

ABSTRACT

MACHISMO: A CULTURALLY CONSTRUCTED CONCEPT

Machismo has been principally perceived as a negative concept primarily by Latinos. Latinos have constructed this concept as male superiority and dominance over women. This negative perception of machismo can create a power struggle between men and women that can potentially lead relationships and families to experience domestic violence. This study used mixed methods, quantitative and qualitative, to identify machismo perceptions of not only Latino men but men of diverse cultures, based on their life experiences with female partners and family roles. Participants were men, both students and staff who were randomly selected from California State University, Fresno. Participant ages varied from 18-60 years and from different ethnicities: Latinos, African, Asian, Indian and White Americans.

This study identified machismo being present in every different culture as men having dominance, power, control, and superiority over women. The research also identified the existence of negative and positive perceptions in younger and older generations. Exploring and identifying perceptions of machismo can potentially improve lives of oppressed individuals who experienced machismo negatively. Implications for social work include understanding perceptions of machismo to potentially help practitioners gain a better understanding of positive perceptions, negative perceptions and disguises of machismo in other cultures.

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MACHISMO: A CULTURALLY CONSTRUCTED CONCEPT

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CHAPTER 1: INTRODUCTION

Machismo is viewed in mainstream society as a negative concept that promotes domestic violence. Perilla (1999) defined machismo as a set of expectations for males in a culture where they exert dominance and superiority over women. This research explored machismo through different age groups of men from Latino and other cultures. It considered the aspect of how society, families and relationships can possibly affect the negative and positive perceptions of machismo. For example, gender roles may have critically impacted machismo through differences between male and female responsibilities within the family unit. The differences in gender roles have been apparent throughout history, as well as in many different cultures. There is generally a gender gap between men and women's roles in the occupational or family scene where women are expected to be submissive and soft-hearted and men are expected to be dominant, assertive and competitive (Kupper & Zick, 2011). This can cause an imbalance of power between the individuals. Women are also expected to care for the home, be stay-at-home mothers, child bearer and nurturers. While, men are expected to set the example, be tough, and be the breadwinners of the family.

This research focused on identifying many of the harmful perceptions of machismo as well as connecting constructive ideas to the concept of machismo. Particularly, machismo has been seen as destructive negative male behavior toward women with the intention of abuse. To understand the notion of machismo, it is imperative to discuss the historical aspects of the origins of machismo. Analyzing how machismo was introduced in our society, will suggest how it has negatively impacted many cultures. Positive characteristics of machismo were analyzed, as well as how those positive characteristics were culturally and/or

socially misconstrued. This study discussed characteristics of machismo that are influential to unconstructive behaviors such as abuse in relationships. Lastly, this research compared and contrasted the perceptions of machismo from older to younger generations in men from various cultural backgrounds. Considering cultural and generational perceptions of machismo generated depth into the concept of machismo. This exploratory study gathered information by surveying 60 men and identifying various perceptions of machismo. It explored the similarities and differences of machismo experienced by men of different cultures and ages. Developing a broader understanding of machismo can potentially balance out the negative connotation that is linked to this concept by showing the positive characteristics of machismo.

Scope of the Problem

Machismo is a learned behavior beginning from young childhood and practiced in adulthood. It can be very difficult for individuals to change their perceptions after learning a specific behavior. It is important for professional practitioners to understand cultural values and beliefs behind the notion of machismo for each individual's perception. Advocacy plays an important role in a practitioner's task of helping individuals that experience machismo. Social workers in specific will have the opportunity to educate individuals on what machismo is and present what negative outcomes can result from machismo. McKinney, Caetano, Ramisetty-Mikler, and Nelson (2009) conducted research on a diverse population of individuals who experienced childhood family violence and intimate partner violence. The study concluded that in the United States an estimated 54% of men and 40% of women are victims of violence committed by a partner and overall 65.4% of men and 51% of women reported history of

childhood abuse. These percentages represent a significant impact on negative treatment towards victims and, not surprisingly, machismo has been one of the reasons why partner abuse is experienced. Given that machismo originates from the Latinos, studies that were mentioned focused on how the undesirable aspects of machismo affect the Latino population. Arciniega, Anderson, Tovar-Blank, and Tracey (2008) explored the results of a study done by Mirandé (1988) where he found that 52% of men described machismo as a negative construct, 12% described it as neutral concept and 35% described it as a positive concept. These statistics tell us that more than half of the Latino populations have identified machismo as a negative behavior. Based on the statistics of abuse, one assumption can be that machismo is passed on from one generation to the next as a negative idea. Attention needs to be placed on the negative perceptions of machismo in order to educate not only the Latino population, but all other cultures in the United States that experience abuse due to machismo. The harmful aspects of machismo can be identified in forms of domestic violence. In this study, domestic violence was not be explored in its totality but as a perceived result of machismo.

Framework

This research used mixed-methods to understand the perceptions of men of diverse cultures ages 18 to 60. It is important to note that the generational differences and cultural differences in men play a major role in their perceptions of machismo. The study included a qualitative research for an exploratory understanding of machismo as it is perceived not only in the Latino culture, but also in other cultures perhaps disguised in different behaviors, as both negative and positive perceptions. It also included quantitative research to understand the

numbers of men who perceived machismo negatively as opposed to those who perceived it in a positive light. The study gathered participants from Fresno State campus which is known to have a very diverse population. The Social Learning Theory, Feminist Theory and Social Dominance Theory were used to gather a deeper understanding of the perceptions of machismo. These theories helped to explore reasons our society has overwhelmingly come to classify it as a negative concept. Empirical studies were reviewed to identify other studies that have explored machismo. The primary question that was explored in this study was: What are the perceptions of machismo among men based on age, cultural experience, and relationship with a female partner and family roles?

The questions that follow were used to guide the inquiry:

- What does machismo mean to you?
- What does caballerismo mean to you?
- In what way, if any, have you experienced machismo within your family?
- What does social dominance mean to you?
- What characteristics do you think are shown in machista men?
- From your point of view, how is machismo experienced?
- Do you think machismo can be passed on from one generation to the next?
- What are the positive aspects of machismo?
- What are the negative aspects of machismo?
- What do you think are the reasons machismo occurs?

This study focused on understanding perceptions of men of any ethnicity or culture and between the ages of 18-60 who experienced or acted upon the notion of machismo. Understanding how these diverse men experienced machismo

helped in understanding men's perceptions of machismo. The men that were studied had varied perceptions of machismo due to the age differences. These age variations were recognized and discovered dynamics of positive and negative perceptions of machismo. In this study machismo was explored in diverse aspects and the different ways it is experienced by dissimilar cultures and ages of men. Many male perceptions could be developed in different settings such as with partners, families, communities, workplaces, and school systems. This research developed important information on perceptions of machismo in men that helped gain knowledge of it can machismo arise.

The subsequent section of this study provided an in-depth examination of machismo. This concept will be discussed in terms of three different theoretical perspectives, Social Learning Theory, Feminist Theory and Social Dominance Theory.

CHAPTER 2: LITERATURE REVIEW

This research explored the concept of machismo and how it has developed a negative connotation. Furthermore, this research gave an overview of the positive aspects that are associated with machismo. Three principles theories helped identify the origins of machismo and explored important factors that can explain the overpowering unconstructiveness of machismo.

Social Learning Theory, Feminist Theory and Social Dominance Theory were used to help develop an in-depth understanding of the machismo perspective. In addition, empirical research helped define what machismo consisted of and how it played a role in different cultures and in the perceptions of diverse men. The study helped identify the historical aspects of machismo to understand the roots, development and the transition of machismo from positive to negative perceptions. Finally, research led us to understand any gaps in the notion of machismo within the context of different cultures and perceptions of older and younger generation of men.

Theoretical Perspective

Social Learning Theory

Machismo can be understood as different forms of male dominance over women. Social Learning Theory, developed by Bandura (1997), tells us that machismo is learned during childhood. Social Learning Theory is based on several assumptions about how a child learns, which includes vicariously learning aggression and other behaviors through observation (Abbassi & Aslinia 2010; Bandura 1997). A child is able to not only learn aggression from their parents, siblings, uncles, family members and friends, but can learn the other

characteristics assigned to machismo such as dominance, protectiveness, love, assertiveness, and power. Families can portray negative actions of machismo and a child learns to exert those negative characteristics and carry them out. Bell and Naugle (2008) discuss that intimate partner violence can be modeled to children at a young age and that is when children will learn the action and express it at an older age. In the same way that parents can model intimate partner violence, they can specifically model machismo or male dominance over their significant other to children. Then, children can grasp this concept of machismo to apply later in life. Social Learning Theory also stated that it is sufficient for a child to witness a negative or positive action to determine whether the child will engage in future similar negative or positive actions (Bell & Naugle, 2008). When individuals in different cultures practice machismo and the children in their family witness it, then it is likely that the child will believe the negative actions are a norm and thus, acceptable to incorporate these roles.

Social Learning Theory also explained how machismo is related to gender roles within a culture; such as men being the breadwinner and women taking care of the family (Bell & Naugle, 2008). In many cultures, gender roles are rules that identify the tasks/responsibilities of the female and male in the family. Gender roles are defined by society and taught to individuals during childhood, at which time men are placed in positions of power over women (Bell & Naugle, 2008; Dobash & Dobash, 1997; Mihalic & Elliott, 1997). Gender roles in the family can make up the concept of machismo when gender roles mean that female inequality is present.

Feminist Theory

Identification of female inequality in machismo is supported in Feminist Theory as representing the concept of machismo. When men dominate their household, women tend not to have a voice about familial choices. There is a higher likelihood for men to become *machista* when they hold traditional attitudes regarding sex roles and acceptance of patriarchal values (Bell & Naugle, 2008). Many women in different cultures learn to accept that their husbands, brothers and sons make all the decisions in life. Ongen (2006) discusses the influences of sex roles and that individuals conform to their sex roles as young children. Boys learn how to excel in challenging jobs and girls avoid tasks that are overly challenging and therefore, make it difficult for females to excel in male-dominated society (Ongen, 2006). This idea of an imbalanced power between men and women is emphasized through Feminist Theory.

Social Dominance Theory

Social Dominance Theory also helped in understanding that machismo has a historical background and it is not only found in our mainstream cultures, but it is found throughout our society. Research suggests that machismo has both positive and negative properties across all different cultures (Perilla, 1999). Kupper and Zick (2011), discussed that Social Dominance Theory refers to members of high-status groups having a greater general preference for group-based hierarchies and inequality, referred to as social dominance orientation. In our society, women are given a lower status and men are given a higher status to be dominant over women. When examining the culture of our government, we can observe that, throughout history, men with power have been those that are assigned to positions of power like presidency and vice-presidency to oversee our

country and make important decisions. These men are observed as being assertive, strong, powerful, and dominant which are characteristics found in machismo.

Indeed, much focus of machismo has been placed on the negative characteristics instead of the positive characteristics. Some of those positive characteristics of machismo include responsibility, honor, respect, and courage, which are factors that are not easily seen. Instead factors that have been externalized and more easily captured include aggressiveness, sexual prowess, physical strength, dominance, control and power (Perilla, 1999). The positive side of machismo is rarely seen or discussed and it is important to understand that machismo is also a positive characteristic that men can possess. As positive characteristics, different cultures that exhibit machismo feel a sense of responsibility over their family and feel that they have to carry their family honor throughout generations. Machista men seek to have the respect of all of their family members in order to protect and keep their family safe. This positive element of machismo can be easily destroyed when men who seek respect do not receive it and may react with aggression in the situation, which then leads to abuse. This is when machismo is externalized and men begin to prove that they have more power over the female or other males. To prove their masculinity, men begin to show aggressiveness towards their partner or other family members. Since machismo is commonly associated with men, choices that men make can transform the perception of machismo from positive to negative, which can lead to abuse (Perilla, 1999). Clearly, when abuse becomes present the negative side of machismo has taken over.

Machismo as Dominance and Caballerismo

Machismo was found to be presented as a multidimensional construct. Estrada, Rigali-Oiler, Arciniega, and Tracey (2011), studied about 600 gay men and identified two different types of machismo. One type of machismo is labeled as traditional machismo that included dominance over woman (Estrada et al., 2011). The second type of machismo relates to caballerismo, or being a gentleman, which includes characteristics of a nurturing personality towards women (Estrada et al., 2011). Machismo that is categorized as traditional machismo is usually accompanied by the negative factors of sexism or chauvinism. Machismo that is categorized as caballerismo is usually accompanied by positive characteristics of respect. As mentioned earlier in this study, machismo is being derived from the Latino culture. Arciniega et al. (2008) explained that a higher percentage of specifically Latino men perceived machismo as a negative idea that leave the positive aspects of machismo often neglected. The majority of Latino men have constructed machismo as an idea of aggressive acts and beliefs towards a woman (Arciniega et al., 2008). Traditional machista men are the head of the household and the women are the family caretakers. Typically, men will do their best to show their masculinity by being responsible and hard working. These positive aspects are often missed and overshadowed by the belief that being responsible and hardworking is a sign of male dominance over women thus creating negative perception of machismo.

Machismo that is categorized as caballerismo is attributed to positive factors such as the roles of protector and caretaker that are displayed through behaviors of assertiveness, responsibility, sincerity and emotional responsiveness to their family and partner. Caballerismo is defined as being a chivalrous man, resulting in a positive perception of machismo. Kupper and Zick (2011) describe

these differences as a gender gap that tie in with cultural expectations of each gender.

Machismo with a Partner and Home

As discussed by Alcalde (2011), men have a sense of masculinity in their homes and in other unfamiliar systems outside of their homes, such as work where they feel oppressed or have a sense of surrendering power. Men tend to exercise machismo as a way to show that they are the man of the house and demand respect and power. In our society, positions of power, decision-making and authority are most likely taken on by men (Leung, Li, & Zhou, 2012). We live in a patriarchal society and it has become a norm for men to dominate women. Men carry out machismo anytime there is a sense of losing power in a relationship. An Intimate Partner Abuse (IPV) study concluded that some characteristics of abuse are constant fighting, lack of communication, lack of respect and machismo (Klevens et al., 2007).

Developing these negative behaviors in relationships between partners constructs what many women perceive as machismo. In many situations where machismo is experienced by women, physical or verbal abuse may arise due to a woman's complete disagreement with being submissive to a man (Klevens et al., 2007). A power struggle begins to develop between the genders, which can result in verbal or physical abuse (Klevens et al., 2007). In family gender roles, generally older males in the Latino cultures, Asian cultures, and African American culture within our society, exert male dominance. When the concept of machismo is passed on to the next generation, the degree of male dominance may lessen, but it continues to be present. When individuals reflect upon the concept of machismo or it is being discussed, negative feelings, thoughts and expressions are consistently

developed. Children in the family system experience machismo in the way that men can also feel a sense of protectiveness, ownership and responsibility over “their” family. This gives an understanding that machismo does not only occur in homes, but it also occurs in different agency settings in our community and in any workplace.

Machismo in the Workplace

Our society is male-dominated given that our universities offer female-oriented majors like nursing, social work, and health position of less power and male-oriented majors such as law, doctors and managerial positions of power (Kupper & Zick, 2011). Important and major businesses primarily have appointed men as their presidents or representatives. Thus far, our government has also been run by powerful men as presidents and vice presidents. This type of structure also exists within private practice when working with individuals of diverse backgrounds who will seek preference in working with gender-specific individuals. It also occurs when women may struggle to become hired or work towards achieving a promotion in a field that is male dominant. Furthermore, our community automatically orients school careers and job opportunities towards being gender-specific. It encourages woman to be submissive and men to be dominant. In the community and workplace, machismo is identified as power, control, protectiveness and ownership over what is theirs. Significantly, this behavior is recognized as negative. In turn, it can be seen as a sign of strength, hard work and confidence in what individuals have accomplished.

Disguises of Machismo

Social dominance, patriarchy, and gender roles within families, communities and society can all be disguises of machismo in diverse cultures. In

the Latino culture, these disguises are specifically recognized as machismo. These disguises of machismo have similar positive and negative characteristics of dominance, control, protectiveness, and provider. In various cultures, men may feel ownership over their partners, or feel the need to protect and guard themselves against other men who can possibly have an interest in “their woman.” When this occurs, women become submissive as the men take control. This is where the negative aspects of machismo are introduced as being too aggressive, restrictive, and womanizing (McKinney et al., 2009). Therefore, men, women, families, community residents, general public, social workers, clients and the community are adversely affected by machismo. Some of the affirming concepts of machismo are care taker, provider and emotional connectedness, which is often overlooked and shadowed by the off-putting aspects. In other cultures it can be called by a different name but the characteristics are similar. Machismo, one way or another, is experienced through familial systems, daily relationship, or professional relationships.

Machismo History

History suggested that machismo was traced to the arrivals of the Spaniards. It is said to be derived from the legend of Don Juan, or the “Seducer of Seville,” a Spanish folk legend spread throughout Europe in the 17th Century. In the legend of Don Juan, the character is famous for being a scoundrel who tries to seduce a noble lady (Ortiz & Davis, 2009, p. 339). As his attempts fail, he kills the noble lady’s father who was a commander and gets away with it. At the end of the story the commander comes back to life and takes him to the underworld (Ortiz & Davis, 2009). The importance of this story is to underpin that men began to show machismo as power and control to show their masculinity towards another men. In

the Latin Mediterranean societies, women were placed under three legal types of authority: *patria potestas* (paternal power), *manus* (subordination to a husband's legal power), or *tutela* (guardianship) (Ortiz & Davis, 2009, pp.339). In present family systems, this type of structure continues to be the same where women continue to be submissive to their father or husband. Perilla (1999) defined machismo as a set of expectations for men in a culture. These expectations began to develop when Spaniards invaded Native Americans and took control and power over these individuals establishing themselves as masters and destroying their culture also known as *mestizaje* (blending of Spaniards and Native Americans) (Perilla, 1999). The characteristics of *mestizaje* are closely related to characteristics of machismo and social dominance, which are power and control over a population leaving them with little to no voice. As a *mestizo* child (son of a Spaniard and Native American), the son begins to develop his security of manhood by exerting his dominance over females in the family system (Perilla, 1999). The behavior is best known as being machista. This male behavior left women to be viewed as a possession to be won over. Female intimacy would be profoundly violated through the emergence of machismo in young mestizo men (Perilla, 1999).

Research also suggests that machismo originated from the roots of the Latino culture. Since machismo was derived from the Spaniards, an ethnic group related to the Latino culture, it is commonly known and understood as a belief and action practiced by only this culture. There was limited literature found on machismo in other cultures; instead it was presented as gender or sex roles in family systems forming into social dominance. Gender roles in cultures other than the Latino culture have similar practices regarding the concept of machismo. Machismo in the Latino culture is about giving and showing "*respeto*," or respect,

that is an action expected to be shown towards older adults in the family. In the Latino culture, children are taught at an early age to respect their elders, grandparents, parents, older siblings or extended family members, who hold power over them (Perilla, 1999). In other cultures, the notion of machismo can be carried out and may be given a different name that may be associated with woman's submissiveness. Similar terms that can be associated with machismo on a larger scale in our society are social dominance, male hierarchy or patriarchy. These similar terms can transfer into the notion of machismo in other cultures other than Latino where gender roles are assigned to children.

This literature supports the origins of machismo, the positives and negatives and perceptions of men from older to younger generations. The theoretical framework of Social Learning Theory, Feminist Theory and Social Dominance Theory helped shape the importance of how machismo translates into social dominance or patriarchy in other cultures. The notion of machismo is understood to be a misconstrued concept in our society. This concept is brought out from the Latino culture where men give no consideration to a woman's voice in the relationship which, in turn, can lead to domestic violence. There is a need to identify the existence of social dominance or patriarchy in other cultures, just as machismo identified in the Latino culture. When individuals think about machismo, power and control over women, family ideas, beliefs and life come to mind. In gathering information from men of various ages and different cultures through an exploratory survey, the results identified that machismo is no more than a misconstrued concept of dominance and control and has been culturally forgotten as a result of the negative aspects overshadowing the positive aspects.

Discussing machismo in a theoretical perspective, its historical views and examining previous studies of machismo helped identify male's perspectives of

the concept. There were a significant number of studies that discussed machismo within the Latino culture than there were studies that discussed machismo in multiple cultures. This study explored some of the perceptions of machismo both in a positive and negative perception. The following section discussed how this research was conducted in terms of gathering ethnically and generationally diverse participants, the instrument being used, confidentiality, potential risks and how social work pillars affect machismo.

CHAPTER 3: METHODOLOGY

This study examined the perceptions of men from diverse cultural backgrounds and life experiences regarding machismo. As previously mentioned, machismo is specifically present in the Latino culture, representing the concept of male superiority over the woman. Research suggested it is identified in many different cultures apart from the Latino culture as men having power, dominance, hierarchy, control and superiority over women. Presently in our society, men take on powerful roles suggesting the need to be in control of situations in professional, social and familial matters, often leaving women with a lack of power and voice. These negative characteristics of machismo that men take on, may lead to abuse.

This section of the study focused on looking at the phenomenon of machismo. Participants studied were Fresno State students and staff of ages 18-60. This minimized the risk of the study. Participants had the opportunity to voluntarily consent or withdraw from the study at any time. The study explored perceptions of machismo in men of different ethnicity, educational backgrounds and life experiences. In any case where the participant felt that the questions created distress, they were referred to The Center for Woman and Culture on Fresno State where peer crisis counseling was available.

Research Question: What are the perceptions of machismo among men based on age, cultural experience, relationships with a female partner and family roles?

Method

This study used mixed-methods, quantitative and qualitative approach, to create a more comprehensive understanding of the perception of machismo from different cultural backgrounds. This socially constructed concept has developed a

negative meaning to the notion of machismo. An exploratory approach was used to survey men of various ages between 18 and 60 and of diverse cultural backgrounds. Researching machismo in an exploratory manner helped develop a deeper understanding of shared and different perceptions of machismo in diverse men. For the purpose of this study, an original sample size of 60 participants were to be recruited but the actual number of respondents was 87. These participants were recruited with a flyer created by the researcher. Participants were gathered from Fresno State which then completed a demographic and open-ended question survey. Participant variation helped in gathering diverse perceptions of men to help in identifying common patterns of negative and positive characteristics of machismo.

Informed Consent

This study provided an informed consent that notified participants of any potential risks or benefits (see Appendix A). Participants were informed of their voluntary participation in the survey and ability to withdraw from the study at any time. The informed consent informed participants of the process of confidentiality. Participant identity was protected by omitting their names throughout the study. Individuals consented to participate by signing the consent form and continuing the survey.

Data Analysis

This study focused on how men have acted or experienced machismo, shared or differentiated experiences, and how they view the notion of machismo. Data were gathered and analyzed in terms of developing categories and themes within the shared and differentiated experiences or views of machismo in relation to their age and cultural background. Machismo is a phenomenon that can be

experienced among different cultures and experienced either positively or negatively. This was considered when organizing responses into categories. Participant data were analyzed and the initial codes were coded formally and reduced to categories of negative and positive factors. The data were further analyzed and divided into themes. These themes were participant experiences of machismo that were identified as dominance, family influence, control, masculinity, woman dominance, positive descriptors, equality and cultural perspective. The information described the personal experiences of machismo in the epoch and nature of the experience. The data of categories and themes represented the essence of the lived experience of machismo.

Limitations

The research gathered on machismo showed the shared or differentiated experience of Latino men in diverse groups and in ages of 18-60. The challenge that this research presented in discovering the shared and differentiating experiences are that some participants were hesitant in sharing what they had experienced. Depending on their cultural background or age, individuals were reluctant to giving their perception of machismo. For example, in the Latino culture, when men speak about being a *machista* male, they seemingly denied they were acting on or experiencing machismo. They defended themselves from being called machista. Participants felt too proud did not admit to having characteristics of power and control over another individual. In addition, they blamed their partner for being “machista.” Some participants were not able to recognize or acknowledge if they have characteristics of machismo and results of this research were affected in not fully understanding male perceptions of machismo. In addition, further limitations of the study included that the notion and lived

experience of machismo was only being gathered from male perspective. Lastly, socio-economic, and religious factors were not considered in this study.

Validity/Reliability

The instrument used was an 18-question survey which gathered participant demographic information and experiences of machismo (see Appendix B). The demographic section of this instrument used eight questions that gathered the participants' age, ethnicity, and highest level of mother's education, highest level of father's education, highest level of participant's education, marital status and legal status. The last ten open-ended questions gathered information on how men have perceived machismo. The questions on this survey were framed with a neutral stance as well as a cultural and societal stance on machismo where men were able to give the best response possible based on participant's perception of machismo.

This instrument was created by the researcher and was used to gather primary data, to explore perceptions of machismo among culturally and generationally diverse men in relation to their experience with a partner or family system. This instrument has not been tested for reliability or validity. The open-ended questions of this instrument can possibly be used for future individual interviews of participants to gather in depth data.

Protection of Human Subjects

This study focused on understanding the notion of machismo through perspectives of diverse men. The research moved forward after a human subjects training was completed by the researcher. The Human Subject Assurance Training titled "Protecting Human Research Participants" provided a certificate of completion (see Appendix C). This certificate allowed researcher to develop and

informed consent that stated any potential harm that could have been experienced by the participants. Participants also had the right to withdraw from the study at any time. The informed consent was given to randomly selected men at Fresno State. Participants were protected by omitting their names. Information was also coded to protect the identity of each participant. The participants in this study were informed that the information gathered can possibly serve to understand perceptions of machismo among culturally diverse men and of varying ages 18-60. The information gathered from this study can potentially aid professionals such as social workers, to have a better understanding of machismo in order to advocate for individuals experiencing any negative aspects of the concept, such as abuse.

Definitions of Variables

Key Terms: *Machismo, Caballerismo, Social dominance*

Additional research shows that machismo refers to the cultural or societal stratification of men supremacy of over women (Perilla, 1999). Machismo was discussed primarily as a concept of men's power and control over women. Machismo was also discussed in terms of attachments of both positive and negative connotations, which in return will reveal two types of machismo: traditional machismo and caballerismo. Caballerismo is a concept that associates machismo with positive characteristics of a nurturing personality towards women, such as having an emotional connectedness and respect for their significant others and their families (Arciniega et al., 2008). Traditional machismo refers to gender roles expectations of sons, daughters and wives where men are expected to be the head of the household and women to be homemakers (Estrada et al., 2011; Kupper & Zick, 2011). Social dominance is a concept that is very similar to the concept of machismo. In a cultural and societal perspective, social dominance refers to an

individual's hierarchy and search for power, dominance and superiority over another person (Kupper & Zick, 2011).

Participants

The sampling size of this mixed method was 60 men varying in ages 18-60. The participants were of various backgrounds ranging from Latino, African, Asian, Indians or White Americans. Specifically participants needed to be United States Citizens. Participants voluntarily consented to participate and were able to withdraw from the study at any time. Participants were recruited and randomly selected with a flyer created by the researcher (see Appendix D). The flyer was used to recruit and select members of male oriented clubs and organizations on Fresno State. The researcher also made every effort to engage individual males with the use of a flyer as they traversed on campus in the free speech area. Once male oriented organizations were selected, the researcher attended their meetings, in order for researcher to gather data.

Potential Benefits

This study's findings helped to provide an understanding of negative perceptions of machismo. Gathering information of culturally diverse men and perceptions from younger to older generations helped in identifying concerns when working with individuals that experience male dominance. The findings of this study can potentially help social workers understand client involvement in partner relationships or family matters experiencing machismo. Understanding male perceptions of machismo can potentially enhance a social worker's ability to empower clients in working with individuals to help them view machismo in a positive manner and to avoid abuse among partners, relatives or professional relationships. This research had no immediate benefit to the participant. Possible

benefits included participant's ability to write down their feelings and experiences as a form of consolation.

Potential Risk

The topic of study may bring up some discomfort in participants. Machismo may have been negatively experienced which cause emotional distress during the course of the survey. It is important to also understand that any emotional distress experienced during the survey may be due to machismo that led to a certain type of abuse whether verbal or physical. Another important factor is that although participants were required to be citizens, consideration for non-United States Citizens was be taken due to the possibility that machismo can occur to any individuals regardless of their citizenship status. Lastly, participants may become hesitant to disclose their legal status or personal distressful experience related to machismo due to any possibilities of breach of confidentiality.

Management of Risk

Only the researcher had access to participant information. Any discomfort that was experienced, such as emotional distress, was acknowledged during the survey. Individuals who felt a need for support were referred to The Center for Woman and Culture, who can provide services on counseling or abuse. To ensure the safety of the participant, all information was coded so that any identifying information did not put the participant in danger. All information that was used in this study will remain confidential. To ensure the protection of the participants, all surveys were safe guarded to ensure participant confidentiality. Any participant who disclosed that they were not United States Citizens was protected with the assurance of confidentiality. At the end of the study, all surveys were destroyed.

If any participant wished to terminate or did not continue the survey, they were referred to on campus or off campus counseling services.

Subject Compensation

Participants did not receive monetary compensation for their participation. They were acknowledged in terms of helping the researcher and future social workers to understand male perceptions of machismo. Participants were informed that their experiences can possibly contribute to social work understanding of machismo to implement effective interventions that will empower future clients.

Three Pillars Statement

The information gathered from the participants will be beneficial to advancing present and future knowledge of machismo using empowerment, cultural competence and social justice. In social work, empowerment means to give a voice to individuals or populations that do not have one (NASW, 2008). According to the National Association of Social Workers (NASW, 2008), empowerment implies to having an active collaboration with the client system in terms of equality and mutuality. In social work, empowerment goals are set with the individual or client system, meant to maximize social support, and helps strengthen self-sufficiency, and interdependence (NASW, 2008). Gaining knowledge on male perceptions of machismo can give the client and client system social support and self-sufficient, especially those men who find themselves in atmospheres of imbalances of power and inequality with women.

In addition, being culturally competent in social work refers to the ability to identify and understand differences that exist among individuals in respect to their race, ethnicity, religion, sexual orientation, physical or mental disability, age, gender, socio-economic background, and other features of human belief (NASW,

2008). In this study, cultural competence plays a major role in understanding the origins and perceptions of machismo. Several factors can impact the development of machismo into a negative form or into social dominance in our society and among different cultures. As social work practitioners, it is important to understand how machismo is experienced among different cultures in order to help develop intervention plans that can potentially meet the needs of the clients.

Lastly, social justice in social work involves the ability to analyze social concerns, and be aware of existing policies that affect the client or client system that may oppress specific population like those who experience machismo or social dominance (NASW, 2008). Social workers involved in social justice participate in social action to fight forms of oppression, such as negative forms of machismo, and promote the social well-being of any individual. In order for social work practitioners to implement any interventions of empowerment, cultural competence and social justice it is important to be culturally sensitive in order to understand the different factors that can cause negative experiences of machismo. Machismo can be experienced in different forms in different cultures such as imbalances of power and inequality between men and women. Similarly, it is important to understand how the positive factors of machismo are formed to help empower our clients as well as understanding when it transforms into negative experiences to become involved in fighting oppression.

Summary

In conclusion, being culturally sensitive to the concept of machismo means that men of different cultures may not refer to male dominance and female submissiveness as machismo, they may either not have a word for this concept or it can be translated as male dominance, social dominance or social hierarchy. This

study attempted to provide an understanding that male dominance can be translated into machismo in the Latino culture, but it is also found in different forms in other cultures with similar characteristics. Previous studies concluded that the notion of machismo has a negative connotation attached to it. It is important to be culturally competent to understand the historical aspects, male negative perceptions and the positive perceptions of machismo in order for social workers to better provide, social justice, empowerment and advocacy to clients and client systems.

The subsequent section gives the results of machismo perceptions of men. The data highlighted significant information in terms of ethnically and generationally diverse experiences. Categories and themes are used both in the quantitative and qualitative analysis of the data.

CHAPTER 4: RESULTS

This chapter discussed and summarized the findings regarding perceptions of machismo in diverse men. An overview of quantitative data will be presented to show the number of men who were studied based on their ethnicity, age, parents' educational levels, participant educational level, marital status and citizenship. This data showed the number of men who had negative perceptions versus positive perceptions of machismo. Furthermore, this data gave a qualitative view of the specific perceptions of those men who viewed machismo as negative versus those who viewed it as positive. These participant's perceptions of machismo were placed into two categories of positive and negative. As subgroups of positive and negative categories, men's experiences were presented within themes as to develop an understanding of diverse perceptions of machismo. Themes were created to identify a participant's response with a specific negative perception of machismo. These themes were: negative descriptors, male dominance, control or power, family dominance, masculinity, violence and woman dominance. Themes were created to identify a participant's response with specific positive perceptions of machismo. These themes were positive descriptors, cultural and generational perspectives, and equality. Extended categories were created for those who responded using sexual descriptors, those who were unfamiliar with the concept of machismo and those who left blank responses. For the purpose of the quantitative analysis, participants who left a blank response were not used since it did not affect the results in a negative or positive form. Finally, this information will be interpreted and analyzed to allow for an evaluation of the findings to determine whether it can relate to previous research, which will be discussed in chapter five.

Quantitative Analysis

Demographics of Men with Varying
Machismo Perceptions

Ethnicity. All respondents for this research were adult males on the Fresno State campus. The sample size was originally set at 60 participants. The actual number of respondents was 87. Results showed respondents being slightly more likely to be of a Hispanic descent. Most of the respondents were of multiple races (see Tables 1 & 2).

Table 1

Ethnicity/Race

Ethnicity	Participants (n=84)	% of Participants
White	25	28.7
African American	6	6.9
Asian	20	23.0
Native Hawaiian or Pacific Islander	1	1.1
From multiple Races	32	36.8
Total	84	96.5

Table 2

Ethnicity/Latino Background

Latino Background	Participants (n=87)	% of Participants
I am not Spanish, Hispanic, or Latino	47	54.0
Mexican	12	13.8
Mexican-American	21	24.1
Chicano	2	2.3
Puerto-Rican	1	1.1
Some other Spanish, Hispanic, or Latino group	1	1.1
From multiple Spanish, Hispanic, or Latino groups	3	3.4
Total	87	100.0

Age. Respondents' ages varied from 18 to 60 years or older. Since data were collected at Fresno State, the most common age group of participants was of a younger age (see Table 3). The results show the larger age group of participants (n=50) were between the ages of 21-29.

Table 3

Age

Age	Participants (n=87)	% of Participants
17 or younger	1	1.1
18-20	29	33.3
21-29	50	57.5
30-39	3	3.4
40-49	2	2.3
60 or older	2	2.3
Total	87	100.0

Parent education level. Participants were asked the education level of their parents to determine the relationships between the levels of education of parents to their offspring and whether education in the family is a factor in perceptions of machismo. Table 4 indicates a slight increase in fathers with less than high school degree (50.6%) than mothers (48.3%). It is also interesting to note that there were a higher number of mothers (35.6%) to fathers (30.9%) who pursued higher education.

Participant education level. Since participants were selected from Fresno State, it is important to affirm that they were not only students but faculty members as well. As shown in Table 5, the majority of respondents (52.9%) indicated that they had some college, but no degree.

Table 4

Parent Education

Education Level	Mothers	% of Participants	Fathers	% of Participants
Less than high school degree	42	48.3	44	50.6
High School degree or equivalent(e.g., GED)	14	16.1	16	18.4
Higher Education	31	35.6%	27	30.9%
College Education	15	17.2	11	12.6
Associate degree	4	4.6	4	4.6
Bachelor Degree	8	9.2	9	10.3
Graduate degree	4	4.6	3	3.4
Total	87	100.0	87	100.0

n=87

Table 5

Participant Education

Participant Education Level	Participants (n=87)	% of Participants
High school degree or equivalent (e.g., GED)	15	17.2
Some College but no degree	46	52.9
Associate's degree	10	11.5
Bachelor's degree	15	17.2
Graduate	1	1.1
Total	87	100.0

Marital status. As shown in Table 6, nearly 91% of those responding indicated that they were never married. It was interesting to note that there were only about 2 % of participants who were divorced. One participant felt he did not identify with the categories of being married, divorced or never married. The category of engaged was not an option in the participant survey but as a result, one participant created this option to be able to identify with a category.

Table 6

<i>Marital Status</i>		
Marital Status	Participants (n=86)	% of Participants
Married	4	4.6
Divorced	2	2.3
Never Married	79	90.8
Engaged	1	1.1
Total	86	98.9

Citizenship. As the surveys were presented to participants it was a requirement for respondents to be United States citizens. The results in Table 7 indicate that although there was a citizenship requirement to participate in the study 18 or 20.7 % of participants were not United States citizens. These respondents have not been excluded for the purposes of this study.

Table 7

<i>Citizenship</i>		
Citizenship	Participants (n=85)	% of Participants
Yes	67	77.0
No	18	20.7
Total	85	97.7

Open-ended Responses of Both
Positive and Negative Views of
Machismo

As discussed previously, the primary source for the development of this study was to examine the potential relationships between ethnically diverse men of varying ages and their perceptions of machismo as it relates to their relationships with a partner or family. The open-ended questions of the study showed a number of participants that responded with different perceptions. Individuals were placed in several categories represented with POS for positive perceptions, NEG for negative perception, Sex for sexual comments, and Not Apply for those individuals who felt that machismo was neither positive nor negative; were unfamiliar, unsure, said none or no, did not apply to them or left responses blank. There were participants who left either all blank responses or several blank responses. These participants and their responses will not be used in the results of the data. Within each category, males held different experiences and thus, their perceptions were illustrated as themes of statements with positive or negative descriptors, cultural perspective, masculinity, woman dominance, male dominance, and equality. Participants were also placed into two age categories of older or younger generation versus stating each age range with older being age 30-60 and younger being ages 18-29.

Machismo meaning. As shown in Table 8, results show that the majority of participants (28) in the younger generation (17- 29) had a negative perception of male dominance for their meaning of machismo. In the older generation (30-60), four participants had the same negative perceptions of machismo.

Caballerismo or gentlemen. Table 9 indicates that the younger generation, 72 respondents, used positive descriptors to define their perceptions of what it means to be gentlemen. It is also interesting to note that it was more likely for all the men to have both positive and negative views of caballerismo.

Table 8

Machismo Meaning

Machismo Meaning	Younger Generation 18-29	Older Generation 30-60 or Older	Total (n=86)
POS-Positive Description	7	2	9
POS-Cultural Perception	2	0	2
POS-Equality	2	0	2
NEG-Negative Description	5	0	5
NEG-Dominance	28	4	32
NEG-Control & Power	11	0	11
NEG-Family Dominance	6	1	7
NEG-Masculinity	10	1	11
NEG-Violence	1	0	1
SEX	1	0	1
Not Apply	5	0	5
Total	79	7	86

Table 9

Caballerismo/Gentlemen

Being Gentlemen	Younger Generation 18-29	Older Generation 30-60	Total (n=85)
POS-Positive Descriptors	72	7	9
POS-Cultural Perception	1	0	1
POS-Equality	1	0	1
NEG-Control & Power	1	0	1
NEG-Masculinity	2	0	2
Not Apply	1	0	1
Total	78	7	5

Machismo within the family. Results show that more of the younger generation experienced machismo in a negative form within their family structures than did the older generation. In Table 10, the outcomes exemplify that the younger generation has a more negative perception of machismo within the family. There were 17 participants in the younger generation who viewed masculinity negatively compared to only one in the older generation.

Table 10

Machismo in the Family

Machismo In the Family	Younger Generation 18-29	Older Generation 30-60	Total (n=83)
POS-Positive Descriptor	8	0	8
POS-Cultural Perception	7	0	7
POS-Equality	0	2	2
NEG-Negative Description	5	0	5
NEG-Dominance	6	1	7
NEG-Control & Power	6	0	6
NEG-Masculinity	17	1	18
NEG-Masculinity	1	0	1
NEG-Woman Dominance	2	0	2
NEG-Violence	3	2	5
Sex	2	0	2
Not Apply	19	1	20
Total	76	7	83

Machismo with a partner. The results in Table 11 show that most of the participants in the younger generation felt that expressing machismo towards their

partner was about power and control. It was interesting to find a majority of participants (46) within the younger generation responded “not applicable” to experiencing machismo with a partner.

Table 11

Machismo with a Partner

Machismo with a Partner	Younger Generation 18-29	Older Generation 30-60	Total (n=77)
POS-Positive Description	0	1	1
POS-Cultural Perception	1	0	1
POS-Equality	4	1	5
NEG-Negative Description	3	0	3
NEG-Dominance	2	0	2
NEG-Control & Power	10	1	11
NEG-Family Dominance	1	0	1
NEG-Woman Dominance	1	0	1
NEG-Violence	1	0	1
Sex	1	0	1
Not Apply	46	4	50
Total	70	7	77

Machismo as social dominance. In Table 12 the majority of participants within the younger generation indicated that their perceptions of social dominance were about power and control and dominance. The older generation also had the highest respondents in those same themes of power and control and dominance and, additionally, used negative descriptors to describe their perceptions of social dominance.

Table 12

Machismo as Social Dominance

Machismo as Social Dominance	Younger Generation 18-29	Older Generation 30-60	Total (n=83)
POS-Positive Description	3	0	3
POS-Cultural Perception	1	0	1
POS-Equality	1	0	1
NEG-Negative Description	6	2	8
NEG-Dominance	30	3	33
NEG-Control & Power	32	2	34
Not Apply	3	0	3
Total	76	7	83

Characteristics of machismo. As participants transitioned into describing characteristics of machismo relating both to positive and negative perceptions, there was one specific category that was prevailing over others. As seen in Table 13, most of the participants seemed to define characteristics of machismo within the negative category rather than the positive category. There were a greater number of participants within the younger generation who experienced machismo negatively. The theme of negative descriptors was most commonly used with participants (25), indicated it was male dominance (12) and 10 indicated it was a source of power and control. There is minimal appearance of positive characteristics of machismo in both the younger and older generation. There were also a higher number of participants in the older generation who expressed machismo negatively.

Table 13

Characteristics of Machismo

Characteristics of Machismo	Younger Generation	Older Generation	Total (n=81)
	18-29	30-60	
POS-Positive Description	10	0	10
NEG-Negative Description	25	5	30
NEG-Dominance	12	0	12
NEG-Control & Power	10	2	12
NEG-Family Dominance	2	0	2
NEG-Masculinity	4	0	4
NEG-Woman Dominance	4	0	4
Sex	1	0	1
Not Apply	6	0	6
Total	74	7	81

Experiences of machismo. As has been previously discussed, negative perceptions of machismo have been predominantly expressed in the younger generation rather than the older generation. The results from Table 14 show that there are two themes that have the highest number of participants within the negative category. The data reveals that the younger generation most frequently indicates that experiences of machismo are translated as negative descriptions (15) and family dominance (12). Family dominance is more likely to be perceived by the older generation as experiences of machismo.

Table 14

<i>Machismo Experience</i>			
Machismo Experience	Younger Generation	Older Generation	Total
	18-29	30-60	(n=77)
POS-Positive Description	6	0	6
POS-Cultural Perception	8	1	9
NEG-Negative Description	15	0	15
NEG-Dominance	9	0	9
NEG-Control & Power	4	1	5
NEG-Family Dominance	12	2	14
NEG-Woman Dominance	1	0	1
NEG-Violence	4	1	5
Sex	2	0	2
Not Apply	9	1	10
Total	70	7	77

Machismo in generations. Table 15 shows that although there are a greater number of younger participants within the positive theme of cultural perspective of machismo and of family dominance, there are some aspects of machismo being passed on. As indicated, machismo is experienced as family dominance within the younger generation in their responses. Thirty six respondents in the younger generation viewed family dominance negatively and only two respondents in the older generation viewed family dominance negatively.

Table 15

Machismo in Generations

Machismo in Generations	Younger Generation 18-29	Older Generation 30-60	Total (n=82)
POS-Positive Description	7	1	9
POS-Cultural Perception	15	0	15
POS-Equality	1	0	1
NEG-Negative Description	4	1	5
NEG-Dominance	4	1	5
NEG-Control & Power	3	0	3
NEG-Family Dominance	36	2	38
NEG-Violence	2	1	3
Not Apply	2	1	3
Total		7	82

Positive and negative perceptions of machismo. As presented in Table 16, the majority of participants of the younger generation (39) indicated that machismo was perceived negatively, identifying with the theme in using negative descriptors. Of all participants in the younger generation eighteen indicated perceiving machismo positively, identifying with the theme in using positive descriptors. Based on these responses, it can be concluded that machismo is more likely to be perceived by participants as a negative concept rather than a positive concept.

Table 16

Positive and Negative Aspects of Machismo

Themes	Positive Aspects of Machismo			Negative Aspects of Machismo		
	Younger Generation 18-29	Older Generation 30-60	Total (n=80)	Younger Generation 18-29	Older Generation 30-60	Total (n=81)
POS-Positive Description	18	3	21	4	0	4
POS-Cultural Perception	2	0	2	2	0	2
POS- Equality	0	0	0	0	1	1
NEG-Negative Description	5	1	6	39	2	41
NEG-Dominance	7	0	7	7	1	8
NEG-Control & Power	14	0	14	4	1	5
NEG-Family Dominance	5	1	6	0	0	0
NEG-Masculinity	2	0	2	3	0	3
NEG-Woman Dominance	2	0	2	0	0	0
NEG-Violence	0	0	0	7	2	9
Sex	2	0	2	1	0	1
Not Apply	16	2	18	7	0	7
Total	73	7	80	74	7	81

Qualitative Analysis

Data gathered of men's perception of machismo were analyzed in a qualitative approach. Male perception of machismo was coded into four categories. These categories were based on the respondent's knowledge and experience with machismo. Their responses were coded into the following categories: positive perceptions, negative perceptions, sexual perceptions, and unfamiliarity with machismo. The category of sexual perception had responses that included explicit language and thus, was not included in this analysis. The majority of the responses fell into two major categories of Positive and Negative Perceptions. Themes were established within the two major categories to give an in depth understanding of male perspectives of machismo. Under the category of positive perception several themes were identified. These themes included positive descriptors, cultural perspective, and equality. Under the negative perception, category themes included male dominance, male control, family dominance, masculinity, and female dominance.

Positive Perceptions

Findings suggest a major difference between males that viewed machismo as being negative versus those who viewed it as positive. Few respondents perceived machismo as being a positive concept. Of those, their positive perspectives were divided into three different themes: descriptors, cultural perspective and equality of women. Examples of participant responses to the question in the survey which stated: "*What are the positive parts of machismo?*" were as follows:

"They like to take care of their family and partner"

"Strong & confident"

"Following what you believe to be right"

“A leader”

Positive Descriptors

As the first theme of males who had a positive perspective of machismo, there were several participants who used positive descriptors to describe their perception of machismo. Based on these participants, it seems as though they experienced machismo through their family and disliked the negative connotation attached to it. In order to examine this theme, positive descriptors were associated with positive words or phrases participants use to describe machismo. To the question “*What does machismo mean to you?*” some of the participants gave the following responses:

“I believe machismo to be referring to a man who is tough, valiant, and strong. I most associate this term to someone who stands up for themselves or is brave in the face of others.”

“Leader with the understanding of others”

“When I hear machismo, I think of a man being a provider and a protector.”

Cultural Perspective

This next theme was developed after participant’s related machismo with experiences of family and culture. The theme of cultural perspective ranked second with several respondents. Cultural perspective was examined as a theme with its definition of males identifying machismo with cultural and familial values. Some of the responses given by participants from the survey questions were:

How can machismo be passed on from generation to generation?

“The children learn it from the family, most likely the fathers and uncles and they do it as well because they think it’s ok.”

“Through told stories & experiences”

“By exposing students or kids to different ethnicities”

From your point of view, how is machismo experienced?

“You can call another person who is not of your siblings or culture a brother or sister.”

“Latino culture”

What does machismo mean to you?

“Multiculturalism perspective”

“It means a sense of bravado in the Hispanic culture. It can be either used as a positive or negative note, but almost always a negative note.”

Equality

The last theme within the positive perception category of machismo was associated with respondents stating that they view machismo as a concept that is beginning to view women as equal to men. For the use of this theme, equality was defined as an action where men have begun to or already view women as an equal counterpart. Some of the questions and their responses were:

What does machismo mean to you?

“I don’t have no real meaning for it, love should be equal between spouses”

“Machismo doesn’t seem right, things should be equal so male dominance isn’t an issue unless otherwise approved by their partner”

What does caballerismo or “being a gentleman” mean to you?

“To be a gentleman is really important. I cannot stand to be mean, especially to those of the opposite sex. I always try to show respect and be courteous to all.”

“Treating women with respect”

Negative Perceptions

Responses that focused on males with negative perceptions attached to machismo were placed into themes. The themes are male dominance, family dominance, masculinity, power and control superiority and female dominance. The majority of the respondents indicated that machismo was geared toward inequality of the woman and that men played a powerful role in a relationship or family. The participants responded to the following questions:

What are the negative parts of machismo?

“Controlling, ethnocentric, hateful, lack of respect, and/or insensitive”

“Destroying lives”

“Machismo is when someone wants to treat women with disrespect only to benefit men’s goals.”

“Gender inequality”

“Women have no say in many things”

“Making women feel scared and inferior to men. “

“Selfishness, jerk, stubborn”

“Feels like it can lead to intimate partner abuse. Women are not treated equally.”

“Men can have a huge controversy with family problems. Example, if a man decided not to do a woman’s job because it is not his duty.”

Male Dominance

For the purpose of this analysis, male dominance was defined as a male activity toward a female or male showing characteristics of superiority, demeaning or discriminatory and hierarchical behaviors. The majority of the respondents fell within the theme of male dominance and indicated a strong belief that men are the stronger gender both physically and emotionally and that woman are the weaker

gender. Some of the responses to the question “*what does machismo mean to you?*” were:

“A muscular looking guy, who is male-dominate.”

“From my perspective, machismo is the negative treatment of women by men. In my culture, it is believed that there is a lot of machismo as men show superiority over their wives by treating them as less than themselves.”

“Male Dominance”

“It means male dominance over the females”

“When men try to oversee all women.”

“Men saying what is allowed by the woman and makes the rules”

“When I hear the term “machismo” the first thing that comes to mind is male dominance over the female counterpart. This would be being the higher authority over females.”

“Males being dominant over women in a sometimes violent ways.”

“A male that discriminates against females”

Another question asked: “*In what way, if any, have you experienced machismo with your partner?*”

“I’m a male”

“Told her to call me at certain times and made decisions for her.”

“By being the husband, I make all the decisions.”

“I would go out and have fun without letting her know, but she always let me know when she was going out.”

“I feel like it is my duty as a man to do certain things, even if the woman doesn’t mind.”

“I took control”

“I am not machista”

“Women cook food/clean”

Family and Cultural Dominance

This theme was the second in a majority of respondents who indicated that machismo occurs negatively within the family structure. For the purpose of this theme, family dominance will be defined as a male activity upon his family and culture showing characteristics of superiority, demeaning or discriminatory and hierarchical behavior. Some of the responses to question “*What does machismo mean to you?*” included:

“The males work and provide for the family”

“Men take care of the kids and wife. Men will have to do heavy duty work and must be able to provide for the family”

“The dominance of a male figure in a relationship, family, culture, etc.”

“Dominance of the male, in the way that he has a bit more right to make decisions for the family”

Another question asked: “*In what way, if any, have you experienced machismo within your culture/family?*”

“My dad working & my mom doing the house work”

“Father, everything must be ran through the male of household & female is subordinate”

“Yes, in my family culture we men have more priority over women.”

“In my culture there exists a concept of saving face, many time this idea of saving face falls upon the father as he is the home bearer of the family. Whatever is done whether by children, teens or spouse reflects on the male/father. As such, he must regulate what goes about and keep his family in check.”

“My culture tends to run on a system of patriarchy. One example, men eat first during events (i.e. weddings).”

Masculinity

In this theme, respondents perceived machismo as a sense of being a man. Masculinity to the respondents was focused on the responsibility of the man, and as a man the woman played no role in sharing responsibilities. Masculinity was the third highest area of response. Respondents indicated their perception of masculinity as very important and femininity as subordinate. Several of the responses to the questions were as follows: “*What characteristics do you think people show when they are machista?*”

“Manliness”

“Aggressive, they don’t like to seem inferior”

“Oppress or submissive”

“They perceive themselves as being strong. Don’t care what anybody thinks of them”

What does machismo mean to you?

“Refers to the masculinity of Hispanic men to self-propagate to the notion of being stronger, either proving it to women or wanting to prove it to women. Also, an attempt to prove their worth as a man to the other men.”

“Macho man”

“Machismo means that most male figure want to be acknowledged as being masculine. They don’t perceive themselves as having any feelings.”

“Level of man”

Power and Control

Many of the respondents also identified machismo as a way that males take control whether it is through the individual, family, culture or community. This theme ranked fourth for men who identify machismo as men who are powerful and controlling. For the purpose of this theme male control was defined as a male activity in which the male exerts control over many systems. Some of the responses to the question, “*What does machismo mean to you?*” included:

“Perception that the world is ran and should be controlled by men.”

“In Hualapai we believe that men should control the mood and money in the house but, women should have say so with the girls because men can’t raise a girl.”

Men wanting to control women. Everything needs to be done the man’s way”

“It’s the control of a man in the Mexican identity to prove his ethnic background is not weak.”

Another question asked, “*What does social dominance mean to you?*”

“The idea that men are in control”

The ignorant (un-educated), often best-effort, to exert control over rather than to care for others.”

“Someone who is more powerful in a verbal or physical way.”

“Having dominance over the majority of the population by media.”

Woman Dominance

The majority of the respondents spoke about machismo as male-oriented behavior. However, female dominance was highlighted by a small number of respondents. The respondent’s perception was very different from the rest of the respondents. The participant’s responses seem to blame the woman for situations

of machismo. For the purpose of this theme, female dominance was defined as a woman's negative actions inflicted on the man for the purpose of physical or verbal abuse. The responses for the survey question were as follows:

What does machismo mean to you?

“Woman beating men”

“From your point of view how is machismo experienced?”

“A woman depriving the man”

In what ways, if any, have you experienced machismo within your culture/family?

“My mom always fighting in every argument”

The data results gathered in this section of the study will help to develop a description of the relationship between ethnically and generationally diverse men and their perceptions of machismo. The last section, Chapter Five discussed findings of this study as it relates to other research of machismo.

CHAPTER 5: CONCLUSION

This study attempted to gain a better understanding of machismo perceptions in ethnically and generationally diverse men. A survey was administered to the participants regarding their perceptions of machismo based on their relationships with a partner or family system. Participant responses were placed in categories and themes according to their specific perception of machismo. The categories and themes that were presented in a quantitative manner were used to calculate the numbers of participants who viewed machismo in a positive or negative way. The categories and themes explored in a qualitative manner identified whether men experienced machismo negatively or positively. The last chapter summarizes findings and presents recommendations.

Introduction

This final chapter includes the results and descriptions of findings regarding the perceptions of machismo in the study's participants. The relationship between this study and previous research were examined. Implications for social work research related to machismo were discussed along with the potential impact of machismo on individuals, partners and families that are served. Perceptions of machismo will be discussed in terms of empowerment, social justice and diversity and implications for policy changes were explored. Limitations and recommendations of the study were also presented.

Summary of Findings

The question that was established to guide this study was:

What are the perceptions of machismo among men based on age, cultural experience, and relationship with a female partner, and family roles?

Participant data were analyzed from quantitative and qualitative responses to these research questions:

What does machismo mean to you?

What does caballerismo mean to you?

In what way, if any, have you experienced machismo within your family?

What does social dominance mean to you?

What characteristics do you think are shown in machista men?

From your point of view, how is machismo experienced?

Do you think machismo can be passed on from one generation to the next?

What are the positive aspects of machismo?

What are the negative aspects of machismo?

In what way, if any, have you experienced machismo with a partner?

The quantitative and qualitative data results showed participants responding with significantly negative perceptions of machismo and identifying with the negative themes of control and power, dominance, and the use of negative descriptors. Participant's cultural backgrounds included Latino, White American, Asian American, Native Hawaiian, or from multiple races. This study showed consistency with the assumption that when individuals discussed machismo it is mostly likely expressed negatively. This study also showed participants relating to machismo in positive manner. The assumption that machismo is only experienced by individuals in a negative form was found to be contradictory to the data found of diverse men and some of their views of machismo. According to the data there were a significant number of participants who viewed machismo with a positive perception that identified with the following optimistic themes: cultural perspective, using positive descriptors and equality.

Age (Generation)

One concept undergirding this study was that individuals constructed negative perceptions of machismo based on their experiences during their childhood. Much of the negative influence comes from generational transference from older to younger males in the family.

Results for the primary questions previously stated presented machismo as a concept that is passed on from the older male to the younger male. In the previous chapter, both Tables 8 and 9 (p. 33) illustrate the theme of male dominance as the most common perception in having both generations identifying with a negative meaning. This could be seen as male dominance being passed on from the older to younger generations. Social Learning Theory supports the notion that it is sufficient for a child to witness a negative or positive action to determine whether a child will engage in a future positive or negative behavior (Bell & Naugle, 2008). Table 8 shows that older adult males have expressed machismo as dominant behavior over another individual which in turn is learned by their children who perceive it as a normal behavior and implement it at an older age with their own family or partner. Table 9 shows caballerismo, the positive concept of machismo, also being passed down from older to younger generations. Caballerismo can be experienced as men showing respect and courtesy toward women. Participants that experienced caballerismo mentioned that they were respectful toward all individuals. This means that an older male can show a child dominant or chivalrous behaviors, which a child can label as a normal way to act toward other individuals.

Relationships

Ongen (2006) discussed that sex roles influence women in accepting forms of male dominance because they learn to conform to patriarchal values. Feminist

Theory parallels the inequality of females with the findings that male perception of machismo is viewed as dominance over an individual. As Table 11 (p. 35) shows, there were participants that identified machismo as having power and control over their partner. The theme of control and power was present in both the younger and older generations. Regardless of the men's ethnic background, they felt the need to behave in a negative way toward their partners. These men identified with using power and control to make decisions in a relationship. Participant responses were consistent with the theme of power and control when they stated that men should be in control over the money and their household. This negative concept of machismo in power and control places men and woman in a power struggle. The notion of dominance was another concept that was significantly displayed across all ages and ethnicities. Men identified with being "the man" and making women feel exploited. The feminist perspective illustrates the notion of women gaining power. Many women have developed their own identity and continue to struggle for independence from this male power and control. When this power struggle occurs within a relationship abusive behavior may arise and thus, the negative perceptions of machismo are increasingly emphasized. Table 11 also portrays machismo as a concept of violence and it may be due to the power struggles between men and women.

Family Roles

Bell and Naugle (2008) also discussed views of machismo within traditional sex roles within a family system. The traditional sex roles within a family are a form of machismo in other cultures as emphasized by the Social Dominance Theory, which focuses on both the individual and group factors that contribute to forms of oppression (Laar, Levin, Pratto, & Sidanius, 2004). As

shown in Table 10 (p. 34), machismo within the family is identified as having masculinity or presenting that they are the “man of the household.” Men identified with masculinity across both ages groups and all ethnicities. This means that men are perceived as upholding their views of how to be a man. Men are expected to be responsible for the family in making decisions and not giving their female partner the opportunity to make any decisions. If men are ever challenged especially by the female counterpart they may feel that their masculinity is being diminished or threatened. Men are expected to show their strength both physically and emotionally by having power and being dominant. As shown in Table 15 (p. 39), both older and younger male generations identified with the theme of social dominance within the family. It may be that within the family, men make decisions about their children’s education and the father’s last word is what places the son or daughter into a specific role. For example, the father may believe his daughter does not need to get her education; rather she is meant to be stay-at-home mother.

Cultural Experience

Results of this study show machismo perceptions illustrated as culturally constructed rather than socially constructed. It may be that men of diverse cultures perceive machismo in different negative or positive aspects because of their cultural origin. The results across all ethnicities show that machismo is experienced in a significantly negative manner. Results also illustrate that all ethnicities do experience machismo in a positive way. The differences of negative and positive perceptions of machismo may relate to their cultural upbringings. Men of different cultures can display machismo negatively by not permitting women to participate in decision making or by not partaking in raising their own

daughter because it is the mother's duty. This negative perception may be considered a cultural norm to both men and women. Those participants that experience machismo in a positive way were men who used chivalrous behaviors. This positive perception of machismo may or may not be a norm within some cultural upbringings. Qualitative data showed that men who perceived machismo in a positive manner did not accept the patriarchal views of their culture, instead perceived an individualistic positive form of machismo. Participant results have shown that machismo is culturally constructed and may be perceived as positive or negative in different cultures.

Citizenship

Participant results illustrate that men may have different perspective of machismo if they are not United States citizens. The United States has already constructed patriarchal views about men's roles in the community. Culturally diverse men that originate from other countries such as Mexico have developed their own views of what men's roles are with their partner or family system. Participant findings show men from other countries perceiving machismo as not partaking in food preparation for the household or during cultural events. Research findings illustrate that there is a significant number of men who are non-United States citizens who view machismo as dominance, control and power. It highlights the oppression of the female counterpart. This oppression of the women can be seen as acceptable in their country or as expected roles in their communities. It may be that as men emigrate from their country of origin to the United States, they struggle to conform to the new expected male and female roles, while maintaining their own ascribed cultural roles.

Previous Studies

It was difficult to find studies that were consistent with this current research. The majority of the studies reviewed, have been specifically connected to the Latino population and their experience of machismo and how it can lead to domestic violence. A previous qualitative study for example, gathered data from males and females in a focus group to identify perceived causes of Intimate Partner Violence (IPV). The study collected data from a large group of Latinos in focus groups. Klevens et al. (2007) concluded IPV is caused by lack of communication, lack of respect, constant fighting and specifically machismo. No studies were found that specifically identified machismo among ethnically diverse populations and age groups.

Implications for Social Work

Based on the limited research that has been done and the results of this study, ethnically diverse men have perceived machismo negatively. In social work practice, machismo has major implications toward working with individuals of various cultures. It is important to consider that machismo is not only socially constructed but has been found to be culturally constructed on the basis of male power over their partner or family. Machismo, although not identified as such, was experienced among individuals that are Asian Americans, African American, Pacific Islanders, Latino and White Americans.

Machismo also impacts families and communities as a whole. It is important to understand both positive and negative perceptions of machismo in all different cultures. It may be that machismo is similar among two to three different ethnicities but there are slight differences in the way that machismo can be carried out within each ethnicity. It is important to understand that machismo was not only perceived among different cultures but it was experienced in the family

system. The father in a family might have a negative perception of machismo and the offspring might begin to change this negative perception to a positive perception of machismo. In order to be able to meet the needs of individuals it is imperative to understand machismo as an overall cultural construct.

Policies

This exploratory study provided insight into the perceptions that men have of machismo. The results of this study are intended assist practitioners in understanding in-depth the concept of machismo among various cultures and within male generations. It provided a cursory understanding of the negative perceptions of machismo that can lead to domestic violence, but it does not recommend any policy changes within an agency or our government. The current policy of the Violence Against Women Act can help to protect individuals that experience abuse that may be caused by machismo. The Act can potentially help to prevent abusive behaviors among partners.

Implications for Practice

This study addressed concerns relating to empowerment, social justice and cultural diversity. It discovered potential differences in perceptions of machismo among ethnically and generationally diverse men. It found that there are limited studies on perception of machismo, which can hinder social workers in empowering their clients and helping to improve their lives. It is the duty of social work practitioners to be able to fully comprehend forms of oppression. The negative notion of machismo is a concept that social workers may need to fully comprehend and being culturally sensitive is imperative when recognizing any social justice concerns. The lack of cultural awareness can influence practitioners' ability to understand different forms of machismo. This can impede practitioners

to recognize forms of oppressed population that are identified through the negative concept of machismo. It can hold back practitioners from promoting social welfare among individuals who experience machismo in a negative manner. Lastly, it is important for practitioners to understand machismo as a concept that can be perceived both in a positive and negative manner. This study helped to identify differentiating perceptions of machismo in various cultures and potential perceptions among partners and familial generations. This helps to understand these concerns that practitioners need to be aware of as they develop appropriate plans with the client.

Limitations of the Study

This study did not gather information about perceptions of machismo among women. It only identified perceptions that men have of machismo. It also did not take socio-economic status into consideration. Socio-economic status is already a significant concern in the United States' society today and it may have had a possible effect on the results of men's perception of machismo. Another limitation that can be found in this study is that participants were only gathered from Fresno State. This study does not consider any views from participants outside of the Fresno State community, where there may be further possible perceptions of machismo. Lastly, this study gathered minimal participants who were categorized in the older generation of 30-60 years of age. More significant and diverse insights into male perceptions may have been possible had there been a greater number of participants from the older generation.

Recommendations

This study was the first attempt to collect data of ethnically and generationally diverse men on perceptions of machismo. There are potential future

directions for possible investigation of several concepts of age, partner relationships, culture and citizenship as they relate to the perception of machismo. Future investigation may consist of individual interviews for greater understanding in relationships between machismo and culture and why machismo was or was not understood. Future research may consider socio-economic status and religion in relation to their perception of machismo. Future data may indicate any positive or negative perceptions of machismo as it relates to managing money among partners or family systems. Lastly, it is important to identify and explore in-depth perceptions of men who stated they were not United States citizens. Given that they might have emigrated from a different country, whole new perceptions might arise. This exploration can be done through individual interviews of the participants. One dimension that was not explored was the relationship between perceptions of machismo experienced with a partner and participants marital status.

Conclusion

This study researched participants on the Fresno State campus to explore whether there is a positive or negative perception of machismo among culturally and generationally diverse men in relationship to a partner or family system. The results concluded that a majority of participants in the younger generation compared to the older generation perceive machismo in a negative manner. The study also attempted to identify participants who viewed machismo with positive perceptions in both generations. Participant results illustrated positive perceptions across both age groups and diverse ethnicities. This study did conclude that regardless of generational differences, there were a majority of ethnically diverse men who perceived machismo negatively rather than positively. While literature

focused on perceptions of machismo primarily in the Latino community. The findings of this study illustrated that machismo can be disguised as social dominance and patriarchy. Machismo was found to be culturally constructed and a concept that is universal. Machismo experienced negatively can affect relationships as it develops into abuse or limits the self-actualization of individuals.

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APPENDICES

APPENDIX A: INFORMED CONSENT

Machismo: A phenomenological study on ethnically diverse men and the age gap perception on machismo based on their life experiences with a female partner and family roles.

Principal Investigator: Jane Middleton, DSW

Co-Investigator: Miriam Ceballos, MSW II Student

The purpose of this will be to understand the historical aspect of machismo and explain both positive and negative aspects of this concept. Society has associated negative meaning to machismo and it is important to understand the positive idea that can also be associated with machismo. Empirical research will help define what machismo consists of and how it plays a role in different cultures and perceptions of diverse men. It will also help in identifying the historical aspects of machismo to understand the roots, development and the transition of machismo from positive to negative perceptions. Finally, research will lead us to understand any gaps in the notion of machismo within the context of different cultures and perceptions of older and younger generation men.

Procedure

By consenting to participate you are allowing researcher to move forward in conducting the survey. The Machismo Experience survey is composed of eighteen questions in order to understand the perception of ethnically diverse men and the age gap perception on machismo between older generation and younger generation. Male perceptions are based on experiences with female partners and family roles. The survey will take about forty minutes and the information will be used to and be coded into SPSS as well as placed into themes of phenomenological findings of experiences of machismo. Participants will need to

fill out the consent form to be able to voluntarily move forward to filling out survey. The first part the participant will need to complete is eight questions about demographics and then completing then open-ended questions of their experience of machismo.

Risks and Discomfort

Any discomfort that is experienced during the survey will be acknowledged. Individuals who feel a need of support will be referred to The Center for Woman and Culture or the Psychological Services at California State University, Center who can provide services on counseling or abuse. To ensure the safety of the participant all information will be coded as to not use any identifying information that can put the participant in danger. The information that will be collected from this study will remain confidential.

Benefits

By participating in this study, you will help contribute to the understanding of the why there are negative perceptions to the notion of machismo. Gathering information of culturally diverse men and perceptions of younger and older generation will help in knowing how to work with individuals that experience male dominance. The findings of this study will help social workers understand client involved in partner relationships or family matters involving machismo and the role that male have in each. Understanding male perceptions of machismo will enhance a social workers ability to empower clients in working with individuals to help them view machismo in a positive manner as to avoid abuse among partners, relatives or professional relationships.

Participation

Your participation is highly encouraged because it will help in getting a deeper understanding of the different perceptions of machismo however; it is your

decision to participate in this study. This study has been reviewed and approved by the Committee on the Protection of Human Subjects at California State University, Fresno.

If you have any questions about this study or your participation, please feel free to contact: Miriam Ceballos at (559) 789-7969, email to: miriamc@mail.fresnostate.edu or my Thesis Chair, Dr. Jane Middleton at (559) 278-3992 or email to: jmiddlet@csufresno.edu. A copy of this form will be provided for you to keep.

Statement of Consent

By participating in this study, I understand that it is voluntary and I can withdraw from the study at any time. Furthermore, I understand the information I provide is confidential, my identity will not be review without my consent. I have read and understand all the above information. I understand that I am not required to complete all the questions in the survey. Prior to the study, I have asked questions and have received answers from the researcher. Therefore, I consent to participate in the study.

I agree to participate in the study: _____

I do not agree to participate in the study: _____

Please sign below to participate in the study:

Signature of Participant

Date

Signature of Investigator

Date

ACKNOWLEDGEMENT OF CONSENT

You are invited to participate in a study conducted by Dr. Jane Middleton and Miriam Ceballos. I am a graduate student in the Department of Social Work Education at California State University, Fresno. My master thesis is titled Machismo: A phenomenological study on ethnically diverse men and the age gap perception on machismo based on their life experiences with a female partner and family roles. You were selected to participate in this study because we hope to learn about your perception towards the concept of machismo.

If you decide to participate, you will be asked to complete a seventeen question survey. The survey will take approximately 40 minutes to complete.

Any information that is obtained in this study will remain confidential and can only be disclosed with the consent of the participant or by the law. All information will be kept in a file cabinet.

By participating in this study, the participant will not receive any monetary compensation. However, the compensation will derive from the satisfaction to contribute to the understanding of machismo.

Your decision whether or not to participate will not jeopardize your future relationships with California State University, Fresno. If you decide to participate, you are free to withdraw your consent and discontinue participation at any time without penalty. The Committee on the Protection of Human Subjects at California State University, Fresno has reviewed and approved the present research.

If you have any questions, please ask us. If you have any additional questions later, Dr. Jane Middleton (559) 278-3992 will be happy to answer them.

You will be given a copy of this form to keep.

YOU ARE MAKING A DECISION WHETHER OR NOT TO PARTICIPATE. YOUR SIGNATURE INDICATES THAT YOU HAVE DECIDED TO PARTICIPATE, HAVING READ THE INFORMATION PROVIDED ABOVE.

Date

Signature

Signature of Witness

Signature

APPENDIX B: SURVEY

Machismo Perception SurveyDemographic:

1. What is your ethnicity?

- White
- Black or African-American
- American Indian or Alaskan Native
- Asian
- Native Hawaiian or other Pacific Islander
- From multiple races

Some other race (please

specify)

2. Which category below includes your age?

- 17 or younger
- 18-20
- 21-29
- 30-39
- 40-49
- 50-59
- 60 or older

3. Are you Mexican, Mexican-American, Chicano, Puerto Rican, Cuban, Cuban-American, or some other Spanish, Hispanic, or Latino group?

- I am not Spanish, Hispanic, or Latino
- Mexican
- Mexican-American
- Chicano
- Puerto Rican
- Cuban
- Cuban-American
- Some other Spanish, Hispanic, or Latino group
- From multiple Spanish, Hispanic, or Latino groups

4. What is the highest level of school your mother completed or the highest degree she received?

- Less than high school degree
- High school degree or equivalent (e.g., GED)
- Some college but no degree
- Associate degree
- Bachelor degree
- Graduate degree

5. What is the highest level of school you have completed or the highest degree you have received?

- Less than high school degree
- High school degree or equivalent (e.g., GED)
- Some college but no degree

- Associate degree
- Bachelor degree
- Graduate degree

6. Are you now married, widowed, divorced, separated, or never married?

- Married
- Widowed
- Divorced
- Separated
- Never married

7. Which category below includes your age?

- 17 or younger
- 18-20
- 21-29
- 30-39
- 40-49
- 50-59
- 60 or older

8. In what state or U.S. territory were you born?

- Yes
- No

Self-Perception:

Please reflect on your current situation and respond the best of your knowledge.

9. What does machismo mean to you?
10. What does caballerismo or “being gentlemen” mean to you?
11. In what way, if any, have you experienced machismo within your family?
12. In what way, if any, have you experienced machismo with your partner?
13. What does social dominance mean to you?
14. What characteristics do you think are shown in machista men?
15. From your point of view, how is machismo experienced?
16. Do you think machismo can be passed on from generation to the next?
17. What are the positive parts of machismo?
18. What are the negative parts of machismo?

APPENDIX C: HUMAN SUBJECTS



Certificate of Completion

The National Institutes of Health (NIH) Office of Extramural Research certifies that **Miriam Ceballos** successfully completed the NIH Web-based training course “Protecting Human Research Participants.”

Date of completion: 09/09/2012

Certification Number: 977911



APPENDIX D: FLYER

Requirement of the Department of Social Work at California State University, Fresno

Thesis

Machismo: An exploratory study on ethnically diverse men and their perceptions of machismo in relation to their generational differences, their life experiences with a female partner and family roles.

Description of Criteria:

- Ethnically diverse men ages 18-60
- Born in the United States
- Family or relationship experience
- Male Fresno State Students

-This research will provide further understanding on men's views of machismo pertaining to age gap of men from older to younger generation. This study will help to understand the different or similar perceptions of machismo in different eras.



Your Participation is voluntary and will remain confidential

If interested In participating Contact:

Miriam Ceballos at: 559.789.7969

E-mail: miriamc@mail.fresnostate.edu

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