

2023


## How Hypermasculinity and Rape Myth Acceptance (RMA) Relate to Rape Proclivity in College Males

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### Recommended Citation

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**HOW HYPERMASCULINITY AND RAPE MYTH ACCEPTANCE (RMA) RELATE TO  
RAPE PROCLIVITY IN COLLEGE MALES**

A Thesis Submitted  
in Partial Fulfillment  
of the Requirements for the Designation  
University Honors

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University of Northern Iowa  
May 2023

This Study by: Cora Patterson

Entitled: How Hypermasculinity and Rape Myth Acceptance (RMA) Relatesto Rape Proclivity  
in College Males

has been approved as meeting the thesis requirements for the Designation *University Honors*

Approved by:

Dr. Gayle Rhineberger, Honors Thesis Advisor

Dr. Jessica Moon Asa, Director, University Honors Program

### **Abstract**

The present study examined the relationship between hypermasculinity, rape myth acceptance (RMA), and rape proclivity in male college students attending a mid-sized Midwestern university. This was done to uncover how aspects of traditional hegemonic gender socialization may create pathways for rape proclivity later in life. It looked at college males in particular because sexual assault is a major problem in college campuses and the main perpetrators are male. The study asked a sample of (n=48) males from the ages of 18-24 to answer a survey that included questions from the following measures: Hypermasculinity Scale, Illinois Rape Myth Acceptance Scale – Short Form, Likelihood to Rape Scale, and the Sexual Experiences Survey. This was done to determine their levels of hypermasculinity, RMA, and rape proclivity. Ultimately, 30.9% of participants' answers indicated hypermasculinity and 69.1% did not. Additionally, 21.6% of answers indicated rape myth acceptance whereas 78.4% did not. Only 2.08% of the sample indicated rape proclivity, as demonstrated through the Likelihood to Rape Scale and Sexual Experiences Survey. A moderate relationship of 0.48 with  $p = 0.021$  was found between hypermasculinity and rape proclivity. A strong relationship of 0.80 with  $p = 0.015$  was uncovered between RMA and rape proclivity. Given the limited sample size, research with a wider scope is necessary to determine if these results are generalizable to the general population.

**Keywords:** hypermasculinity, rape myths, rape proclivity, college, male

## Introduction

Sexual assault is a problem that has traumatized victims for far too long. The oldest written laws discovered, Hammurabi's Code circa 1792 B.C., describes rape as a criminal offense punishable by death (Smith, 1974). In modern times, it remains a large problem. According to Rape, Abuse, and Incest National Network (RAINN, 2020), there is a sexual assault every 68 seconds in the United States of America. Younger individuals may be especially vulnerable to this victimization as individuals aged 18-34 experience the highest risk with 54% of the total cases being made from this age category. Additionally, college settings may be particularly ripe for victimization. Within their four years in college, 26.4% of undergraduate women report experiencing rape or sexual assault (Cantor et al., 2020). Furthermore, the vast majority of perpetrators of sexual assault are male (90%) and victims are female (91%). Therefore, it stands to reason that there is some sociological reason for this occurrence (Hart, 2002; Black et al., 2011).

When one understands how individuals become perpetrators of sexual violence, they learn how to prevent this development from occurring. This research paper considers the role of male gender socialization in their willingness to commit sexual assault. In particular, it explores the relationship between acceptance of rape myths, hypermasculinity, and one's likelihood to commit rape. Previous research has yet to compare the three concepts in a single study. Typically, one will explore either rape myth acceptance or hypermasculinity, rather than both simultaneously. As both factors are perpetuated by socialization of gender roles into males, their combined use may point to specific aspects of this process that contribute to greater rape proclivity. By researching this relationship, a broader understanding of factors impacting sexual

assault perpetration may be revealed. This will aid leaders in preventing sexual assaults before they start by addressing the root causes of sexual assault rather than their effects.

### **Literature Review**

Rape proclivity describes one's inclination or predisposition towards rape. Rape proclivity has been measured in multiple ways. The Likelihood to Rape Scale (LR) by Malamuth (1981) and Sexual Experiences Survey (SES) by Koss and Oros (1982) are the primary measures used to study rape proclivity (2002). In its initial study, the LR scale indicated approximately 35% of participants were likely to rape if they would not be caught (1981). The SES showed that between 1-19% of male participants admitted to using some form of tactic to achieve some form of sexual relation (Koss et al., 1987). The most popular sexual act performed was "fondling, kissing, or rubbing against the private areas of someone's body (lips, breast, chest, crotch, or butt) or removing some of their clothes without their consent" (p. 187). The most common tactic for achieving this was "telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to." 19% of the sample admitted to doing these actions on average of 2.9 times since the age of 14. The SES was found to have an internal consistency of 0.89 for male participants (Koss & Gidycz, 1985). The validity of male self-reported sexual aggression compared to his results in the SES was 0.61 ( $p < .001$ ).

Hypermasculinity describes a heightened degree of stereotypical behaviors and attitudes traditionally associated with males (Mosher & Sirkin, 1984). They categorize hypermasculinity as including the following elements: calloused attitudes towards women, the perceptions that violence is manly, and danger is exciting. Previous research positively correlates hypermasculinity to high rape proclivity with an effect size of 0.292 and p value less than 0.001

(Malamuth, 1981; Murnen et al., 2002). This significant connection may be due to the nature of an intense masculine ideology perpetuating the idea that men are physically, socially, and sexually dominant and women are inferior (2002). Further, Mosher and Sirkin (1984) postulate that hypermasculinity is connected to rape proclivity because hypermasculinity emphasizes control which is then used as a powerful motivator for sex and in turn, rape.

Another measure related to rape proclivity is rape myth acceptance. Rape myths can be defined as “attitudes & beliefs that are generally false but are widely and persistently held, and that serve to deny and justify male sexual aggression against women” (Lonsway & Fitzgerald, 1994, p.134). They traditionally fall into several categories: sex role stereotyping, adversarial sexual beliefs, sexual conservatism, and acceptance of interpersonal violence (Burt, 1980). Rape myth acceptance (RMA) is seen as a key risk factor for sexual violence perpetration in the Confluence Model, the leading framework for understanding antisocial violence against women (Malamuth et al., 1995; Bohner et al., 2005).

This model explains that rape proclivity is influenced by a convergence of several factors, namely motivation, disinhibition, and opportunity variables (Malamuth et al., 1996). In this study, hypermasculinity may be viewed as motivation due to its emphasis on control and frequent sexual relations as manly. Rape myth acceptance can be viewed as disinhibition because rape myths are used to mitigate the damages done to victims and promote the desires of the perpetrator over their victim. Finally, sexual experiences serve as an opportunity variable according to Malamuth (1996) as “the degree to which men engaged in dating and sexual behavior may affect the extent to which they had the opportunity to use coercive tactics” (p. 20). Additionally, masculine individuals are found to possess more RMA than feminine individuals (Burt, 1980; Szymanski et al., 1993). This may be because hyper-masculine ideals place stress on

males to maintain dominance and control (Mosher & Sirkin, 1984; Davies et al., 2012).

Therefore, hypermasculine individuals may justify rape as a way to maintain their self esteem and power over females.

As evidenced above, RMA and hypermasculinity are linked to increase rape proclivity independently (Malamuth, 1981; Malamuth et al., 1995; Murnen et al., 2002, Bohner et al., 2005). This being said, the aforementioned studies have failed to utilize both rape myth acceptance and hypermasculinity in the same rape proclivity study. As RMA and hypermasculinity are learned attitudes that are linked to increased rape proclivity, they share a basis as a socialization tool. This tool can be used by patriarchal societies to maintain the inequitable power structure between males and females through promotion of gender violence. Therefore, this study seeks to correct the lack of information present on their joint effect in hopes to uncover how aspects of traditional hegemonic gender socialization (i.e., rape myth acceptance and hypermasculinity) may create pathways for rape proclivity later in life.

## **Method**

### **Data Collection**

Due to the nature of the study, ethical approval from the Institutional Review Board was required before participant recruitment could commence. Once approved on April 24th, 2023, an email was sent out to the Office of Institutional Effectiveness and Planning requesting a list of participants who were at least 18 years old, male, and attended the University of Northern Iowa. Follow up emails were sent on the same day detailing the criteria for participants and how many were required for the study. The next day, a senior research analyst compiled an anonymous list of 500 participants matching the aforementioned criteria. A recruitment email (See Appendix A) was then delivered to these individuals inviting them to participate in the study. A link provided



in the email took participants to the survey on Qualtrics, a software used to capture data from questionnaires. It also allowed for anonymous links to be used. This system prevented the software and researchers from tracking IP addresses or other computer information. The lack of identifying features aside from several vague demographic questions (e.g. age, gender) likewise secured participants' anonymity. This was necessary for obtaining honest responses given the sensitive nature of the survey topic.

Furthermore, the online format was utilized to reach a wide audience in a short period of time. It was also convenient and more cost effective than in-person surveys. The survey took approximately 10 to 15 minutes for completion. Students had several days to complete the survey before a reminder email was sent out to recruit more participants. Ultimately, students had a one week window to participate before the survey was locked for data analysis.

Out of a possible 500 student participants, 62 consented to the survey, 59 of those answered demographic questions, and 48 completed the questionnaire. All of the individuals surveyed identified as cisgender men and ranged in ages from 18 to 24. They also all attend the University of Northern Iowa. Out of those who completed the survey, 6.3% were 18 years old, 29.2% were 19, 25% were 20, 22.9% were 21, 10.4% were 22, 4.2% were 23, and 2.1% were 24. In terms of sexuality, 91.6% identified as heterosexual, 6.3% were bi or pansexual, and 2.1% were gay. Additionally, 4.2% were active or former members of the armed forces.

### **Variables**

The survey (Appendix C) included items from the following scales: Hypermasculinity Scale by Mosher and Sirkin (1984) and the Illinois Rape Myth Acceptance Scale – Short Form (Payne et al., 1999) (see Appendix D). The Likelihood to Rape Scale by (Malamuth et al., 1981) and the Sexual Experiences Survey (Koss & Oros, 1982) were used in their entirety (questions

24-26 in Appendix C). These instruments were chosen because they have been proven reliable and as valid measures of hypermasculinity, rape myth acceptance, and rape proclivity, respectively (see *Literature Review* for more details).

The Hypermasculinity Scale (1984) features three subscales: callous sexual attitudes, violence perceived as manly, and danger seen as exciting. The original inventory used 30 questions with ten questions per subscale. This study used 11 out of the original 30 to expedite the measure. Despite the smaller number of questions, steps were taken to ensure a near equal distribution of subscales throughout the altered survey. The Illinois Rape Myth Acceptance Scale – Short Form similarly had more questions than about rape myths than the current survey. The original measure featured 20 questions whereas this survey uses eight. The following rape myth categories were utilized in the original survey: she asked for it, it wasn't really rape, he didn't mean to, she wanted it, she lied, rape is a trivial event, and rape is a deviant event. The measure used in this study includes one question per category of rape myth, as described above, in order to maintain the original's validity.

The Hypermasculinity Scale (Mosher & Sirkin, 1984) asked participants to pick which one of two options most applied to them. For instance, Question 5 had the following options: "A. I like wild, uninhibited parties." or "B. I like quiet parties with good conversations." The first option indicated a response that shows a preference for danger, something that is associated with masculinity. The Illinois Rape Myth Acceptance Scale – Short Form (Payne et al., 1999) allowed participants to decide if they thought certain rape myths were true or not. For example, Question 19 asked participants if they believed the statement, "rape accusations are often used as a way to get back at men" was true or false. The Likelihood to Rape Scale (Malamuth et al., 1981) asks "on a scale from 1 to 4, what is the likelihood you would sexually assault someone if you were

certain you wouldn't be caught or punished?" Finally, the Sexual Experiences Survey (Koss & Oros, 1982) requests participants to calculate how many times since age 14 and in the last 12 months they have used coercive tactics to have sex with someone.

## **Results**

Descriptive statistics were the primary type of statistical analysis used. This was done to summarize the information and highlight potential relationships between variables. More in-depth data analysis was prohibited due to the limited sample size and amount of data. However, basic correlational relationships were also able to be calculated between data from the Hypermasculinity Scale, Likelihood to Rape Scale, and Sexual Experiences Survey.

Additionally, data from the Illinois Rape Myth Acceptance Scale – Short Form was correlated to the Likelihood to Rape Scale and Sexual Experiences Survey. For data analysis purposes, the Likelihood to Rape Scale and Sexual Experiences Survey were used in conjunction to measure the concept of rape proclivity.

### *Hypermasculinity Scale*

Hypermasculinity was measured by the number of answers chosen that showed callous sexual attitudes, violence as manly, and danger as exciting (Mosher & Sirkin, 1984). In order to determine the significance of results, the proportion of respondents' age to the larger group of demographic data was calculated. For instance, three 18 year olds completed the survey. Out of the total 48 participants, their answers made up about 6.3% of the total data (see *Participants* for more information). From there, data was categorized into hypermasculine versus non-hypermasculine answers which were then compiled into a spreadsheet. The raw data was soon converted into percentages for each age cohort. After that, the percentage of answers indicating hypermasculinity for each age group was multiplied by the percentage of participants that

demographic made up of the total sample. Using the previous example, 27.27% of 18 year olds answered in hypermasculine ways. As they make up approximately 6.3% of the total sample, 0.2727 was multiplied by 0.063 to obtain the percentage of the total sample the 18 year old hypermasculine answers made up. This process was repeated for each age group and type of answer (hypermasculine versus non-hypermasculine).

Table 1

*Hypermasculinity*

Age Group	Percentage within age groups indicating hypermasculinity	Percentage of total sample	Percentage within age groups indicating no hypermasculinity	Percentage of total sample
18 year olds	27.27	1.7	72.72	4.6
19 year olds	68.18	19.9	31.82	9.3
20 year olds	18.18	4.5	81.82	20.5
21 year olds	8.18	1.9	91.82	21.0
22 year olds	20	2.1	80	8.3
23 year olds	10	0.4	90	3.8
24 year olds	20	0.4	80	1.7
	Total	30.9	Total	69.1

*Illinois Rape Myth Acceptance Scale – Short Form*

Rape Myth Acceptance was indicated in this study by the number of rape myths participants believed to be true, as described by Payne et al. (1999). Data was collected and its proportional significance calculated by the same process as the previous instrument (see *Hypermasculinity Scale*).

Table 2

*Rape Myth Acceptance*

Age Group	Percentage within age groups indicating rape myth acceptance	Percentage of total sample indicating rape myth acceptance.	Percentage within age groups indicating no rape myth acceptance	Percentage of total sample indicating no rape myth acceptance
18 year olds	54.12	3.4	45.33	2.9
19 year olds	16.33	4.8	83.67	24.4
20 year olds	29.17	7.3	70.83	17.7
21 year olds	16.25	3.7	83.75	19.2
22 year olds	7.5	0.8	92.5	9.6
23 year olds	20	0.8	80	3.4
24 year olds	37.5	0.8	62.5	1.2
	Total	21.6	Total	78.4

*Likelihood to Rape Scale*

Out of 48 participants who completed the survey, the vast majority (97.92%) indicated that they had a “Not likely at all” chance of sexually assaulting someone if guaranteed no consequences for their actions (Malamuth et al., 1981). Only one individual (2.08% of respondents) answered that they would be “Moderately likely” to do the same.

*Sexual Experiences Survey*

Once again, only one respondent (2.08% of sample) answered that they had used coercive tactics to engage in sexual relations. Since the age of 14 years-old, they admitted to having “fondled, kissed, or rubbed up against the private areas of someone’s body (lips, breast, chest, crotch or butt) or removed some of their clothes without their consent (but did not attempt sexual penetration)” once (Koss & Oros, 1982). This was done by “Telling lies, threatening to end the

relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to." This same strategy and motive was used one other time by them in the last 12 months.

Table 3

*Correlational Data*

Variables	Measures Used	Relationship	Cronbach's Alpha
Hypermasculinity and Rape Proclivity	Hypermasculinity Scale, Likelihood to Rape Scale, and Sexual Experiences Survey	R = .48	P = .021
Rape Myth Acceptance and Rape Proclivity	Illinois Rape Myth Acceptance Scale, Likelihood to Rape Scale, and Sexual Experiences Survey	R = .80	P = .015

**Discussion**

As stated previously, hypermasculinity was found to have links to rape proclivity with an correlation of 0.48 (See Table 3). This was similar to research from Malamuth (1981) and Murnen (2002) which found a significant relationship ( $r = 0.292$ ,  $p < 0.001$ ) between hypermasculinity and rape proclivity. Mosher and Sirkin (1984) postulate that hypermasculinity's connection to rape proclivity was due to the former variable's emphasis on control which is used as a powerful motivator for sex. When consensual sex was unavailable or unpleasurable, hypermasculine individuals may have felt entitled to use coercive tactics to achieve sexual satisfaction. Relatedly, it is possible the factors involved in hypermasculinity (callousness towards women, perceptions of violence as manly and danger as exciting) provided a buffer to hypermasculine individuals' feelings of guilt for their actions.

Rape myth acceptance was similarly linked to rape proclivity in college males. The strong relationship found in this study makes sense as researchers like Malamuth (1995) and Bohner (2005) described RMA as a key risk factor for perpetrating sexual violence in previous studies. Rape myth acceptance may have a stronger link to rape proclivity than hypermasculinity did because of the pervasive nature of bias. As mentioned previously, both hypermasculinity and RMA are learned attitudes. Rape myth acceptance, however, is more subtle in its indoctrination of individuals. Everyday, patriarchal messages about women's worth are broadcast through the media, particularly the news. Who and who is not considered an innocent victim of sexual violence often comes down to how they reacted during and prior to their assault. Did they try to fight back? Were they drinking before it happened? What were they wearing? These questions brought up in reports subliminally indicate that women who didn't fight back, were inebriated, or were wearing a short dress, contributed to their victimization. This makes rape myths extremely easy to internalize and use as justification for sexual victimization, hence the strong relationship between RMA and rape proclivity.

On a different note, despite the general agreement in findings between this study and older studies regarding the relationship between hypermasculinity, rape myth acceptance, and rape proclivity, there were areas where the findings differed. In the original Likelihood to Rape survey from Malamuth (1981), data showed that about 35% of participants stated they would be likely to rape if assured they wouldn't be caught or punished. Although there was a smaller sample size, for this study, just a fraction of participants indicated likelihood to rape (see *Likelihood to Rape*). This may have been due to a myriad of factors (i.e., sample was too small, wasn't representative of the general population, participants didn't want to face judgment from researchers for their answers, etc.). Similarly, Sexual Experience Survey findings varied from

past studies to the current study. Data from the original SES said that between 1-19% of male participants admitted to using coercive tactics to have a sexual experience depending on the experience and tactic (Koss et al., 1987). In the current study, no experience nor tactic reached the magnitude of the findings indicated in the aforementioned study. Only one tactic and two experiences were reported, one of which was from the age of 14 onward and the other from the last 12 months. These findings may be due to the reasons described above for the *Likelihood to Rape* scale. This being said, sample size may have been an even more prominent factor in the difference given Koss and her colleagues had over 1,000 participants in their original study compared to just 48 here.

### *Limitations*

This study's limitations primarily focus on sampling. Participants were solely chosen from the University of Northern Iowa's population. This homozygous environment may have limited participants' exposure to a variety of factors such as comprehensive sexual education, skewing the results towards higher hypermasculinity and rape myth acceptance. Additionally, as only 48 participants completed the survey, their beliefs and experiences may not be representative of a larger population. The size also prevented complex statistical analysis from taking place as there was not enough data to draw from.

Furthermore, the nature of the survey may have made potential participants uncomfortable. Thus, those who chose to participate may have been uniquely interested in the subject which could have impacted their answers. Also regarding the nature of the survey, participants may have felt pressure to answer the survey in a socially desirable manner. Therefore, they may have hesitated to share their actual beliefs and/or experiences in the study for fear of judgment.



The timeline of the study was also expedited due to the researcher's scheduling conflicts. This may have given less time for all interested participants to take the survey which could have decreased the final sample size. Additionally, measures utilized to analyze participants' beliefs, attitudes, and experiences may not have been explained properly in the survey. As there were 14 individuals who solely consented to the survey and didn't answer any following questions, this could have resulted in participants being unable or unwilling to continue with the survey.

### *Future Considerations*

Future research should utilize a larger sample size so its findings can be generalized to a wider population. Doing a similar survey at a larger university, especially a more diverse institution, for instance, may allow researchers to draw more definitive conclusions about the connections between hypermasculinity, rape myth acceptance, and rape proclivity. Additionally, an altered version of this study that was distributed primarily to transgender males and females may inform readers about the impact masculinity has on individuals socialized as male versus female. Do transgender women, for example, retain the same gendered messages as cisgender males through socialization despite their gender identity? A cisgender control group, similar to the one featured in this study, could be used as a comparison group. It could also be used to study the presence of any transgender-specific risk factors for perpetrating sexual violence. As the queer, but particularly trans community, is rarely studied in published projects, this would provide valuable insight into the unique challenges facing that group.

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## Appendix A

### *Recruitment Email*

Dear Students,

We are asking for your help in researching Hyper-Masculinity, Rape Myth Acceptance, and their link to Rape Proclivity. If you choose to complete the survey, your responses will be combined with others throughout UNI's campus and used for statistical summaries only. Together, your responses will be extremely valuable in learning about gendered socialization. Taking this survey is completely voluntary. You are not required to participate. The survey should take you about 15 minutes to complete. If possible, we recommend that you complete this survey in a quiet, private space such as an office. We ask that you are honest in your responses. The answers you provide will be kept anonymous. There is no identifying information on the survey, and we are not tracking who completes or does not complete the survey. IP addresses are similarly anonymized. There are no foreseeable job-related risks to you as a participant in this project; nor are there any direct benefits. Risks of participation are minimal, such as an inconvenience to your time. However, some questions may cause participants to feel discomfort, stress, anxiety, or fear. We encourage you to contact your medical provider if you experience negative emotions or thoughts after completing this survey. Once the data are collected and analyzed, only the summarized findings will be discussed during a scholarly conference and in an unpublished report.

To access the survey, please click the link below:

[https://uni.co1.qualtrics.com/jfe/form/SV\\_enUIM6ygKJMwnNs](https://uni.co1.qualtrics.com/jfe/form/SV_enUIM6ygKJMwnNs)

Please submit your responses within a week from today.

If you have any questions about the survey, please contact Cora Patterson at [pattecam@uni.edu](mailto:pattecam@uni.edu).

If you have questions about the rights of research participants, contact

the UNI IRB Administrator at [lisa.ahern@uni.edu](mailto:lisa.ahern@uni.edu). If you are interested in completing the survey, click

the link above. If not, you may simply close your browser. Thank you for your help. We appreciate your assistance.

## Appendix B

### *Informed Consent*

You are invited to participate in a research project conducted through the University of Northern Iowa. The following information is provided to help you make an informed decision about whether to participate:

**Nature and Purpose:** This research study seeks to understand the relationship between acceptance of rape myths, hyper-masculinity, and one's likelihood to commit rape. Hyper-masculinity describes the exaggeration of stereotypical male behavior (ex: physical strength, aggression, etc.). This study especially looks at the hyper-masculine socialization process and Rape Myth Acceptance as a gateway for rape perpetration in adulthood.

**Explanation of Procedures:** Participants will be asked to complete an electronic survey on Qualtrics. It will begin with the consent form. Then, questions will first center around demographic information. The remaining questions will revolve around Rape Myth Acceptance, Hyper-Masculinity, and Rape Proclivity. Some questions will ask you to choose one of two statements that best describes you. For instance: Some people have told me I take foolish risks or Some people have told me I ought to take more chances. There are 26 total questions. The survey will take approximately 15 minutes to complete. Any data compiled will be shared anonymously with Dr. Gayle Rhineberger and Dr. Jessica Moon. It will then be analyzed and presented by Cora Patterson for her colleagues as part of her UNI Honors Thesis. Results will not be published or used again after the presentation. Data will be stored for the required five years post-collection.

**Privacy and Confidentiality:** This study is completely anonymous. No direct identifiers will be collected, and your demographic information (age, sex, etc.) cannot be combined to identify participants. IP addresses are also anonymized.

**Discomforts, Risks, and Costs:** The survey questionnaire contains a number of items that ask participants to describe their personal feelings about and experiences with sexual violence and gender norms. Answering these questions may cause participants to feel discomfort, stress, anxiety, or fear, and possibly to feel that their privacy has been invaded.

**Benefits and Compensation:** There are no direct benefits to you for participating and there is no compensation.

**Right to Refuse or Withdraw:** Participation is completely voluntary. You must answer all questions but are welcome to withdraw from participation at any time. You may also choose not to participate at all, and by doing so, you will not be penalized.

**Questions:** If you have any questions regarding your participation in this study or about the study generally, please contact Cora Patterson at [pattecam@uni.edu](mailto:pattecam@uni.edu). For answers to questions about the rights of research participants and the research review process at UNI, you may contact the office of the IRB Administrator at 319-273-6148.

### **Mental Health Resources**

**Please contact the Iowa Sexual Assault Hotline if you are struggling with trauma related to sexual violence at: 888-557-0310 or the National Mental Health Hotline if you are struggling with other mental health issues at 866-903-3787.**

**Agreement:** By selecting “Yes”, I acknowledge that *I am fully aware of the nature and extent of my participation in this project as stated above and the possible risks arising from it. I hereby agree to participate in this project. I acknowledge that I have received a copy of this consent statement. I am 18 years of age or older.*

Signature Lines:

If you wish to continue, please select “Yes” in the box below.

Yes

No

## **Appendix C**

### *Survey Questions*

1. What is your age?
  - a. 18
  - b. 19
  - c. 20
  - d. 21
  - e. 22
  - f. 23
  - g. 24
  - h. 25

- i. Other, please specify
2. Have you or are you serving in the military?
  - a. Yes
  - b. No
3. What is your gender identity?
  - a. Cisgender male (sex assigned at birth matches current identity)
  - b. Transgender male (sex assigned at birth DOES NOT match current identity)
  - c. Other, please specify
4. What is your sexuality?
  - a. Heterosexual
  - b. Homosexual
  - c. Bi/Pansexual
  - d. Asexual
  - e. Other, please specify
5. Select the statement that is most accurate to your life.
  - a. I like wild, uninhibited parties.
  - b. I like quiet parties with good conversation.
6. Select the statement that is most accurate to your life.
  - a. Some people have told me I take foolish risks.
  - b. Some people have told me I ought to take more chances.
7. Select the statement that is most accurate to your life.
  - a. So called “girly” men are more artistic and sensitive.
  - b. Feminine men deserve to be ridiculed.
8. Select the statement that is most accurate to your life.
  - a. Get a woman drunk, high, or hot and she’ll let you do whatever you want.
  - b. It’s gross and unfair to use alcohol and drugs to convince a woman to have sex.
9. Select the statement that is most accurate to your life.
  - a. When I have a few drinks under my belt, I mellow out.
  - b. When I have a few drinks under my belt, I look for trouble.
10. Select the statement that is most accurate to your life.
  - a. Any man who is a man needs to have sex regularly.
  - b. Any man who is a man can do without sex.
11. Select the statement that is most accurate to your life.
  - a. Risk has to be weighed against possible maximum loss.
  - b. There is no such thing as too big a risk, if the payoff is large enough.
12. Select the statement that is most accurate to your life.
  - a. It’s natural for men to get into fights.
  - b. Physical violence never solves an issue.
13. Select the statement that is most accurate to your life.
  - a. I like to drive safely avoiding all possible risks.



- b. I like to drive fast right on the edge of danger.
14. Select the statement that is most accurate to your life.
- a. Some women are only good for sex.
  - b. All women deserve respect.
15. Select the statement that is most accurate to your life.
- a. I only want to have sex with women who are in total agreement.
  - b. I never feel bad about my tactics when I have sex.
16. If a woman is raped while she is drunk, she is at least somewhat responsible for letting things get out of control.
- a. True
  - b. False
17. Many women secretly desire to be raped.
- a. True
  - b. False
18. If a woman doesn't physically fight back, you can't really call it rape.
- a. True
  - b. False
19. Rape accusations are often used as a way of getting back at men.
- a. True
  - b. False
20. It is usually only women who dress suggestively that are raped.
- a. True
  - b. False
21. Women tend to exaggerate how much rape affects them.
- a. True
  - b. False
22. Men don't usually intend to force sex on a woman, but sometimes they get too sexually carried away.
- a. True
  - b. False
23. A woman who dresses in skimpy clothes should not be surprised if a man tries to have sex.
- a. True
  - b. False
24. On a scale from 1 to 4, what is the likelihood you would sexually assault someone if you were certain you wouldn't be caught or punished?
- a. 1 - Extremely likely
  - b. 2 - Moderately likely
  - c. 3 - Moderately unlikely
  - d. 4 - Not likely at all

25. How many times in the last 12 months have you done the following?
- a. I fondled, kissed, or rubbed up against the private areas of someone's body (lips, breast, chest, crotch or butt) or removed some of their clothes without their consent (but did not attempt sexual penetration) by:
    - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
    - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
    - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
    - iv. Threatening to physically harm them or someone close to them.
    - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
  - b. I had oral sex with someone or had someone perform oral sex on me without their consent by:
    - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
    - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
    - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
    - iv. Threatening to physically harm them or someone close to them.
    - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
  - c. I put my penis (men only) or I put my fingers or objects (all respondents) into a woman's vagina without her consent by:
    - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
    - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
    - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
    - iv. Threatening to physically harm them or someone close to them.
    - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
  - d. I put in my penis or I put my fingers or objects into someone's butt without their consent by:

- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- e. Even though it did not happen, I TRIED to have oral sex with someone or make them have oral sex with me without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- f. I put in my penis (men only) or I put my fingers or objects (all respondents) into someone's butt without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- g. Even though it did not happen, I TRIED to have oral sex with someone or make them have oral sex with me without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.

- ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
- iii. Taking advantage when they were too drunk or out of it to stop what was happening.
- iv. Threatening to physically harm them or someone close to them.
- v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.

26. How many times since age 14 have you done the following?

- a. I fondled, kissed, or rubbed up against the private areas of someone's body (lips, breast, chest, crotch or butt) or removed some of their clothes without their consent (but did not attempt sexual penetration) by:
  - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- b. I had oral sex with someone or had someone perform oral sex on me without their consent by:
  - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- c. I put my penis (men only) or I put my fingers or objects (all respondents) into a woman's vagina without her consent by:
  - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.

- iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- d. I put in my penis or I put my fingers or objects into someone's butt without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- e. Even though it did not happen, I TRIED to have oral sex with someone or make them have oral sex with me without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- f. I put in my penis (men only) or I put my fingers or objects (all respondents) into someone's butt without their consent by:
- i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.

- v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.
- g. Even though it did not happen, I TRIED to have oral sex with someone or make them have oral sex with me without their consent by:
  - i. Telling lies, threatening to end the relationship, threatening to spread rumors about them, making promises about the future I knew were untrue, or continually verbally pressuring them after they said they didn't want to.
  - ii. Showing displeasure, criticizing their sexuality or attractiveness, getting angry but not using physical force after they said they didn't want to.
  - iii. Taking advantage when they were too drunk or out of it to stop what was happening.
  - iv. Threatening to physically harm them or someone close to them.
  - v. Using force, for example holding them down with my body weight, pinning their arms, or having a weapon.

## Appendix D

### *Sampled Instruments*

#### Hypermasculinity Inventory

1.
  - i. After I've gone through a really dangerous experience my knees feel weak and I shake all over.
  - ii. After I've been through a really dangerous experience I feel high.
2.
  - i. I'd rather gamble than play it safe.
  - ii. I'd rather play it safe than gamble.
3.
  - i. Call me a name and I'll pretend not to hear you.
  - ii. Call me a name and I'll call you another.
4.
  - i. Fair is fair in love and war.
  - ii. All is fair in love and war.
5.
  - i. I like wild, uninhibited parties.
  - ii. I like quiet parties with good conversations.
6.
  - i. I hope to forget past unpleasant experiences with male aggression.
  - ii. I still enjoy remembering my first real fight.

7.
  - i. Some people have told me I take foolish risks.
  - ii. Some people have told me I ought to take more chances.
8.
  - i. So-called effeminate men are more artistic and sensitive.
  - ii. Effeminate men deserve to be ridiculed.
9.
  - i. Get a woman drunk, high, or hot and she'll let you do whatever you want.
  - ii. It's gross and unfair to use alcohol and drugs to convince a woman to have sex.
10.
  - i. I like fast cars and fast women.
  - ii. I like dependable cars and faithful women.
11.
  - i. So-called prick teasers should be forgiven.
  - ii. Prick teasers should be raped.
12.
  - i. When I have a few drinks under my belt, I mellow out.
  - ii. When I have a few drinks under my belt, I look for trouble.
13.
  - i. Any man who is a man needs to have sex regularly.
  - ii. Any man who is a man can do without sex.
14.
  - i. All women, even women's libbers are worthy of respect.
  - ii. The only woman worthy of respect is your own mother.
15.
  - i. You have to fuck some women before they know who's boss.
  - ii. You have to love some women before they know you don't want to be their boss.
16.
  - i. When I have a drink or two I feel ready for whatever happens.
  - ii. When I have a drink or two I like to relax and enjoy myself.
17.
  - i. Risk has to be weighed against possible maximum loss.
  - ii. There is no such thing as too big a risk, if the payoff is large enough.
18.
  - i. I win by not fighting.
  - ii. I fight to win.
19.
  - i. It's natural for men to get into fights.

- ii. Physical violence never solves an issue.
- 20.
- i. If you're not prepared to fight for what's yours, then be prepared to lose it.
  - ii. Even if you feel like fighting, I try to think of alternatives.
- 21.
- i. He who can, fights; he who can't runs away.
  - ii. It's just plain dumb to fist fight.
- 22.
- i. When I'm bored I watch TV or read a book.
  - ii. When I'm bored I look for excitement.
- 23.
- i. I like to drive safely avoiding all possible risks.
  - ii. I like to drive fast right on the edge of danger.
- 24.
- i. Pick-ups should expect to get put out.
  - ii. So-called pick-ups should choose their men carefully.
- 25.
- i. Some women are good for only one thing.
  - ii. All women deserve the same respect as your own mother.
- 26.
- i. I only want to have sex with women who are in total agreement.
  - ii. I never feel bad about my tactics when I have sex.
- 27.
- i. I would rather be a famous scientist than a famous prizefighter.
  - ii. I would rather be a famous prizefighter than a famous scientist.
- 28.
- i. Lesbians have chosen a particular lifestyle and should be respected for it.
  - ii. The only thing a lesbian needs is a good, stiff cock.
- 29.
- i. If you are chosen for a fight, there's no choice but to fight.
  - ii. If you are chosen for a fight, it's time to talk your way out of it.
- 30.
- i. If you insult me, be prepared to back it up.
  - ii. If you insult me, I'll try to turn the other cheek.



1. If a woman is raped while she is drunk, she is at least somewhat responsible for letting things get out of control
2. Although most women wouldn't admit it, they generally find being physically forced into sex a real "turn-on"
3. If a woman is willing to "make out" with a guy, then it's no big deal if he goes a little further and has sex
4. Many women secretly desire to be raped
5. Most rapists are not caught by the police
6. If a woman doesn't physically fight back, you can't really say that it was rape
7. Men from nice middle-class homes almost never rape
8. Rape accusations are often used as a way of getting back at men
9. All women should have access to self-defense classes
10. It is usually only women who dress suggestively that are raped
11. If the rapist doesn't have a weapon, you really can't call it a rape
12. Rape is unlikely to happen in the woman's own familiar neighborhood
13. Women tend to exaggerate how much rape affects them
14. A lot of women lead a man on and then they cry rape
15. It is preferable that a female police officer conduct the questioning when a woman reports a rape
16. A woman who "teases" men deserves anything that might happen

17. When women are raped, it's often because the way they said "no" was ambiguous
18. Men don't usually intend to force sex on a woman, but sometimes they get too sexually carried away
19. A woman who dresses in skimpy clothes should not be surprised if a man tries to force her to have sex
20. Rape happens when a man's sex drive gets out of control