

Gender Perspectives: University Students' Views on Male and Female Trainers in the University of Sports of Tirana



Planned objectives of the project:

- 1. Assess Student Perceptions:** To evaluate how university students perceive the roles and effectiveness of male and female sports trainers.
- 2. Identify Gender-Based Bias:** To identify any biases, stereotypes, or preconceived notions students may hold towards male and female trainers.
- 3. Explore Trainer Attributes:** To understand what qualities (e.g., communication, leadership, technical skill) students associate with each gender in the context of sports training.
- 4. Gender Equality Awareness:** To assess the level of awareness and attitudes toward gender equality within sports education programs.
- 5. Recommendations for Improvement:** To provide recommendations for fostering a more inclusive and equitable environment for trainers at the University of Sports of Tirana.

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Mentor - Marko Kananen



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Achieved results of the project:

1. Perceived Competency Differences:
2. Gender Biases Identified
3. Student Preferences
4. Impact on Learning:
5. Recommendations for Inclusivity:
6. Cultural Influence



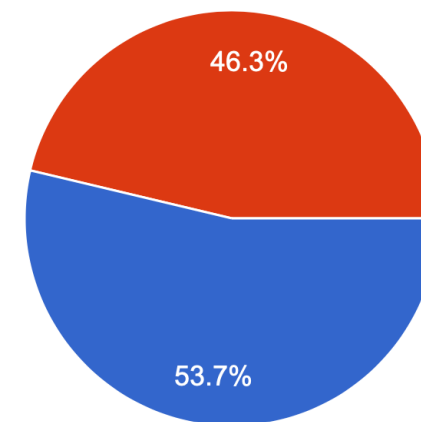
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Output(s) of the project:

1. 187 responses from SUT

**Where 46.3 where femails and
53.7 males**



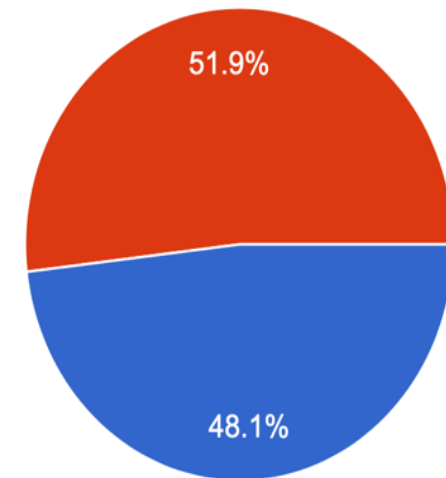
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- Do you agree that male trainers are more authoritarian than female trainers ?

51.9 % agree that this statement is true

48.1 % disagree with the statement

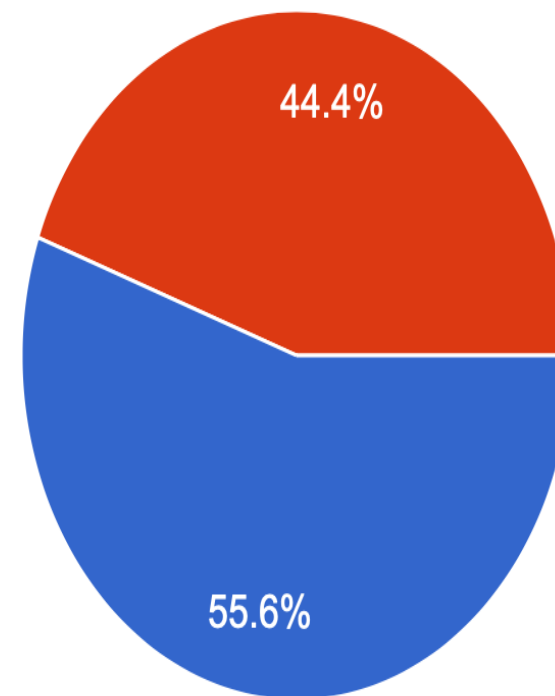


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Do you agree with the statement that female trainers are more attentive?

1. 55.6 % said yes
2. 44.4 % said no



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- What are the qualities that make a trainer more approachable and easier to connect with?
 - Communication is on 90 % of responses

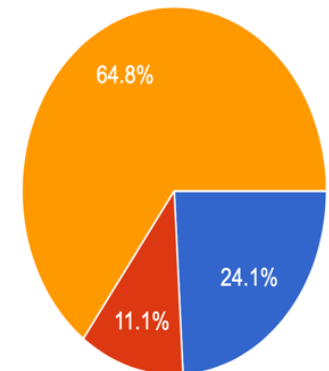
Trainers are the bridge connecting young people with sports; they are the ones who lay the foundations of physical education and teach sports discipline. A good trainer teaches players to believe in themselves. Young players have many reasons to join training but often feel disappointed in themselves and their abilities. The trainer must be attentive to mood changes in their players and, at the right time, instill confidence, teaching them how to improve and that mistakes are essential for becoming a good athlete. This way, the trainer not only fulfils their duty in sports but also becomes a guide for the players—like a parental figure.



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- For the question "Would you choose a male or female trainer if given the opportunity?" the responses are reflected below, showing that for the majority percentage, it wouldn't matter. 24.1 % would choose a male trainer , and 11.1 % will choose a female trainer



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- Why do you have this preference (if any) for the trainers?

Male preference

1. They seem very good at their job;
2. I find them better;
3. Mentality;
4. A more convincing figure for the role they are in.

Female preference

1. think women are more communicative and encouraging.

Results

The preliminary results regarding preferences for the gender of trainers clearly indicate that students at the University of Sports of Tirana tend to prefer male trainers or teachers. This preference is attributed to the perception of higher competence and better collaboration. However, it is important to consider that the majority of responses were provided by male students, which may have influenced the results. Notably, the so-called "soft skills," such as communication and understanding of clients/ students, were highly valued by the respondents.