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Notions of Health and Manhood in a Guatemalan Gym: Patterns Contra to Machismo

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The notions of manhood among the participants in this study contradict those associated with machismo.

Manhood was centered on three pillars of character:
- Respect: having civility toward others and himself
- Responsibility: being accountable for what one did and who one was
- Trustworthiness: being honest, loyal, and having integrity

These notions serve as fundamental components in the participants’ definition of sport and health.

The participants’ definition of sport and health consisted of positive abstract qualities that were derived from these notions of manhood.

The sport of fisicoculturismo has been adapted to the Tz’utujil culture.

Santiago Atitlán is a village located in the Western highlands of Guatemala and is home to the Tz’utujil Maya – one of the twenty-one indigenous groups in Guatemala. The village is situated on the southwest shore of Lake Atitlán, which has been crucial in the preservation of their culture and livelihood. Nevertheless, the influences of globalization are now more readily observed more than ever before. One example of this has been the adoption of fisicoculturismo.

Patterns contra to machismo

What must an adolescent male do to be considered a man in Santiago?

What are the similarities and differences between notions of manhood and reasons why participants participate in fisicoculturismo (bodybuilding) and religion practiced in community.