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.

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