

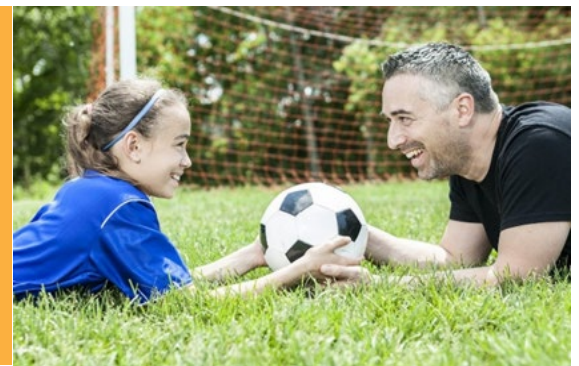
ARTICLE REVIEWED

Are gender-stereotyped attitudes and beliefs in fathers and daughters associated with girls' perceived motor competence?

Dechrai, I. M., Mazzoli, E., Hanna, L., Morgan, P. J., Young, M. D., Grounds, J. A., Kennedy, S., Pollock, E. R., & Barnett, L. M. (2022). Are gender-stereotyped attitudes and beliefs in fathers and daughters associated with girls' perceived motor competence? *Physical Education and Sport Pedagogy*. <https://doi.org/10.1080/17408989.2022.2083097>

THE PROBLEM

Gender stereotyping occurs when gender-appropriate activities (i.e., masculine, feminine) are encouraged for individuals of the corresponding gender (i.e., male, female) (Haywood & Getchell, 2020). Gender stereotyped attitudes and beliefs can come from society, culture, or the family. Research suggests that girls have lower perception of their motor skills, specifically their object control skills (e.g., striking, dribbling a ball) (Barnett et al., 2015). It has been hypothesized that a relationship exists between perceived and actual motor competence, and this could be a contributing factor to girls' motor skill performance (Stodden et al., 2008).



Research Summary:

The purpose of this study was to examine fathers' and daughters' gender-stereotyped attitudes and beliefs, as well as the daughters' perceived motor competence (PMC). The study included 68 father and daughter dyads who were a part of the Dads and Daughters Exercising and Empowered (DADEE) program (Morgan et al., 2019). Fathers and daughters were asked about their gender-stereotyped attitudes and beliefs using the (Children's) Occupation, Activity and Trait – Attitude Measures and Personal Measures (C/OAT – AM/PM) scale. The daughters' PMC was measured using the Perceived Movement Skill Competence (PMSC) scale. Correlation and regression analysis were conducted to identify relationships among the variables.

Conclusion:

A negative association was found between girls' gender-stereotyped attitudes and their perceived object control skills. Additionally, a negative association was also observed between girls' gender-stereotyped attitudes and their overall PMC. As girls' gender-stereotyped attitudes increased, their perceived object control and overall skill perception decreased significantly. Interestingly, there were no significant associations between a father's gender-stereotyped beliefs and their daughter's skill perception.

Key Takeaway:

Girls' gender-stereotyped attitudes and beliefs may influence their perception of their object control skills. It is important for researchers and practitioners who work with girls to encourage them to participate in a variety of object control skills. Additionally, communicating that motor skill competence can prepare the body for participation for exercise, games, or sports is key.

ADDITIONAL RESOURCES

Barnett, L. M., Ridgers, N. D., & Salmon, J. (2015). Associations between young children's perceived and actual ball skill competence and physical activity. *Journal of Science and Medicine in Sport*, 18(2), 167–171. <https://doi.org/10.1016/j.jsams.2014.03.001>

Haywood, K., & Getchell, N. (2020). *Life span motor development* (7th ed.). Human Kinetics.

Morgan, P. J., Young, M. D., Barnes, A. T., Eather, N., Pollock, E. R., & Lubans, D. R. (2019). Engaging fathers to increase physical activity in girls: The "Dads And Daughters Exercising and Empowered" (DADEE) randomized controlled trial. *Annals of Behavioral Medicine*, 53(1), 39–52. <https://doi.org/10.1093/abm/kay015>

Stodden, D. F., Goodway, J. D., Langendorfer, S. J., Roberton, M. A., Rudisill, M. E., Garcia, C., & Garcia, L. E. (2008). A developmental perspective on the role of motor skill competence in physical activity: An emergent relationship. *Quest*, 60(2), 290–306.

<https://doi.org/10.1080/00336297.2008.10483582>