

Gendered Activities: A Comparative Cultural Study of Gender Affected Perceptions in Muzaffarabad City and Quetta City

Dr. Sumaira Shifiq

Tenured Associate Professor
Institute of Kashmir Studies UAJ&K Muzaffarabad, Pakistan.

Dr. Zainab Akram,

Assistant Prof.
Department of English, Sardar Bahadur Women University, Quetta, Pakistan.

Dr. Raja Nazakat Ali

Assistant Prof (TTS)
Institute of Kashmir Studies UAJ&K Muzaffarabad, Pakistan.

Abstract

The mind and body activities are very important component to maintain the active and strong life, which considered as integral part of life. Workout is an essential commodity for a healthy living. However, certain workouts are culturally associated to particular gender groups only. The present study investigates perceptions about gender and workouts that are assigned to particular gender group in a multicultural societal setup. The study particularly focuses on how men and women who join gymnasiums perceive group exercises, like aerobics and yoga. For the comparative study, the metropolitan cities of Muzaffarabad and Quetta are selected. The study conducted a survey through questionnaires and data was collected randomly selected men and women who regularly visit selected gyms for health fitness. The findings of the study showed that there seemed no glaring difference of opinion among men and women of two cities and they depict similar perceptions about group exercises. It is also found that men and women prefer different gendered workouts. The men and women of both cities, despite different geographical and cultural scenario, show similar behavior of rarely breaking the cultural set norms by crossing over the set boundaries of culturally gendered workouts. The group exercises like aerobics and yoga are particularly chosen and preferred by women. The group exercise classes are not reported to be arranged for men in both Muzaffarabad and Quetta city due to lack of interest and demand.

Keywords: Gender, Perception, Workout, Group, Exercise.

Introduction and Literature Review

Exercise is a strategic, organized and repetitive corporeal movement that is performed to tone up the body within particular standards and requirements for apt fitness (Centers for Disease Control and Prevention, 2010). Exercise is the bodily movement and suitability or a physical activity that allows muscular shrinkage and enlarges by releasing energy. Fitness is the competency to fulfil everyday actions and responses to various everyday confrontations with energy. For this gyms are a popular site for people to visit on regular basis to exercise. Gyms are equipped with up to date machinery and trainers to provide services on various fee scales. The services include guidance for solo exercises and group workouts. The solo workouts do not necessarily need a guidance or a trainer, but the formalities of group exercises could not be met without a leader cum trainer. The International Dance Exercise Association (IDEA) offered the consequences of various studies on gyms and other options of exercise opportunities and found that an average of 38 types of cardiovascular and strength-based group exercise classes are available on weekly basis and entertains an average of 16 members in every class. The yoga and Pilates classes as group exercises were popular (International Dance Exercise Association, 2010). It is reported that 44% of health club consumers employ exercises in group (International Health, Racquet, and Sports club Association, 2009).

Though, group exercise classes are available in almost every gyms, but the gender difference still exists in group exercise classes as the participants who favor the option are just females (Ransdell et al., 2004). It is significant to comprehend why group exercise participant are just females. The limitations are caused due to lack of data collection on the gender of participants among the group fitness classes in gymnasiums and studios that privately provide health and fitness programs. Consequently, gender and gender preferred group exercises face the lack of research which lead to the purpose of the present study. Thus, the present study sought to understand differences among behaviors of males and females exercises and group exercises and also the preferences that are gendered inspired in two geographically and culturally variant cities of Pakistan. The group exercises tend to offer profits of reduced weight and overweightness rates, weight care, heart well-being, steadiness of blood sugar and better effective ability (Centers for Disease Control & Prevention, 2010; Bauman, 2003).

The related review of literature in relevant areas to specify the scope of study is as under:

History of group exercises:

The physician Kenneth Cooper researched on exercises for fit bodies through aerobic activity in 1960s. The Greek language the word aerobic meant air. Aerobic movement endorses cardiovascular suitability to surge the flow of oxygenated blood through body (Aerobics, 2010). Running and

cycling are also aerobic activities. It was in 1960-1970, that Jacki Sorensen, a life-long dancer, developed an exercise program for U.S. Air Force officers' wives on television with close circuit and which was termed as aerobic dance. Shortly, the popularity of aerobic dance classes became the means of deliberate workout in 1980's (Kennedy-Armbruster & Yoke, 2009). In the early 1980s, The Aerobics and Fitness Association of America (AFAA) and International Dance Exercise Association (IDEA), were developed as fitness associations to certify and educate aerobic dance instructors. However, in high impact aerobic dance caused serious injuries (Kennedy-Armbruster & Yoke, 2009). Therefore, the initiative for a low-impact aerobic dance endorsed the aerobic benefits with strong effect of aerobic dance lacking danger of the wounds as the workout was conducted in small space. Thence, Pilates and yoga were development as step aerobics. These new classes involved rhythmic dance moves or aerobic exercises that are led by an instructor. Aerobic dance was, thence, regarded as a dated term that attracted both genders and ages (Schroeder, 2008).

Group exercises

A group of people led by an instructor together take part in group exercise (Dolan, 2008). These exercise instructors are usually certified and educated in workout science to lead the group into an oriented exercise classes in groups (Brehm, 2003). These classes aim to fulfil and meet the participant's goals by strengthening cardiorespiratory power, growing muscular strength and endurance, or promoting stretch and balancing power (Kennedy-Armbruster & Yoke, 2009). Group exercise classes start with a warm up and active bounces to increase the rate of heart. It is proceeded with exercises that are meant to be conducted in form of organized class. Lastly, the group classes are winded up with a cool down that lessens the heart rate with a stretch of the body.

Group exercises provide multiple benefits, like exercising in a harmless and beneficial way with incentive of good health and fitness in a communal setting (Thompson, 2008). The exercise participants are of the opinion that group work outs are assistant for them to follow the exercise program because it takes place according to a preset day, time, and venue. Moreover, in group exercise the participants obtain instant response from the instructor on kind and accomplishment of an exercise to avoid wounds and inspires an influential workout (Annesi, 2001). However, some people desire finishing their workouts on their own time and terms. Group exercise is not made and designed for everyone as exercising is the personal preference. Additionally, the gender variances in group exercise needed to be examined.

Changes in group exercise

The fitness industry is undergoing frequent changes with changing time. In this scenario, the aerobic dance classes emerged as group exercise. There are many gymnasium schedules that do not even mention the female group workout classes, but still, females do participate in group exercise

(Antrim, 2005). It is important to know why men hesitate to join group exercise along with some females. The men are found to say that they did not like choreographed dancing and coordination (Freytag, 2008). Additionally, men are reported to feel conscious in self, frightened, and obstinate in group exercise classes (Horton, 2010). A constant theme suggested that the word aerobics stirred the reflection and imagination of dancing females in various gestures, which thus, out casted men. Popular media, however, suggested that men should try group classes like, camping, cycling, yoga, and Pilates (Nathan-Gardner, 2010). Men can avoid choreography by doing more sports and athletic-inspired exercises, without music. Though, men's group exercise participation has increased, but is still not equal to that of female participation.

Gendered Masculinity and Femininity in Exercise Behaviors

An obvious variance of exercise movements and preferences among males and females are reported in the gymnasium scenarios. Hence, mostly the male presence is reported in the weight room and most females are reported to be present in the group exercise rooms. This male and female divide is dependent on the social standards of gender and stereotyping that date back to group exercise history (Block, 1991). Therefore, it is significant to discover the gender in strength and exercise actions.

Male and female body ideals

The standards of masculinity against femininity develops gender. The corporeal looks and activities describe gender (Courtenay, 2000). The masculine or feminine contemplations that are socially and culturally constructed are rather, instable (Schmalz & Kerstetter, 2006). A masculine slender and well-developed physique is powerful and dominant (Brown & Graham, 2008). Other ways of proclaiming masculinity are through lack of engaging in healthy living and in risky behaviors (Mahalik, Burns, & Syzdek, 2007); or absence of emotions and reluctance to pursue assistance (Davies, et al., 2000); and through competitive determination and violence. In contrast, feminine individualities include expressive, inactive, non-competitive or aesthetically pleasing.

History of masculine and feminine ideals

In sports, the physical activity has conservatively been a main essential of masculinity (Courtenay, 2000), though resources of working out and descriptions of fit figures have altered for both males and females (Block, 1991). For example, in post-World War II, males enjoyed the shared option to indulge in sports activity, but there was no such activity and option for females. Today, both males and females play sports (Gill & Kamphoff, 2010). Likewise, the history of group exercises like aerobic dancing has changed too (Antrim, 2005). However, there is still a dearth of male participation to workout in group classes. As Davies et al. (2000) discovered that want of knowledge

or misinformation was a blockade that prohibited male involvement in group health-related activities.

The Gendered Spaces

The individualities of manliness and womanliness are labels that are physically founded and separating them at the gym. Males pursue workouts and actions that can rise their muscular physique (Block, 1991). Contrarily, females are considered the best option for the aerobic group exercise classes and this workout is considered a female's sphere. Factually, aerobic dance begun as group exercise. Therefore, dancing was regarded a pure female movement that lacked spirit of competition and promoted an activity, whereas other competitive sports were for males. Females are activated in shaping their muscles, but not to build them. The reason behind is not to lose the female shape of body.

The aerobic dance and yoga have not altered much, although it emerged as a gender-neutral fitness set-up. Thus, females lead group exercise classes and males involve in extra kinds of exercise. Johansson (1996) asserts that gendered spaces aid gym-goers to outline their bodies and individualities as per their being females or males at the gym. Thus, these gendered spaces at the gym assist females to look womanlier and males to appear more masculine as per set communal standards, as females avoid addition of muscle to their forms. So, disobeying gendered space can lead to social ridicule. Therefore, man participating in group exercise class or a woman lifting weights is disliked by opposite gender as it threatens the gender order and comfort zone. Moreover, to build muscles, a man preferred to go to the weight room rather than in a group exercise class. It is also because there are not many males in group exercise classes. Similarly, the dread of being ridiculed would motivate a woman for a group exercise where females have the body she desires (Herrmann, 2012).

Many studies are conducted about corporeal movement likings. A study conducted on college students discovered that college males chose athletic and strength actions, while college females favored aerobics, dance, and yoga (Keating, Guan, Pinero, & Bridges, 2005). A research on adult population of United States discovered that males favor weight lifting and golf, and females join aerobics (Simpson, et al., 2003). Riemer and Visio (2003) found aerobics to be feminine activities whereas football and wrestling are masculine activities. Burke, Carron, and Eys (2006) found that college males enjoy exercising alone or with somebody but not in a group. On the other hand, the college females preferred workout with someone or exercise in a class setting and rarely are found to exercise by themselves or alone.

The literature review presented the lack of research conducted on the perceptions of the people who are frequent visitors of gymnasium about exercise and group workouts in Pakistani scenario. The perceptions reflected the thought and opinion which are culturally influenced and created. The regular gymnasium visitors possess a culturally based gender opinion about types and influences of exercises and the cultural affected gender perception influenced the approach to group exercises like yoga and aerobics. Thus, the undertaken research ventured to find out the perceptions of men and women about exercise and also to explore their opinions about exercising in groups too. This exploration would depict the influence of culture and society on building gendered notions and pre-based opinions about exercise.

Methodology

The methodology of the undertaken study comprises of the theoretical framework and data collection techniques and processes:

Theoretical framework

The Theory of Planned Behavior and Exercise Behaviors

The present study understands the gender differences in exercise and group exercise behavior through the lens of Theory of Planned Behavior (TPB) (Ajzen, 2010). Ajzen's Theory of Planned Behavior (TPB) rests on a person's attitudes, perceived control of behavior and social influence. Collectively, these elements effect a person's intents for a definite conduct.

Attitude are the beliefs of a behavior. It suggested if the behavior will be useful or destructive, relaxed or tough, etc., and if the consequences or result of a certain behavior will be helpful or damaging. Evaluation of outcomes emerge from indulgent behavior. The consequence can either be beneficial or harmful and could either comply or not with individual targets. Consequently, the opinions and assessment of results formulate the person's attitude. In realm of workout, if a person trusts that exercise could lead to a specific consequence, like a healthy form, he or she would probably have an optimistic attitude for exercise. Thus, positive intentions lead to engaging in actual exercise.

Subjective standards include opinions of people who mean something to the individual through inspiration to stand and adhere by their meaning of something. For instance, if one's peers suggest that exercise is important then the individual creates a subjective standard that exercise is important too. The person's awareness of what others trust makes one's clarification, incentive, and wish to follow. Thus, the same goes for the workout conduct of friends and which might also lead to genuine exercise.

Lastly, the perceived behavioral control consists some basics and the perceived factors, both individual and environmental, that possess the capability to comfort or compel involvement in a behavior, like location of fitness services, work plan, and family requirements. Possessing power over these variables means to achieve a perceived ability to overcome the control variables. For example, if there is no time for an individual to exercise, he might get the feeling to having lack of control over the situation. However, finding time for exercise, the individual confronts a sense of control in the situation.

Thus, this study ventures to discover by comparing male and female attitudes (first construct of the TPB) about exercise, group exercise and whether or not engaging in a group exercise class. Subjective norms (second construct of the TPB) may play a role in what influenced social norms that females or males utilize group exercise like, aerobics and yoga. These social norms produce subjective norms (friends opinions effect an individual). Thus, this study seeks to explore male or female intent to involve in group exercise since the behavior is regarded male or female enough by the norms of their subjective standards. Finally, perceived behavioral control (third construct of the TPB) may lead to lack of intention among males or females of engaging in group exercise. Males might experience private and societal issues that obstruct their intent to exploit group exercise. For example, a male could be only single in the group exercise class or they are not acquainted with anyone in the group exercise class, which leads to sense of no control, incapability or absence of consideration.

Therefore, the study ventures to explore the gender gap in group aerobic classes using the Theory of Planned Behavior as a framework. So, the research objectives are, to find gender differences in attitude concerning aerobic group exercise; and to find out gender differences in subjective norms regarding aerobic group exercise; and to find out gender differences in perceived control regarding aerobic group exercise.

Data collection method

This comparative study uses focus group to gather data. The comparative study aims to highlight variances and widen the scope of various issues by bringing forward data from different groups and sources (Pickvance, 2005). Thus, comparative analysis stressed on the “explanation of differences, and the explanation of similarities” (Azarian, 2011, p.2) to create relations amid two or more singularities for effective explanations. After gaining participant consensus, focus groups gave an over-all comprehension of gender variances among female and male group exercise participants.

Quantitative data was collected from an authorized Theory of Planned Behavior survey (Rhodes, Courneya, & Jones, 2003).

The questionnaire endeavors to find out variances amid attitude, subjective norms and perceived behavior control of males and females about aerobic group exercise. 40 female participants and 40 male participants are requested to fill the questionnaire from Muzaffarabad city and 40 males and 40 females from Quetta city. In Muzaffarabad city the participants used the gymnasium facilities at sports complexes Jalalabad, Muzaffarabad, University of Azad Jammu and Kashmir, Challah campus, University of Azad Jammu and Muzaffarabad, King Abdullah Campus, Chattar Klass. And in Quetta city, the participants used workout facilities at Quetta Club, the Musa Stadium gymnasium and the gymnasium facilities available at Toghi Road.

The selection is more of self-selection as the participants offered to fill in the questionnaire with a curiosity in the area of research. The gym visiting participants are not necessarily the ones who exercise in groups, but are randomly chosen, whether or not they exercise in group or not, but spend at least 300 minutes in exercise per week.

Questionnaire

The questionnaire used in the study is adapted from Herrmann (2012). It consists of 3 appendixes. The 1st appendix collected demographic information. The 2nd appendix focused gender and exercise and the 3rd appendix covered the area of exercise and aerobic group exercise survey.

The questionnaire for the focus group covers the attitude that indulged the importance, attitudes and perception about exercise and group exercise, their being feminine, masculine, or gender-neutral behavior. The questions about subjective norms focused the effect of peers on exercise and group exercise behaviors, and feelings and experience of adjusting within the group exercise classes. Lastly, focus group questions about perceived behavioral control inquired about feelings and experience of success or non-success which is linked to solo exercise and group exercise and features and elements that effect sense of achievement. Other focus group questions inquire intention, comfort and changes in group exercise classes for a healthy contribution. Due to lack of time on behalf of participants, the interview or oral discussion regarding gender and gender specified exercise was neither conducted nor recorded.

Data analysis procedure

For the purpose of sharing the paper with participants who filled out the questionnaire, the researcher aims to keep the paper results as simple as possible by presenting the data in percentage.

Data Analysis and Discussion

In both the targeted cities, it took about 4 months' time to collect the data. In Muzaffarabad city, 60 males and 60 females were requested to fill in the questionnaires. 06 males and 09 females refused to participate, 3 and 5 forms from each group respectively were not returned, 11 forms by males and 06 by females were returned incomplete and out of these, 2 from each group were personally

requested to complete the questionnaire to meet the required number. In Quetta city, 60 males and 60 females were requested to fill in the questionnaires. 5 and 8 forms from each group respectively were not returned. 07 males and 06 females refused to participate, 08 forms by males and 06 by females were found incomplete and out of these, 2 from each group were personally requested to complete the questionnaire to meet the required number.

The analysis depicts that 40 males and 40 females from Muzaffarabad and 40 males and 40 females from Quetta, who were all regular visitors of gym filled the questionnaire. The results from both cities were combined in two groups of males and females and presented in percentage to find the comparison of perceptions about gender and exercise and solo exercise and group exercise among the two gendered groups.

Important: In %, the males and females are separated with (:) as males:females and (/) marks Muzaffarabad/Quetta

The results are as follows:

APPENDIX A: DEMOGRAPHIC SHEET

From both Muzaffarabad and Quetta city, 40/40 Females and 40/40 Males participated in the survey respectively. About the intensity of exercise, 60/67% females reported to indulge in moderate and 40/33% in combination of moderate and vigorous exercises. In males, 15/20% reported for moderate, 55/48% in Vigorous and 30/32% in combination exercises. All the women reported to exercise amid 0-10 hours a week in both cities and among men 60/58% reported 0-10, 28/32% 10-20 and 12/10% reported 20-30 hours per week exercise.

APPENDIX B: GENDER AND EXERCISE

For the question that if there is or not any intrinsic gender variance between males and females? Yes/No. The males' responses were 80 and 20% and females were 82 and 18% respectively for Muzaffarabad; and for Quetta it was 75:25% and 79:20% respectively.

1. Questions relating to the Theory of Planned Behavior:

a. Attitude

- i. Exercise is an important activity. 99% Yes, 1% No: 95% yes, 5% no/ 99,01:79,20
- ii. Group exercise is important. 4% Yes, 94% No: 45% yes, 55% No
- iii. The feminine group exercise classes are aerobics, yoga, Zumba: aerobics, yoga, Zumba, dancing
- iv. The masculine group exercise classes are weight lifting: heavy weight lifting
- v. The neutral group exercise classes are treadmill, cycling, mat exercises: treadmill, cycling, mat exercises

b. Subjective norms

- i. My peers effect my wish to exercise? 52% yes, 48% no: 49% yes, 53% no
- ii. I feel fit in gym/exercise facility? 78% yes, 32% no: 58% yes, 52% no
- iii. I feel fit in with group exercises? 18% yes, 82% no: 78% yes, 22% no

c. Perceived behavioral control

i. I exercise with accomplishment? 79% yes, 21% no: 67% yes, 33% no/

ii. I can/ Can't successfully participate in a group exercise class? 13% yes, 87% no: 75% yes, 25% no

II. A person's reasons and preferences whether or not to involve in aerobic group exercise class

- I participate in activities that are comfortable for me? 97% yes, 3% no: 92% yes, 7% no
- The class format, day/time, and instructor effect my intent for aerobic group exercise? 12% yes, 88% no: ii. 88% yes, 12% no
- Motivation by incentive persuades me to attend aerobic group exercises classes regularly? 12% yes, 88% no: 79% yes, 21% no
- The changes in physical environment of aerobic group exercise class could effect my purpose? 52% yes, 48% no: 33% yes, 67%no
- The changes to utilize aerobic group exercise could be music, minimum dance steps, more focus on abs and muscles: Instructor, variety gadgets, timing of class,

APPENDIX C: EXERCISE AND AEROBIC GROUP EXERCISE SURVEY

Please answer all items. Never circle more than one.

Part I: Attitude

A) Exercise is:

Useless 3:02%		Useful 97:98%
------------------	--	------------------

Foolish 0:00%		Wise 100:100%
------------------	--	------------------

Harmful 4:10%		Beneficial 96:90%
------------------	--	----------------------

Unenjoyable 17:25%		Enjoyable 87:75%
-----------------------	--	---------------------

Unpleasant 11:15%		Pleasant 89:85%
----------------------	--	--------------------

Boring 20:22%		Interesting 80:78%
------------------	--	-----------------------

Stressful 28:30%		Relaxing 72:70%
---------------------	--	--------------------

B) Aerobic Group Exercise is:

Useless 89:9%		Useful 11:91%
------------------	--	------------------

Foolish 87:49%		Wise 13:51%
-------------------	--	----------------

Harmful 53:24%		Beneficial 47:76%
-------------------	--	----------------------

Unenjoyable 81:17%		Enjoyable 19:87%
-----------------------	--	---------------------

Unpleasant 80:11%		Pleasant 20:89
----------------------	--	-------------------

Boring 80:38%		Interesting 20:62%
------------------	--	-----------------------

Stressful 72:38%		Relaxing 28:62%
---------------------	--	--------------------

Part II: Subjective norms

Exercise

A) The important people in my life think I should exercise often in the upcoming two weeks.

Disagree 13:30%		Agree 87:70%
--------------------	--	-----------------

B) The important people in my life agree my exercising often in the upcoming two weeks.

Disagree 25:35%		Agree 75:65%
--------------------	--	-----------------

Aerobic Group Exercise

A) The important people in my life think I should participate in group exercise classes frequently in upcoming two weeks.

Disagree 90:93%		Agree 10:07%
--------------------	--	-----------------

B) People who are important to me suggest participation in group exercise classes frequently in upcoming two weeks.

Disagree 95:85%		Agree 5:15%
--------------------	--	----------------

Part III: Perceived behavioral control

Note: Regular exercise is defined as the minimum of 300 minutes per week at a reasonable intensity (e.g., 5 times a week for an hour each session), (Centers for Disease Control and Prevention, 2010).
Exercise

A) Exercising frequently in upcoming two weeks for me would be

Difficult 25:27%	Do not know 10:44%	Easy 65:29%
---------------------	--------------------------	----------------

B) How much control I have over exercising in upcoming two weeks?

No control 13:22%	Do not know 00:14%	Control 87:64%
-------------------------	--------------------------	-------------------

C) For the next two weeks, I have a regular control over exercising.

Disagree 15:23%	Do not know 7:10%	Agree 78:67%
--------------------	-------------------------	-----------------

Group Exercise

A) My partaking in aerobic group exercise in upcoming two weeks would be

Difficult 92:12%	Do not know 00:06%	Easy 8:83%
---------------------	--------------------------	---------------

B) My control in partaking in aerobic group exercise in two weeks

No control 00:19%	Do not know 3:06%	Control 97:75%
----------------------	-------------------------	-------------------

C) I control how much I participate in aerobic group exercise classes over the next two weeks.

Disagree 89:69%	Do not know 01:06%	Agree 89:69%
--------------------	--------------------------	-----------------

The analysis depicted that there appeared no glaring difference in between the results from participants of Muzaffarabad city and Quetta city. As the difference is not much to be manipulated otherwise, thus for a comprehensive understanding a combined discussion is presented below:

The first objective that explored the attitudes of men and women about exercise depicted that the attitude as the first construct of the TPB presented no noteworthy sense amongst females and males with respect to exercise and group exercise. Likewise, both female and male positively viewed both exercise and group exercise as important. Thus, it can be argued that it was usually accredited that exercise in any form is significant. However, females and males possessed various aerobic exercise likings. This allied with the evidence found in the popular media literature that proposed that males owned an unfavorable attitude about exercising in a group. The men were reported to confront self-consciousness, fear, and clumsy moods in group exercise (Horton, 2010). The present study depicted that most males who did not exercise in aerobic group and some females who did not participate in

group exercise said they were unable to follow thus refused to dance the choreography of the aerobic group exercise class. These people reported to lack the organization to follow the choreographic instructions. Popular media also proposed that lacking the harmony of coherence and coordination makes males, in specific, feel themselves to be useless (Freytag, 2008).

Secondly, the next objective ventured to explore the gendered perceptions about group exercises and it was found that the subjective norms which were the second construct of the TPB in this study also depicted to be significant for solo exercise and group exercise among women and men. The participants believed that they received more support from peers to involve in solo workout as compared to group exercise. More precisely, men and women's non-participation in group exercise was found to be generally due to lack of the peer support. However, the males and females who were found to participate in group exercise, the peer support was not required to involve in either solo exercise or aerobic group exercise. Strangely, males experienced a lesser amount of peer sustenance and commendation to engage in aerobic group exercise comparative to females. Males reported that with some peer reassurance, they could reason to partake in group exercise. Additionally, the literature presented no studies and research where a comparison is made amid exercise and group exercise. However, literature depicted that subjective norms had a solid effect on health behaviors (Robinson, Robertson, McCullagh, & Hacking, 2010). Males, however, avoided the activities that were not considered masculine or lacked peer support (Nelson, Kocos, Lytle, & Perry, 2009) and failed to capture their fitness goals. These results supported Johansson's (1996) research that dealt with gendered spaces. Thus, males with a desire for muscular bodies always headed to the weight room to work out with weights along and side by side with other males who lifted weights rather than joining in group exercise class like aerobics. So, physical activity favorites were based on gender and depicted that males favored strength actions like weight lifting and golf, and females select aerobics, dance, bicycling and yoga (Keating, Guan, Pinero, & Bridges, 2005). An Australian study depicted males' preferring golf, cycling, and running and females preferring aerobics, tennis, and netball (Ransdell, Vener, & Sell, 2004). Riemer and Visio (2003) found gymnastics and aerobics as group exercise preferences of women and football and wrestling as masculine activities. The gendered spaces and social prospects influenced the gender divide in exercise behaviors. The study revealed that males choose to exercise with someone or alone rather than in a group exercise class, and females favored to exercise with someone or in a class setting over exercising alone.

Thus, the undertaken study exposed that females' preferences involved to exercise in group or preferred to work out with a friend or at times alone according to the available flexible workout

time. Also, few males considered and favored aerobic group exercise to be a collaborative effort and support. Thus, it is inferred that females and males have certain exercise behavior tendencies that are influenced by peers and normative behaviors. Fitness facilities and exercise resources are to be updated to attract new participants. An advertisement of the events like inviting over a friend for free to try aerobic group exercise could be helpful to enhance the value and significance along with fitness capacity of the workout. This could add to the appeal and an attitude of acceptance in exercise behaviors. Some participants reported that their peers did not approve and liked the exercise type or believed it was too hard to endure. Moreover, the present study described peers' capability to inspire exercise behavior. The idea of visibility in an exercise facility need to be kept in mind about building exercise space and organizing exercise equipment.

The third construct of the TPB, the perceived control, depicted that women and men believed that they have more control and a reduced trouble to indulge in solo than in group exercise. They lacked ease or emotional state of being misfitted in a group exercise class. However, females are reported to experience less control and more struggle for strength exercises as compared to men. Thus, the perceived control is associated to comfort in the execution of the proper exercise behavior. So, more ease meant more control of the behavior. Therefore, a new behavior for group exercise class developed a lack of control. Thence, this resulted in disability to complete exercises effectively in front of other people. Research by Nelson, Kocos, Lytle, & Perry (2009) recommended that an absence of assurance prohibited people from using health facilities and exercise. However, the present study also inferred that males who indulged to exercise in aerobic group were of the opinion that males who did not participate in group exercise were misinformed and deceived about aerobic group exercise requirements and necessities and thus they perceived it to be a female activity. Actually, the concept of exercise classes has altered from aerobic dance classes to gender-neutral classes like cycling, camping and yoga (Schroeder, 2008). The present study also indicated a lack of information or misinformation as males cited that dance, yoga, and cycling were the only group classes with which males were acquainted. Males did not consider strength classes, camp, and sports classes to be group exercise workout classes. So, lack of knowledge and misinformation prevented males to participate in group exercise without fitness goals. Contrarily, few males who participated in aerobic group exercise shared class workouts as challenging and helpful to accomplish fitness goals. Though, they were teased by peers, but they resumed exercise classes. Males who did not participate in aerobic group exercise classes said they were unable to perform exercises in a group due to lack of perceived control.

Thus, it could be inferred that gym needs to promote the classes to interest the males towards group exercise classes like aerobics. The views of males' masculinity and masculine behavior affected their exercise choices. By offering gender neutral classes to males, they would perpetually confront a new experience with a reduced amount of vulnerability to engage in aerobic classes too. However, it is not affirmed that an advertisement and class offerings will necessarily suggest that males will attend classes as the female and male standards are intensely entrenched in culture.

Lastly, the last objective was to explore the opinion that reflected the gendered perceptions about exercise that are affected by culture and society. Thus, it is inferred that though Muzaffarabad and Quetta vary in culture and geographic location with difference in language, customs, food, weather, and social set up. Though, the cities depict variety of glaring differences in availability of gymnasiums that provided exercise facilities to both men and women but at different timings. However, the data depicted no highlighted variance of opinions which depicted that despite cultural differences, the cities share similar attitude and perceptions to exercise and group exercises. Men and women from both cities depict similar attitude to differences in exercises for both genders thus, they believed and categorized in gendered exercises.

Through this discussion, it is implicated that there is no glaring difference in culturally based opinions of people regarding exercise and group workouts. Though Muzaffarabad and Quetta are located in different provinces, the culturally affected opinions on gender are almost similar. The analysis depicted that though there is a change in people's attitudes and concern for health, and they try to adopt a healthy body and living by utilizing the gymnasium facilities, but still their opinions are over shadowed by specific gendered concerns that are culturally based. Thus, even living in different provinces, men and women depict similar concerns that are influenced by their culture, company, and context. Despite being liberal about choosing to exercise in gymnasiums, they possess specific selection to indulge in exercises that are culturally approved for each gender and hardly think to break the cultural rules. Thus, it is implicated that an environment for acceptance and exercising gender-neutral group workouts like yoga and aerobics is a far-fetched dream in contexts of Muzaffarabad and Quetta.

Limitations

Limitations in the present study engaged changing or adding few questions to enhance the present study. Some modified questions are added to ask questions about exercise and aerobic group exercises. In the present study, the question about how estimation of time or duration a person spends in gym during an average week created difficulty in calculating the minutes of exercise by some participants. Another limitation was that the sample included a small number of focus group

participants. Furthermore, about peer support and control to engage in group exercise, most participants had least experience in group exercise classes. As a result, they confronted a least experience of peer sustenance and lesser control to involve in aerobic group exercise.

Recommendations

A range of multiple selections for future studies to be conducted are led open with the present study. The survey from the present study could be utilized by focusing on university students. Similarly, the sample size could be increased and the study could extent on comparison of results amid race, the degree or level, and exercise experience. The study could also be conducted by extending to other exercise services and places, like community fitness centers and gyms. Different age groups (e.g., boys and girls of certain age groups, school age children, adults, older adults) could be examined. The forthcoming research could also venture to find a connection amid behavior intention and real, actual behavioral results. For instance, males who did not avoid to work out in group exercise firmly believed that yoga suited them, but it was not enough to fulfil their fitness and health goals. The TPB constructs could also be investigated through intervals of days, weeks or months on similar group too, like in aerobic or yoga class. This would provide a variety of options to measure the TPB constructs over time.

References:

1. Aerobics. (2010). *Columbia Electronic Encyclopedia*, 6th Edition, 1. Retrieved from EBSCOhost.
2. Ajzen, I. (2010). Icek Ajzen. Retrieved from <http://www.people.umass.edu/aizen/faq.html>
3. Annesi, J. J. (2001). Reducing attrition with group exercise. *Fitness Management*. Retrieved <http://www.fitnessworld.com/articles/default.aspx?a=1009&template=print-article.htm>
4. Antrim, T. (2005). Gym owners try to coax men into fitness classes. *New York Times*. Retrieved from <http://webcache.googleusercontent.com/search?cache=Vt26RY9PcdUJ:www.freerepub\lic.com/focus/fnew1420/080/posts+men+and+group+fitness&cd=47&hl=en&ct=clnk&gl=us/>
5. Azarian, R. (2011). Potentials and limitations of comparative method in social science. *International Journal of Humanities and Social Science*, 1(4), 113-125.
6. Bauman, A. E. (2003). Updating the evidence that physical activity is good for health: An epidemiological review 2002-2003. *Journal of Science and Medicine in Sport*, 7, 6-19
7. Block, L.S. (Producer & Director). (1991). *Fit: Episodes in the history of the body* [VHS]. United States: Straight Ahead Pictures.
8. Brehm, B. A. (2003). Group exercise: Good teaching enhances adherence. *Fitness Management*. Retrieved from <http://www.fitnessworld.com/articles/default.aspx?a=1326&template=print-article.htm>.
9. Brown, J. & Graham, D. (2008). Body satisfaction in gym-active males: An exploration of sexuality, gender, and narcissism. *Sex Roles*, 59, 94-106.
10. Burke, S. M., Carron, A. V., & Eys, M. A. (2006). Physical activity context: Preferences of university students. *Psychology of Sport and Exercise*, 7, 1-13.

11. Centers for Disease Control and Prevention. (2010). Physical activity for everyone: Glossary of terms. Retrieved from <http://www.cdc.gov/physicalactivity/everyone/glossary/index.html>.
12. Courtenay, W. H. (2000). Engendering health: A social constructionist examination of men's health beliefs and behaviors. *Psychology of Men and Masculinity*, 1, 4-15.
13. Davies, J., McCrae, B. P., Frank, J., Dochnahl, A., Pickering, T., Harrison, B., Zakrzewski, M., & Wilson, K. (2000). Identifying male college students' perceived health needs, barriers to seeking help, and recommendations to help men adopt healthier lifestyles. *Journal of American College Health*, 48, 259-267.
14. Dolan, S. (2008). Benefits of group exercise. *ACSM Fit Society*, 4.
15. Freytag, C. (2008). Bring on the men: How to attract more men to your group fitness programs. *American Council on Exercise (ACE) Certified News*, 14, 3-5.
16. Gill, D. L. & Kamphoff, C. S. (2010). Gender in sport and exercise psychology. In J. C. Chrisler & D. R., McCreary (Eds.), *Handbook of Gender Research in Psychology* (563-585). New York, NY: Springer Publishing.
17. Herrmann, L. K. (2012). Fitness and fitting in: An exploratory study of gender and exercise. (Doctoral thesis). Community Health, University of Illinois.
18. Horton, J. (2010). Gym intimidation: Men in an all females' group fitness class. Retrieved from http://www.associatedcontent.com/article/5500854/men_intimidated_by_all_females_group.html?cat=50/
19. International Dance and Exercise Association (2010). Retrieved from http://www.ideafit.com//files/IFM_July_August_2010_lo_final.pdf
20. International Health, Racquet, and Sportsclub Association. (2009) IHRSA health club consumer report. Retrieved from <http://www.ihrsastore.com/p-3886-ihrsa2009-consumer-report-health-club-activity-usage-trends-analysis-pdf.aspx>
21. Johansson, T. (1996). Gendered spaces: The gym culture and the construction of gender. *Young*, 4, 32-47
22. Keating, X. D., Guan, J., Pinero, J. C., & Bridges, D. M. (2005). A meta-analysis of college student's physical activity behaviors. *Journal of American College Health*, 54, 116-125.
23. Kennedy-Armbruster, C. & Yoke, M. M. (2009). *Methods of group exercise instruction (2nd ed.)* Champaign, IL: Human Kinetics.
24. Mahalik, J. R., Burns, S. M., & Syzdek, M. (2007). Masculinity and perceived normative health behaviors as predictors of men's health behaviors. *Social Science & Medicine*, 64, 2201- 2209.
25. Nathan-Gardner, L. (2010). Five workout classes for guys. *The University of Texas MD Anderson Cancer Center Focused on Health*. Retrieved from <http://www.mdanderson.org/publications/focused-on-health/issues/2010-september/forguys.html>
26. Nelson, M. C., Kocos, R., Lytle, L. A., & Perry, C. L. (2009). Understanding the perceived determinants of weight-related behavior in late adolescence: A qualitative analysis among college youth. *Journal of Nutrition Education and Behavior*, 41, 287-291.
27. Pickvance, C. (2005). The four varieties of comparative analysis: the case of environmental regulation. *Journal of Housing and the Built Environment*, 16, 7-28.

28. Ransdell, L. B., Vener, J. M., & Sell, K. (2004). International perspectives: The influence of gender on lifetime physical activity participation. *The Journal of The Royal Society for the Promotion of Health*, 124, 12-14.
29. Rhodes, R.E., Courtneya, K.S., & Jones, L.W. (2003). Translating exercise intentions into behavior: Personality and social cognitive correlates. *Journal of Health Psychology*, 8, 447-458.
30. Riemer, B. A. & Visio, M. E. (2003). Gender typing of sports: An investigation of Metheny's Classification. *Research Quarterly for Exercise and Sport*, 74, 193-204.
31. Robinson, M., Robertson, S., McCullagh, J., & Hacking, S. (2010). Working towards men's health: Findings from the Sefton men's health project. *Health Education Journal*, 69, 139-149.
32. Schmalz, D. L. & Kerstetter, D. L. (2006). Girlie girls and manly men: Children's stigma consciousness of gender in sports and physical activities. *Journal of Leisure and Research*, 38, 536-557.
33. Schroeder, J. (2008). Evolution of group exercise: Where have we been and where are we headed. *American College of Sports Medicine Fit Society Page*, 1.
34. Simpson, M. E., Serdula, M., Galuska, D. A., Gillespie, C., Donehoo, R., Macera, C., & Mack, K. (2003). Walking trends among US Adults: The BRFSS, 1987-2000. *American Journal of Preventive Medicine*, 252, 95-100.
35. Thompson, D. (2008). Benefits of group exercise. *American College of Sports Medicine Fit Society Page*, 1.