

THE DIFFERENTIATED THEORY OF
SHAPING-UP EXERCISES FOR WOMEN
WITH DIFFERENT GENDER IDENTITY



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Анотация

Представлена дифференцированная методика занятий шейпингом с женщинами зрелого возраста с разной гендерной идентичностью. Проведенный педагогический эксперимент включал в себя применение шейпинг программ, основанных на дифференцированном распределении нагрузки в зависимости от гендерных типов женщин. Эффективность методики подтверждается оптимизацией психологического состояния женщин зрелого возраста.

Ключевые слова: шейпинг, женщины зрелого возраста, гендерная идентичность, психологическое состояние.

Анотація

Представлена диференційована методика занять шейпінгом з жінками зрілого віку з різною гендерною ідентичністю. Проведений педагогічний експеримент включав у себе використання шейпінг-програм, оснований на диференційованому розподілу навантаження залежно від гендерних типів жінок. Ефективність методики підтверджується оптимізацією психологічного стану жінок зрілого віку.

Ключові слова: шейпінг, жінки зрілого віку, гендерна ідентичність, психологічний стан.

Problem statement. Recently the interest in gender researches increases abroad, where the scrutiny of gender subject started before as well as in our country, where the question of gender became actual at the very end of the XX and particularly at the XXI century's beginning [5].

There are fundamental changes of historically established social roles of a man and a woman, change of value-moral orientations in the sphere of sex relations, generation of gender culture at the present stage of society development [4]. The necessity of realization of one of the basic humanistic principles- taking into consideration socio-sexual belonging of a person, who must find vent in any kind of his activity appeared. Knowledge need concerning state of gender relationships in society brought to life the new school--gender studies. In this connection there is a great attention to gender identity study at present [1].

Gender identity (psychological gender) is a social construct, that represents an integral, intricately organized, intrapsychic, dynamic structure, that integrates certain aspects of personality, connected with self-awareness and self-feeling as representative of a concrete gender. It is one of the basic person's characteristics, that is formed in the result of psychological interioriza-

tion of male and female features in the process of interaction Ego and the others, in the course of socialization. Intensional components of psychological gender are defined by conceptions of masculinity (manliness), femininity (womanliness) and androgyny (the state of being neither distinctly masculine nor distinctly feminine) [1, 6, 10].

Gender identity is a broad notion, included role aspect as well as bioevolutional bent for generation a person by male or female type, system of attitudes towards norms and rules of behavior, that regulate "male" and "female", towards socialization aspects, gender purposes and stereotypes. Gender identity cannot be given to an individual automatically, at birth, but it is actively cultivated by the subject in the result of complex interaction his natural bent and an appropriate socialization [2, 3].

The analysis of the research study. The rapid development of gender and female studies states on the agenda special research of women gender identity.

In works, that are dedicated to gender studies is mentioned, that a successful modern woman avoids traditionally imprinted female role in social consciousness [7, 11]. Typically female, feminine features begin to be interpreted as insufficient to the female behavioral style of the



Table 1

The structure of gender identity of women doing shaping activity (according to the S. Bem methodology, 14)

The types of gender identity	The number of subjects (n=75)	The percentage of subjects (%)
Masculine identity	37	49
Androgenic identity	25	34
Feminine identity	13	17

time. The new setup conduces to the appearance of the new psychological and social characteristics. Independence, activity, achievement drive--all these qualities, that are not acceptable for a woman in patriarchal environment, become quite spreading in their behaviour pattern today. Today modern women tend to realize "male part" of the nature, that forever were restraining [4, 8]. Under present-day pace a woman is in a state of active social and professional activity, and it is very actual for her to improve quality of life, that is to maintain and improve the state of health, to support high-level workability as well as to correct body. Athletic-looking women, who have shapely figure and developed psychomotor qualities are in fashion at present [4].

The questions about gender identification and differentiation, that recently draw an ever-growing circle of research people have an effect on pedagogical studies enriching the arsenal of orientations and the content of the modern pedagogy [13].

People can hear more often an opinion about the necessity of inclusion of gender component in the physical culture sphere. Naturally, exercises according to gender approach must take into account gender identity of a person bringing up to date the gender roles, by means of focus on preferred kinds of motion activity. They help to consolidate behavioral model and personal features that form the gender [4].

Among many kinds of physical activities for women shaping comes to the front pending more than 20

years and rapidly grows. It particularly depends on the fact that the modern shaping, included a wide range of means and methods gives an opportunity to solve the problem of physical, spiritual and aesthetic women improvement [12].

Study objective: to work out and experimentally substantiate the methodology of optimization of middle age women psychological state in the process of doing shaping taking into account the gender identity.

1. To define gender identity of middle age women, who do shaping.

2. To work out differentiated methodology of shaping for middle age women taking into account their gender identity and to define its effectiveness.

3. To approve the effectiveness of worked out differentiated methodology of shaping for optimization of psychological state of middle age women with different gender identity.

Methods and organization of the study. The research was conducted on the base of Gomel sports and health-improving center. 75 women of different social status and age (from 22 to 50), that do shaping participated in the study. The pedagogical experiment was conducted pending eleven months.

To establish the type of gender identity of women doing shaping it was conducted standardized test on the base of S. Bem methodology [4, 14] "Masculinity-androgyny-femininity". The index (IS), that is detected in the result points the degree of correspondence of the respondent answers to the more typical for men

or women in our culture.

In the first stage of the experimental research we established the percentage of women-respondents, who do shaping of masculine, androgenic and feminine types (table 1).

In recent years many scientists advance the opinion, that modern women have features, that indicate the greater masculinity [1, 4, 8] and this fact is confirmed in the study. According to the data analysis of the table 1 we can state, that questioned women "shaping groups" were distributed into three groups of masculine, androgenic and feminine personalities while the sharp prevalence of masculine women is observed. It is detected, that only 17 % of women who want to do shaping have feminine identity. Great number of women demonstrates a tendency to the masculine (49 %) and androgenic identity (34 %). Consequently, three-types-heterogeneity of the contingent of women doing shaping is observed. In the second stage of the experimental research all women were divided into relatively equivalent groups: the testing (n=38) and the experimental (n=37) women groups with different gender identity.

In testing women group (TG) the exercises based on classical shaping program (shaping-classic). In this group the activity was conducted only with the use of classical shaping and standard video programs.

In the experimental group (EG) our worked out methodology was offered. It was based on the differentiated distribution of load according to the women gender identity type.

Shaping exercises was conducted 60 minutes three times a week in both groups.

The peculiarity of the experimental methodology consisted in designing of three kinds of complex of exercises in each women gender identity subgroup. These complexes have different orientation and intensity of the influence.

The orientation and intensity of the load of the experimental pro-



The dynamics of women's psychic state indicators of the experimental (EG) and testing (TG) groups in the process of pedagogical experiment ($X \pm m$)

Psychic states	Before the experiment		After the Experiment		P
	TG (n=38)	EG (n=37)	TG (n=38)	EG (n=37)	
Psychic activation	10,2±0,5	11,0±0,5	9,0±0,6	8,7±0,5	>0,05
Degree of manifestation	middle	middle	middle	middle	
Interest	11,6±0,3	12,0±0,6	9,4±0,4	8,8±0,5	>0,05
Degree of manifestation	middle	middle	middle	middle	
Emotional tone	9,4±0,4	10,0±0,3	12,1±0,5	7,1±0,4	<0,01
Degree of manifestation	middle	middle	middle	high	
Stress	13,5±0,6	12,5±0,4	10,1±0,5	7,9±0,6	<0,01
Degree of manifestation	middle	middle	middle	low	
Comfort	9,2±0,5	10,1±0,5	8,7±0,3	7,2±0,4	<0,01
Degree of manifestation	middle	middle	middle	low	

gram in complexes was chosen according to the type of women gender identity.

The first complex of exercises is for women of masculine type and principally includes exercises at slow pace with weight, load is oriented on the build-up of the muscle bulk.

The second complex of exercises is for women of feminine type and principally includes exercises at fast pace without weight, load is oriented on the burning of body fat.

The third complex of exercises is for women of androgenic type and includes exercises at middle pace, the activity is complex oriented.

The experimental shaping exercises were conducted in organized regimen in a gym that equipped with special outfit. The experimental gender identity subgroups did shaping at the same time, but each of them has it's motional sector with video instructor.

The assessment of the effectiveness of the activity was based on detection of differences in the results of psycho-emotional test before the experiment and pending eleven month of the activity.

The results of the study and the discussion. The research of women

psychic state was conducted with the help of N.A. Kurgansriy's methodology. By means of this methodology psychic activation, interest, emotional tone, stress and comfort were estimated [9] (таблица 2).

In the result of initial psychological test was detected, that both groups (TG and EG) had middle degree of manifestation in all studied psychological states. It should be noted, that statistically valid differences are absent ($p > 0,05$).

At the end of the pedagogical experiment positive changes at all factors were observed in the dynamics of the women's psychic state of the experimental group. The indicators of a psychic activation and an interest had medium-scale intensity and decreased by a 20,9 % and 26,6 %, accordingly ($p < 0,01$). The indicators of an emotional tone and a comfort decreased by 29,0 % and 28,7 % ($p < 0,01$). The indicator of a stress decreased by 36,8 % and has a low degree of manifestation.

In the result of psychological test a positive dynamics of all psychic states of the women of EG was explored. That indicates the effectiveness of an application of the health-improving methodology.

The comparative analysis of

final mean values of women's psychic state explored, that the indicators of the experimental group were increased, for example, emotional tone- by 41,3 %, stress-by 21,7 %, comfort-by 17,2 % ($p < 0,01$). Consequently, it can be concluded that experimental methodology influences psychic women's state more positively.

Summary. In the result of the pedagogical experiment in the experimental group in comparison with testing one, for relatively the same level of psychic state has more intense, positive dynamics of the observable indicators. The results of the studies estimated the possibility of working out of training programs of different orientation and intensity for middle age women, who do shaping, taking into account gender identity.

Therefore, an application of the shaping experimental methodology, taking into consideration the type of women's gender identity made it possible to optimize psychological state and to influence positively the process of their adaptation to the living conditions.

Thereby, the results of the pedagogical experiment make it possible to assume the possibility of a pres-



ence of the women's gender (psychological) differentiation when initial forming of shaping groups, planning and working out of training shaping programs.

The gender approach is a factor of individualization in the process of sports health-improving shaping activity. It favors the forming of a harmonious unity of a corporal and a spiritual of a person and thus raises the interest in it.

The prospects of further studies consist in the purposeful research of an affect of shaping activity taking into account the gender differentiation on different functional systems of middle age women's organism and their figure.

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