

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino generation Z young adults
Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino Generation Z young adults

Una investigación sobre la influencia de los prejuicios sexuales en los deportes en el estrés de los roles de género masculinos de los adultos jóvenes filipinos de la Generación Z

Aries Pasno*

¹ College of Sports, Exercise and Recreation, Bulacan State University, Malolos, Philippines

*Correspondence Author: Aries Pasno, aries.pasno@bulsu.edu.ph

Editorial schedule: Article received 19/02/2025 Accepted: 22/04/2025 Published: 01/07/2025

<https://doi.org/10.17979/sportis.2025.11.3.11776>

To cite this article use the following reference:

Pasno, A. (2025). An Investigation on the Influence of Sexual Prejudice in Sports on Masculine Gender Role Stress of Filipino Generation Z Young Adults. Sportis Sci J, 11 (3), 1-24 <https://doi.org/10.17979/sportis.2025.11.3.11776>

Author contribution: All authors contributed equally to the study

Funding: The study did not receive funding.

Conflict of interest: The authors declare that they have no conflict of interest.

Ethical aspects: Informed consent was obtained. The study declares ethical aspects.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Abstract

The study investigated the sexual prejudices of Filipino Gen Z young adults toward sports participation of LGBT individuals on their perceived stress due to masculine gender roles. It aligns with the United Nations Sustainable Developmental Goal (SDG) 5: Gender Equality through addressing gender biases in the field of sports. A quantitative research design was utilized to select validated instruments. There were 400 Filipino Gen Z young adults from a state university in Region 3, aged 18 to 25, as the sample of the study was selected through simple random sampling. The Abbreviated Masculine Gender Role Stress (MGRS) Scale was used to quantify experienced gender role stress, the dependent variable of the study. As for the independent variable, the Sexual Prejudice in Sport Scale (SPSS) was used to assess prejudices toward LGBT participation in sports. Ethical clearance was taken with high consideration, and respondents completed the instruments, adhering to ethical research protocols and data confidentiality. Multiple linear regression analysis was performed using SPSS version 30 to investigate the predictive relationship between sexual prejudice in sports and MGRS. Results show that sexual prejudice influences stress felt due to masculinity gender roles among young males. This may imply that despite LGBT inclusion campaigns, it remains a strong predictor of MGRS among Filipino Generation Z young adults. These results suggest the need for deeper educational initiatives that explain and challenge gender biases in order to promote inclusiveness in sports and education. Future studies should adopt mixed-method approaches to capture personal experiences that can deepen the investigation of the relationship of the said variables. This further contributes to SDG 5 by fostering a more inclusive and equitable environment.

Keywords: masculinity, sports participation, gender, inclusion, equality

Resumen

El estudio investigó la influencia de los prejuicios sexuales de los jóvenes filipinos de la Generación Z hacia la participación deportiva de personas LGBT en el estrés percibido derivado de los roles de género masculinos. Se alinea con el Objetivo de Desarrollo Sostenible 5 (ODS 5) de las Naciones Unidas: Igualdad de Género, al abordar los sesgos de género en el ámbito deportivo. Se utilizó un diseño de investigación cuantitativo para seleccionar instrumentos validados. La muestra estuvo compuesta por 400 jóvenes filipinos de la Generación Z, de una universidad estatal en la Región 3, con edades entre 18 y 25 años, seleccionados mediante muestreo aleatorio simple. Se empleó la Escala Abreviada de Estrés por Roles de Género Masculino (MGRS) para cuantificar el estrés experimentado por los roles de género, variable dependiente del estudio. En cuanto a la variable independiente, se utilizó la Escala de Prejuicio Sexual en el Deporte (SPSS) para evaluar los prejuicios hacia la participación de personas LGBT en el deporte. Se obtuvo la aprobación ética correspondiente, y los participantes completaron los instrumentos cumpliendo con los protocolos éticos y la confidencialidad de los datos. Se realizó un análisis de regresión lineal múltiple utilizando SPSS versión 30 para investigar la relación predictiva entre el prejuicio sexual en el deporte y el MGRS. Los resultados muestran que el prejuicio sexual influye en el estrés relacionado con los roles de género masculinos en los jóvenes varones. Esto podría implicar que, a pesar de las campañas de inclusión LGBT, dicho prejuicio sigue siendo un fuerte predictor del MGRS entre los jóvenes filipinos de la Generación Z. Estos resultados sugieren la necesidad de iniciativas

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

educativas más profundas que expliquen y desafíen los sesgos de género para promover la inclusión en el deporte y la educación. Se recomienda que futuros estudios adopten enfoques de métodos mixtos para capturar experiencias personales que puedan profundizar la investigación sobre la relación entre estas variables, contribuyendo así al ODS 5 mediante la promoción de un entorno más inclusivo y equitativo.

Palabras clave: masculinidad, participación deportiva, género, inclusión, igualdad

Introduction

Gen Z, Sports, and Gender

Generation Z's drastic change in views on gender in sports participation stems from increased awareness of gender-based inequalities, which aligns with the broader goals of Sustainable Development Goal 5 (SDG 5) on gender equality. However, patriarchal societies that strongly promote masculine norms continue to foster sexual prejudice, particularly targeting LGBT participation in sports (Schaillée et al., 2021). The ostracization of LGBT athletes is deeply rooted in the proliferation of masculinity, reinforcing the belief that sports should remain heteronormative. This environment contributes to increased gender role stress among males who are pressured to conform to rigid masculine expectations imposed by society and culture (Persson, 2022). This dynamic is applicable across sexes, as studies show that sexual prejudice correlates with gender norm-related stress, especially in response to gender-inclusive sports policies (Gales, 2022). Gender-based expectations also discourage female and LGBT individuals from participating in male-dominated sports such as ball games and combative sports (Derom et al., 2019). While societal acceptance of LGBT individuals is gradually increasing, inclusivity remains limited in areas like coaching, officiating, and leadership roles (Persson, 2022). Social media has amplified gender representation, yet traditional sports media remain slow to adapt, continuing to reinforce male dominance and uphold gender hierarchies (Wynne et al., 2021). Additionally, digital distractions have contributed to declining sports participation among Gen Z (Gapa & Tagare, 2023). Coaching practices still often reflect traditional masculinity norms, presenting challenges for Gen Z athletes who prefer inclusive and specific feedback (Gould et al., 2020). These sports gender issues significantly influence participation, as male students are often more engaged in sports than their female counterparts, who perceive themselves as having lower athletic abilities (Yon, 2015). Collectively, these dynamics highlight the persistent

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

gender inequalities in sports that affect all genders, including men, reinforcing the study's alignment with SDG 5

Definition of Sexual Prejudices

Sexual prejudice is defined as the negative attitudes and indifference of an individual towards individuals based on their sexual orientation. This was commonly experienced by lesbian, gay, and bisexual (LGB) individuals who were far from mainstream sexual orientation (Poteat & Birkett, 2016). In the context of sports participation, sexual prejudices were completed by dimensions such as open rejection, denial of visibility, and gendering performance (Baiocco et al., 2018). The first dimension, open rejection, refers to the prejudices and negative behavior towards LGBT, which leads to ostracizing behaviors (Baiocco et al., 2018). The second is a denial of visibility. This refers to the attitude of limiting LGBT individuals from being heard, seen, and even represented in sports due to the strong reinforcement of masculinity and increases stress among male athletes with gender inclusivity issues (Amodeo et al., 2020). Thirdly, gendering performance refers to the association of performance with the gender of participants, which can lead to an automatic orientation that a certain sport is for males or females (Baiocco et al., 2018). Collectively, these dimensions perpetuate discrimination and Masculine Gender Role Stress (MGRS) by reinforcing rigid gender norms and creating an exclusionary sports culture (Amodeo et al., 2020; Baiocco et al., 2018).

Total sex prejudices and Masculine Gender Role Stress

Studies suggest that Masculine Gender Role Stress (MGRS) is heavily associated with sexual prejudice in sports, as traditional masculinity norms create stress when inclusivity challenges mainstream gender roles (Amodeo et al., 2020). Males who strongly adhere to traditional assigned norms have higher chances to express rejection of LGBT athletes, which contributes to the dominance of masculinity in sports and the experience of heightened stress when masculine superiority is put into question (Amodeo et al., 2020; Masagca, 2025).

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

The Sexual Prejudice in Sport Scale (SPSS) identifies open rejection, denial of visibility, and gendering performance as key factors that intensify MGRS in men who conform to rigid masculinity norms (Baiocco et al., 2018). Open rejection of LGBT athletes perpetuates exclusionary attitudes and traditional gender norms, causing stress for both heterosexual and LGBT players (Amodeo et al., 2020; Baiocco et al., 2018). The use of anti-LGBTQ rhetoric and masculinity policing in high school sports creates high-stress environments, making it difficult to challenge dominant masculine norms (Wernick et al., 2023). Latent biases pressure LGBT athletes to conform to heteronormative masculinity, increasing stress for those struggling to fit into rigid gender expectations (Lawley, 2018). Internalized heterosexism and sensitivity to rejection further elevate stress levels among gay athletes, leading to reduced participation in sports and mental health struggles (Slimowicz et al., 2020).

Second dimension, denial of visibility worsens MGRS, as institutional barriers and mainstream sports media have historically overlooked LGBT representation, reinforcing traditional masculinity and creating additional stress for men adapting to inclusivity (Amodeo et al., 2020; Kian, 2018). Transgender and non-binary athletes face systemic discrimination due to sex-segregated sports structures that prioritize rigid gender divisions, adding to the stress of men maintaining traditional masculinity (Braumüller et al., 2020). Inconsistent inclusive policies further increase discrimination and stress among both LGBT and heterosexual male athletes (Braumüller et al., 2020).

As for the third dimension, media portrayals often prioritize athleticism over identity, limiting diverse gender expressions and exacerbating MGRS for men who perceive inclusivity as a challenge to traditional masculinity (Moscowitz et al., 2018). Gendering performance in sports reinforces MGRS by upholding strict gender norms and increasing stress when gender diversity disrupts conventional masculinity (Amodeo et al., 2020). Sports organizations and coaches reinforce gender stereotypes by expecting male athletes to embody strength and dominance while perceiving LGBT athletes as deviating from these expectations, creating pressure to conform. In elite youth sports, crossing gender boundaries reinforces dominant masculinity, leading to stress when nonconformity is seen as a threat (Schubring & Thiel, 2016). Perceived violations of

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

masculinity norms contribute to stress and anxiety, particularly in sports where gender diversity is more visible (Bakir, 2024).

Overall, media representations further amplify MGRS by emphasizing physical dominance over identity, increasing stress for men who feel threatened by gender diversity (Lease, 2015). In conclusion, sexual prejudice in sports is deeply tied to Masculine Gender Role Stress (MGRS), as rigid masculinity norms create stress when inclusivity challenges traditional male dominance. This reinforces open rejection, denial of visibility, and gendering performance, intensifying discrimination, mental health concerns, and pressure to conform for both LGBT and heterosexual male athletes.

Gaps and Aims of the Study

Generation Z's perspectives on gender in sports are shifting. However, traditional masculinity norms and sexual prejudices still influence attitudes, reinforcing exclusionary practices that contribute to Masculine Gender Role Stress (MGRS). Sexual prejudice in sports appears through open rejection, denial of visibility, and gendering performance, all of which uphold rigid masculinity and increase stress for male athletes facing gender inclusivity. Open rejection and denial of visibility sustain MGRS by policing masculinity, discouraging LGBT athletes from coming out, and limiting gender-diverse representation in sports. Additionally, gendering performance heightens stress by enforcing gender stereotypes, pressuring male athletes to conform to dominant masculinity, and framing nontraditional gender performances as a threat. With these, gaps were identified. First, Generation Z's evolving perspective on gender in the Philippines needs investigation, particularly in how sexual prejudice in sports influences Masculine Gender Role Stress (MGRS). As Filipino Gen Z individuals experience both progressive inclusivity movements and deeply rooted traditional masculinity norms, studying this interplay provides insights into shifting gender attitudes and stress responses within a culturally unique context. Second, existing research has primarily focused on Western perspectives or older generations, creating a gap in understanding how young Filipino adults navigate MGRS in modern sports culture. This study explores whether MGRS among Filipinos is weakening due to progressive influences or remains reinforced by local sports norms and cultural expectations of masculinity. Third, there is a need for gender-inclusive policies,

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

coaching strategies, and support systems in Philippine sports to address both MGRS and sexual prejudice. Findings from this study can help develop culturally relevant interventions that foster a more inclusive and equitable sports environment for future Filipino generations. Lastly, the study aims to investigate the predictive capability of sexual prejudices on LGBT community sports participation on the masculine gender role stress among Filipino Generation Z young adults. Also, it described the level of sexual prejudices and masculine gender role stress on the respondents. Four Hypotheses were drawn from the existing literature about the study's variables.

- H₁** Sexual prejudices on LGBT community sports participation have direct influences on masculine gender role stress
- H₂** Open Rejection of LGBT community sports participation has direct influences on masculine gender role stress
- H₃** Denial of Visibility of LGBT community sports participation has direct influences on masculine gender role stress
- H₄** Gendering Performance of LGBT community sports participation has direct influences on masculine gender role stress

Methodology

Research Design

This study utilized quantitative research, employing validated and reliable instruments to generate numerical data for analysis. Additionally, predictive analysis was conducted to examine the relationship between sexual prejudice in sports and Masculine Gender Role Stress (MGRS) among males. This research design was chosen to utilize data from a large population with ease.

Sampling and respondents

The study targeted a population of 400 male students from a state university in Region 3, Philippines, enrolled in the first semester of the Academic Year 2024-2025. Inclusion criteria required respondents to be bona fide biological male students aged 18 to 25, aligning with the classification of young adults (Higkey, 2019). Students from other university campuses were excluded, and participants retained the right to withdraw from the study, ensuring ethical considerations. Simple random sampling was employed to enhance the rigor of sample selection. Table 1 presents the demographic profile of

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

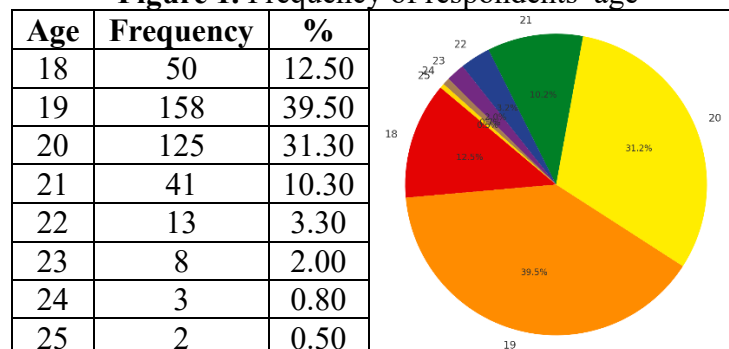
respondents, with an average age of 19.72 ± 1.76 years, a mean height of 162.09 ± 9.23 cm, a mean weight of 58.25 ± 16.38 kg, and a Body Mass Index (BMI) average of 22.21 ± 5.82 .

Table 1. Demographic profile of the respondents

Demographics	Mean± Standard Deviation
Age	19.72 ± 1.76
Height	162.09 ± 9.23
Weight	58.25 ± 16.38
Body Mass Index	22.21 ± 5.82

Figure 1 illustrates the age distribution of respondents, highlighting a concentration of younger individuals, with the majority falling within the 19 to 20-year-old range. The largest age group comprises 19-year-olds (39.5%) and 20-year-olds (31.3%). A significant portion of the sample includes 18-year-olds (12.5%), while the frequency gradually decreases as age increases, with 21-year-olds comprising 10.3%. The representation of older respondents is minimal, with 3.3% at age 22, 2% at age 23, 0.8% at age 24, and 0.5% at age 25. Although the age range was set from 18 to 25 to encompass Generation Z young adults, analyzing the age distribution remains essential for understanding the demographic profile of the participants.

Figure 1. Frequency of respondents' age



Research Instrument

Abbreviated Masculine Gender Role Stress (MGRS)

The Abbreviated Masculine Gender Role Stress (MGRS) Scale was used to measure stress due to strong adherence to masculine roles. It is a validated and reliable tool for assessing gender role stress in men. It offers a shortened 15-item version of the original 40-item scale while maintaining strong psychometric properties (Swartout et al.,

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

2015). Item response theory (IRT) analysis confirms its ability to capture the same amount of information as the full scale, demonstrating high internal consistency and test-retest reliability (Sherman, 2010). Due to its efficiency, strong reliability, and broad applicability, the Abbreviated MGRS Scale is highly recommended for research and clinical settings (Swartout et al., 2015). Table 2 shows the rating scale range used in utilizing the instrument. The scale categorizes levels of stress based on numerical ranges. A rating of 0.00 – 0.99 indicates that the experience is not stressful. Scores between 1.00 – 1.99 are considered slightly stressful, while those in the 2.00 – 2.99 range reflect a somewhat stressful experience. A rating of 3.00 – 3.99 signifies moderate stress, whereas 4.00 – 4.99 represents high stress levels. Finally, a score of 5.00 indicates an extremely stressful experience.

Table 2. Abbreviated Masculine Gender Role Stress Rating Scale

Rating Range	Description
0.00 – 0.99	Not at all stressful
1.00 – 1.99	Slightly stressful
2.00 – 2.99	Somewhat stressful
3.00 – 3.99	Moderately stressful
4.00 – 4.99	Very stressful
5.00	Extremely stressful

Sexual Prejudice in Sport Scale (SPSS)

The Sexual Prejudice in Sport Scale (SPSS) was used to quantify the prejudices towards the participation of the LGBT community in sports. It is a validated tool assessing attitudes toward LGBT individuals in sports, focusing on open rejection, denial of visibility, and gendering performance (Baiocco et al., 2018). Through exploratory and confirmatory factor analyses, it demonstrated strong reliability, internal consistency, and structural stability. With proven test-retest validity, the SPSS effectively measures sexual prejudice in sports settings, providing insights into discrimination and masculinity norms (Baiocco et al., 2018). Table 3 shows the rating scale range used in utilizing the instrument. It categorizes responses based on a seven-point rating system. A score between 1.00 – 1.99 indicates strong disagreement, while 2.00 – 2.99 reflects disagreement. Ratings in the 3.00 – 3.99 range suggest somewhat disagreeing, whereas scores between 4.00 – 4.99 indicate a neutral stance or neither agreeing nor disagreeing.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

A rating of 5.00 – 5.99 represents somewhat agreeing, while 6.00 – 6.99 corresponds to agreement. Lastly, a score of 7.00 signifies strong agreement with the statement.

Table 3. Sexual Prejudice in Sport Scale Agreement Scale

Rating Range	Description
1.00 – 1.99	Strongly Disagree
2.00 – 2.99	Disagree
3.00 – 3.99	Somewhat Disagree
4.00 – 4.99	Neutral / Neither Agree nor Disagree
5.00 – 5.99	Somewhat Agree
6.00 – 6.99	Agree
7.00	Strongly Agree

Data Gathering

The data collection process began with obtaining ethical clearance from the College of Sports, Exercise, and Recreation Local Research Ethics Committee. Respondents then completed the two instruments used in the study, ensuring adherence to ethical research protocols and maintaining the confidentiality of their responses.

Data Analysis

Multiple linear regression analysis was conducted to determine whether sexual prejudices toward LGBT sports participation predict Masculine Gender Role Stress (MGRS). This approach quantified the predictive relationship between the two variables, providing insights into their statistical significance. Data analysis was performed using SPSS version 30, ensuring accurate and systematic results processing.

Potential Ethical Issues

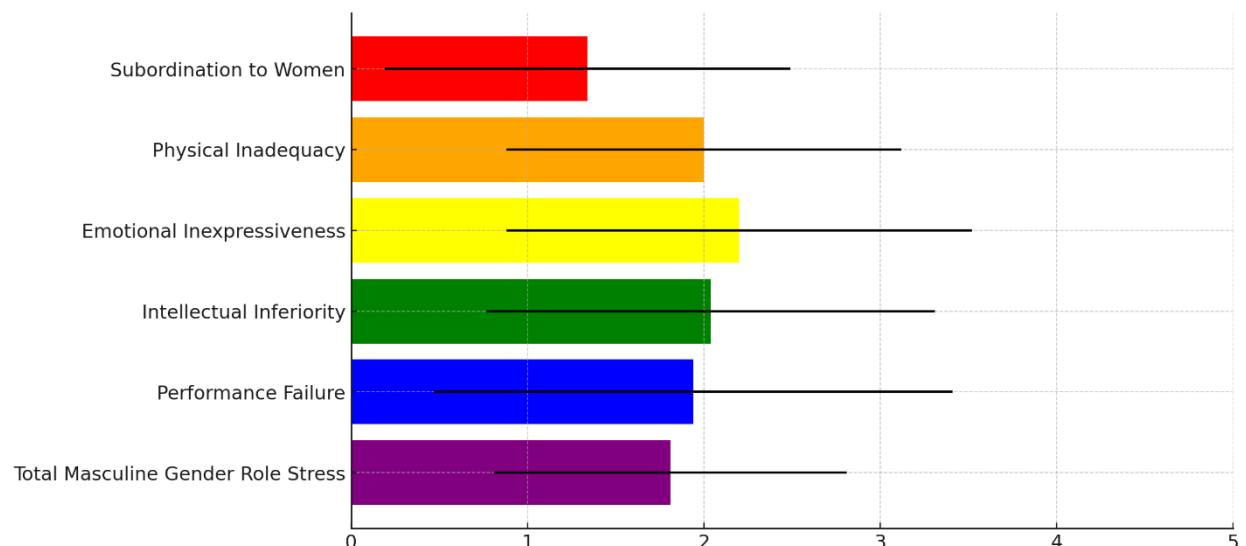
The study received ethical approval from the Local In-House Ethics Committee of the College of Sport, Exercise, and Recreation at Bulacan State University. Following ethical clearance, permission for data collection was obtained from the College's research coordinator. Participants were then invited to provide informed consent, ensuring they were aware of the study's purpose and the confidentiality of their data. They were informed that results would be accessible to them and the study location's administration upon request, reinforcing transparency and ethical research practices. While every effort was made to ensure ethical rigor, the study acknowledges potential methodological constraints, such as self-report bias, which may influence the generalizability of the findings.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults
 Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Results

Table 4 presents the level subscales of Masculine Gender Role Stress of Gen Z young adults through the mean and standard deviation, and their corresponding stress level descriptions. Among the subscales, Emotional Inexpressiveness (2.20 ± 1.32), Intellectual Inferiority (2.04 ± 1.27), and Physical Inadequacy (2.00 ± 1.12) are categorized as somewhat stressful, indicating a moderate level of stress associated with these aspects of masculine identity. On the other hand, Subordination to Women (1.34 ± 1.15), Performance Failure (1.94 ± 1.47), and the overall Total Masculine Gender Role Stress score (1.81 ± 1.00) fall under the slightly stressful category, suggesting a lower but still notable level of stress.

Table 4. Level of Masculine Gender Role Stress

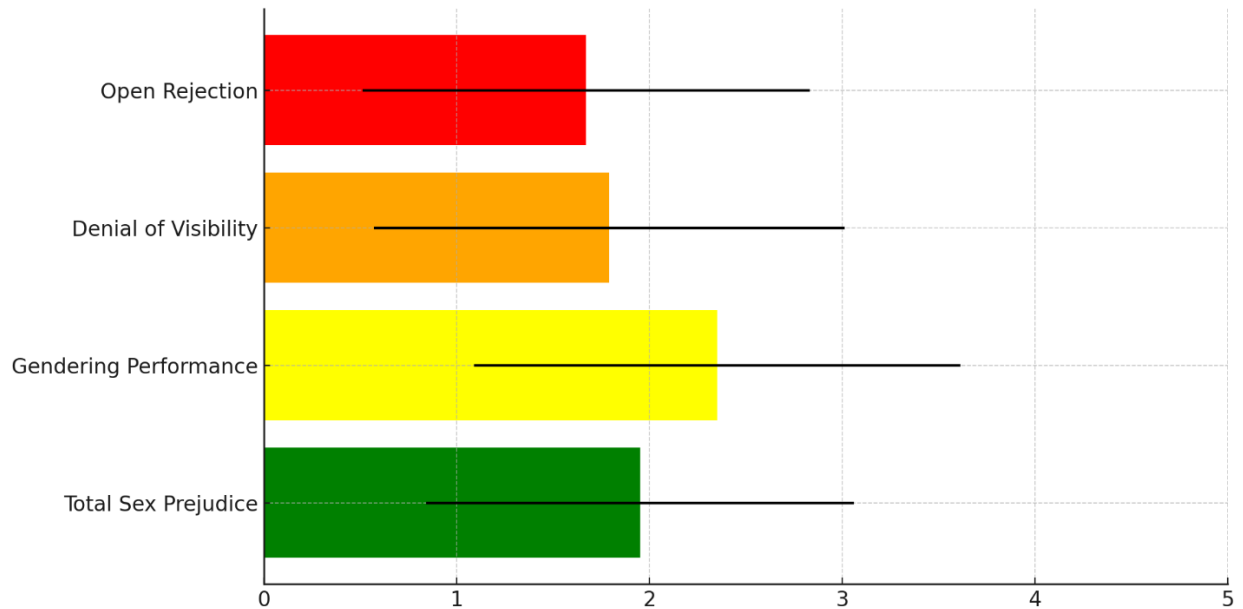


Subscales	<i>M ± SD</i>	Description
Subordination to Women	1.34±1.15	Slightly stressful
Physical Inadequacy	2.00±1.12	Somewhat stressful
Emotional inexpressiveness	2.20±1.32	Somewhat stressful
Intellectual inferiority	2.04±1.27	Somewhat stressful
Performance Failure	1.94±1.47	Slightly stressful
Total Masculine Gender Role Stress	1.81±1.00	Slightly stressful

Table 5 presents the Level of Sexual Prejudice and their corresponding agreement levels among the respondents. Open rejection (1.67 ± 1.16), Denial of Visibility (1.79 ± 1.22), and Total Sex Prejudice (1.95 ± 1.11) are classified as strongly disagree. Gendering Performance (2.35 ± 1.26) falls under disagree.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults
 Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Table 5. Level of Sexual Prejudice Masculine of Gender Role Stress



Subscales	<i>M ± SD</i>	Description
Open Rejection	1.67±1.16	Strongly Disagree
Denial of Visibility	1.79±1.22	Strongly Disagree
Gendering Performance	2.35±1.26	Disagree
Total Sex Prejudice	1.95±1.11	Strongly Disagree

Table 6 shows that Total Sexual Prejudice significantly predicted all subscales of Masculine Gender Role Stress, leading to the acceptance of H₁. The model accounted for 35.0% of the variance in Subordination to Women ($R^2 = .350$, $F(1, 398) = 213.801$, $t = 14.622$, $p < .001$), with a positive relationship. Similarly, H₁ was accepted for Physical Inadequacy, explaining 15.9% of the variance ($R^2 = .159$, $F(1, 398) = 74.812$, $t = 8.649$, $p < .001$), with a positive relationship. Total Sexual Prejudice significantly predicted Emotional Inexpressiveness, explaining 7.5% of its variance ($R^2 = .075$, $F(1, 398) = 32.280$, $t = 5.682$, $p < .001$), leading to the acceptance of H₁. Additionally, H₁ was accepted for Intellectual Inferiority, as Total Sexual Prejudice accounted for 6.9% of its variance ($R^2 = .069$, $F(1, 398) = 29.226$, $t = 5.406$, $p < .001$), with a positive relationship. Total Sexual Prejudice significantly predicted Performance Failure, explaining 7.5% of its variance ($R^2 = .075$, $F(1, 398) = 32.439$, $t = 5.696$, $p < .001$), leading to the acceptance of H₁. Lastly, Total Sexual Prejudice significantly predicted overall Masculine Gender

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Role Stress, explaining 24.7% of its variance ($R^2 = .247$, $F(1, 398) = 130.531$, $t = 11.425$, $p < .001$), leading to the acceptance of H₁.

Table 6. Predictive capability of Total Sexual prejudice on subscales of Masculine Gender Role Stress

Hypothesis		Beta Coefficient	R^2	F	t - value	p - value	Decision
H1	TSP-STW	.618	.350	213.801	14.622	<.001	Accepted
	TSP-PI	.405	.159	74.812	8.649	<.001	Accepted
	TSP-EI	.328	.075	32.280	5.682	<.001	Accepted
	TSP-II	.301	.069	29.226	5.406	<.001	Accepted
	TSP-PF	.365	.075	32.439	5.696	<.001	Accepted
	TSP-MGRS	.451	.247	130.531	11.425	<.001	Accepted

Note. TSP = Total Sex Prejudice; STW = Subordination to Women; PI = Physical Inadequacy; EI = Emotional Inexpressiveness; II = Intellectual Inferiority; PF = Performance Failure; MGRS = Masculine Gender Role Stress; TSP= Total Sexual Prejudice

Table 7 shows that Open Rejection significantly predicted all subscales of Masculine Gender Role Stress, leading to the acceptance of H₂. The model accounted for 31.6% of the variance in Subordination to Women ($R^2 = .316$, $F(1, 398) = 183.049$, $t = 13.530$, $p < .001$), with a positive relationship. Similarly, H₂ was accepted for Physical Inadequacy, explaining 12.3% of the variance ($R^2 = .123$, $F(1, 398) = 55.577$, $t = 7.455$, $p < .001$), with a positive relationship. Open rejection significantly predicted Emotional Inexpressiveness, explaining 6.6% of its variance ($R^2 = .066$, $F(1, 398) = 28.156$, $t = 5.306$, $p < .001$), leading to the acceptance of H₂. Additionally, H₂ was accepted for Intellectual Inferiority, as Open Rejection accounted for 5.3% of its variance ($R^2 = .053$, $F(1, 398) = 22.203$, $t = 4.712$, $p < .001$), with a positive relationship. Open rejection significantly predicted Performance Failure, explaining 6.6% of its variance ($R^2 = .066$, $F(1, 398) = 28.142$, $t = 5.305$, $p < .001$), leading to the acceptance of H₂. Lastly, Open Rejection significantly predicted overall Masculine Gender Role Stress, explaining 20.8% of its variance ($R^2 = .208$, $F(1, 398) = 104.776$, $t = 10.236$, $p < .001$), leading to the acceptance of H₂.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults
 Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Table 7. Predictive capability of Open Rejection on subscales of Masculine of Gender Role Stress

Hypothesis		Beta Coefficient	R^2	F	t - value	p - value	Decision
H2	OR-STW	.561	.316	183.049	13.530	<.001	Accepted
	OR-PI	.340	.123	55.577	7.455	<.001	Accepted
	OR-EI	.294	.066	28.156	5.306	<.001	Accepted
	OR-II	.252	.053	22.203	4.712	<.001	Accepted
	OR-PF	.327	.066	28.142	5.305	<.001	Accepted
	OR-MGRS	.396	.208	104.776	10.236	<.001	Accepted

Note. TSP = Total Sex Prejudice; STW = Subordination to Women; PI = Physical Inadequacy; EI = Emotional Inexpressiveness; II = Intellectual Inferiority; PF = Performance Failure; MGRS = Masculine Gender Role Stress; OR= Open Rejection.

Table 8 shows that Denial of Visibility significantly predicted all subscales of Masculine Gender Role Stress, leading to the acceptance of H₃. The model accounted for 29.8% of the variance in Subordination to Women ($R^2 = .298$, $F(1, 398) = 168.277$, $t = 12.972$, $p < .001$), with a positive relationship. Similarly, H₃ was accepted for Physical Inadequacy, explaining 12.5% of the variance ($R^2 = .125$, $F(1, 398) = 56.574$, $t = 7.522$, $p < .001$), with a positive relationship. Denial of Visibility significantly predicted Emotional Inexpressiveness, explaining 5.4% of its variance ($R^2 = .054$, $F(1, 398) = 22.472$, $t = 4.740$, $p < .001$), leading to the acceptance of H₃. Additionally, H₃ was accepted for Intellectual Inferiority, as Denial of Visibility accounted for 5.8% of its variance ($R^2 = .058$, $F(1, 398) = 24.587$, $t = 4.958$, $p < .001$), with a positive relationship. Denial of Visibility significantly predicted Performance Failure, explaining 6.2% of its variance ($R^2 = .062$, $F(1, 398) = 26.395$, $t = 5.138$, $p < .001$), leading to the acceptance of H₃. Lastly, Denial of Visibility significantly predicted overall Masculine Gender Role Stress, explaining 20.1% of its variance ($R^2 = .201$, $F(1, 398) = 100.197$, $t = 10.010$, $p < .001$), leading to the acceptance of H₃.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults
 Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Table 8. Predictive capability of Denial of Visibility on subscales of Masculine of Gender Role Stress

Hypothesis		Beta Coefficient	R^2	F	t - value	p - value	Decision
H3	DV-STW	.515	.298	168.277	12.972	<.001	Accepted
	DV-PI	.324	.125	56.574	7.522	<.001	Accepted
	DV-EI	.250	.054	22.472	4.740	<.001	Accepted
	DV-II	.250	.058	24.587	4.958	<.001	Accepted
	DV-PF	.300	.062	26.395	5.138	<.001	Accepted
	DV-MGRS	.368	.201	100.197	10.010	<.001	Accepted

Note. TSP = Total Sex Prejudice; STW = Subordination to Women; PI = Physical Inadequacy; EI = Emotional Inexpressiveness; II = Intellectual Inferiority; PF = Performance Failure; MGRS = Masculine Gender Role Stress; DV= Denial of Visibility.

Table 9 shows that Gendering Performance significantly predicted all subscales of Masculine Gender Role Stress, leading to the acceptance of H4. The model accounted for 26.6% of the variance in Subordination to Women ($R^2 = .266$, $F(1, 398) = 14.579$, $t = 11.982$, $p < .001$), with a positive relationship. Similarly, H4 was accepted for Physical Inadequacy, explaining 14.6% of the variance ($R^2 = .146$, $F(1, 398) = 67.931$, $t = 8.242$, $p < .001$), with a positive relationship. Gendering Performance significantly predicted Emotional Inexpressiveness, explaining 6.6% of its variance ($R^2 = .066$, $F(1, 398) = 28.036$, $t = 5.295$, $p < .001$), leading to the acceptance of H4. Additionally, H4 was accepted for Intellectual Inferiority, as Gendering Performance accounted for 6.0% of its variance ($R^2 = .060$, $F(1, 398) = 25.348$, $t = 5.035$, $p < .001$), with a positive relationship. Gendering Performance significantly predicted Performance Failure, explaining 6.0% of its variance ($R^2 = .060$, $F(1, 398) = 25.442$, $t = 5.044$, $p < .001$), leading to the acceptance of H4. Lastly, Gendering Performance significantly predicted overall Masculine Gender Role Stress, explaining 20.6% of its variance ($R^2 = .206$, $F(1, 398) = 103.359$, $t = 10.167$, $p < .001$), leading to the acceptance of H4.

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults
Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Table 9. Predictive capability Gendering performance on subscales of Masculine of Gender Role Stress

Hypothesis		Beta Coefficient	R^2	F	t -value	p - value	Decision
H₄	GP-STW	.473	.266	14.579	.11.982	<.001	Accepted
	GP-PI	.341	.146	67.931	8.242	<.001	Accepted
	GP-EI	.270	.066	28.036	5.295	<.001	Accepted
	GP-II	.247	.060	25.348	5.035	<.001	Accepted
	GP-PF	.287	.060	25.442	5.044	<.001	Accepted
	GP-MGRS	.362	.206	103.359	10.167	<.001	Accepted

Note. TSP = Total Sex Prejudice; STW = Subordination to Women; PI = Physical Inadequacy; EI = Emotional Inexpressiveness; II = Intellectual Inferiority; PF = Performance Failure; MGRS = Masculine Gender Role Stress; GP= Gendering performance

Discussion

Among Filipino Generation Z youth, overall sexual prejudice is a significant predictor of all Masculine Gender Role Stress (MGRS) subscales, including subordination to women, physical inadequacy, emotional inexpressiveness, intellectual inferiority, and total MGRS. This suggests that heightened sexual prejudice against LGBT athletes contributes to increased masculine gender role stress. These findings reinforce prior studies that establish a link between these variables. In sports, sexual prejudice is strongly associated with MGRS, as rigid masculinity norms create stress when inclusivity challenges traditional gender roles (Amodeo et al., 2020). Men who strongly adhere to traditional male norms exhibit higher levels of open rejection toward LGBT athletes, reinforcing masculinity while experiencing heightened stress when their dominance is questioned (Amodeo et al., 2020). The Sexual Prejudice in Sport Scale (SPSS) identifies open rejection, denial of visibility, and gendering performance as key factors that exacerbate MGRS (Baiocco et al., 2018). Greater adherence to traditional masculinity predicts stronger sexual prejudice, which in turn increases stress when masculinity is perceived as being challenged in sports (Daboin et al., 2015). This relationship is well-explained by gender role strain theory and the concept of hegemonic masculinity, which argue that traditional male role expectations cause

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

psychological tension when those expectations are not met (Pleck, 1981; Connell & Messerschmidt, 2005). These frameworks support the idea that sexual prejudice functions as a defense against perceived threats to masculinity, reinforcing rigid gender roles in sport.

Additionally, open rejection as a dimension of sexual prejudice is a strong predictor of MGRS and its subscales. This suggests that increased open rejection of LGBT athletes is associated with higher masculine gender role stress. These findings support previous research that establishes the connection between these variables. Open rejection of LGBT athletes in sports sustains MGRS by reinforcing rigid gender norms and exclusionary attitudes. Traditional male role norms predict open rejection, denial of visibility, and gendering performance, creating stress for both LGBT and heterosexual male athletes (Amodeo et al., 2020; Baiocco et al., 2018). Anti-LGBTQ language and masculinity policing in high school sports further reinforce stressful environments, making it difficult for athletes to challenge dominant masculine norms (Wernick et al., 2023). Despite ongoing efforts toward inclusivity, internalized biases continue to pressure LGBT athletes to conform to heteronormative masculinity, increasing stress among those navigating rigid gender expectations (Lawley, 2018). Internalized heterosexism and rejection sensitivity further heighten stress among gay athletes, leading to lower participation in sports and mental health concerns (Slimowicz et al., 2020). These findings are echoed in recent research, which highlights how covert bias and team culture sustain a "don't ask, don't tell" environment in sports, discouraging open expression of sexual identity and reinforcing exclusionary norms (Cunningham, 2022).

Regarding the denial of visibility, this study also found that this dimension of sexual prejudice positively predicts MGRS and its subscales, reinforcing findings from previous literature. The denial of visibility of LGBT athletes in sports exacerbates MGRS by reinforcing traditional masculinity and limiting representation (Amodeo et al., 2020; Kian, 2018). Transgender and non-binary athletes continue to face structural discrimination, as sex-segregated sports prioritize rigid gender divisions, increasing stress for men who conform to traditional masculinity (Braumüller et al., 2020). Inconsistent inclusive policies further contribute to discrimination and stress for both LGBT and

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

heterosexual male athletes (Braumüller et al., 2020). Media portrayals that emphasize athleticism over identity restrict diverse gender expressions, intensifying MGRS among men who perceive inclusivity as a challenge to their masculinity (Moscowitz et al., 2018). As Travers (2018) notes, sports often remain governed by binary gender ideologies, where invisibility is not simply passive but is structurally maintained. This theoretical insight deepens our understanding of how visibility denial contributes to masculine stress.

Additionally, gendering performance was found to be a significant predictor of MGRS, suggesting that this aspect of sexual prejudice contributes to gender role stress and its subscales. This finding is consistent with previous research. Gendering performance in sports reinforces MGRS by maintaining rigid gender norms and increasing stress when diversity challenges traditional masculinity (Amodeo et al., 2020). Sports organizations and coaches often reinforce gender stereotypes, expecting male athletes to embody strength and dominance while perceiving LGBT athletes as deviating from these norms, adding pressure to conform (Amodeo et al., 2020). Gender boundary crossing in elite youth sports further amplifies stress, as nonconformity is perceived as a threat to dominant masculinity (Schubring & Thiel, 2016). Perceived violations of masculinity norms contribute to stress and anxiety, particularly in sports settings where gender diversity is more visible (Bakir, 2024). Media representations that emphasize physical dominance over identity intensify MGRS among men who see diverse gender performances as a challenge (Lease, 2015). Recent findings show that inclusive coaching strategies and locker room cultures can counteract the pressure of traditional masculinity, promoting healthier environments for gender-diverse athletes (Anderson & Bullingham, 2023). These findings offer pathways for intervention to reduce MGRS linked to gendered performance.

Despite existing campaigns promoting LGBT inclusion, this study reveals that sexual prejudice remains a strong predictor of MGRS among Filipino Generation Z young adults, emphasizing the persistence of rigid masculinity norms. This highlights the need for targeted educational initiatives that go beyond surface-level inclusivity efforts and actively address deep-seated gender biases and stereotypes. Universities and academic institutions should integrate gender awareness programs into their curricula, providing

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of Filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

opportunities for critical discussions about masculinity, gender diversity, and sexual prejudice to reshape traditional attitudes about gender. Workshops, seminars, and classroom discussions should be designed to educate young men on how rigid gender norms affect their psychological well-being and social relationships, helping them develop a more inclusive and accepting perspective. A gender-transformative approach, as recommended by international frameworks (UNESCO, 2019), can help dismantle harmful norms and promote sustained attitudinal change in sports culture.

However, this study also has its limitations. The research relied solely on the Sexual Prejudice in Sport Scale and the Abbreviated Masculine Gender Role Stress (MGRS) Scale, which may not fully capture the complexity of sexual prejudice and masculinity-related stress. Additionally, the study's purely quantitative approach limits the exploration of participants' personal experiences and the deeper social influences behind their responses. While statistical analysis allows for generalization, it lacks the depth of qualitative insights that could provide a more comprehensive understanding of gender-related stress. Future research should incorporate mixed-method approaches and broader measurement tools to enhance the study's depth and applicability.

Conclusion

Among Filipino Generation Z youth, overall sexual prejudice is a significant predictor of Masculine Gender Role Stress (MGRS) and its subscales, including subordination to women, physical inadequacy, emotional inexpressiveness, intellectual inferiority, and fear of failure. Additionally, key dimensions of sexual prejudice—such as open rejection, denial of visibility, and gendering performance—were found to positively predict MGRS, indicating that higher levels of prejudice contribute to increased gender role stress. These findings suggest that sexual prejudice reinforces rigid masculinity norms, intensifying stress among young men. Despite ongoing efforts to promote LGBT inclusion, sexual prejudice remains a strong predictor of MGRS among Filipino Generation Z young adults, further entrenching traditional masculinity norms. Theoretically, this study contributes to the growing body of literature on gender role strain and hegemonic masculinity by providing empirical evidence that highlights how sexual

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

prejudice functions as a psychological and cultural mechanism that sustains male gender stress in sports contexts. Practically, the findings underscore the importance of developing gender-sensitive educational policies and intervention programs that not only promote diversity and inclusion but also directly address harmful masculine norms that negatively affect mental health and social relationships. This highlights the urgent need for expanded educational initiatives, including university programs, workshops, and open discussions that challenge gender biases and foster inclusivity. However, the study's reliance on quantitative methods and specific measurement scales limits its ability to capture personal experiences and broader social influences. To develop a deeper understanding of gender-related stress, future research should incorporate mixed-method approaches and use more comprehensive assessment tools. Overall, this study provides a foundational basis for policy reform, institutional awareness, and culturally informed interventions aimed at promoting genuine gender equality—aligning with the broader goals of Sustainable Development Goal 5.

References

- Amodeo, A. L., Antuoni, S., Aiello, A., & Esposito, C. (2020). Traditional male role norms and sexual prejudice in sport: The mediating role of gender ideology. *Social Sciences*, 9(12), 218. <https://doi.org/10.3390/socsci9120218>
- Anderson, E., & Bullingham, R. (2023). Coaching for inclusivity: Breaking gender norms in male-dominated sports. *International Review for the Sociology of Sport*, 58(1), 56–75. <https://doi.org/10.1177/10126902221101234>
- Baiocco, R., Pistella, J., Salvati, M., Ioverno, S., & Lucidi, F. (2018). Sexual prejudice in sport scale: A new measure. *Journal of Homosexuality*, 67(4), 489–512. <https://doi.org/10.1080/00918369.2018.1547560>
- Baiocco, R., Pistella, J., Salvati, M., Ioverno, S., Tanzilli, A., & Lingiardi, V. (2018). Sexual prejudice in sport scale: A new measure. *Journal of Homosexuality*, 66(6), 773–794. <https://doi.org/10.1080/00918369.2018.1547560>

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, July 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Bakir, C. N. (2024). The Turkish version of the Masculine Gender Role Stress Questionnaire: Dimensions of fears and their correlates in young adults. *Dusunen Adam: The Journal of Psychiatry and Neurological Sciences*.
<https://doi.org/10.14744/dajpns.2024.00241>

Braumüller, B., Menzel, T., & Hartmann-Tews, I. (2020). Gender identities in organized sports—Athletes' experiences and organizational strategies of inclusion. *Frontiers in Sociology*, 5, 578213. <https://doi.org/10.3389/fsoc.2020.578213>

Connell, R. W., & Messerschmidt, J. W. (2005). Hegemonic masculinity: Rethinking the concept. *Gender & Society*, 19(6), 829–859.
<https://doi.org/10.1177/0891243205278639>

Cunningham, G. B. (2022). Diversity and inclusion in sport organizations: A multilevel perspective (4th ed.). Routledge. <https://doi.org/10.4324/9781003204262>

Daboin, I., Peterson, J. L., & Parrott, D. J. (2015). Racial differences in sexual prejudice and its correlates among heterosexual men. *Cultural Diversity and Ethnic Minority Psychology*, 21(2), 307–315. <https://doi.org/10.1037/a0038444>

Derom, I., & Schailée, H. (2019). Educating Generation Z about gender equality in sport: The GETZ project. *European Journal for Sport and Society*, 16(1), 65-85.

Gales, J. (2022). Perceived gendered expectations: A challenge for Generation Z in STEM and sports-related fields. *Journal of Gender Studies*, 31(2), 145-161.
<https://doi.org/10.1016/j.appdev.2020.101109>

Gapa, I. J. ., & Tagare, R. J. (2023). Dropped Interest: Generation Z students' demotivating reasons on gradual dislike on sports and recreation. *Sportis. Scientific Technical Journal of School Sport, Physical Education and Psychomotricity*, 9(1), 98–124. <https://doi.org/10.17979/sportis.2023.9.1.9076>

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Gould, D., & Nalepa, J. (2020). Coaching Generation Z athletes: Strategies for motivation and engagement. *Journal of Applied Sport Psychology*, 32(5), 321-337. <https://doi.org/10.1080/10413200.2020.1720049>

Higley, E. (2019). *Defining young adulthood*.

Kian, E. M. (2018). The success of LGBT athletes in the sports media. In *LGBT Athletes in the Sports Media* (pp. 209-228). Springer. https://doi.org/10.1007/978-3-030-00804-8_12

Lawley, S. (2018). LGBT± participation in sports: ‘Invisible’ participants, ‘hidden’ spaces of exclusion. In *LGBT Inclusion in Sport* (pp. 155-179). Springer. https://doi.org/10.1007/978-3-319-59686-0_7

Lease, M. D. (2015). A strong woman of the Lord: Performing gender at the intersection of sport and evangelical Christianity. *Fellowship of Christian Athletes*.

Lee, J. W., & Cunningham, G. B. (2016). Gender, sexism, sexual prejudice, and identification with U.S. national teams. *Sex Roles*, 74(11), 579-591. <https://doi.org/10.1007/s11199-016-0598-x>

Leone, R. M., Parrott, D. J., & Swartout, K. M. (2016). Masculinity and bystander attitudes: Moderating effects of masculine gender role stress. *Psychology of Men & Masculinity*, 17(2), 213-221. <https://doi.org/10.1037/a0038926>

Masagca, R.C. (2025). Gender Self-Concept and Its Relationship with Physical Fitness in University Students. *Sportis Sci J*, 11 (1), 1-23 <https://doi.org/10.17979/sportis.2025.11.1.11146>

Metin-Orta, I. (2019). The relationship between social dominance orientation, gender roles, and sexual prejudice. *Current Psychology*, 20(5), 3425-3439. <https://doi.org/10.1007/s12144-019-00293-y>

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Moscowitz, L., Billings, A., Ejaz, K., & O'Boyle, J. (2018). Outside the sports closet: News discourses of professional gay male athletes in the mainstream. *Journal of Communication Inquiry*, 43(3), 249-271.
<https://doi.org/10.1177/0196859918808333>

Nye, E. A., Crossway, A. K., Rogers, S. M., Games, K., & Eberman, L. (2019). Lesbian, gay, bisexual, transgender, and queer patients: Collegiate athletic trainers' perceptions. *Journal of Athletic Training*, 54(3), 334-344.
<https://doi.org/10.4085/1062-6050-260-17>

Parmenter, S., & Galliher, R. V. (2019). Sexual stigma and sexual prejudice: Understanding the intersection of masculinity and stress in young men. *Psychological Perspectives on Gender and Sexuality*, 22(3), 567-581.
https://doi.org/10.1007/978-3-030-12228-7_32

Persson, M. (2022). Playing without goals: gendered practices in recreational youth football. *Journal of Youth Studies*, 26(5), 577-592.
<https://doi.org/10.1080/13676261.2021.2022641>

Pleck, J. H. (1981). *The myth of masculinity*. MIT Press. <https://doi.org/10.2307/2068233>

Quinton, J., & Rich, K. (2023). Gay men, well-being, and sport participation: A phenomenological analysis. *Qualitative Research in Sport, Exercise and Health*, 16(2), 167-180. <https://doi.org/10.1080/2159676X.2023.2255202>

Schaillée, H., & Derom, I. (2021). Gender inequality in sport: Perceptions and experiences of Generation Z. *European Sport Management Quarterly*, 26(1), 1-5.
<https://doi.org/10.1080/13573322.2021.1932454>

Schubring, A., & Thiel, A. (2016). Health-related gender boundary crossing in youth elite sport. *Sport in Society*, 19(6), 695-710.
<https://doi.org/10.1080/17430437.2015.1073948>

Original article. An investigation on the influence of sexual prejudice in sports on masculine gender role stress of filipino generation Z young adults

Vol. 11, n.º 3; p.1-24, july 2025. <https://doi.org/10.17979/sportis.2025.11.3.11776>

Sherman, A. E. (2010). *Validation of the masculine gender role stress scale in a diverse population.*

Slimowicz, J., Siev, J., & Brochu, P. (2020). Impact of status-based rejection sensitivity on depression and anxiety symptoms in gay men. *International Journal of Environmental Research and Public Health*, 17(5), 1546. <https://doi.org/10.3390/ijerph17051546>

Swartout, K. M., Parrott, D., Cohn, A. M., Hagman, B. T., & Gallagher, K. E. (2015). Development of the abbreviated masculine gender role stress scale. *Psychological Assessment*, 27(2), 489-500. <https://doi.org/10.1037/a0038443>

Travers, A. (2018). *The trans generation: How trans kids (and their parents) are creating a gender revolution.* NYU Press. <https://doi.org/10.18574/nyu/9781479801227.001.0001>

UNESCO. (2019). *Behind the numbers: Ending school violence and bullying.* United Nations Educational, Scientific and Cultural Organization. <https://unesdoc.unesco.org/ark:/48223/pf0000366483>

Wernick, L. J., Tice-Brown, D., Kluch, Y., Newman, T., Shute, L., Lerario, M. P., & Harrison, J. V. (2023). Policing gender and sexuality in high school sports: The mediating impact of hearing anti-LGBTQ± language on high school athletes' self-esteem across gender identity, sexual orientation, and race. *Journal of Sport and Social Issues*, 47(5), 504-534. <https://doi.org/10.1177/01937235241239322>

Wynne, E., Wright, W., & Alvermann, D. (2021). Creating gaps in understanding: How Gen Z disrupts gender norms on TikTok. *The International Journal of Critical Media Literacy*. <https://doi.org/10.1163/25900110-03030001>.

Yon, X. (2015). The Gender Differences in participation, enjoyment and self-perception of college students. *Journal of Hangzhou Normal University*.