

The Phenomenon of Sexual Harassment of Women

Who Frequent Mixed-Gender Fitness Centers

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The current study aimed to identify the phenomenon of sexual harassment of women who frequent mixed-gender fitness centers. The study sample consisted of (100) women who were selected using a purposive sampling method, where the questionnaire was distributed to all women registered in mixed-gender fitness centers. The researchers constructed a questionnaire consisting of (30) paragraphs related to the phenomenon of sexual harassment, which included three themes: (verbal sexual harassment, physical sexual harassment, and non-verbal "gestural" sexual harassment). The researchers used the descriptive method for its suitability for the nature and objectives of the study after conducting the scientific procedures for the questionnaire in terms of validity and reliability. The study results indicated the presence of statistically significant differences in favor of the variables (subscription duration of less than 3 months, morning training times, centers in Eastern Amman, age less than 25 years, short height, and slim body type). Meanwhile, the study results indicated no statistically significant differences according to the variables (subscription duration of 3-12 months and more than 12 months, centers in Western Amman, evening times, age over 25 years, going to the center in sportswear, muscular and overweight body types, skin color, and finally, medium and tall heights). The researchers recommend disseminating the results of this study to benefit from it in identifying the phenomenon of sexual harassment of women who frequent mixed-gender fitness centers.

Keywords: Sexual Harassment, Sexual Harasser, Verbal Harassment, Physical Harassment, Women, Mixed-Gender, Fitness Centers.

1. Introduction

A normal human life, according to various heavenly laws, requires setting boundaries and values that govern proper human behavior. The absence or ignorance of these boundaries will have a negative repercussions and lead to the spread of behaviors rejected by society in all its sects, beliefs, and cultural and social backgrounds, especially in our Arab societies that reject such behaviors which lead to the degradation of moral values in the social fabric. One such behavior that contradicts our values, customs, and culture is the phenomenon of sexual harassment, which has serious implications for society. Today, it constitutes one of the greatest challenges facing the world in general, and our Islamic societies in particular. The issue becomes even more complicated with the spread of intellectual pollution and the misinterpretation of concepts like liberation, progress, and equality, which have been used in a distorted manner and promoted under the guise of modernity, openness, and urbanity, (Al-Jubur, 2012).

In recent years, there has been significant attention given to the phenomenon of sexual harassment, especially in our societies, particularly after the spread of such behaviors in our streets, schools, universities, and other places where mixing is common. Sexual harassment is a sensitive issue that affects a large segment of our society (Orabi, 1999).

Today, the inclusion of women in various sports fields has received great attention in many countries around the world. There is clear interest in preparing programs and plans to physically train females in ways that align with the physiological state and psychological changes specific to females. Sports efforts also strive to empower women and provide them with opportunities to engage in the sports environment (Al-Jubur, 2012).

Abdel Maqsoud (2002) affirms that engaging in sports activities is essential for the physical, mental, and psychological development of a person. It also has a therapeutic function, falling under the term physical therapy. Sports exercises are not exclusive to a particular gender; they include both males and females. Therefore, it is a woman's right to participate in such activities. Today, our sports arenas witness women's excellence on both local and international levels, granting them greater freedom to participate in the Olympics and be relied upon in competitions.

Fitness and health clubs are centers that attract people of both genders according to their inclinations and desires. Sexual harassment in these centers is a serious problem that must be addressed seriously. Sexual harassment can

occur between any two individuals, including trainers and clients in fitness centers. Since individuals are in certain sports situations/ positions during their training, they are more exposed to excitement and sexual harassment, especially women, in addition to the type of sportswear, which is considered a focus of attention and temptation for the opposite sex. (Anonymous, 2023).

Hysock (2006) pointed out that sports gatherings in fitness centers and the mixing of participants can stimulate their sexual side, leading to unethical behaviors by some of them. Consequently, harassment of all kinds may spread within this segment of society, making women targeted and unsafe in a sometimes-charged sports environment.

Researchers believe that the phenomenon of sexual harassment is one of the recent social issues that has started to spread in our societies in general and in sports circles in particular, especially in mixed-gender sports places such as clubs, fitness centers, swimming pools, and others. This has prompted researchers to study this phenomenon, examine its prevalence, and find appropriate solutions to curb its spread. The goal is to protect our societies from unethical behaviors that may discourage women from frequenting mixed-gender fitness centers and sports clubs out of fear of experiencing any form of sexual harassment. This, in turn, could lead to a decrease in the practice of sports activities, resulting in the spread of physical inactivity diseases and modern-age illnesses such as obesity, joint pain, heart diseases, and others.

2. Problem Statement

The phenomenon of sexual harassment is one of the serious and sensitive issues in societies in general, and in Arab societies in particular, due to its negative impact on the psychological well-being of women and their perception of men. This threatens the security and stability of these women in their communities and exacerbates the trust crisis between women and men. The situation worsens with the spread of sexual harassment in sports environments and various gatherings such as fitness and health clubs and swimming pools, frequented by both males and females to engage in various sports activities, especially aerobics. This results in violations of their freedom and rights to play and engage in different sports activities safely and comfortably in those places.

The phenomenon of sexual harassment affects the stability and security of societies, particularly in mixed-gender sports places where girls or women are subjected to various forms of harassment, which is unacceptable. It is the duty of the state, society, and individuals to combat this phenomenon and promote safety, security, and stability in both mixed and non-mixed sports venues to encourage members of society to engage in sports activities as a way of life.

Through the researchers' work and experience in teaching at universities in the colleges of physical education and supervising field training courses,

which require them to practice in fitness centers, particularly mixed-gender ones, they have observed the spread of such a strange phenomenon in our Jordanian society. This phenomenon is accompanied by psychological and social harm to women registered in mixed-gender fitness centers, who, due to the nature of their training, must wear noticeable sports attire. This is especially true given the dominance of fashion design culture among females and the prevalence of "fashion" culture, which helps to showcase their beautiful bodies through noticeable clothing that attracts attention. The presence of females in mixed centers, where they perform sports activities in front of males, may expose them to various forms of harassment. This may even extend to physical assault, which sometimes covered up out of shame or fear of males. Such situations can lead to defamation and scandal, potentially damaging females' reputation and leading to serious consequences.

Therefore, it was necessary to conduct an exceptional study of this troubling phenomenon and its repercussions, to clarify and diagnose its reality in these centers, which are an integral part of society. This study aims to confront and combat this phenomenon and methods, and to maintain a clean sporting environment, particularly in mixed-gender fitness centers, free from such unethical and undesirable behaviors in our society.

The problem of this study lies in the prevalence of the phenomenon of sexual harassment in mixed-gender sports centers and clubs, which prompted the researchers to study it, investigate its causes, and devise effective solutions to achieve a safe sporting environment for physical activity for all segments of society, especially women.

Research Significance

- Enriching the Arabic library in general, and the Jordanian library in particular, with scientific material on the phenomenon of sexual harassment in various settings, specifically in sports environments, especially mixed-gender ones.
- Opening broad horizons for researchers and scholars to touch on the phenomenon of sexual harassment in sports environments.
- Enlightening owners of sports centers and clubs, as well as their administrations, to take measures that ensure women who frequent mixed-gender centers and clubs are not subjected to any form of harassment.
- Considering engineering aspects related to construction to ensure the safety of all patrons of fitness centers.
- Convincing women of the importance of engaging in sports activities in both non-mixed-gender and mixed-gender sports centers and clubs and assuring them they will not be subjected to any form of harassment.

Research Objectives

- The extent to which women who frequent mixed-gender fitness centers are subjected to sexual harassment in general.

Forms of sexual harassment according to the following variables: (subscription duration, center location, training times, age, body type, height level, skin color).

Research Questions

1. Do women who frequent mixed-gender fitness centers experience sexual harassment in general?
2. What are the forms of sexual harassment according to the following variables: (subscription duration, center location, training times, age, body type, height level, skin color)?

Research Limitations

Human Limitations: Women who frequent mixed-gender fitness centers.

Temporal Limitations: This study was conducted in the period between (March 1, 2024, to April 15, 2024).

Spatial Limitations: Mixed-gender fitness centers in the capital, Amman, totaling (5) centers.

Statistical Treatment

The researchers used the Social Package for Social Studies (SPSS) and conducted data dump, employing the following statistical methods to reach the results: Pearson correlation coefficient for reliability, means, standard deviations, T-test, and one-way analysis of variance (ANOVA).

3. Methodology

Research Design

The descriptive method was used for its suitability to the nature and objectives of the study.

Population and Sample of the Study

The study population consisted of all women who frequent mixed-gender

fitness centers, estimated at approximately (3000) women, as indicated by the records in the selected centers. The study sample consisted of (100) women who were selected using a purposive sampling method, and the questionnaire was distributed to all women registered in mixed-gender fitness centers. Table (1) indicates the distribution of the study respondents according to the study variables.

Table 1. The Distribution of the Study Sample Respondents According to the Study Variables

Variable	Level	Frequency	Percentage
Duration of Subscription in the Club	Less than 3 months	38	% 38
	From 3-12 months	36	% 36
	More than 12 months	26	% 26
Club Location	West Amman	82	% 82
	East Amman	18	% 18
Time of Arrival at the Club	Morning Period	25	% 25
	Evening Period	75	% 75
Age	Less than 25 years	61	% 61
	From 25-35 years	26	% 26
	Over 35 years	13	% 13
Going to the Club	In sportswear	67	% 67
	In non-sportswear	33	% 33
Body Type	Overweight	23	% 23
	Muscular	54	% 54
	Slim	23	% 23
Height Level	Tall Height	19	% 19
	Short Height	21	% 21
	Medium Height	60	% 60
Skin Color	White-Skinned	45	% 45
	Dark-Skinned	10	% 10
	Wheat-Skinned	45	% 45
Total		100	100%

Research Instrument

Considering the researchers' review of theoretical literature and previous studies that focused on the issue of sexual harassment and women's practicing in sports activities, the researchers constructed a questionnaire consisting of 30 paragraphs related to the phenomenon of sexual harassment among women who attend mixed-gender fitness centers. The questionnaire included two parts: the first part covers the personal data of the study sample respondents, and the second part includes three themes as follows:

Theme (1): Verbal sexual harassment, consisting of 10 paragraphs. Theme (2): Physical sexual harassment, consisting of 10 paragraphs. Theme (3): Non-verbal (gestural) sexual harassment, consisting of 10 paragraphs.

The Likert scale response levels on the questionnaire were distributed

from 1 to 5 as follows:

No.	Paragraph	Always	Often	Sometimes	Rarely	Never
		5	4	3	2	1

Validity of the Instrument

The researchers presented the questionnaire measuring the phenomenon of sexual harassment of women who frequent mixed fitness centers to a group of seven evaluators, comprising associate professors and full professors with expertise in the faculties of Physical Education and Sports Science, Psychology, and Sociology at the Hashemite University, and their number reached (7) evaluators.

Reliability of the Instrument

The researchers verified the reliability of the study tool selected by the evaluators, using the test-retest method (Test Re. Test). The questionnaire was applied to a pilot sample of 10 women, randomly selected from outside the study sample, but from the overall study population. The same tool was then reapplied to the pilot sample under the same conditions after a one-week interval. After that, the reliability correlation coefficient (Test Re. Test) was then calculated for the study tool, as shown in Table 2.

Table 2. Pearson Correlation Coefficient for Reliability (Test Re. Test) of the Measurement Tools (N = 10) for the Phenomenon of Sexual Harassment of Women who Frequent Mixed Fitness Centers.

Variable	Test-Retest Reliability
Sexual harassment of women who at mixed fitness centers	0.958**

** Statistically significant at the significance level (0.01).

It is evident from Table (2) that the test-retest reliability coefficient for the phenomenon of sexual harassment of women who frequent mixed fitness centers was (0.958), which is a high correlation coefficient indicating a high and acceptable degree of reliability for conducting the study.

4. Results

Findings related to the first question: Do women who frequent mixed-gender fitness centers experience sexual harassment in general?

Table 3. Means, Standard Deviations, and Degree of Agreement for the Study Variables

Variables	Means	Standard Deviations	Degree of Agreement
Verbal sexual harassment	2.13	1.22	Disagree
Physical sexual harassment	1.70	0.02	Disagree
Non-verbal sexual harassment	2.07	1.14	Disagree
Total	1.96	1.06	Disagree

The researchers concluded, based on the statistical analysis results, that women who frequent mixed fitness centers generally do not experience sexual harassment. The means of the responses from the study sample was (1.96) with a standard deviation of (1.06) on the overall scale. The researchers attribute this result to the high awareness and adherence to values and traditions in Jordanian society, as well as the open-minded and civilized attitude towards women attending mixed fitness centers. This societal culture and sophistication were reflected in the study results, which showed that women in mixed fitness centers do not experience sexual harassment in any form, whether verbal, physical, or non-verbal.

With Respect to the Dimensions Individually:

First Dimension: Verbal Sexual Harassment

Table 4. Means, Standard Deviations, and Degree of Agreement for the Paragraphs in the Dimension of (Verbal Sexual Harassment)

Paragraph No.	Paragraph	Means	Standard Deviations	Degree of Agreement
1	I am subjected to verbal harassment through comments on my body while engaging in sports activities.	2.08	1.36	Disagree
2	I hear indecent remarks while engaging in sports activities.	1.91	1.40	Disagree
3	I receive flirtatious comments while engaging in sports activities.	2.39	1.42	Neutral
4	Sexual jokes are made within my hearing while engaging in sports activities.	2.12	1.39	Disagree
5	I am subjected to verbal sexual jokes while engaging in sports activities.	1.77	1.32	Disagree
6	When speaking to me, the voice is lowered to arouse my sexual desire.	2.14	1.31	Disagree
7	Attempts are made to make me hear expressions of admiration and praise while engaging in sports activities.	2.28	1.45	Disagree
8	I am harassed through social media or phone calls after joining the fitness center.	2.27	1.39	Disagree

9	Attempts are made to establish a personal relationship with me outside the fitness center.	2.56	1.53	Neutral
10	I hear whistling upon my arrival at the fitness center or while engaging in sports activities.	1.78	0.23	Disagree
Total		2.13	1.22	Disagree

It is evident from Table (4) that the means for the items in the dimension of (verbal sexual harassment) was (2.13) with a standard deviation of (1.22), and a degree of agreement of "disagree." The means for the items in this field ranged between (1.77-2.56).

Paragraph (9) ranked first among the study sample respondents with a degree of agreement of "neutral." The researchers attribute this result to the fact that attempting to build a personal relationship with the aim of sexual harassment is highly unacceptable and harmful behavior. The sexually harassing individual cannot speak freely within the sports center, so they may use relationship-building techniques to achieve the goal of dating outside the center, whether in public places and then moving to private ones. Consequently, the woman may fall victim to the sexual harassment intended by the harasser. The sexual harasser aims to manipulate or harm others on a sexual level, and therefore, the concept of building a personal relationship can serve as a cover for achieving the goal of sexual harassment. Additionally, the aim of building personal relationships is to find any means of contact, whether through social media or the victim's phone number, thus ensnaring the victim in the harasser's net. The harasser can then pressure the victim by sending their photos, resulting in threats.

Paragraph (5) ranked last with a degree of agreement of "disagree." The researchers consider this result logical and important for ensuring a safe and comfortable environment for everyone in any community or facility. It suggests that all patrons of fitness centers respect each other and treat others as they would like to be treated, without engaging in what is known as sexually explicit joking. Consequently, this may result in the tarnishing of the center's reputation or that of the individual.

Second Dimension: Physical Sexual Harassment:

Table 5. Means, Standard Deviations, and Degree of Agreement for the Paragraphs in the Dimension of (Physical Sexual Harassment)

Paragraph No.	Paragraph	Means	Standard Deviations	Degree of Agreement
1	Attempting to touch me during or outside of sports activities by the opposite sex	1.95	1.20	Disagree
2	I feel that most individuals of the opposite sex want to shake hands with me	2.10	1.13	Disagree
3	Attempting to pinch me by the opposite sex	1.67	1.10	Disagree

4	Adjusting my exercise position by holding my hand or part of my body by the opposite sex	1.80	1.27	Disagree
5	Attempting to hug me by the opposite sex	1.52	1.21	Disagree
6	Attempting to joke with me through direct physical contact by the opposite sex	1.90	1.24	Disagree
7	Holding my hand during exercises to prop me up by the opposite sex	1.67	1.07	Disagree
8	Attempting to hug or kiss me when performing the exercise correctly	1.57	1.13	Disagree
9	Hitting my body to motivate me to exercise	1.49	1.11	Disagree
10	Attempting to touch my body, especially in sensitive areas	1.34	0.81	Disagree
Total		1.70	0.02	Disagree

It is evident from Table (5) that the means for the items in the dimension of (physical sexual harassment) as a whole was (1.70) with a standard deviation of (0.02), and a degree of agreement of "disagree." The means for the items in this field ranged between (1.34-2.10).

Paragraph (2) ranked first with a degree of agreement of "disagree". The researchers attribute this result to the fact that most individuals of the opposite sex want to shake hands with the intention of harassment, which can be an uncomfortable and annoying experience for the woman. It is important to note that handshaking is a sign of respect and welcome in most cultures and societies, and it should not always be interpreted negatively. Additionally, women should work on developing self-confidence and the ability to clearly express their wishes and boundaries. They can also talk to friends and family or seek support groups for victims of sexual assault to get help and advice.

Paragraph (10) ranked last with a degree of agreement of "disagree." The researchers consider this result logical, as there are no exercises or sports activities that involve approaching sensitive areas in any way, which is unacceptable under any circumstances. Therefore, sports activities within centers always respect others' boundaries and ensure their explicit consent is obtained before any physical intervention in touching the body, especially the genitals, chest, buttocks, thighs, and any other areas where the woman feels uncomfortable being touched.

Third Dimension: Non-Verbal Sexual Harassment: Means and standard deviations for all paragraphs in this dimension were calculated, as shown in Table (6):

Table 6. Means, Standard Deviations, and Degree of Agreement for the Paragraphs in the Dimension of (Non-Verbal Sexual Harassment)

Paragraph No.	Paragraph	Means	Standard Deviations	Degree of Agreement
1	I feel that the opposite sex looks at me with a sexual gaze (a lewd look).	3.08	1.32	Neutral

2	I see the opposite sex sending air kisses.	1.82	1.25	Disagree
3	I see the opposite sex making sexually provocative gestures when they see me, such as biting or licking their lips.	1.73	1.16	Disagree
4	The opposite sex winks at me when they see me.	2.12	1.32	Disagree
5	The opposite sex draws my attention by looking at my sensitive	2.44	1.37	Neutral
6	When they see me, the opposite sex bites their tongue.	1.76	1.12	Disagree
7	When they see me, they gesture to me in a sexual manner	1.93	1.37	Disagree
8	When they see me, the opposite sex circles around me or stays close to me.	1.95	1.12	Disagree
9	I am looked at with a seductive gaze to arouse my sexual desire.	2.08	1.37	Disagree
10	When they see me, the opposite sex makes hand and body movements and touches their sensitive areas.	1.83	1.33	Disagree
Total		2.07	1.14	Disagree

It is evident from Table (6) that the means for the paragraphs in the dimension of (non-verbal sexual harassment) was (2.07) with a standard deviation of (1.14), and a degree of agreement of "disagree." The means for the items in this dimension ranged between (1.73 - 3.08).

Paragraph (1) ranked first with a degree of agreement of "disagree". The researchers attribute this result to several factors, including woman's lack of self-confidence, which can cause a woman to feel unattractive and think that others view her negatively. Additionally, excessive focus on physical appearance can lead to the feeling by woman that others are looking at her sexually. Moreover, the influence of culture and media can blur the lines between a sexual gaze and a normal look.

Paragraph (3) ranked last with a degree of agreement of "disagree." The researchers believe that this result is difficult to judge without knowing the context in which this behavior occurs. It is possible that a person who bites or licks their lips is doing so as an expression of admiration, a desire to talk, or due to anxiety or stress, and not necessarily for sexual reasons. In this context, it would be difficult for a harasser to make these gestures in front of the victim.

Findings Related to the Second Question: What are the forms of sexual harassment according to the following variables (duration of subscription, location of the center, training times, age, body type, height level, skin color)?

Table 7. Means and Standard Deviations for Forms of Sexual Harassment according to the Variable (Duration of Subscription)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
Less than 3 months	Means	2.46	1.93	2.31	2.13
	Standard Deviations	1.09	1.22	1.33	1.22
From 3-12 months	Means	1.65	1.57	1.69	1.70
	Standard Deviations	0.67	0.67	0.63	1.02
More than 12 months	Means	2.43	1.52	2.25	2.07
	Standard Deviations	1.75	1.07	1.25	1.14

It is clear from Table (7) that there are apparent differences in the means according to the variable of subscription duration in the club. To determine the significance of these differences in means, a one-way analysis of variance (ANOVA) test was conducted. The results are shown in Table (8):

Table (8): ANOVA Results according to the Variable of Subscription Duration in the Club

Dimension	Source of Variance	Sum of squares	Degrees of freedom	Mean Squares	F-Value	Significance Level
Verbal Sexual Harassment	Between Groups	12.59	2	6.29	4.46	0.01
	Within Groups	136.85	97	1.41		
	Total	149.45	99			
Physical Sexual Harassment	Between Groups	3.52	2	1.76	1.70	0.18
	Within Groups	99.92	97	1.03		
	Total	103.45	99			
Non-Verbal Sexual Harassment	Between Groups	8.27	2	4.13	3.30	0.04
	Within Groups	121.57	97	1.25		
	Total	192.85	99			
Total	Between Groups	6.27	2	3.13	2.88	0.06
	Within Groups	105.62	97	1.08		
	Total	111.89	99			

The results of Table (8) indicate statistically significant differences at the level ($\alpha \leq 0.05$) according to the variable of club membership duration, based

on the calculated (F) value in the table. Referring to the means, researchers noticed that the differences were in the dimensions of verbal and non-verbal sexual harassment, favoring the subscription duration of less than 3 months. The results also indicate no statistically significant differences in the overall scale and the dimension of physical sexual harassment.

From the researchers' perspective, the differences in favor of a subscription duration of less than 3 months might be since newly registered individuals, especially females, are more easily noticed and recognized, particularly if the woman is attractive. Consequently, there may be attempts by men to approach this group. Additionally, newly registered individuals might not be familiar with training methods or locations, which may compel the woman to ask about places and trainers, thus opening the door for potential harassment in this context.

Table 9. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Location of the Sports Club)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
West	Means	1.99	1.55	1.86	1.80
	Standard Deviations	1.23	0.88	1.09	1.00
Amman	Means	2.73	2.36	3.03	2.71
	Standard Deviations	1.05	1.35	0.87	1.04

It is obvious from Table (9) that there are apparent differences in the means according to the variable of the club location. To determine the significance of the differences in the means, a T-test was conducted, and the results are shown in Table (10).

Table 10. Results of T-Test Analysis for the Significance of Differences in

Dimension	F-Value	Degrees of Freedom	T- Value	Level of Significance
Verbal Sexual Harassment	0.50	98	-2.37	0.01
Physical Sexual Harassment	13.41	98	-3.16	0.00
Non-Verbal Sexual Harassment	2.98	98	-4.27	0.00
Total	0.41	98	3.45-	0.00

Based on the presentation of the previous table, researchers observe that there are statistically significant differences in forms of sexual harassment according to the variable (location of the sports club), favoring the location of the club in East Amman. From the researchers' perspective, the location of the sports club influenced the responses of the study sample respondents because these areas are considered somewhat popular. Unfortunately, many popular areas around the world suffer from sexual harassment and sexual assault problems much more than other areas that are characterized by openness and better economic conditions. The possible reasons for this situation could be the social, economic, and cultural accumulations experienced by these areas, including lack of education, poverty, unemployment, and difficult living conditions, in addition to the cultural and social transformations that characterize those areas.

Table 11. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Training Times)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
Morning Period	Means	2.35	1.92	2.08	2.12
	Standard Deviations	0.94	1.18	1.24	1.08
Evening Period	Means	2.05	1.62	2.06	1.91
	Standard Deviations	1.30	0.95	1.11	1.05

It is evident from Table (11) that there are apparent differences in the means according to the variable of training times. To determine the significance of the differences in the means, a T-test was conducted, and the results are shown in Table (12).

Table 12. Results of T-Test Analysis for the Significance of Differences in Forms of Sexual Harassment According to the Variable (Training Times)

Dimension	F- Value	Degrees of Freedom	T- Value	Level of Significance
Verbal Sexual Harassment	5.78	98	1.06	0.01
Physical Sexual Harassment	1.68	98	1.28	0.17
Non-Verbal Sexual Harassment	0.14	98	0.07	0.70
Total	0.06	98	0.84	0.80

Based on the presentation of the previous table, researchers observe that

there are no statistically significant differences in forms of sexual harassment according to the variable (training times) in the overall dimension and the dimensions of physical sexual harassment and non-verbal sexual harassment. However, there are statistically significant differences in the dimension of verbal sexual harassment, favoring the morning period.

From the researchers' perspective, the training time in the morning period is related to the forms of sexual harassment experienced by female members in mixed clubs. This is because this period coincides with the commute to work, which may lead to an increase in traffic on the streets, public transportation, and the number of people heading to workplaces.

Table 13. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Age)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
Less than 25 years	Means	2.07	1.91	2.19	2.05
	Standard Deviations	1.24	1.24	0.31	1.22
From 25-35 years	Means	2.56	1.41	2.09	2.02
	Standard Deviations	1.33	0.24	0.91	0.80
Over 35 years	Means	1.53	1.27	1.48	1.43
	Standard Deviations	0.49	0.34	0.05	0.28

It is clear from Table (13) that there are apparent differences in the means according to the variable of age. To determine the significance of the differences in the means, a one-way analysis of variance (ANOVA) was conducted, and the results are shown in Table (14).

Table 14. Results of One-Way Analysis of Variance (ANOVA) According to the Variable of Age

Dimension	Source of Variance	Sum of squares	Degrees of freedom	Mean Squares	F-Value	Significance Level
Verbal Sexual Harassment	Between Groups	9.70	2	4.85	3.36	0.03
	Within Groups	139.74	97	1.44		
	Total	149.45	99			
Physical Sexual Harassment	Between Groups	7.10	2	3.55	3.57	0.03
	Within Groups	96.34	97	0.99		
	Total	103.45	99			

Non-Verbal Sexual Harassment	Between Groups	5.37	2	2.68	2.09	0.12
	Within Groups	124.48	97	1.28		
	Total	129.85	99			
Total	Between Groups	4.34	2	2.17	1.95	0.14
	Within Groups	107.55	97	1.10		
	Total	111.89	99			

The results of Table (14) indicate statistically significant differences at the level ($\alpha \leq 0.05$) according to the variable of age, based on the value of (F) calculated in the table, favoring verbal sexual harassment and physical sexual harassment. Referring to the means, researchers observed that the differences were in favor of those under 25 years of age. The results also indicate no statistically significant differences in the overall scale and the dimension of non-verbal sexual harassment.

From the researchers' perspective, the differences in favor of those under 25 years of age might be since younger women possess physical and bodily attributes that distinguish them from others, resulting from hormonal and physical development in this age group. This group is considered to be concerned with physical matters and maintaining them, in addition to the distinctive age stage characterized by activity, vitality, emotional explosion, and attention to all surrounding details.

Table 15. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Clothing while Going to the Club)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
In sportswear	Means	2.47	1.95	2.49	2.30
	Standard Deviations	1.33	1.16	1.18	1.14
In non-sportswear	Means	1.42	1.19	1.22	1.27
	Standard Deviations	0.48	0.23	0.28	0.27

Table (15) shows that there are apparent differences in the means according to the variable of clothing while going to the club. To determine the significance of the differences in the means, a T-test was conducted, and the results are shown in Table (16).

Table 16. Results of T-Test Analysis for the Significance of Differences in Forms of Sexual Harassment According to the Variable (Clothing while Going to the Club)

Dimension	F- Value	Degrees of Freedom	T- Value	Level of Significance
Verbal Sexual Harassment	29.76	98	4.41	0.00
Physical Sexual Harassment	29.03	98	3.72	0.00
Non-Verbal Sexual Harassment	52.02	98	6.05	0.00
Total	42.95	98	5.08	0.00

Based on the presentation of the previous table, researchers observe that there are no statistically significant differences in forms of sexual harassment according to the variable (clothing while going to the club) in the overall dimension and all study dimensions.

From the researchers' perspective, (clothing while going to the club) is not related to the forms of sexual harassment experienced by female members in mixed clubs, as clothing cannot effectively protect individuals from sexual harassment. A harasser will engage in harassment regardless of whether the clothing is revealing or modest, because harassment stems from a lack of respect for others and a violation of their rights and sanctity, which is not related to the victim's clothing. Harassers should be punished, and penalties for such crimes should be intensified, as well as raising awareness that sexual harassment is a serious criminal offense and that perpetrators should be held accountable for it.

Table 17. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Body Type)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
Overweight	Means	1.26	1.17	1.26	1.23
	Standard Deviations	0.28	0.24	0.20	0.19
Muscular	Means	2.37	1.76	2.27	2.13
	Standard Deviations	1.28	0.96	1.12	1.00
Slim	Means	2.42	2.07	2.41	2.30
	Standard Deviations	1.32	1.40	1.39	1.36

It is noticed from Table (17) that there are apparent differences in the means according to the variable of body type. To determine the significance of the differences in the means, a one-way analysis of variance (ANOVA) was

conducted, and the results are shown in Table (18).

Table 18. Results of One-Way Analysis of Variance (ANOVA) According to the Variable of Body Type

Dimension	Source of Variance	Sum of squares	Degrees of freedom	Mean Squares	F-Value	Significance Level
Verbal Sexual Harassment	Between Groups	22.15	2	11.07	8.44	0.00
	Within Groups	127.29	97	1.03		
	Total	149.45	99			
Physical Sexual Harassment	Between Groups	9.76	2	4.88	5.05	0.00
	Within Groups	93.68	97	0.96		
	Total	103.45	99			
Non-Verbal Sexual Harassment	Between Groups	19.64	2	9.82	8.64	0.00
	Within Groups	110.20	97	1.13		
	Total	129.85	99			
Total	Between Groups	16.34	2	8.17	8.29	0.00
	Within Groups	95.55	97	0.98		
	Total	111.89	99			

The results of Table (18) indicate statistically significant differences at the level ($\alpha \leq 0.05$) according to the variable of the body type of the participants, based on the calculated (F) value in the table, in the overall scale and in all dimensions. Referring to the means, researchers observed that the differences were in favor of the slim body type. From the researchers' perspective, the differences in favor of the slim body type might be due to this group possessing attractive physical features (pear shape) that make men look at them with desire. It can be said that sexual harassment targets women regardless of their size or body shape, but this group is characterized by slimness with the appearance of feminine features. The body shape that attracts attention may increase the likelihood of sexual harassment, as the harasser might consider these women to be "easy prey" because they attract attention and draw looks.

It is evident from Table (19) that there are apparent differences in the means according to the variable of height level. To determine the significance of the differences in the means, a one-way analysis of variance (ANOVA) was conducted, and the results are shown in Table (20).

Table 19. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Height Level)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
Tall Height	Means	3.22	1.77	3.07	2.69
	Standard Deviations	1.25	0.68	0.47	0.66
Short Height	Means	2.08	1.69	1.68	1.82
	Standard Deviations	0.48	0.70	0.78	0.61
Medium Height	Means	1.80	1.67	1.89	1.79
	Standard Deviations	1.21	1.19	1.23	1.19

Table 20. Results of One-Way Analysis of Variance (ANOVA) According to the Variable of Height Level

Dimension	Source of Variance	Sum of squares	Degrees of freedom	Mean Squares	F-Value	Significance Level
Verbal Sexual Harassment	Between Groups	29.42	2	14.71	11.88	0.00
	Within Groups	120.02	97	1.23		
	Total	149.45	99			
Physical Sexual Harassment	Between Groups	0.14	2	0.07	0.06	0.93
	Within Groups	103.30	97	1.06		
	Total	103.45	99			
Non-Verbal Sexual Harassment	Between Groups	24.11	2	12.05	11.06	0.00
	Within Groups	105.74	97	1.09		
	Total	129.85	99			
Total	Between Groups	12.33	2	6.16	6.00	0.00
	Within Groups	99.56	97	1.02		
	Total	111.89	99			

The results of Table (20) indicate statistically significant differences at the level ($\alpha \leq 0.05$) according to the variable of height level of the participants, based on the calculated (F) value in the table in the overall scale and in the dimensions of verbal and non-verbal sexual harassment. Referring to the means, researchers observed that the differences were in favor of the tall height level. From the researchers' perspective, the differences in favor of the tall height level might be due to the fact that Jordanian society prefers tall, slim women over

short women. Height is considered one of the most beautiful attributes in a woman, attracting men and drawing their attention. Consequently, a harasser might direct flirtatiously remarks towards tall women, enabling him to flirt with them. This differs from Mackenzie's (2015) study, which indicated that short girls are at a higher risk of harassment than others, as their short height might make them easy targets for harassers and aggressors.

Table 21. Means and Standard Deviations for Forms of Sexual Harassment According to the Variable (Skin Color)

Level		Verbal Sexual Harassment	Physical Sexual Harassment	Non-Verbal Sexual Harassment	Total
White-Skinned	Means	2.06	1.61	2.10	1.92
	Standard Deviations	1.11	1.08	1.19	1.01
Dark-Skinned	Means	1.87	1.81	1.83	1.83
	Standard Deviations	1.66	1.68	1.67	1.67
Wheat -Skinned	Means	2.25	1.76	2.09	2.03
	Standard Deviations	1.24	0.75	0.96	0.87

Table 22. Results of One-Way Analysis of Variance (ANOVA) According to the Variable of Skin Color

Dimension	Source of Variance	Sum of squares	Degrees of freedom	Mean Squares	F-Value	Significance Level
Verbal Sexual Harassment	Between Groups	1.55	2	0.77	0.51	0.60
	Within Groups	147.89	97	1.52		
	Total	149.45	99			
Physical Sexual Harassment	Between Groups	0.64	2	0.32	0.30	0.73
	Within Groups	102.80	97	1.06		
	Total	103.45	99			
Non-Verbal Sexual Harassment	Between Groups	0.66	2	0.33	0.24	0.78
	Within Groups	129.19	97	1.06		
	Total	129.85	99			
Total	Between Groups	0.47	2	0.33	0.20	0.81
	Within Groups	111.42	97	1.33		
	Total	111.89	99			

It is observed from Table (21) that there are apparent differences in the means according to the variable of skin color of the participants. To determine the significance of the differences in the means, a one-way analysis of variance (ANOVA) was conducted, and the results are shown in Table (22):

The results of Table (22) indicate no statistically significant differences at the level ($\alpha \leq 0.05$) according to the variable of skin color of the participants, based on the calculated (F) value in the table, in the overall scale and all dimensions of the scale. From the researchers' perspective, the absence of differences in the forms of sexual harassment experienced by participants in mixed fitness clubs might be since the harasser does not differentiate between white, dark, or wheat -skinned women, as ultimately, this person wants to achieve their sexual goal, which is harassment, regardless of skin color.

5. Acknowledgement

- Women who frequent mixed-gender fitness centers are not subjected to forms of sexual harassment, generally and for all study variables.
- There are statistically significant differences in the exposure of women who frequent mixed-gender fitness centers to sexual harassment according to the variable of subscription duration in favor of a period of less than 3 months, the variable of club location in favor of centers in Eastern Amman, the variable of training times in favor of morning periods, the variable of age in favor of those under 25 years old, the variable of body type in favor of the slim body type, and the variable of height in favor of tall women.
- There are no statistically significant differences in the exposure of women who frequent mixed-gender fitness centers to sexual harassment according to the variables of (going to the center in sportswear or non-sportswear, and skin color).

6. Recommendations

- Encouraging women to frequent fitness and health centers as they are generally safe and free from manifestations of sexual harassment, except within narrow limits that exist in all societies worldwide.
- Conducting more studies and research in other areas outside the capital, Amman, and making comparisons between these areas to halt this phenomenon if it exists, to limit it, and to protect society from those deviant harassers.
- Studies can be conducted on fitness centers in hotels and tourist resorts, comparing them to fitness centers in neighborhoods, cities, and villages to examine the phenomenon of sexual harassment in those areas.

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