

GIRLS/WOMEN LIFESTYLE SURVEY

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Girls/Women Lifestyle Survey

Lifestyle: someone's regular sense of style, self-care, diet, mental health, beliefs, etc.

Men dominate the A/V field. If you're in the industry, you might've heard that girls and women make up only ~5% of the sound community (Soundgirls). Since girls and women are still a minority, there have been organizations, social media accounts, and groups who have dedicated their time and resources to assisting girls and women on career paths in the A/V industry.

Soundgirls, AVIXA Women's Council, and Women's Audio Mission are some notable groups.

Because girls and women are a minority in the industry, it feels like we girls and women have to work harder, look everywhere, and/or think differently in order to be noticed for the right reasons. Trying to be a better sound engineer, I am constantly trying to find opportunities and experience, but that sometimes means working 10, 12, 14+ hours a day- and sometimes that's just volunteering in order to get experience. I've dedicated the last two years primarily to learning, to advance in a field that I knew very little about. Spending hours on websites trying to learn, I was exhausted. Burnout was creeping up on me, so I've dialed it down a couple of notches. Even talking about work all the time can lead me to burnout. I get some girls and women make work their lifestyle, which there's nothing wrong with that, but there are some who just need a break from all the testosterone around them. There are some girls and women who work with a female-dominate crew, and some that don't. Even then, we have to admit: we just need a break sometimes. That could take a toll on someone, eventually.

We have some great resources for information and opportunities, but unfortunately, we don't have enough public resources or platforms for girls and women who can communicate and/or be assured that others feel the way they do- tired, burnt out, in need of proper nutrition,

alone, discouraged, etc.. Coming into the industry, I didn't know about this side; I only knew the concerts and the shiny stuff. Being a young adult and semi-fresh in the industry, I still look for role models and people on social media and other online platforms who I can relate to a little bit more on a day-to-day basis, since social media is the platform I see and interact with fellow sound girls and women, the most. Not that people have to post their lives, but it's nice to see other people sharing their experiences. Social media isn't all bad; if used right, you can make some great connections, share experiences and information, encourage others, get some gigs, and how to sneak in a face mask within a busy work schedule.

There's a balance to everything. I consider myself girly-functional. I love the dresses and skirts, but I also love being able to run if I need to. Learning to balance my pink-to-black ratio in clothing and accessories, I'm learning to balance my lifestyle and work, as a whole. Realizing I am small (but mighty), I'm learning my limits. I love learning and working; it's a bit of an addiction, but I have to accept that it's not healthy for me, all the time. Taking time to separate work with my lifestyle has been something I've been wondering if other girls and women in my field, and similar ones in which I will be working and collaborating with, have a problem with, too. How do girls and women in the industry juggle work and life? Do they eat healthy? Where do they find encouragement? Do they like face masks like I do? These types of questions had me wondering.

Our industry (and our fellow lighting, video, TV/film, STEM peers) is all about communicating, whether it's to each other to get something done or being the support/middle-woman for others to communicate and convey messages through a microphone,

lights, or camera. So, let's communicate and make conversation with each other about the things no one talks about to find out if people do want to talk about it!

I wish I found literature to reference, but I couldn't find much to answer my questions. So, here I go doing a mini study in hopes to kickstart more studies and create more resources that help girls and women in male-dominated industries who have to work a little extra to get to where they want to be all while keeping their sanity and life in check.

Method

Participants

All girls and women of all ages, race, region, religion who are in audio, lighting, video, TV/film, and STEM were encouraged to participate in my online survey.

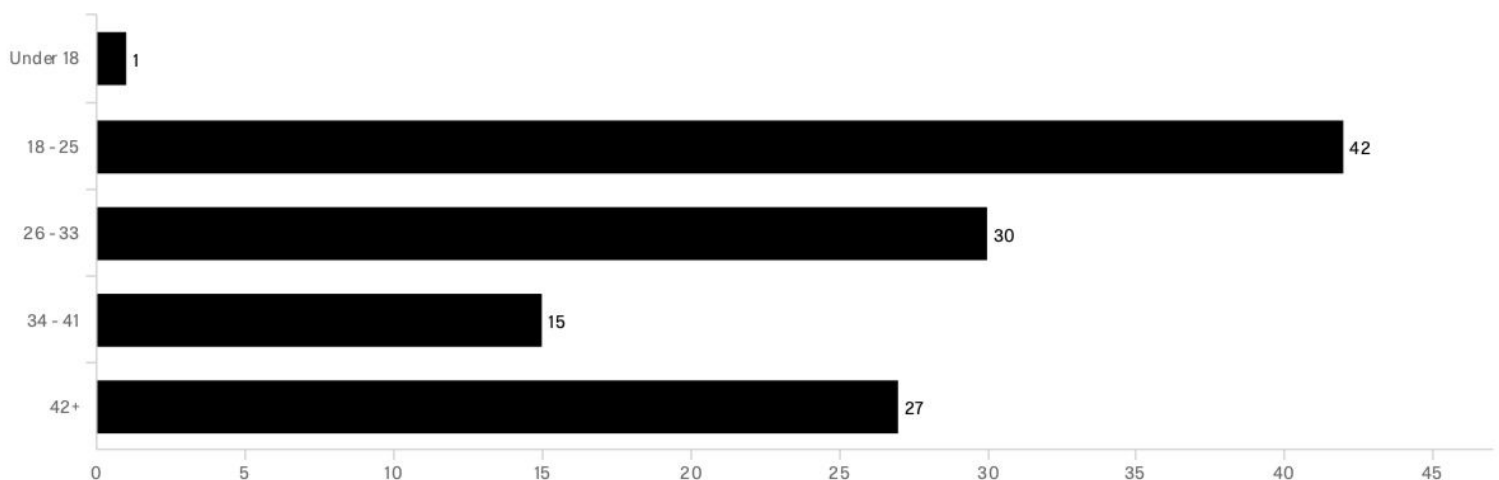
Procedures

The survey was distributed primarily by social media platforms Facebook, Instagram, and Twitter. The survey was live from November 28, 2019 through December 13, 2019. Google Forms was used to collect data, and Qualtrics was used to analyze data. In all, 136 entries were collected, but 115 entries were completed and usable.

I did, however, keep in mind what all 136 participants said.

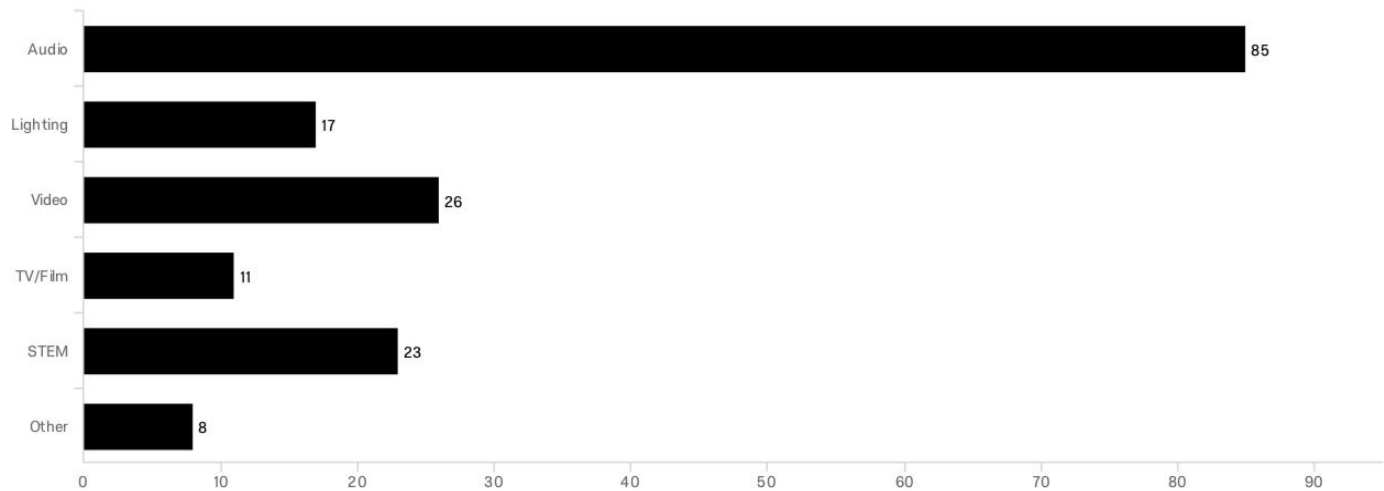
Results

AGE



.87% participants are under 18. 36.52% participants are 18-25. 26.09% participants are 26-33. 13.04% participants are 34-41. 23.48% participants are 42+.

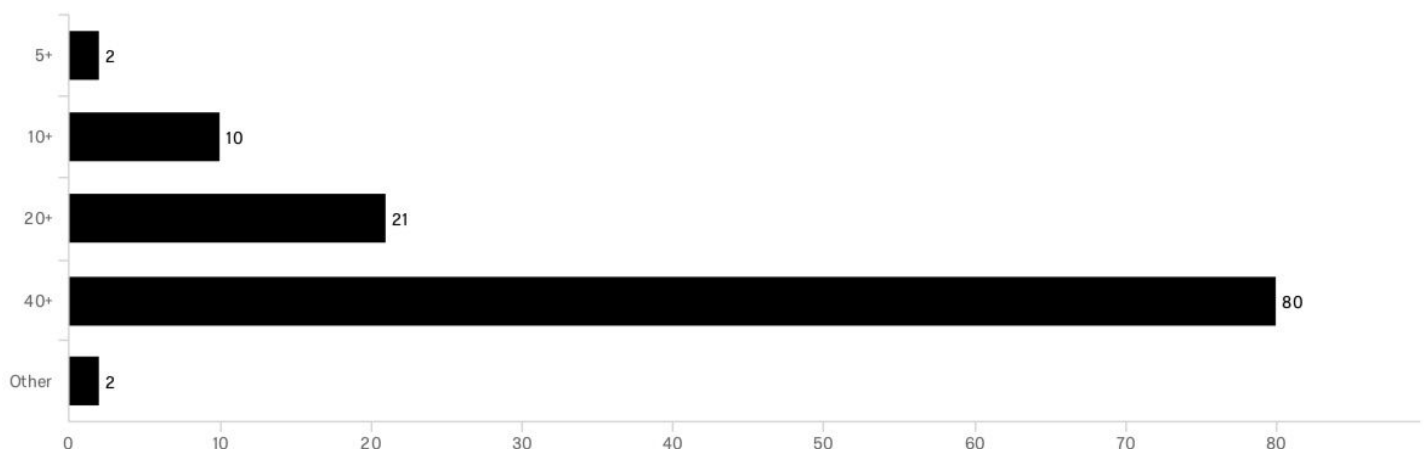
FIELD



Data displays total mentions. (Total mentions, $n=170$). Audio was 50% of all total mentions. Lighting was 10% of total mentions. Video was 15.29% of all total mentions. TV/Film was 6.47% of all mentions. STEM was 13.53% of all mentions. “Other” was 4.71% of all mentions.

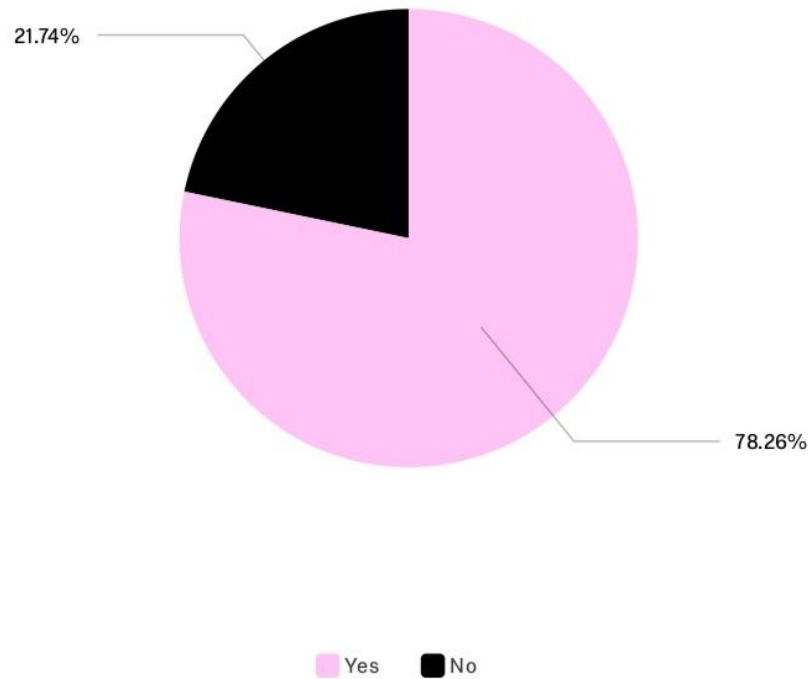
Based on the number of respondents (115), 55 participants do only audio. 4 participants do only lighting. 5 participants do only video. 1 participant does only TV/Film. 2 participants chose only “other”. 34 participants are in more than one field.

HOURS WORKED PER WEEK

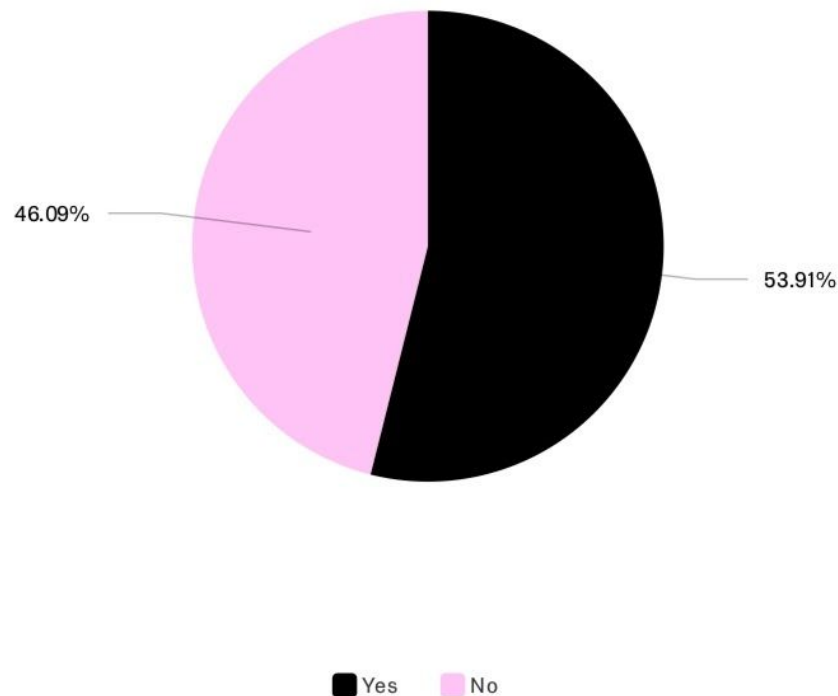


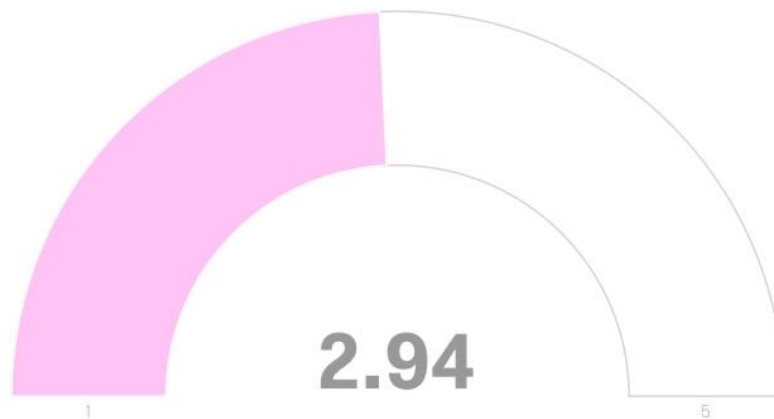
Based on number of respondents (115), 1.74% work 5+ hours per week. 8.70% work 10+ hours per week. 18.26% work 20+ hours per week. 69.57% work 40+ hours per week. 1.74% selected “other”.

YOU SET TIME ASIDE FOR SELF-CARE

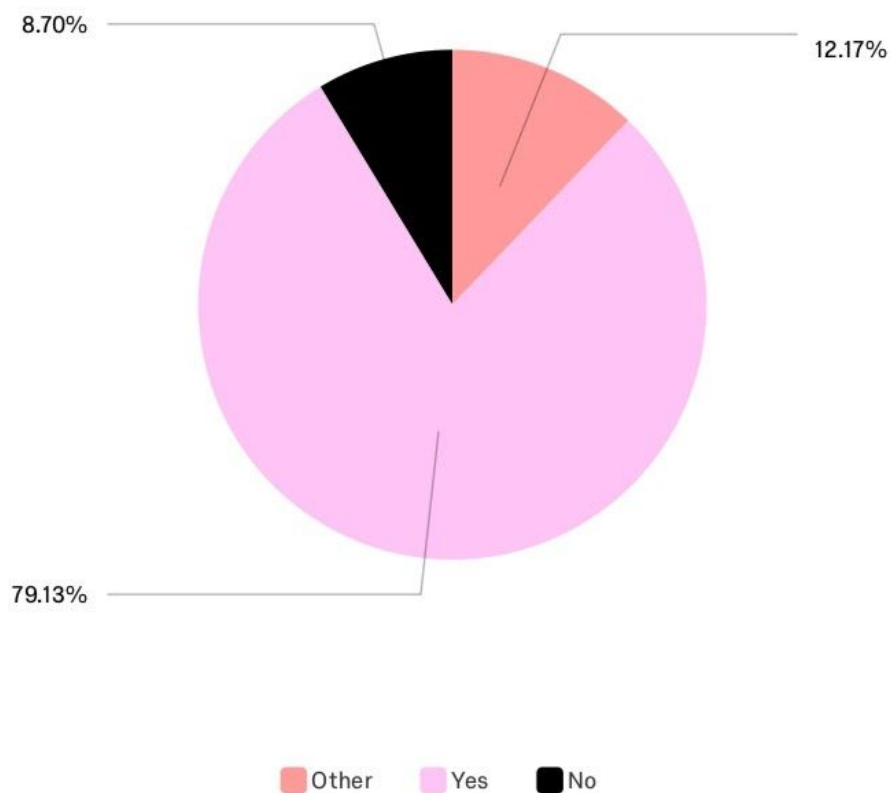


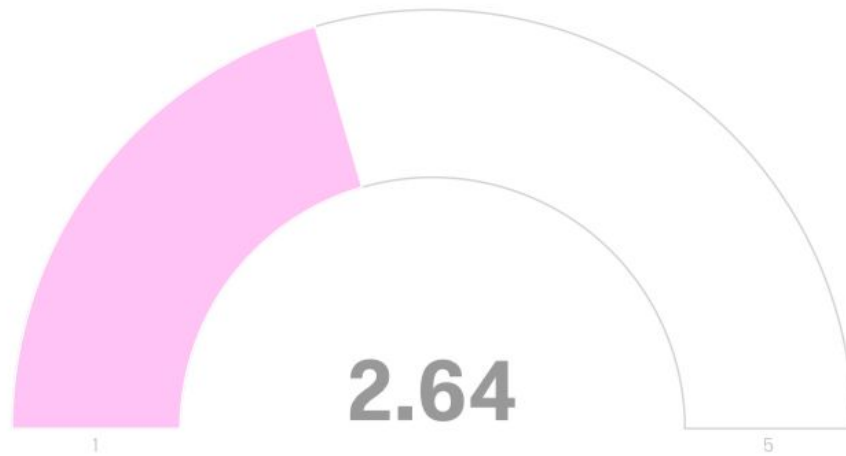
YOU JUGGLE SELF-CARE AND YOUR CAREER IN A HEALTHY MANNER



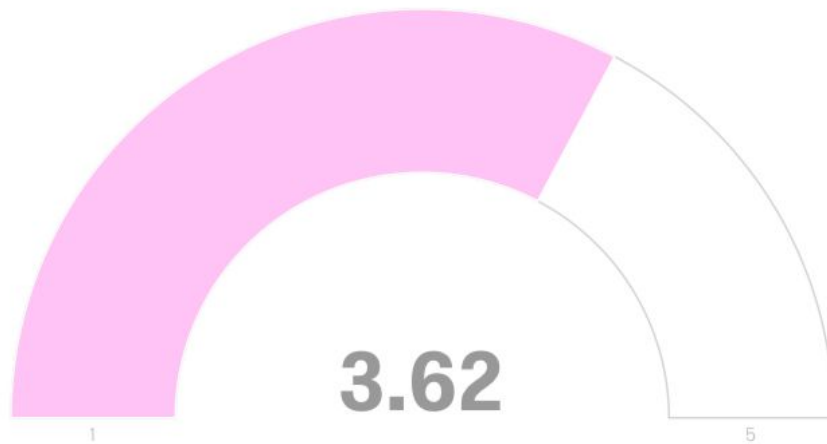
YOU'RE "ONE OF THE BOYS" TO FIT IN OR GET A JOB

On a scale from 1-5, (nope:definitely), 35.6% of respondents don't think they have to "be one of the boys" to fit in or get a job. 21.7% of respondents somewhat think they have to. 42.6% think they do need to. Numbers may not add to 100% because of rounding.

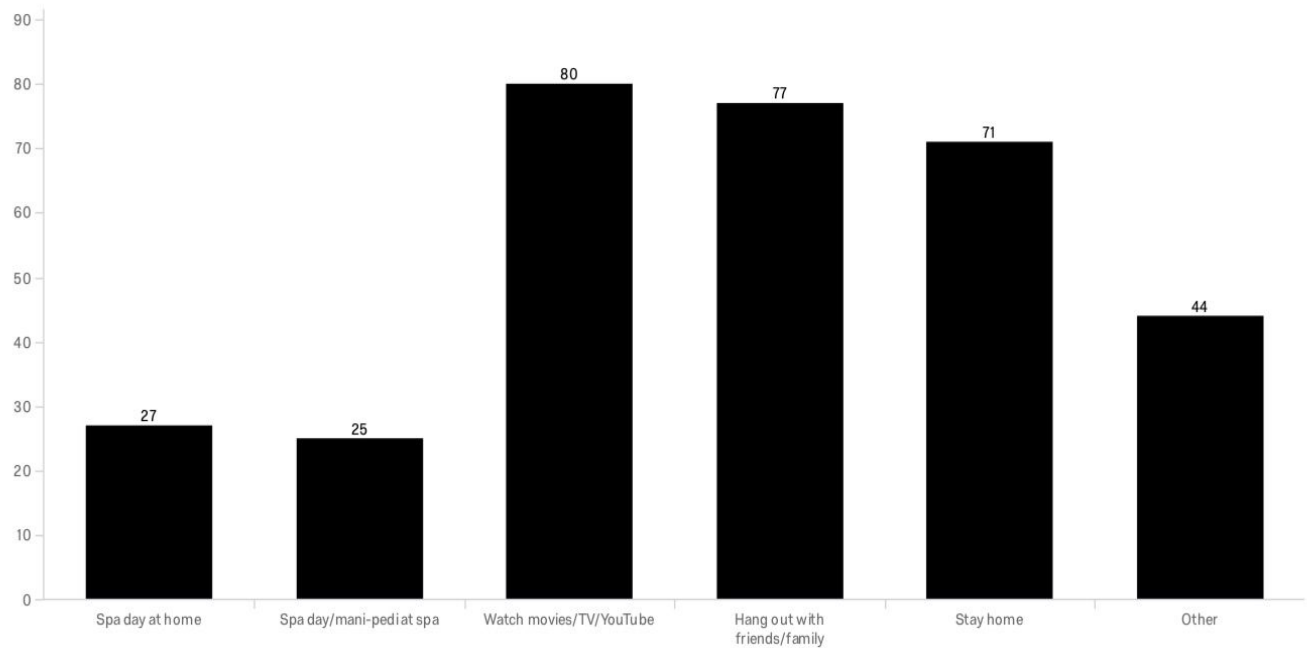
YOU'RE FEMININE OR HAVE FEMININE CHARACTERISTICS

YOU LOSE SOME FEMININITY TO FIT IN OR GET A JOB

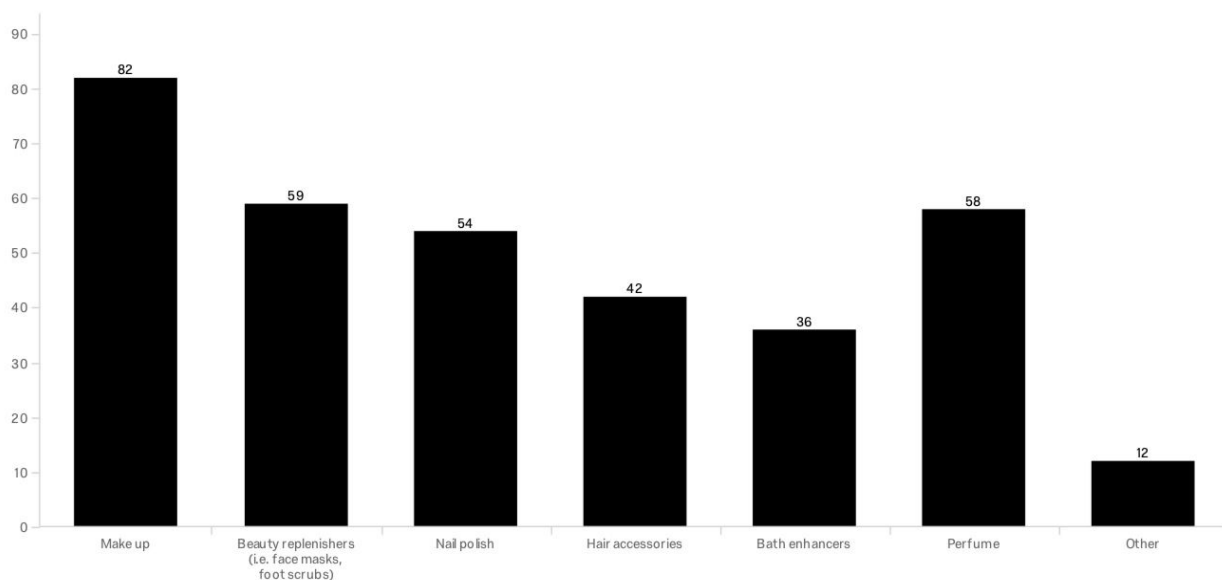
On a scale from 1-5, (nope:definitely), 45.2% don't think they have to lose some of their femininity. 25.2% think they somewhat have to. 29.6% think they have to.

POSITIVE CHANGE OF FEMALE RESOURCES AND ENCOURAGEMENT IN YOUR INDUSTRY

On a scale from 1-5, (nope:definitely), 16.5% don't think there is a positive change. 27% somewhat think there is a positive change. 56.2% think there is a positive change. Numbers may not add to 100% because of rounding.

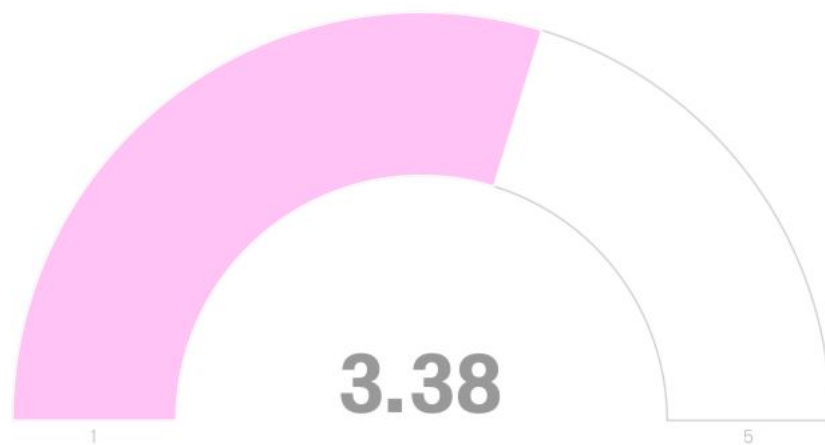
PRACTICING SELF-CARE BY:

Data displays total mentions. (Total mentions, $n=324$). Spa days at home were mentioned 8.33% of all mentions. Spa day/mani-pedi at the spa was mentioned 7.72% of all mentions. Watching movies/TV/YouTube was mentioned 24.96% of all mentions. Hanging out with friends/family was mentioned 23.77% of all mentions. Staying at home was mentioned 21.91% of all mentions. “Other” was mentioned 13.58% of all mentions.

SOME ITEMS USED:

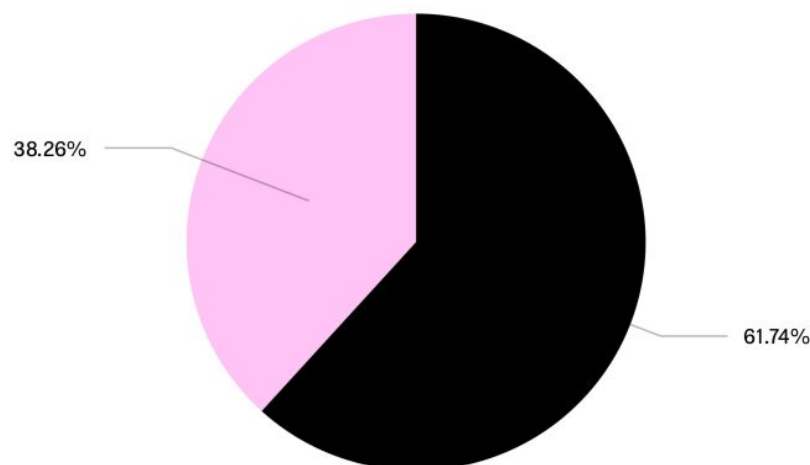
Data displays total mentions. (Total mentions, $n=343$). Makeup was mentioned 23.91% of all mentions. Beauty replenishers (i.e. face masks, foot scrubs) were mentioned 17.20% of all mentions. Nail polish was mentioned 15.74% of all mentions. Hair accessories were mentioned 12.24% of all mentions. Bath enhancers were mentioned 10.50% of all mentions. Perfume was mentioned 16.91% of all mentions. “Other” was mentioned 3.50% of all mentions.

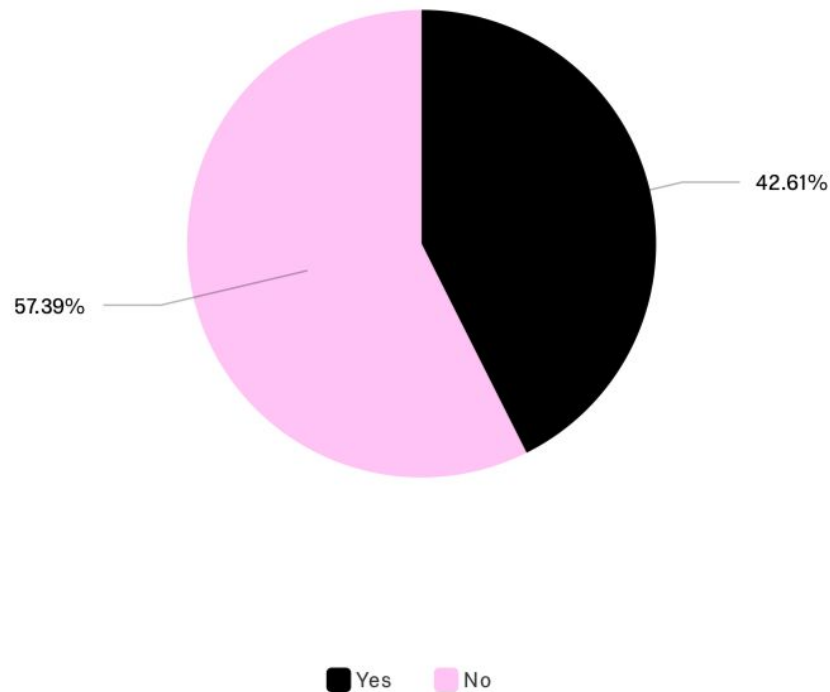
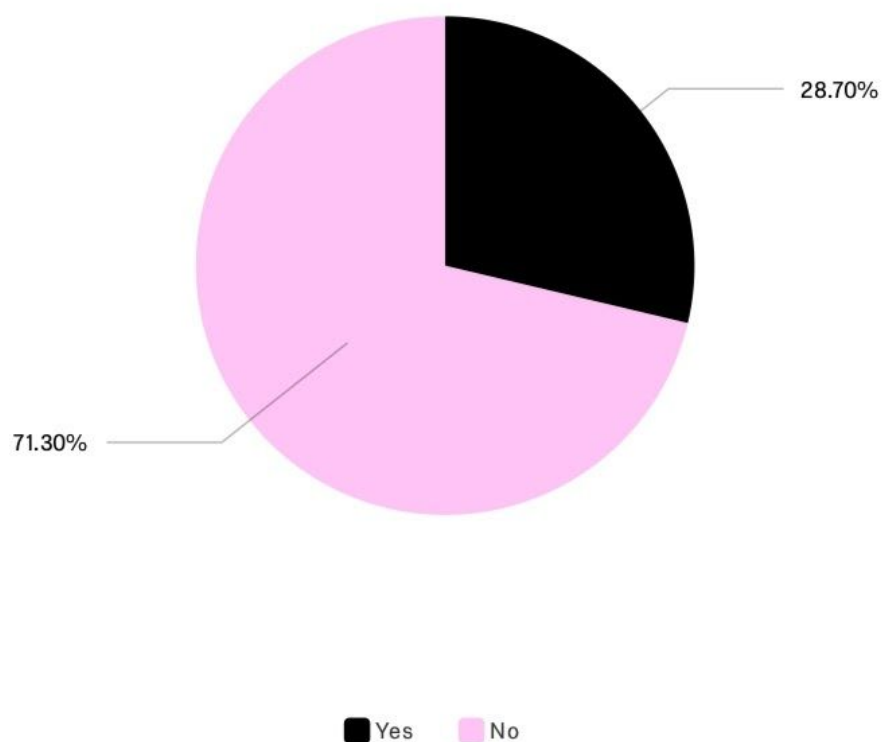
EATING HEALTHILY



On a scale from 1-5, (nope: definitely), 13.92% don't eat healthily. 38.26% somewhat eat healthily. 47.83% eat healthily. Numbers may not add to 100% because of rounding.

READ LIFESTYLE ARTICLES OR WATCH LIFESTYLE VIDEOS



THERE IS A SOCIAL MEDIA INFLUENCER OR YOUTUBER YOU LIKE**THERE'S LIFESTYLE RESOURCES THAT ARE RELATABLE TO YOU AND YOUR INDUSTRY**

Considering the amount of time my survey was live (November 28, 2019-December 13, 2019), less than a month, and the amount of time I had to do data analysis, I don't think I gathered enough participants to sample my population. What's interesting is I didn't receive as many entries as I thought I would considering the amount of views my survey was seen on social media. On social media platform, Twitter, the survey gained 7,687+ impressions. Impressions are how many people saw the survey. Within all of those impressions, there were only 320+ engagements. Engagements are how many people interacted with my Tweet that contained the survey. Being that the title of the survey indicates that it's for girls and women, there's an assumption that girls and women were the majority that engaged with the survey, but yet there were only 136 respondents. This doesn't include the posts about the survey on Facebook or Instagram. The survey was posted to a couple of all-women groups on Facebook. The survey was asked to be taken by followers of women social media accounts. I'm thinking there were flaws in the design, the amount of time it was live, the questions, the length, or maybe the way it was distributed.

Discussion

Expectedly, people view the balance of lifestyle and work differently. It's interesting that from the sample, there are people who share similar situations and practices, though. It can be implied that being a girl or woman in the field, our lifestyle is compromised to some extent- some don't get the nutrients they need to stay healthy, some compromise sleep to extremes, some just can't care for themselves or rejuvenate for the next day or week. The list goes on. There's much discussion to be taken just from each question; but, what stood out to me is how young the sample is. Being that there are more resources that the older generation is providing for the new

generation is a step forward, but clearly there are some things only time and perseverance can fix. Based on all the results as a whole, I'm glad to say that there are other girls who are like me.

I think it's clear this isn't a regular study. It's more of a tool, a learning experience for me and, hopefully, others. If I could expand on this with some help, I would.

References

SoundGirls.org. (n.d.). Retrieved December 25, 2019, from <https://soundgirls.org/>.