW x GENDER	F(1, 62) = 4.464	p<0.039*
FSP vs IW x SCHOOL	F(1, 62) = 0.050	p<0.824
FSP vs IW x GENDER xSCHOOL	F(1, 62) = 0.214	p<0.214

subject responses to female shot putter and "ideal" woman was also found. No significant difference between high school subjects and university subjects to the scales within the "ideal" woman and female shot putter categories was found. Little correlation between school and gender was noted.

A more detailed analysis to determine exactly where and what the differences were in responses to the categories "ideal" woman and the female shot putter was conducted. A C-Matrix was run on each scale to discern the differences in perception between the female shot putter and the "ideal" woman. The results of the C-Matrix are presented in Table Two.

The female shot putter was perceived to be significantly different from the "ideal" woman on every scale, except for the acceptance scale. The mean responses were reviewed in order to

TABLE TWO

Results of the C-Matrix for Female Shot Putter Versus Ideal Woman
by Scale

Scale	F value	p Value
1. ugly - beautiful	F(4, 62) = 62.390	p<0.000*
2. strong - weak	F(4, 62) = 8.509	p<0.000*
3. masculine - feminine	F(4, 62) = 32.325	p<0.000*
4. tall - short	F(4, 62) = 3.228	p<0.018*
5. muscular - thin	F(4, 62) = 14.587	p<0.000*
6. athletic - non-athletic	F(4, 62) = 3.207	p<0.019*
7. acceptable - unacceptable	F(4, 62) = 1.892	p<0.123
8. big -small	F(4, 62) = 18.975	p<0.000*

gain insight into the perception of the "ideal" woman versus the female shot putter. The mean responses to each scale are presented in Table Three.

The pooled means provide a reasonably definitive picture of how the female shot putter and "ideal" woman are perceived by the subjects. The female shot putter is perceived as being slightly ugly and masculine, very strong and muscular, of medium height, quite athletic, acceptable and big. Conversely, the "ideal" woman is perceived as being very beautiful, quite feminine, reasonably

strong, somewhat tall and muscular, quite athletic, highly acceptable, and of smaller stature. The female shot putter was the bipolar opposite of the "ideal" woman in every way except for degree of acceptability.

TABLE THREE

"Ideal" Woman Versus Female Shot Putter Means for Pooled Subject Groups

SCALE	IDEAL WOMAN	WOMAN SHOT PUTTER
beauty	6.348	3.515
strength	3.136	2.000
femininity	5.894	3.455
height	3.348	3.955
muscularity	3.939	2.273
athleticism	2.621	2.439
acceptability	2.030	2.409
size	4.682	2.758

In an effort to determine the gender differences, the mean responses to each scale for each subject group were examined. Both male subject groups found the female shot putter to be bigger than did either of the female subject groups. Conversely, the female subject groups perceived the female shot putter to be stronger than either male group. The mean responses by subject group are presented in Table Four. Both male subject groups perceived the "ideal" woman as being more acceptable and bigger than did either

TABLE FOUR

"Ideal" Woman Versus Female Shot Putter Means by Subject Groups

SCALE	HS WOMEN	UNIV WOMEN	HS MEN	UNIV MEN
IW beauty	6.000	6.588	6.375	6.636
FSP beauty	3.636	3.588	3.188	3.636
IW femininity	5.591	6.176	5.700	6.273
FSP femininity	3.591	3.756	2.938	3.455
IW strength	2.909	3.471	3.313	2.818
FSP strength	1.682	2.118	2.188	2.182
IW height	2.773	3.882	3.313	3.727
FSP height	3.909	4.000	3.875	4.091
IW muscularity	3.773	4.353	3.875	3.727
FSP muscularity	2.227	2.235	2.438	2.182
IW athleticism	2.455	3.412	2.375	2.091
FSP athleticism	2.045	2.235	2.750	3.091
IW acceptability	1.909	2.941	1.875	1.091
FSP acceptability	2.227	3.059	2.063	2.273
IW size	4.818	5.176	4.313	4.182
FSP size	2.818	3.176	2.500	2.364

of the female subject groups. Further, the males had greater disparity between the beauty and femininity ratings than did the females. The females had greater disparity between the muscularity ratings than did their male counterparts. The men

perceived both the "ideal" woman and female shot putter as being bigger than did the women. The former also found the "ideal" woman to be more athletic than the female shot putter. Based on this information, it is likely that the gender differences to the various scales for the "ideal" woman and female shot putter are present in the size and strength scales. Male subjects tend to rate both the female shot putter and "ideal" woman as being bigger and stronger than do the female subjects.

FEMALE ATHLETE VERSUS FEMALE SHOT PUTTER

An analysis of variance (ANOVA) was conducted on the perception scales of female athlete (FAT) and female shot putter (FSP). The sum of the responses across all scales in the categories female athlete and female shot putter were analyzed as follows:

- a). FAT vs FSP
- b). FAT vs FSP x GENDER
- c). FAT vs FSP x SCHOOL
- d). FAT vs FSP x GENDER x SCHOOL

The ANOVA results are presented in Table Five.

There was a significant difference in how subjects responded to the female athlete as compared to the female shot putter. Given this significant difference, a C-Matrix was run on each scale to determine where the differences in perception were occurring. The results of the C-Matrix are presented in Table Six.

TABLE FIVE
Female Athlete Versus Female Shot Putter ANOVA

FAT vs FSP	F(1, 62) = 4.916	p<0.030*
FAT vs FSP x GENDER	F(1, 62) = 0.193	p<0.662
FAT vs FSP x SCHOOL	F(1, 62) = 2.628	p<0.110
FAT vs FSP x GENDER xSCHOOL	F(1, 62) = 0.018	p<0.894

TABLE SIX
Results of the C Matrix for Female Athlete Versus Female Shot
Putter by Scale

Scale	F Value	p Value
1. ugly - beautiful	F(4, 62) = 22.767	p<0.000*
2. strong - weak	F(4, 62) = 1.713	p<0.158
3. masculine - feminine	F(4, 62) = 14.883	p<0.000*
4. tall - short	F(4, 62) = 6.560	p<0.000*
5. muscular - thin	F(4, 62) = 2.409	p<0.059
6. athletic - non-athletic	F(4, 62) = 7.492	p<0.000*
7. acceptable - unacceptable	F(4, 62) = 3.083	p<0.022*
8. big - small	F(4, 62) = 9.905	p<0.000*

Significant differences were found for all scales except the strength and muscularity scales. Both the female athlete and female shot putter were perceived as being similar in strength and muscularity. The subjects did perceive them to be different in beauty, femininity, height, athleticism, acceptability, and size.

The pooled means, presented in Table Seven, provide a definitive picture of the perceptions of the female athlete and the female shot putter. The evidence suggests two different images are

TABLE SEVEN

Female Athlete Versus Female Shot Putter Pooled Subject Means

SCALE	FEMALE ATHLETE	WOMAN SHOT PUTTER
beauty	5.106	3.515
strength	2.136	2.000
femininity	4.576	3.455
height	3.121	3.955
muscularity	2.652	2.273
athleticism	1.500	2.439
acceptability	1.924	2.409
size	3.712	2.758

perceived, despite the fact that a female shot putter is also a female athlete. The imaged shot putter was slightly ugly and masculine, very strong and muscular, of medium height, quite athletic, acceptable and big. Conversely, the female athlete was perceived as

beautiful, feminine, very strong, tall, reasonably muscular, very athletic, highly acceptable, and somewhat big. The female athlete was perceived as more beautiful, more feminine, taller, less muscular, more athletic, more acceptable, and smaller than the female shot putter.

FEMALE ATHLETE VERSUS "IDEAL" WOMAN:

An analysis of variance (ANOVA) was conducted on the perception scales of female athlete (FAT) and the "ideal" woman (IW). The sum of the responses across all scales in the categories female athlete and "ideal" woman were analyzed as follows:

- a). FAT vs IW
- b). FAT vs IW x GENDER
- c). FAT vs IW x SCHOOL
- d). FAT vs IW x GENDER x SCHOOL

The results of these analyses are presented in Table Eight.

A significant difference was found between the female athlete and "ideal" woman. No differences were found for the other categories. To discern the differences in perception of the female athlete and "ideal" woman a C-Matrix was run. These results are presented in Table Nine.

The results of the C-Matrix clearly indicate that the female athlete was perceived quite differently from the "ideal" woman. Both were perceived as being similar only on the acceptability and

TABLE EIGHT
Female Athlete Versus "Ideal" Woman ANOVA

FAT vs IW	F(1, 62) = 58.355	p<0.000*
FAT vs IW x GENDER	F(1, 62) = 1.575	p<0.214
FAT vs IW x SCHOOL	F(1, 62) = 3.328	p<0.073
FAT vs IW x GENDER xSCHOOL	F(1, 62) = 1.895	p<0.174

TABLE NINE
Results of the C-Matrix for Female Athlete Versus "Ideal" Woman
by Scale

Scale	F Value	p Value
1. ugly - beautiful	F(4, 62) = 13.412	p<0.000*
2. strong - weak	F(4, 62) = 8.401	p<0.000*
3. masculine - feminine	F(4, 62) = 10.309	p<0.000*
4. tall - short	F(4, 62) = 1.668	p<0.169
5. muscular - thin	F(4, 62) = 8.664	p<0.000*
6. athletic - unathletic	F(4, 62) = 12.455	p<0.000*
7. acceptable - unacceptable	F(4, 62) = 1.461	p<0.225
8. big - small	F(4, 62) = 8.087	p<0.000*

height scales. A review of the means provide insight into how the two are perceived (Table Ten).

TABLE TEN

Female Athlete Versus "Ideal" Woman Means for Pooled Subject Groups.

SCALE	FEMALE ATHLETE	IDEAL WOMAN
beauty	5.106	6.348
strength	2.136	3.136
femininity	4.576	5.894
height	3.121	3.348
muscularity	2.652	3.939
athleticism	1.500	2.621
acceptability	1.924	2.030
size	3.712	4.682

The female athlete is seen to be beautiful, feminine, very strong, tall, reasonably muscular, very athletic, highly acceptable, and somewhat big. The "ideal" woman is perceived as very beautiful, quite feminine, reasonably strong, somewhat tall and muscular, quite athletic, highly acceptable, and of smaller stature. The female athlete is perceived as being uglier, stronger, more masculine, more muscular, more athletic and bigger than the "ideal" woman.

FEMALE SHOT PUTTER VERSUS SHOT PUTTER:

An analysis of variance (ANOVA) was conducted on the perception scales of female shot putter (FSP) and shot putter (SP). The sum of the responses across all scales were analyzed as follows:

- a). FSP vs SP
- b). FSP vs SP x GENDER
- c). FSP vs SP x SCHOOL
- d). FSP vs SP x GENDER x SCHOOL

The results of the ANOVA are presented in Table Eleven.

TABLE ELEVEN

Female Shot Putter Versus Shot Putter ANOVA

FSP vs SP	$F(1, 62) = 8.172$	$p < 0.006^*$
FSP vs SP x GENDER	$F(1, 62) = 0.003$	$p < 0.955$
FSP vs SP x SCHOOL	$F(1, 62) = 1.544$	$p < 0.219$
FSP vs SP x GENDER x SCHOOL	$F(1, 62) = 0.039$	$p < 0.843$

A significant difference was found in the responses concerning the female shot putter as compared to shot putter. No differences were found as regards to gender, age, or an interaction between subjects according to gender and age. The C-Matrix accentuated

which scales were being rated differently by the subjects and are presented in Table Twelve.

TABLE TWELVE

Results of the C-Matrix for Female Shot Putter Versus Shot Putter by Scale

Scale	F Value	p Value
1. ugly - beautiful	F(4, 62) = 0.981	p<0.425
2. strong - weak	F(4, 62) = 3.218	p<0.018*
3. masculine - feminine	F(4, 62) = 3.853	p<0.007*
4. tall - short	F(4, 62) = 1.385	p<0.250
5. muscular - thin	F(4, 62) = 1.628	p<0.178
6. athletic - non-athletic	F(4, 62) = 1.257	p<0.296
7. acceptable - unacceptable	F(4, 62) = 2.501	p<0.051
8. big - small	no data available	no data available

The shot putter was rated significantly different from the female shot putter on only two scales, strength and masculinity. The means for shot putter and female shot putter by scale are presented in Table Thirteen. Due to the omission of the size scale for the shot putter in the questionnaire, it was not possible to compare the mean values between the female shot putter and shot

putter. The male-female scale was included however, and all subjects found the shot putter to be more male than female.

TABLE THIRTEEN

Shot Putter Versus Female Shot Putter Means for Pooled Subject Groups

SCALE	SHOT PUTTER	FEMALE SHOT PUTTER
beauty	3.758	3.515
strength	1.591	2.000
femininity	2.894	3.455
height	3.667	3.955
muscularity	1.924	2.273
athleticism	2.288	2.439
acceptability	1.970	2.409
male-female	2.972	-----
size	-----	2.758

The mean values present the female shot putter as being slightly ugly and masculine, very strong and muscular, of medium height, quite athletic, acceptable and big. The shot putter was perceived as very male, somewhat ugly, very masculine, extremely strong and muscular, slightly tall, very athletic, and highly acceptable. The trends indicate that the shot putter is perceived as being more beautiful, stronger, more masculine, taller, more muscular and more acceptable than the female shot putter.

PERCEPTIONS OF FEMALE SHOT PUTTERS:

The female shot putters were asked if they felt there was a typical body build for women and and to describe that body build. Their responses are presented in Table Fourteen.

TABLE FOURTEEN

Female Shot Putters' Opinions of Body Build for Typical Woman

LEVEL	NUMBER OF SUBJECTS	YES, THERE IS A TYPICAL BODY BUILD	NO, THERE IS NOT A TYPICAL BODY BUILD
high school	28	20 (71.43%)	8 (28.57%)
university/ open	8	5 (62.5%)	3 (37.5%)
combined	36	25 (69.44%)	11 (30.56%)

The responses indicate that both subject groups felt there is a typical body build for women. While not all subjects took the time to elaborate, sixteen high school women and four university women indicated that the typical body build was small and waife-like. The most common response for those indicating no typical body build was that women come in all shapes and sizes.

The majority of female shot putter subjects responded in the affirmative to the question, "Do you think there is a typical body build norm for female shot putters". Their responses are presented in Table Fifteen. The most common description was someone who

TABLE FIFTEEN

Female Shot Putters' Opinions of Body Build for Typical Female Shot Putter

LEVEL	NUMBER OF SUBJECTS	YES, THERE IS A TYPICAL BODY BUILD	NO, THERE IS NOT A TYPICAL BODY BUILD
high school	28	18 (64.29%)	10 (35.71%)
university/ open	8	6 (75%)	2 (25%)
combined	36	24 (66.67%)	12 (33.33%)

was tall, big, muscular, hefty/fat and powerful. A number of subjects explained this was the stereotyped description and that a successful shot putter had to be extremely fit and athletic. Those subjects who felt there was no typical body build for a female shot putter most commonly indicated that, like women in general, shot putters came in all shapes and sizes.

As can be seen from the data presented in Table Sixteen, the high school subjects overwhelmingly responded in the negative to the question, "Do/did you wish you were bigger?". Most of the university/open women in stark contrast, indicated they wished they were bigger.

TABLE SIXTEEN
Female Shot Putters' Desire to be Bigger

LEVEL	NUMBER OF SUBJECTS	NO, I DO NOT WISH TO BE BIGGER	YES, I WISH TO BE BIGGER	UNDECIDED
high school	28	20 (71.43%)	6 (21.43%)	2 (7.14%)
university/open	8	3 (37.5%)	5 (62.5%)	0
combined	36	23 (63.89%)	11 (30.56%)	2 (5.56%)

Those subjects who responded negatively tended to state that they were already big enough and to be bigger would make them "hulks", "stand-out more", "make it more difficult to get clothes that fit", etc. Those responding positively most often wanted to be taller. Height was recognized as providing a competitive advantage. A few subjects wanted to be more muscular as improved strength would also make them more competitive. The two women who were

undecided indicated that they knew size would make them more competitive but they did not want the image of being bigger.

TABLE SEVENTEEN

Female Shot Putters' Opinions of Being Perceived as BIG by Others

LEVEL	NUMBER OF SUBJECTS	YES, I AM PERCEIVED AS BEING BIG	NO, I AM NOT PERCEIVED AS BEING BIG
high school	28	26 (92.86%)	2 (7.14%)
university/ open	8	7 (87.5%)	1 (12.5%)
combined	36	33 (91.67%)	3 (8.33%)

All subjects responded in near unanimity that they were perceived as big individuals by family, friends and the general population (Table Seventeen). Those few who responded negatively, felt while they were a little more muscular, they were average sized individuals.

When asked if they felt their body image was in conflict with that of the typical woman the majority of the subjects responded in the affirmative (Table Eighteen). Those that responded in the

negative most commonly indicated there was no typical woman and that they were of normal size for a woman.

TABLE EIGHTEEN

Female Shot Putters' Opinions of Their Body Image Being in Conflict with that of the Typical Woman

LEVEL	NUMBER OF SUBJECTS	YES, MY BODY IMAGE CONFLICTS WITH THAT OF THE TYPICAL WOMAN	NO, MY BODY IMAGE DOES NOT CONFLICT WITH THAT OF THE TYPICAL WOMAN
high school	28	21 (75%)	7 (25%)
university/ open	8	7 (87.5%)	1 (12.5%)
combined	36	28 (77.78%)	8 (22.22%)

The female shot putters overwhelmingly (83.78%) felt that their participation had no impact on their attractiveness to others. The complete response pattern for women shot putters to the statement, "I believe that participation in the shot put has made me less attractive to significant others" are presented in Table Nineteen.

The majority (51.35%) of the subjects indicated that they felt their participation in shot put had led them to be defined as more

TABLE NINETEEN

Response Patterns of Female Shot Putters Concerning Their Ability
to Attract a Significant Other

Scale	1	2	3	4	5	6	7
	strongly disagree	disagree	somewhat disagree	undecided	somewhat agree	agree	strongly agree
high school (28)	9	8	7		4		
high school (%age)	32.14%	28.57%	25%		14.29%		
university open (9)	4	3			2		
university open %age	44.44%	33.33%			22.22%		

masculine. The university/open female shot putters felt more strongly about this than did the high school women as 66.66% of them responded affirmatively, compared to a 46.28% affirmation rate by the high school women. The complete response pattern is presented in Table Twenty.

TABLE TWENTY

Response Patterns of Female Shot Putters to Being Defined as More Masculine

Scale	1	2	3	4	5	6	7
	strongly disagree	disagree	somewhat disagree	un-decided	somewhat agree	agree	strongly agree
HS (28)	3	4	7	1	10	2	1
HS (%age)	10.71%	14.29%	25%	3.57%	35.57%	7.14%	3.57%
univ/ open (9)		1		2	4	2	
univ/ open (%age)		11.11%		22.22%	44.44%	22.22%	

Response rates to these two statements (attractiveness and masculinity) were compared to the body weight of the subjects. It was thought that those subjects with heavier body weights might respond differently than those with lighter body weights, as the former deviated more from the dominant culture norm for female body build. The results are presented in Tables Twenty-One, Two and Three.

TABLE TWENTY-ONE

High School Female Shot Putter Responses to Attractiveness and Masculinity According to Their Body Weight.

weight (pounds)	difficulty attracting	no difficulty attracting	more defined as masculine	not defined as masculine	undecided re masculinity
<160	1	11	6	6	0
161-169	1	4	1	3	1
170-179	2	2	3	1	0
180-189	0	0	0	0	0
190-199	0	4	2	1	1
200-209	0	2	0	2	0
210-219	0	0	0	0	0
220+	0	1	0	1	0

The majority (75%) of the twenty-eight high school subjects fell below the normative weight range for an international level shot putter (185 to 225 pounds), as twenty-one of these women weighed less than 180 pounds. Of the women who weighed less than 180 pounds, more than half (twelve; 57.14%) weighed less than 160 pounds. All four (14.29%) of the women who stated that they experienced difficulty attracting a significant other came from the group that did not have a body weight approaching that of an international level shot putter. Ten of the thirteen (76.92%) women

who found their participation had led them to be defined as more masculine also came from the non-international level shot put weight grouping.

TABLE TWENTY-TWO

University Female Shot Putter Responses to Attractiveness and Masculinity According to Their Body Weight.

weight (pounds)	difficulty attracting	no difficulty attracting	more defined as masculine	not defined as masculine	undecided re masculinity
<160	0	1	0	1	0
161-169	0	2	0	1	1
170-179	1	0	1	0	0
180-189	0	2	1	0	1
190-199	0	2	1	0	1
200-209	0	0	0	0	0
210-219	0	0	0	0	0
220+	1	0	1	0	0

The majority of the nine university/open women shot putters (five; 55.55%) fell within the normative weight range for an international level shot putter. Only the heaviest woman of the group that exceeded 180 pounds, felt her participation in the shot put had made it more difficult to attract significant others. Two

(22.22%) of the university/open women found difficulty in attracting significant others. Three of the four (75%) women who indicated their participation had led them to be defined as more masculine came from the international weight grouping.

When subject groups were combined, only twelve (32.43%) of the female shot putters had body weights comparable to that of an international level shot putter. Five of the six (83.33%) women who indicated difficulty attracting a significant other because of their participation in shot put came from the "lighter" weight grouping. The two heaviest women, split in opinion as to whether their participation made it more difficult to attract a significant other. Almost twice as many (eleven vs five) of the women who indicated their participation made them more masculine came from the non-international standard weight grouping. Only 43.24% of these women felt their participation in the shot put led them to being defined as more masculine. However, half (50%) of the women in the international shot put weight category indicated they were perceived to be more masculine because of their participation as compared to 44% of the women who did not fall into the heavier weight categories.

The athletes were asked why there were so few Canadian women participating in the shot put. Their responses are detailed in Table Twenty-four. Most subjects gave more than one response to this open-ended question, making it impossible to use

percentages. The sum total of the responses provide a strong indication as to what were the dominant factors keeping women

TABLE TWENTY-THREE

Combined Female Shot Putter Responses to Attractiveness and Masculinity According to Their Body Weight.

weight (pounds)	difficulty attracting	no difficulty attracting	more defined as masculine	not defined as masculine	undecided re masculinity
<160	1	12	6	7	0
161-169	1	6	1	4	2
170-179	3	2	4	1	0
180-189	0	2	1	0	1
190-199	0	6	4	1	1
200-209	0	2	0	2	0
210-219	0	0	0	0	0
220+	1	1	1	1	0

from becoming involved in shot put. Any response related to body build, stereotypes and femininity were categorized under the negative stereotype/image heading (i.e., "people think it's for butches", "being muscular is not associated with being feminine", "the stigma", "society's acceptance of large women is lacking", etc). Categorized under the lack of exposure heading were items that

dealt specifically with the lack of exposure, as well as lack of coaching, or a developmental program. Any response that related to lack of support, financial or otherwise was assigned to the lack of

TABLE TWENTY-FOUR

Female Shot Putters' Opinions as to why Canadian Women do not Participate in Shot Put

Level	Negative Stereotype or Image	Lack of Exposure	Lack of Support	Lack of Role Models	Nature of the Event
high school	18	16	2	0	4
university /open	7	2	2	1	3
combined	25	18	4	1	7

support category. Lack of role models was listed separately, but could have easily been subsumed by either the stereotype or the lack of exposure categories. The final category was the nature of the event. Any factors specific to the event, such as "training is too demanding", "it is not very exciting or glamorous", or "it's too difficult to get to the Olympics", were classified as part of the nature of the event. The majority of the responses centered around two

categories, negative stereotyping/image (25) and lack of exposure (18). Only nine of the twenty-eight (32.14%) high school respondents and two (22.22%) of the university respondents failed to mention something related to the stereotype or image of the event. Overall, 70.27% felt women did not want to participate in shot put because of the negative stereotype and image associated with the event.

CHAPTER 5

Discussion

Female Shot Putter Versus "Ideal" Woman

Based on the scale responses to the concepts of "woman shot putter" and "ideal woman", two almost diametrically opposite images emerge. All the classical stereotypes are invoked. The female shot putter is more "man-like", while the "ideal" woman is more "female-like". While no difference was found in the acceptability level between the two images, one has to wonder what the response would have been to the question, "which woman, the shot putter or the "ideal" woman would you prefer if you could choose only one". I strongly suspect that the answer would have been in favour of the "ideal" woman. She represents the model to which all women should (must) aspire. It is little wonder that so many young women have no desire to take up shot putting. Who wants to be perceived as big, ugly, masculine and likely be labelled a lesbian? Under such circumstances for a young woman to take up the sport, conjures up thoughts of extreme naivete and/or masochism. To "rock the boat" and go against the social "barrier" of image perception requires an unshakeable sense of self but also considerable courage.

Clearly based on the responses, the subjects indicate that the image of the "ideal" woman is significantly more preferred to that of the female shot putter. Paradoxically, these subjects are accepting

of the female shot putter, particularly when other studies demonstrate that such a sport is more likely to be significantly less accepted than a more "feminine" sport (Hall, 1980; Kidd, 1983; Metheny, 1965; Nixon et al., 1979; Snyder and Kivlin, 1975; Snyder and Spreitzer, 1983; Woodford and Wilbur, 1981). Perhaps there has been a change over the last decade in how women in sport are perceived by the general population. Subjects in this research may not have wanted to be perceived as being image prejudiced, so may have given the female shot putter a positive rating on acceptability, even though they found her unacceptable. To find her unacceptable as compared to the "ideal" woman would have been consistent with ratings on other scales. Given the personal sports experience of the subject group there may have been an implicit bias towards acceptance of athletes regardless of the sport.

With the female shot putter considered to be stronger, more muscular, and athletic than the "ideal" woman, an association between strength, muscularity and athleticism is inferred. Strength and muscularity are concepts associated with athleticism. The female shot putter may have been found acceptable since the "toned muscular" look for women is heavily promoted. Leading actresses (i.e., Weaver, in *Aliens*; Curtis in *True Lies*), and models (i.e., Venalen, in *Ice Tea Commercials*), with this look have received tremendous exposure. The global exposure for this physical image may account for the acceptability of muscular women with strength.

There are two possible scenarios surrounding the acceptability issue as regards the female shot putter. Acceptability may have been granted because the woman was an athlete who was both muscular and strong and as a result participated in shot put. Acceptability may have been forthcoming because the woman was a shot putter who was muscular and strong and participated in competitive sport. There are subtle, but important differences between the two possibilities. In the first instance, the woman is accepted as an athlete but not necessarily as "woman as shot putter". In the second scenario, the "shot putter as woman" is being accepted. The categorical analyses of the female shot putter versus shot putter and the female athlete versus female shot putter provides the answer. As both the Gerber et al (1974) and Ferris (1981) earlier asserted, the sport is accepted, but only when the participant is male. In all categorical analyses the female shot putter received the lowest acceptability ratings. Thus, the first scenario accounts for the acceptability accorded the female shot putter. She is acceptable as an athlete, not a female shot putter.

The "ideal" woman was rated as being reasonably athletic. This ranking does not conform to those found in previous studies, where athleticism was often seen as an undesirable trait (Bray, 1983; Clifton et al., 1976; Werner and LaRussa, 1985). The current subject group found a degree of athleticism in their imaged "ideal" woman. With the increased emphasis of the sports/leisure industry

seeking out and exploiting new target groups, the consumer is exposed to more commodities for female athletes than ever before. This exposure may account for the acceptability of athleticism as a characteristic of the "ideal" woman. Notwithstanding, as I have argued above, the media emphasis on promoting some female activities over others, and a conformity towards a stereotypical feminine physique, still leaves the female shot putter and her physique as problematic.

The implied association of size with femininity is proffered by the direction of the trend in the means. The "ideal" woman was perceived as smaller and more feminine, while the female shot putter was perceived as larger and more masculine. This image dilemma faces any woman who might wish to take up the event. One of the comments most often heard by throws coaches is: "I don't want to throw the shot put because I don't want to be big". What is implicitly being said is, "I don't want to throw because I don't want to be perceived as being masculine".

The concept of beauty also appears to be linked with size. The female shot putter was found to be uglier and bigger than the "ideal" woman. The ramifications for the young woman interested in the shot put are not positive. If the young woman has the body build to be a successful shot putter, according to the findings in this research, she is likely to be perceived as being ugly and too big.

Strength and muscularity in the "ideal" woman did not appear to negatively affect perceived beauty, whereas, in the female shot putter they did. The reasons for these differences are a matter of speculation. Was the "ideal" woman perceived as being so beautiful and small that concepts such as muscularity and strength were not equated with masculinity? Or, was the "ideal" woman perceived as being so feminine and beautiful that even if she exhibited masculine characteristics of muscularity and strength, these would not in any way negatively influence her femininity? More research needs to be conducted on questions such as these.

Female Athlete Versus Female Shot Putter

The female shot putter is also a female athlete. Despite this fact, the categories were perceived in different ways. The shot putter was a negative concept in comparison to that of the athlete. Once again, it is little wonder that female athletes resist becoming shot putters. As problematic as this social difference is, the fact that the subjects also found the female athlete to be stronger and taller than the shot putter, is inconceivable. Strength and height are critical to a shot putter's performance. It is also perplexing as to why, despite being found stronger and taller, the female athlete was also found to be less muscular, more beautiful, more feminine, and smaller than the shot putter. It follows from these contradictions that the shot putter was judged according to the event in which she

participated, rather than as an athlete. If the shot putter had been evaluated as an athlete, one would have expected similar ratings on all scales. It also follows that since there were distinctions made between female athletes and shot putters, there were strong implicit assumptions that shot putters are huge Herculean men. This would explain the fact that the female shot putter was rated as being more masculine, bigger, uglier, and less acceptable than the female athlete.

The fact that subjects rated the female shot putter as being shorter and less athletic than the female athlete, really speaks to a lack of understanding about the event. Neither does it help that the media rarely covers the event in international competition. Height is a critical factor and international level shot putters are extremely athletic people. The typical misconception is that size is all that matters. The "biggest" person, regardless of athletic ability, tends to be put in the event. Success is expected based on physical size. In reality, the large non-athlete rarely wins. For example, at the 1996 Ontario High School Championships, it was the female with athletic ability who won. Across all the age categories the women who medalled in the shot put (finished first to third) were multi-sport, or multi-event athletes.

Most female shot putters are "big" female athletes first, and because of their height, size, and athletic ability are recruited into the event from other sports. Unfortunately, because of their size,

they are perceived as being more masculine. If they enjoy success and commit to pursuing excellence in the sport, they are perceived as becoming totally masculinized. Consequently, the "apologetic", (Anthrop and Allison, 1983, p. 105) card is often played. "Big" female athletes do not take up shot putting as they do not wish to be perceived as being more masculine than their size already implies.

Female Athlete Versus "Ideal" Woman

It is legitimate that female athletes are seen to be stronger, more muscular and athletic. Most however, would object to being construed as ugly, masculine and big, simply because they are athletes. The finding that female athletes are perceived less favourable than the "ideal" woman is consistent with previous research (Bray, 1983; Clifton et al., 1976; Fisher et al, 1977; Harrison, 1978; Werner and LaRussa, 1985).

If the average female athlete is characterized in this less than flattering manner the female shot putter finds herself in a double bind. Not only is she negatively differentiated because of her athletic abilities, she is perceived in even less flattering terms than that of her athletic counterpart.

It is curious that the "ideal" woman could be athletic and not have her athleticism detract from the perception of her femininity, beauty, and size. It may very well be the "labelling" phenomenon

which is at play here. By merit of the label "ideal", a woman is the epitome of perfection and cannot be tainted, even when adopting the more masculine characteristic of "athletic". The "female athlete" label, however, is tainted by the masculinizing overtones of her association with the "masculine" activity of competitive sport.

Female Shot Putter Versus Shot Putter

If subjects responded to the questionnaire in terms of the shot put event little difference in the ratings assigned to the scales for the concepts of shot putter and female shot putter should have been found. That a significant difference was found implies that respondents were implicitly evaluating gender as well as/or instead of the event. This is indicative of the fact that sport is still genderized and is consistent with the results of previous studies (Hall, 1980; Kidd, 1983; Metheny, 1965; Nixon et al., 1979; Snyder & Kivlin, 1975; Snyder & Spreitzer, 1983; Woodford & Wilbur, 1981).

What is encouraging is the fact that there appears to be a slight movement away from a perception of gendered sport. The findings of the C-matrix indicates that the female shot putter was being evaluated by the same criteria as the shot putter.

There is still a good way to go, however. That a significant difference in the acceptability scale was almost found is most disconcerting. This indicates that while involved in the same event, the generic shot putter and female shot putter were differentially

valued. Obviously, a strong case can be made that the event is still genderized.

The trends established from the mean values proved even more insightful. Subjects perceived the shot putter in a more favourable light than the female shot putter. This implies a social image of a shot putter who was male, who competed in a masculine event, and who approximated the stereotypical "macho" man. It can be generalized, therefore, that when people think of "shot put", they tend to think of an event in which men participate. This is consistent with other research findings (Ferris, 1981; Fisher et al, 1977; Gerber et al, 1974; Harrison, 1978; Kane, 1988; Kernaghan, 1987; Woodford and Wilbur, 1981). Further, because of this perception, women who participate in the event are likely to be perceived as less than female. Thus, when the word "female" was prefixed to shot putter, a more negative image was expounded (uglier, less athletic and less acceptable). Even subjects as steeped in the culture of physical activity as my respondents were, are still heavily bound by stereotyped perceptions of differential opportunities for men and women.

Perceptions of Female Shot Putter

The results dramatically demonstrated that these women felt there was a typical body build image for both themselves and the

typical woman and that these two images were diametric opposites. The younger and less experienced shot putters, know the qualities needed for success, one of them being size, yet they demonstrated an almost pathological fear of becoming bigger. This is not a surprise. They are at a very vulnerable stage in their social, emotional, and physical development. These young women are striving for social acceptance within their peer group, yet feel, and are seen by their peers as possessing a body image less likely to garner the desired acceptance. When their body image is combined with participating in a sport, not likely to enhance their image, it is most understandable why many young women choose not to participate.

The older subject group seems to have accepted their image and were more willing to do what is required to participate in the sport at a higher level. Many had competed at the international level and had witnessed first-hand what it takes to reach competitive performances in the event.

It was telling that while the majority of women shot putters felt their body image conflicted with that of the typical woman and that they were perceived as being big by their friends, family and community, only 16.22% indicated that their participation had made it more difficult to attract significant others. In fact, a number of these women commented that their involvement had helped them because it led to improved fitness

and afforded them a degree of notoriety. Despite this fact, many of these women were adamant in their objection to becoming bigger.

When it came to the question of masculinity, the majority (51.35%) of the women indicated that their participation had led them to be perceived as more masculine. The difference in the age group perceptions, (66.66% of the older group as compared to 46.28% of the younger group) can be explained as a case of heightened sensitivity. Simply as a result of having been around longer, participating at a higher level, and having more life experiences, the older competitors are more aware of, and more likely to have been exposed to greater negativity.

Given the earlier trends linking the level of perceived masculinity with perceived beauty, it is difficult to understand why so few subjects had no difficulty in attracting a significant other. Body weight was also not a factor. The heaviest competitors indicated that they had no problems attracting a significant other (91.67%). In fact, 83.33% of the subjects who indicated difficulties attracting a significant other because of their participation in shot put came from the lighter weight categories where fewer problems should, logically, have been found. I would speculate that what accounts for the actual experiences of these women shot putters differing so radically from the expected is the following. These women may have been fortunate enough to find themselves surrounded by a more liberal and accepting community. While

their body build might be construed as a detractor, these women may have had other qualities which made them relatively acceptable with their sporting subculture. It very well might be their overall personal qualities that had allowed them to attract a significant other. It could also be that these subjects simply fabricated their responses. Rather than acknowledge their inability to attract a significant other, they responded in the affirmative. Finally, the term "significant other" lends itself to a rather broad interpretation and the respondents may have been answering this question in a more liberal sense of the term.

When asked, "why do you think there are so few women in Canada competing in the shot put", there were two standard answers. First, the subjects clearly understood that there was a stereotyped image of the shot putter, particularly in terms of body build. Second, there is a definite lack of exposure for the event. It simply is not seen as "good sporting news". It is interesting to speculate on the connections between these two responses. Is the stereotyped image responsible for the lack of exposure, or is it the lack of exposure which allows the stereotyped perception to continue? The lack of exposure and stereotyped image reasons can be categorized as social acceptance issues. Other responses dealt with opportunity set (9.09%), or the nature of the event (12.73%) issues. The emphasis on societal issues (78.18%) and so little emphasis on the other two is disconcerting. Improving

opportunities for coaching, learning the sport or making it more exciting are all "doable" issues. Changing societal attitudes are less easy to deal with. The transformation of dominant norms and stereotypes takes place at a painstakingly, almost infinitesimally, slow rate. The prognosis is that the competitive future of the sport is not healthy.

CHAPTER 6

Summary, Conclusions, and Recommendations for Future Research

Summary

It is disconcerting to find a predominantly middle-upper class subject group that is well educated, actively involved in physical activity (outdoor education), and yet possesses stereotypical views about female athletes. While these subjects accept the three women ("ideal", athlete, shot putter) their perceptions of the image of each radically varied.

For all paired concept comparisons the female shot putter is consistently perceived in a less than flattering manner. The concepts of size, femininity, and beauty are recurrent themes. Size appears to have a negative impact on perceived femininity. In all cases where the imaged individual is big she is also thought to be more masculine. The subjects also rated the imaged individual as uglier, if she is perceived to be more masculine. The female shot putter is consistently considered to be big, masculine and ugly. Even when compared to other female athletes and a generic shot putter, the female shot putter is rated uglier.

This research found that the female athlete is still not perceived in an entirely positive manner. The degree of acceptability for the female athlete is associated with images of masculinity. Given that the respondents were knowledgeable about

sport, and according to previous research, should have been positive and accepting of the female athlete, it appears that women involved in athletic endeavors have made little progress towards universal social acceptance.

This lack of progress is also evident in the responses of the experienced throwers. Even though they possessed body weights well below that required to compete at the international level, most recognized that greater size would make them more competitive, but resist the thought of becoming bigger. This was especially evident among the younger women. The throwers feel they have a well defined body image, and it is in conflict with the image of a typical woman. It is not a positive image either.

On a positive note while the women have found their participation had led them to be perceived as more masculine, it has not presented any difficulty in their ability to attract a significant other. Nonetheless, the women involved in the sport are not thrilled about being perceived as big.

The results of this study empirically support what those involved in the sport have intuitively always known. That is, the female shot putter has a negative image. This stereotyped image, combined with a lack of exposure for the event, are critical social barriers, which inhibit participation. These social constraints far outweigh other inhibitory factors (nature of the event; participation opportunities) which limit women from involvement.

Conclusions

Based on the results found in this study it is concluded that:

1. Although no significant difference was found in the level of acceptance, the "ideal" woman is perceived in a more positive fashion than the female athlete and in a significantly more positive manner than the female shot putter.

2. The generic shot putter is more positively perceived and accepted than the female shot putter.

3. Conceptualization of the "ideal" woman, female athlete and female shot putter are still saturated with stereotypical overtones.

4. Body size has an impact on the perception and degree of perceived masculinity in individuals. The bigger the individual is perceived to be, the more masculine he/she tends to be rated.

5. Body size influences the perception and rating of an individual in terms of beauty. The bigger the individual, the uglier their rating tends to be, particularly if the individual is a woman.

6. While it would appear that little progress towards the de-gendering of sport has occurred, there does seem to be greater acceptance of women's involvement in sport, even if that sport is a traditionally masculine one.

7. The perception of women involved in shot putting is a negative one. This perception represents a significant social barrier,

and may be a major reason why so few young women choose to become involved in the sport.

8. Female shot putters recognize that they have a distinctive body image and that this image is negatively stereotyped among the general population.

10. While the women accept being big, the majority do not want to be bigger and feel their body image is in conflict with that of the "ideal" woman.

11. Even though most are not big enough to compete internationally, the throwers, and their significant others, perceive themselves to be big.

12. While their participation has led them to be perceived as more masculine, these women, regardless of body weights, expressed no difficulty in attracting a significant other.

13. Social constraints such as a stereotyped image and the lack of exposure of the sport are the primary reasons for women choosing not to participate in the event. Conversely;

14. Opportunity set and the nature of the event do not appear to be significant mitigating factors inhibiting participation.

15. Given the perceptions of a subject group, sensitive to, and knowledgeable about sport, the future for the women's shot put in Canada is not positive, because:

- i). it is difficult to alter quickly social attitudes;

ii). the majority of the young women competing in the event are resistant to becoming bigger, even if it means they will be more competitive.

Future Directions for Research

Issues surrounding participation of women in sport represent a burgeoning area of investigation. As the Review of Literature Chapter illustrates, there is minimal research on female participation in the shot put. In this regard, this thesis is an attempt to chart a path for future research, The responses of the sample group suggest as many questions as they answer, For example:

1. Do high school female shot putters who indicate that they want to be bigger possess a higher degree of self esteem than those who do not?
2. What social support network exists for the women who want to be bigger as compared to those who do not?
3. What do experienced throwers perceive as the culture of the event? What keeps them in the sport? What would make them leave?
4. Are social acceptance barriers the significant reason for lack of participation, or are there other equally important constraints?

5. With a more precise definition of "significant other" would the findings from this study differ? Moreover, would those women who are competing internationally (weight in excess of two hundred pounds) answer the question differently?

6. Who do experienced throwers look to as role models and would more visible role models have any effect on participation levels?

7. Are social barriers to participation a Canadian cultural phenomena, a North American one, or a world wide problem?

8. What role does the popular media play in the perpetuation or transformation of social images?

In closing, it should be evident that there is much to be done in the way of research before a definitive picture emerges as to the nature of female participation in sports like shot putting.

Post Script

Due to other priorities in my life, this thesis was written over the span of twelve years (1985 - 1997). The literature review while current at the time it was conducted, is now dated. There is a general feeling of uneasiness about a literature review where most of the articles were written in the 1970's and 1980s. Rhetorically, "was an outdated and distorted view of how women in sport are currently perceived and accepted" being presented. As a result of this uneasiness a cursory review of the literature was conducted with the updated research presented in this post script. Although not exhaustive, the literature cited is reflective of the material related to the female shotputter. Neither the technology of the internet, or sociology of sport journals contained detailed articles on the female shotputter.

The concensus remains that there is a definite, heavily stereotyped, idealized female body type -- the female body is femininity embodied. Messner (1996) states that:

sport participation offers a normalizing equation for men:

athleticism = masculinity = heterosexuality.

For women athletes, the equation has always been more paradoxical:

athleticism? femininity? heterosexuality?

(Ibid., p. 225)

The implications to these queries are clarified by Griffin (1992) "... and sexist standards of feminine attractiveness remind women in sport that to be acceptable, we must monitor our behavior and appearance at all times" (p. 254). Obel's study of women bodybuilders observes that in order to counter-balance their muscularity, "the proclamation of gender must be made very loudly" (1996., p. 191).

Kolnes' expansion on this theme is particularly relevant to the female shotputter.

Women who appear strong and in good physical shape are not accepted without objections. The implicit message is that one cannot be a 'normal' woman if one is extremely strong (1995., p. 64).

According to Kolnes, "gender and sexuality are related to one another at all levels", (Ibid., p. 62). To deviate from the norm means one's status as a woman is likely to be questioned. "These women are not 'real' women, because they do not look like women" (Ibid., p. 61). Although in reference to female soccer players, the following quote is probably more applicable to female shotputters. "One of the worst things that can happen to these women, is to be taken for a man or for being lesbian" (Ibid., p. 67). McDermott (1996) takes the same position as Kolnes:

... females who engage in traditionally 'masculine' sports often have their sexuality called into question, either through practices such as sex testing at competitions, or being labelled as 'unfeminine', butch, lesbian, and so forth (Ibid., p. 15).

Kolnes (1995) concludes that women may engage in sport as long as it does not compromise their heterosexuality. Further, whenever possible, the female athlete must exhibit the dominant images and standards of heterosexuality. But even this, according to Kolnes is not enough. She argues that unless it is a feminine image that is portrayed in sport the spectator will either lose interest in the event, or accuse the participants of being masculine or lesbians. In other words, despite over a decade between the two literature reviews it is clear that if a woman was to pursue the masculine sport of shot putting, to develop the muscular, powerful body needed to excel in the sport, she is likely to be labelled a lesbian. For young girls developing a sense of who they are, this may be a considerable barrier to overcome. The path of least resistance is not to engage in the sport at all.

Having role models who have gone against the "femininity" norm and excelled does not appear to be sufficient inducement to entice other young women to follow suit. One of the few countries in the world that has had successful female shotputter role models, is Germany. The pressures that confront young German women to

behave in a gender appropriate manner are just as limiting as those experienced by North American women. Pfister (1993) noted:

At this time [end of puberty] when identity is very insecure, the temptation to use the body as a medium of social acceptance is very great. For this reason the concern about correct appearance and behavior plays a particularly important role in this phase of development. For example, none of the girls I interviewed in a pilot study, had any desire to take up sports which had to do with 'muscles' [p. 166].

My original contention was that the media propagates stereotyped images of women in sport and as a result acts as an inhibitor for women not conforming to the body build of the "ideal" woman. The updated research does not contradict this contention. The media remain biased and sexist in its presentation of women in sport. Women involved in "sex-appropriate" sports which accentuate the traditional definition of femininity receive the most coverage from the media (Crossman, J., Hyslop, P., and Gurthrie, B., 1994; Daddario, G., 1994; Duncan, C., 1990; Lee, J., 1992; Lumpkin, A. and Williams, L. D., 1991). The following quotes best sum up the situation regarding the media and the portrayal, or lack therein, of the larger female athlete, and/or the female participating in a sport traditionally perceived as "masculine":

female athletes who are less glamorous, less obviously and outwardly different from males, are less frequently the subject of photographs (Duncan, 1990, p. 28)

Further,

A comparison of the descriptors by gender dramatically illustrates that looking pretty or dressing or behaving in traditionally feminine ways seems to be as important as athletic prowess to Sports Illustrated's authors and editors (Lumpkin, A. and Williams, L. D., 1991, p. 30).

Also,

While female athletes are making inroads in masculine sports, particularly those that have traditionally been off limits to women, they are still being evaluated and characterized according to a male-defined set of criteria, which includes such superfluous variables as the athlete's physical appearance, emotional well-being, adolescent roles, and familial relationships (Daddario, G., 1994, p. 286).

Finally,

a rhetorical analysis of CBS's depiction, dramatization, and reconstruction of the 1992 winter Games suggests that the female Olympian is, to some extent, still a cultural reproduction of the sexist ideology that pervades the sport's industry (Ibid., p. 286).

In closing, Abby Hoffman (1995) contradicts, the general feeling that "things have changed":

Despite dramatic changes in the social role and economic status of women, it appears that the socialization processes that associate the female body with beauty and the male body with strength, ... are extraordinarily resistant to change (Ibid., p. 90).

Any thought that female shotputting in Canada may have an optimistic future is simply incorrect. As a former international competitor and an elite throws coach, I, more than anyone, want the sport to have a bright future. Given my original research and the results of this current literature review my pessimistic prognosis for the sport has been, regrettably, reinforced.

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QUEEN'S UNIVERSITY
SCHOOL OF PHYSICAL AND HEALTH EDUCATION
INFORMED CONSENT FORM FOR THE FOLLOWING STUDY

A SOCIOCULTURAL ANALYSIS OF CANADIAN WOMEN SHOT PUTTERS

I, _____, the subject (if 18 years or older) or the parent or guardian of, _____, consent that he/she may participate in the study entitled: A SOCIOCULTURAL ANALYSIS OF CANADIAN WOMEN SHOT PUTTERS.

If you choose to participate in this study you will be asked to fill out a questionnaire. The questionnaire is broken into sections which will ask you for some personal background information, competitive history, opinions about shot putting, your social support network, self-esteem and body build image, role conflict, sport environment, opportunity set, retirement or dropout reasons, as well as questions dealing with miscellaneous concerns.

Any information obtained in this study will be treated as privileged and confidential and will not be released to any person without your expressed consent. The information obtained, however, may be used for statistical and scientific purposes, with the right of your privacy retained.

While you are encouraged to answer all questions for all sections of the questionnaire, you can at any time choose not to respond to a particular question or questions. You may also withdraw from participation in this study at any time. Should you require clarification or wish to discuss anything concerning this study, you can contact the principal investigator, Melody Torcolacci, or the project supervisor, Dr. Hart Cantelon, School of Physical and Health Education, Queen's University. If you are not satisfied with this process you may contact directly the Director of the School of Physical and Health Education, Dr. J. G. Reid.

I (Melody Torcolacci) would like to thank you for taking the time to participate in this study. Your responses to the questionnaire will help provide much needed information on the sociocultural environment in which women shot putters find themselves.

Subject's Signature: _____ Date: _____

If under 18, Guardian's Signature _____

Dr. H. Cantelon and Dr. J. G. Reid can be reached at: Queen's University, School of Physical and Health Education, Kingston, Ontario, or by calling 613-545-2666

THESIS QUESTIONNAIRE

(For: Public School, High School PHE, First Year University Students)

I would like to know your opinions about women shot putters. Please fill out the following questionnaire as carefully as possible. You do not need to put your name on the questionnaire, all information will be kept strictly confidential. You are free to withdraw from this study at any time. Your time and effort to fill out this questionnaire is most appreciated.

General Instructions: Everyone is to complete PARTS 1, 2, 3
Just the women completing the survey are to complete PART 4

PART I: BACKGROUND INFORMATION

Age: _____

School: _____

Home Town: _____

Grade: _____

Number of Sisters: _____

Number of Brothers: _____

Are you the youngest sibling?: _____

Are you the oldest sibling?: _____

Father's Occupation: _____

Mother's Occupation: _____

Have you every competed in a sport?: _____

Name the sports and the level (Interschool, Club, Provincially, Nationally, Internationally) at which you have competed?:

How many years have you competed in sport?: _____

PART 2: IMAGE PERCEPTIONS (EVERYONE PLEASE ANSWER)

Your personal opinions about the sport of shot put are of great importance to this study. Please take the time to respond to the various questions. Below the question are eight pairs of words. Mark these word pairs to show how you feel about the ideas. Whenever possible please expand on your view point. The use of point form answers is most acceptable. Thank you.

What image immediately enters your mind when you hear the phrase "shot putter":

male	1	2	3	4	5	6	7	female
ugly	1	2	3	4	5	6	7	beautiful
strong	1	2	3	4	5	6	7	weak
masculine	1	2	3	4	5	6	7	feminine
tall	1	2	3	4	5	6	7	short
muscular	1	2	3	4	5	6	7	thin
athletic	1	2	3	4	5	6	7	non-athletic
acceptable	1	2	3	4	5	6	7	unacceptable

Comments: _____

What image immediately enters your mind when you hear the phrase "female athlete":

ugly	1	2	3	4	5	6	7	beautiful
strong	1	2	3	4	5	6	7	weak
masculine	1	2	3	4	5	6	7	feminine
tall	1	2	3	4	5	6	7	short
muscular	1	2	3	4	5	6	7	thin
athletic	1	2	3	4	5	6	7	non-athletic
acceptable	1	2	3	4	5	6	7	unacceptable
big	1	2	3	4	5	6	7	small

Comments: _____

What image immediately enters your mind when you hear the phrase "woman shot putter":

ugly	1	2	3	4	5	6	7	beautiful
strong	1	2	3	4	5	6	7	weak
masculine	1	2	3	4	5	6	7	feminine
tall	1	2	3	4	5	6	7	short
muscular	1	2	3	4	5	6	7	thin
athletic	1	2	3	4	5	6	7	non-athletic
acceptable	1	2	3	4	5	6	7	unacceptable
big	1	2	3	4	5	6	7	small

Comments: _____

What image immediately enters your mind when you hear the phrase "ideal woman":

ugly	1	2	3	4	5	6	7	beautiful
strong	1	2	3	4	5	6	7	weak
masculine	1	2	3	4	5	6	7	feminine
tall	1	2	3	4	5	6	7	short
muscular	1	2	3	4	5	6	7	thin
athletic	1	2	3	4	5	6	7	non-athletic
acceptable	1	2	3	4	5	6	7	unacceptable
big	1	2	3	4	5	6	7	small

Comments: _____

PART 3: GENERAL OPINIONS (EVERYONE PLEASE ANSWER)

	strongly disagree	disagree	can't decide	agree	strongly agree		
I believe that women competing in shot put are less likely to get a date than other women?	1	2	3	4	5	6	7

Comments: _____

I believe that the body image of a woman shot putter and the ideal female are in conflict?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I believe that women competing in shot put deserve media attention?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

I believe there are a lot women in Canada competing in the shot put?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I believe that Canada has the potential to developed into a World power in women's shot put?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I think Canada has not YET developed into a World power in women's shot put because: _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I believe that parents should encourage their daughter(s) to participate in shot put?	1	2	3	4	5	6	7

Comments: _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I believe that the general public supports women's participation in shot put?	1	2	3	4	5	6	7

Comments: _____

I believe that drugs use in the shot put is a major problem?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

PART 4: NON-PARTICIPATION REASONS (WOMEN ONLY PLEASE ANSWER)

A. Indicate the extent of your agreement or disagreement with the following statements by circling the appropriate number. If you wish to comment, please write in your comments below the questions.

	strongly disagree	disagree	can't decide	agree	strongly agree		
I would consider training to be a shot putter?	1	2	3	4	5	6	7

Comments: _____

I would consider training to be a shot putter if I could go to the Olympics?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I do not think women should be allowed to compete in shot put?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because it is not a feminine sport?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I would not consider competing in the shot put because it requires me to act unladylike?	1	2	3	4	5	6	7

Comments: _____

I would not consider competing in the shot put because I would not be as popular?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because it would make it harder to attract a significant male &/or female friend?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I would have to lift weights?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I would be perceived as a BIG person?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because it is not a very glamorous event?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because it is not a very exciting event?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I would not consider competing in the shot put because it is not a very prestigious event?	1	2	3	4	5	6	7

Comments: _____

I would not consider competing in the shot put because it is not an event that I could make money or a living at?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because by doing so I might have my sexuality questioned?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I would not be perceived as being an athlete?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I don't understand the event?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I don't know how to get involved in the event?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I would have no place to train?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I would not consider competing in the shot put because my parents wouldn't drive me to practice?	1	2	3	4	5	6	7

Comments: _____

I would not consider competing in the shot put because I have no one to coach me?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

I would not consider competing in the shot put because I had no one to encourage me to get involved in the event?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Comments: _____

Of all the reasons given for not considering competing in the shot put which was the most important one?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Comments: _____

Do you have any reason not listed above for not considering competing in the shot put? YES NO

If YES, what is/are your reason(s)? _____

	strongly disagree	disagree	can't decide	agree	strongly agree		
I would consider competing in the shot put if there were different weights of shots for different age groups?	1	2	3	4	5	6	7

Comments: _____

	strongly disagree	disagree	can't decide	agree	strongly agree	
I would consider competing in the shot put if my mother encouraged me to?	1	2	3	4	5	6 7

Comments: _____

I would consider competing in the shot put if my father encouraged me to?	1	2	3	4	5	6 7
---	---	---	---	---	---	-----

Comments: _____

I would consider competing in the shot put if a significant male friend encouraged me to?	1	2	3	4	5	6 7
---	---	---	---	---	---	-----

Comments: _____

I would consider competing in the shot put if a significant female friend encouraged me to?	1	2	3	4	5	6 7
---	---	---	---	---	---	-----

Comments: _____

I would consider competing in the shot put if I saw other women throwing it?	1	2	3	4	5	6 7
--	---	---	---	---	---	-----

Comments: _____

I would consider competing in the shot put if I could receive financial support for my efforts?	1	2	3	4	5	6 7
---	---	---	---	---	---	-----

Comments: _____

B. Below you will find some statements about yourself. I would like to know how you feel about each statement. There are no right or wrong answers. Please circle the number that best expresses how you feel about the statement.

	strongly disagree	disagree	can't decide	agree	strongly agree	
On the whole, I am satisfied with myself.	1	2	3	4	5	6 7

At times I think I am no good at all.	1	2	3	4	5	6 7
---------------------------------------	---	---	---	---	---	-----

I feel I have a number of good qualities.	1	2	3	4	5	6 7
---	---	---	---	---	---	-----

	strongly disagree	disagree	can't decide	agree	strongly agree		
I am able to do things as well as most other people.	1	2	3	4	5	6	7
I feel I do not have much to be proud of.	1	2	3	4	5	6	7
I certainly feel useless at times.	1	2	3	4	5	6	7
I feel that I am a person or worth, at least on an equal plane with others.	1	2	3	4	5	6	7
I wish I could have more respect for myself.	1	2	3	4	5	6	7
I am inclined to feel that I am a failure.	1	2	3	4	5	6	7
I take a positive attitude about myself.	1	2	3	4	5	6	7
When I was younger, I was called a tomboy.	1	2	3	4	5	6	7
I am not a very good athlete.	1	2	3	4	5	6	7
I usually feel inferior to others.	1	2	3	4	5	6	7
I normally feel warm and happy toward myself.	1	2	3	4	5	6	7
I often feel inadequate to handle new situations.	1	2	3	4	5	6	7
I habitually condemn myself for my mistakes and shortcomings.	1	2	3	4	5	6	7
I am free of shame, blame, guilt and remorse.	1	2	3	4	5	6	7
I have a driving need to prove my worth and excellence.	1	2	3	4	5	6	7
I have great enjoyment and zest for living.	1	2	3	4	5	6	7
I am much concerned about what others think and say about me.	1	2	3	4	5	6	7
I have an intense need for for recognition and approval.	1	2	3	4	5	6	7
I am usually free of emotional turmoil, conflict and frustration.	1	2	3	4	5	6	7
Losing normally causes me to feel resentful and "less than".	1	2	3	4	5	6	7
I usually anticipate new endeavors with quiet confidence.	1	2	3	4	5	6	7
I normally do my own thinking and make my own decisions.	1	2	3	4	5	6	7

	strongly disagree	disagree	can't decide	agree	strongly agree		
I often defer to others on account of their ability, wealth or prestige.	1	2	3	4	5	6	7
I willingly take responsibility for the consequence of my actions.	1	2	3	4	5	6	7
I am inclined to exaggerate and lie to maintain a desired image.	1	2	3	4	5	6	7
I tend to belittle my own talents, possessions and achievements.	1	2	3	4	5	6	7
I habitually deny, alibi, justify or rationalize my mistakes or defeats.	1	2	3	4	5	6	7
I am usually poised and comfortable among strangers.	1	2	3	4	5	6	7
I am usually poised and comfortable being in the public eye or on center stage.	1	2	3	4	5	6	7
I feel very vulnerable to others' opinions, comments and attitudes.	1	2	3	4	5	6	7
I am a professional people pleaser.	1	2	3	4	5	6	7
I am fearful of exposing my "real self".	1	2	3	4	5	6	7
I rarely feel uncomfortable, lonely and isolated when alone.	1	2	3	4	5	6	7
I am a compulsive perfectionist.	1	2	3	4	5	6	7
I readily admit my mistakes, shortcomings and defeats.	1	2	3	4	5	6	7
I accept compliments and gifts without embarrassment or obligation.	1	2	3	4	5	6	7
I customarily judge my self-worth by personal comparisons with others.	1	2	3	4	5	6	7
I am entirely self-confident.	1	2	3	4	5	6	7
I expect to succeed in things I do.	1	2	3	4	5	6	7

C. Below are listed a number of parts of your body. I would like to you to indicate how you feel about these parts by circling the number which best represents your feelings.

	strong negative	negative	no feeling	positive	strong positive		
Hair	1	2	3	4	5	6	7
facial complexion	1	2	3	4	5	6	7

	strong negative	2	negative	3	no feeling	4	5	positive	6	strong positive	7
appetite	1	2	3	4	5	6	7				
hands	1	2	3	4	5	6	7				
nose	1	2	3	4	5	6	7				
waist	1	2	3	4	5	6	7				
energy level	1	2	3	4	5	6	7				
back	1	2	3	4	5	6	7				
chin	1	2	3	4	5	6	7				
exercise	1	2	3	4	5	6	7				
neck	1	2	3	4	5	6	7				
shape of head	1	2	3	4	5	6	7				
body build	1	2	3	4	5	6	7				
profile (side view of body)	1	2	3	4	5	6	7				
height	1	2	3	4	5	6	7				
age	1	2	3	4	5	6	7				
width of shoulders	1	2	3	4	5	6	7				
arms	1	2	3	4	5	6	7				
chest	1	2	3	4	5	6	7				
hips	1	2	3	4	5	6	7				
legs	1	2	3	4	5	6	7				
forehead	1	2	3	4	5	6	7				
eyes	1	2	3	4	5	6	7				
feet	1	2	3	4	5	6	7				
teeth	1	2	3	4	5	6	7				
voice	1	2	3	4	5	6	7				
health	1	2	3	4	5	6	7				
posture	1	2	3	4	5	6	7				

	strong negative	negative	no feeling	positive	strong positive		
face	1	2	3	4	5	6	7
weight	1	2	3	4	5	6	7
trunk (part of body without arms, legs and head)	1	2	3	4	5	6	7
sex (whether you are male or female)	1	2	3	4	5	6	7

THESIS QUESTIONNAIRE

(For: High School, National Development, National Team, & Retired International Athletes)

In the interests of research I need to collect as much information about woman shot putters as possible. It is hoped that the results from this research will be used to make recommendations that will improve and promote women's shot putting in Canada. Since you are a small subject group to begin with I need each and everyone of you to please fill out the following questionnaire as carefully as possible. You do not need to put your name on the questionnaire, but should you choose to do so, all information will be kept strictly confidential. You are free to withdraw from this study at any time. I appreciate that this is a lengthy and time consuming questionnaire to complete so I will thank you in advance for spending some of your valuable time to fill out this questionnaire. Your effort is most appreciated!

General Instructions: Everyone is to complete PARTS 1-9;
Only retired women throwers are to complete PART 10.

PART 1: BACKGROUND INFORMATION

Age: _____

School: _____

Home Town: _____

Grade: _____

Number of Sisters: 0 1 2 3 4 5

Number of Brothers: 0 1 2 3 4 5

Are you the youngest sibling?: YES NO

Are you the eldest sibling?: YES NO

Father's Occupation: _____

Mother's Occupation: _____

What other sports and at what level have you participated in? _____

PART 2: COMPETITIVE HISTORY

How many years total have you competed in the shot put? _____

How were you introduced to the sport? _____

What attracted you to take up the shot put? _____

How many years have you competed Interscholastically in the shot put? _____

What was your highest finish at your Provincial High School Championships in the shot put? _____

Have you medalled more than once at your High School Provincials in the shot put? _____

How many years have you competed in Club Competition? _____

How old were you when you started to compete in Club Competitions? _____

Why did you join a Club? _____

How many years have you competed Provincially in the shot put? _____

How old were you when you first competed at a Provincial Championship? (NOT HIGH SCHOOL) _____

What was your highest Provincial placing/ranking? _____

How many years have you competed at the National Level? _____

How old were you when you first competed at the National Level? _____

What was your highest National Placing/ranking? _____

How did your training differ in your effort to move from the Provincial to the National Level? _____

How many years have you competed Internationally (as member of a Canadian Team)? _____

How old were you when you first competed Internationally? _____

What was your highest International placing? Meet? _____

How did your training differ in your effort to move from the National Level to the International Level? _____

To what level do/did you aspire to compete at? _____

When competing at your best your body weight was: <160 lbs 161-169 lbs 170-179 lbs 180-189 lbs
190-199 lbs 200-209 lbs 210-219 lbs >220 + lbs

PART 3: OPINIONS ABOUT THE SPORT

Your personal opinions about the sport are of great importance to this study. Please take the time to respond to the various questions. Point form answers are most acceptable. Thank you.

What do/did you enjoy about shot putting? _____

What do/did you not enjoy about shot putting? _____

If still competing, what would keep you in the sport for another Olympic cycle or another ten years? _____

If retired, what would have kept you in the sport for another Olympic cycle or another ten years? _____

If still competing, what do you foresee as possible reasons for retirement? _____

If retired, was your retirement by your choice? _____

Was your retirement an easy one (you made the transition out of sport easily and with no regrets)? Why? _____

If your retirement was not an easy one, what made it difficult? _____

Why do you think there are so few women in Canada competing in the shot put? _____

Why do you think Canada has not developed into a World power (have athletes ranked in the top ten in the world) in women's shot put?

Do you think the foundation exists to make Canada into a World shot put power? _____

What do you think Sport Canada and Athletics Canada would have to do to help Canada develop into a World shot put power?

Would you like to see Canada develop into a World shot put power? YES NO
Why?

PART 4: SOCIAL SUPPORT

Indicate the extent of support you received by circling the appropriate number. If you wish to explain any of your responses, please write in your explanation below the question.

	strongly supported	supported	neutral	unsupportive	strongly unsupportive		
To what degree do/did you parents support your participation in shot put?	1	2	3	4	5	6	7

Explain: _____

To what degree do/did your peers support your participation in shot put?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Explain: _____

To what degree do you think the general public supports women's participation in shot put?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Explain: _____

To what degree do you think the media supports women's participation in shot put?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Why? _____

	strongly supported	supported	neutral	unsupportive	strongly unsupportive		
How much support/encouragement have you received from your home town?	1	2	3	4	5	6	7

Explain: _____

How much support/encouragement have you received from your home town media?	1	2	3	4	5	6	7
---	---	---	---	---	---	---	---

Explain: _____

Would you say that a lack of support and encouragement from family and friends was a major cause, or will cause, you to retire from the sport?	strongly disagree	disagree	can't decide	agree	strongly agree		
	1	2	3	4	5	6	7

Why? _____

Would you say that a lack of support and encouragement from your home town and the media was a major cause, or will cause, you to retire from the sport?	strongly disagree	disagree	can't decide	agree	strongly agree		
	1	2	3	4	5	6	7

Explain: _____

PART 5: SELF ESTEEM & BODY BUILD IMAGE

Your personal opinions about this topic are of great importance to this study. Please take the time to respond to the various questions. Point form answers are most acceptable. Thank you.

A.
Do you think there is a typical body build norm for women? For men? What do you think that image is?

Are you comfortable with the current image of women? Why? _____

Do you think there is a typically body build norm for women shot putters? YES NO

What do you think that image is? _____

Do/did you wish you were bigger? Why? _____

Do/did you wish you were smaller? Why? _____

Do you feel that there are some individuals who think you are a big, normal, or small sized person? YES NO
Who thinks of you as a big, normal, or small sized person?

Do you feel your body image and that of the typical female are in conflict? YES NO

If you feel your body image and that of the typical female are in conflict how does this make you feel? _____

If you do not feel your body image and that of the typical female are in conflict, what makes you feel this way?

B. Below you will find some statements about yourself. I would like to know how you feel about each statement. There are no right or wrong answers. Please circle the number that best expresses how you feel about the statement.

	strongly disagree	disagree	can't decide	agree	strongly agree		
On the whole, I am satisfied with myself.	1	2	3	4	5	6	7
At times I think I am no good at all.	1	2	3	4	5	6	7
I feel I have a number of good qualities.	1	2	3	4	5	6	7
I am able to do things as well as most other people.	1	2	3	4	5	6	7
I feel I do not have much to be proud of.	1	2	3	4	5	6	7
I certainly feel useless at times.	1	2	3	4	5	6	7
I feel that I am a person of worth, at least on an equal plane with others.	1	2	3	4	5	6	7
I wish I could have more respect for myself.	1	2	3	4	5	6	7
I am inclined to feel that I am a failure.	1	2	3	4	5	6	7
I take a positive attitude about myself.	1	2	3	4	5	6	7
When I was younger, I was called a tomboy.	1	2	3	4	5	6	7
I am not a very good athlete.	1	2	3	4	5	6	7
I usually feel inferior to others.	1	2	3	4	5	6	7
I normally feel warm and happy toward myself.	1	2	3	4	5	6	7
I often feel inadequate to handle new situations.	1	2	3	4	5	6	7
I habitually condemn myself for my mistakes and shortcomings.	1	2	3	4	5	6	7

	strongly disagree	disagree	can't decide	agree	strongly agree		
	1	2	3	4	5	6	7
I am free of shame, blame, guilt and remorse.	1	2	3	4	5	6	7
I have a driving need to prove my worth and excellence.	1	2	3	4	5	6	7
I have great enjoyment and zest for living.	1	2	3	4	5	6	7
I am much concerned about what others think and say about me.	1	2	3	4	5	6	7
I have an intense need for for recognition and approval.	1	2	3	4	5	6	7
I am usually free of emotional turmoil, conflict and frustration.	1	2	3	4	5	6	7
Losing normally causes me to feel resentful and "less than".	1	2	3	4	5	6	7
I usually anticipate new endeavors with quiet confidence.	1	2	3	4	5	6	7
I normally do my own thinking and make my own decisions.	1	2	3	4	5	6	7
I often defer to others on account of their ability, wealth or prestige.	1	2	3	4	5	6	7
I willingly take responsibility for the consequence of my actions.	1	2	3	4	5	6	7
I am inclined to exaggerate and lie to maintain a desired image.	1	2	3	4	5	6	7
I tend to belittle my own talents, possessions and achievements.	1	2	3	4	5	6	7
I habitually deny, alibi, justify or rationalize my mistakes or defeats.	1	2	3	4	5	6	7
I am usually poised and comfortable among strangers.	1	2	3	4	5	6	7
I am usually poised and comfortable being in the public eye or on center stage.	1	2	3	4	5	6	7
I feel very vulnerable to others' opinions, comments and attitudes.	1	2	3	4	5	6	7
I am a professional people pleaser.	1	2	3	4	5	6	7
I am fearful of exposing my "real self".	1	2	3	4	5	6	7
I rarely feel uncomfortable, lonely and isolated when alone.	1	2	3	4	5	6	7

	strongly disagree	2	disagree	3	can't decide	5	agree	6	strongly agree	7
I am a compulsive perfectionist.	1	2	3	4	5	6	7			
I readily admit my mistakes, shortcomings and defeats.	1	2	3	4	5	6	7			
I accept compliments and gifts without embarrassment or obligation.	1	2	3	4	5	6	7			
I customarily judge my self-worth by personal comparisons with others.	1	2	3	4	5	6	7			
I am entirely self-confident.	1	2	3	4	5	6	7			
I expect to succeed in things I do.	1	2	3	4	5	6	7			

C. Below are listed a number of parts of your body. I would like to you to indicate how you feel about these parts by circling the number which best represents your feelings.

	Strong negative	negative	no feelings	positive	Strong positive		
Hair	1	2	3	4	5	6	7
facial complexion	1	2	3	4	5	6	7
appetite	1	2	3	4	5	6	7
hands	1	2	3	4	5	6	7
nose	1	2	3	4	5	6	7
waist	1	2	3	4	5	6	7
energy level	1	2	3	4	5	6	7
back	1	2	3	4	5	6	7
chin	1	2	3	4	5	6	7
exercise	1	2	3	4	5	6	7
neck	1	2	3	4	5	6	7
shape of head	1	2	3	4	5	6	7
body build	1	2	3	4	5	6	7
profile (side view of body)	1	2	3	4	5	6	7
height	1	2	3	4	5	6	7
age	1	2	3	4	5	6	7
width of shoulders	1	2	3	4	5	6	7

	Strong negative	negative	no feelings	positive	Strong positive		
	1	2	3	4	5	6	7
arms	1	2	3	4	5	6	7
chest	1	2	3	4	5	6	7
hips	1	2	3	4	5	6	7
legs	1	2	3	4	5	6	7
forehead	1	2	3	4	5	6	7
eyes	1	2	3	4	5	6	7
feet	1	2	3	4	5	6	7
teeth	1	2	3	4	5	6	7
voice	1	2	3	4	5	6	7
health	1	2	3	4	5	6	7
posture	1	2	3	4	5	6	7
face	1	2	3	4	5	6	7
weight	1	2	3	4	5	6	7
trunk (part of body without arms, legs and head)	1	2	3	4	5	6	7
sex (whether you are male or female)	1	2	3	4	5	6	7

PART 6: ROLE CONFLICT

Indicate the extent of role conflict perceived and/or experienced by circling the appropriate number. If you wish to explain any of your responses, please write in your explanation below the question.

How much and what type of role conflict have you perceived? (Role conflict is said to exist when a person perceives or experiences some degree of incompatibility between role expectations, which makes it impossible to simultaneously conform to both sets of expectations).

very high high medium low very low
 1 2 3 4 5 6 7

Explain: _____

How much and what type of role conflict have you experienced?

very high high medium low very low
 1 2 3 4 5 6 7

Explain: _____

Would you say that role conflict was a major cause, or will cause, you to retire from the sport?

strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

PART 7: SPORT ENVIRONMENT CONCERNS

I feel that the use of drugs in the sport was a major cause, or will cause, me to retire from the sport?

strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

I feel that the way track and field is organized and administered in Canada is a constant source of frustration?

strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

I feel the leaders of track and field in this country do not value my contribution to the sport on an equal level with the other event competitors?

strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I feel the level of funding for this event is on an equal level with other track and field events?

strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I feel I have been treated fairly by the sport and those that run it?

strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I feel Athletics Canada has a clear object towards the development of women's throwing events?

strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I feel Athletics Canada cares about women's throwing events and the athletes who participate in them?

strongly disagree 1 disagree 2 can't decide 3 agree 4 strongly agree 5 6 7

Explain: _____

I feel the Dubin Inquiry has not had any effect on the women's throws in Canada?

strongly disagree 1 disagree 2 can't decide 3 agree 4 strongly agree 5 6 7

Explain: _____

PART 8: OPPORTUNITY SET CONCERNS

I believe that the distance I have/had to travel for training and competitive opportunities was a major cause, or will cause, me to retire from the sport?

strongly disagree 1 disagree 2 can't decide 3 agree 4 strongly agree 5 6 7

Explain: _____

I believe that the lack of appropriate facilities was a major cause, or will cause, me to retire from the sport?

strongly disagree 1 disagree 2 can't decide 3 agree 4 strongly agree 5 6 7

Explain: _____

I believe that the lack of convenient training times was a major cause, or will cause, me to retire from the sport?
strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I believe that the lack of access to quality coaches was a major cause, or will cause, me to retire from the sport?
strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I believe that the lack of access to quality competitions and competitions in general was a major cause, or will cause, me to retire from the sport?
strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I believe that school or work demands was a major cause, or will cause, me to retire from the sport?
strongly disagree disagree can't decide agree strongly agree
1 2 3 4 5 6 7

Explain: _____

I believe that involvement in other activities was a major cause, or will cause, me to retire from the sport?
 strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

I believe that having access to a yearly annual National Training Camp would assist/have assisted me in my development and would keep/have kept me competing?
 strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

PART 9: MISCELLANEOUS CONCERNS

I believe that participation in shot putting has made me less attractive to significant others?
 strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

I believe that participation in shot put has lead me to be defined as more masculine?
 strongly disagree disagree can't decide agree strongly agree
 1 2 3 4 5 6 7

Explain: _____

The coach was the main reason for my withdrawal

strongly disagree	disagree	can't decide	agree	strongly agree		
1	2	3	4	5	6	7

How or what did the coach do to influence you to withdraw? _____

There was no longer any opportunity

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Explain: _____

I wanted to spend more time on non-sport activities

1	2	3	4	5	6	7
---	---	---	---	---	---	---

What were these non-sport activities? _____

The stereotype the public has of a shot putter
became too much to combat

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Explain: _____

The incongruence between the body build I needed to be a successful shot putter and that of the "ideal woman"
became too much to combat

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Explain: _____

The lack of support/encouragement I received for my accomplishments eventually made me question whether the effort of continued involvement was worth it.

strongly disagree 1 disagree 2 can't decide 3 agree 4 strongly agree 5
1 2 3 4 5 6 7

Explain: _____

To be competitive at the international level, meant taking drugs.

1 2 3 4 5 6 7

Explain: _____

The Canadian Carding system is unfair/biased against shot putters

1 2 3 4 5 6 7

Explain: _____

Other reasons

1 2 3 4 5 6 7

Explain: _____

