

Day: _____

Girls are weighed down by restrictions
boys with demands

Date: _____

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① Introduction

② A brief overview of the Poovech

③ Manifestations of restrictions faced by girls and demands by boys in a Society

① Limitations faced by girls in accessing education due to culture norms.

② Traditional gender role prioritize girls having caregiving roles over professional aspirations.

③ Girls are subjected to early marriages, limiting their opportunities for professional growth and education.

④ Boys face societal demands to excel academically and pursue lucrative careers.

⑤ Societal expectation regarding traditional masculinity pressure boys to conform to certain ideals of strength and dominance

⑥ Societal expectations demand that boys suppress emotions and avoid displaying vulnerability

④ Negative consequences of restrictions on girls and demands from boys.

① Restriction on girls exposing them to higher level of gender based violence and discrimination.

Day: _____

Date: _____

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⑥ It hampers professional growth and economic independence of girls.

⑦ Healthcare disparities in many parts of the world, such as access to health care services, family planning and maternal care.

⑧ The societal pressure on boys to excel academically and pursue competitive careers can result in academic stress and burnout.

⑨ The demands on boys to conform to traditional gender roles contribute to the perpetuation of gender inequality and stereotypes.

⑩ Way forward to address the serious concerns related to restrictions and demands based on gender.

① Strengthen laws to promote gender equality, such as law against gender based violence.

② Engage communities and religious institutions to challenge harmful culture practices and dogmas against gender role of women.

③ Implementation of Sustainable Development Goal 5 in true letter and spirit

④ Advocate for work-life balance and flexibility in the workplace to alleviate pressure on boys to constantly excel in their careers.

⑤ Encourage boys to explore a diverse range

Day: 6

Date:

of interests and career path without
conforming to rigid gender stereotypes.

(6) CONCLUSION.

Societal norms play an important role in shaping individual's lives by prescribing specific roles, behaviours and expectations. These norms often favour one gender over another leading to unequal opportunities and unfair treatment of the individual. This manifests in the form of restrictions on girls and demands from boys leading to gender inequality. In today's society, the restrictions faced by girls and demands faced by boys are manifested in various forms and have many negative consequences. Therefore, to mitigate the negative effects of such restrictions and demands, a robust measures are needed to be taken. In many countries, girls face limitation in access to education, and have been assigned the role of care givers. They are subjected to early marriages limiting their opportunities for personal growth and education. Similarly, boys face societal demands to excel academically and pursue lucrative ~~careers~~ careers. They are supposed to be strong and dominants, and suppress emotions. Such unfair treatment has many negative consequences for the members of a society. Restrictions on girls expose them to higher level of gender-based violence and hamper them from their professional growth and economic independence. They have little or no access to healthcare facilities, family planning and maternal care. On the other hand, the societal pressure on boys to excel academically

Day: _____

(2)

Date: _____

and pursue competitive careers has resulted in academic stress impacting their overall wellbeing and academic performance. The traditional gender roles attributed to boys contribute to the perpetuation of gender inequality and stereotypes. It is high time to take robust measures to put an end to these restrictions and demands to make the society a just and a progressive society. Laws promoting gender equality should be strengthened and communities and institutions should be engaged to challenge harmful cultural practices and dogmas against role of women and to redefine masculinity. Also, implementation of Sustainable Development Goal 05 and work-life balance and flexibility are equally important in this regard. Thus, the society can become a prosperous society and the restrictions on girls and demands by boys can be addressed if these measures are taken in true letter and spirit.

Simone de Beauvoir was a prominent French existentialist philosopher and feminist thinker. She made significant contributions to feminist philosophy through her work, including "The Second Sex", where she discussed the concept of "The Other" and examined the role of societal expectations in shaping women's lives. The quote "girls are weighed down by restrictions and boys with demands" by Simone de Beauvoir presented the idea that both girls and boys or individuals of different genders,

often face distinct but equally harmful forms of societal pressures and constraints. It suggests that the expectations placed on girls and boys can be damaging and limit their potential.

In many countries of the world, girls are facing limitations in accessing education due to cultural norms. In these countries the nature of the societies is patriarchal. Here boys are expected to get education and make careers, and girls are prioritized household responsibilities over education. In some countries, cultural norms prioritize early marriages for girls leading to girls dropping out of schools. In some cultures, girls education is considered as unnecessary or inappropriate. Coeducation is criticized by many in certain cultures, and the absence of separate schools for girls causes drop out of school of many girls after passing 5th standard. Taliban banned girls education after taking control of Afghanistan. This has negative consequences not only for the girls but also for the society resulting in decreasing female literacy rate, increases gender-based violence and decrease confidence in labour market. Thus, culture norms in many societies limit girls access to education.

Similarly, traditional gender roles prioritize girls having to have caregiving roles over professional aspirations. Societies cannot progress

untill everyone is given equal opportunity to pursue their passions and goals. This traditional gender roles cause males to enjoy prominent positions in work places, and girls ~~enjoy~~ being posted in lower positions. Girls are either given households responsibilities or given jobs with low wages like agriculture, farming and cleaning services. For instance, the "Chadar and Chadar Dewari" concept under Zia Islamization confined women within their homes and restricted their rights and freedom. Likewise, a study by the World Economic Forum 2019 found that 93% women remained underrepresented in certain industries, reinforcing gender-based career restrictions in developed countries. This results in widening of gender pay gap and women economic dependency on male. Hence, the traditional gender roles have restricted ^{the} girls from pursuing professional aspirations.

Also, in some societies girls are subjected to early marriages which limit their opportunities for personal growth and education. Education is a basic human right, but in some societies the norm of early marriages causes girls to stop going to school and hence their education remain incomplete. This limits their development of essential skills, their autonomy, opportunities for self-discoveries, ability to pursue their goals and aspirations, and increases health risk

and perpetuates cycles of poverty. According to a Report by UNICEF, Early marriage and forced marriage is highest in Sub-Saharan Africa where 38% of girls become child brides. Among girls growing up in South Asia, 30% experience early marriage, compared with 25% in Latin America and the Caribbean. Rates are 17% in the Middle East and North Africa, 11% in Eastern Europe and Central Asia. These figures depict the prevalence of early marriages in society limiting girls growth and education.

In addition, boys face societal demands to excel academically and pursue lucrative careers. In patriarchal society, culture norms and stereotypes help boys continue their studies and get to the important positions of jobs. In such society, boys education is prioritized, emphasizing the role of men as primary breadwinners. This limits their ability to explore diverse interest and career paths, confining them to traditionally prestigious or high-paying professions. Additionally, this can lead to stress and anxiety, potentially affecting their mental health and well-being. Eventually, boys cannot withstand the pressure and attempt suicides. According to OECD data, South Korea has one of the highest suicide rates among developed countries. Thus, boys are facing societal demands to pursue lucrative

careers and excel academically.

Likewise, societal expectations regarding traditional masculinity pressurize boys to conform to certain ideals of strength and dominance. Boys are called "superman" signalling strength. They are encouraged to engage in competitive sports and promoted the pursuit of power and control in social and professional context. This has many negative impacts on boys' mental and physical health. The emphasis on physical strength can result in boys prioritizing physical appearance and fitness to the detriment of other aspects of their well-being. These expectations also influence boys' relationships, promoting aggressions and can lead to anxiety, depression and suicidal tendencies. The American Psychological Association has highlighted the negative impact of rigid masculinity norms on boys' mental health and family life. In this way, the existence of societal expectations regarding masculinity affects boys.

Last but not the least, societal expectations demand boys to suppress their emotions and avoid vulnerability. These expectations are reinforced by culture norms and stereotypes that equate emotional expression with weakness, incompatible with the masculine ideal. Boys are taught from childhood to be tough and to not cry reinforcing the idea that expressing fear, sadness

or uncertainty is inappropriate for males. They are awarded by parents and guardians for behaviours that align toughness and discouraging expressions of vulnerability. As a result, boys suppress emotions that can lead to a range of negative outcomes including increased stress, anxiety, depression and difficulty forming healthy relationships. Research from the National Institute of Mental Health indicates that adolescent boys are less likely than girls to receive mental health treatment, highlighting the stigma surrounding mental health for boys. This shows how societal expectations demand boys to suppress their emotions.

These were some of the manifestations of restrictions faced by girls and demands by boys in the society. These restrictions and demands have negatively impacted both the boys and girls. The upcoming paragraph discuss various negative consequences resulting from these restrictions and demands which negatively impact the lives of both boys and girls.

These society's restrictions imposed on girls expose them to higher level of gender-based violence and discrimination.

Girls are restricted to homes, they do not get education. An uneducated girl cannot fight for her rights and hence she gets exploited. Strict control over girls

Day: _____

Date: _____

⑧

behavior and mobility perpetuates the idea that it is acceptable to exert control over girls. This control often translates into various forms of violence like physical, emotional and sexual abuse. No access to education and other restrictions cause girls economically dependent on their male, and they face violence when they make demands from their male counterparts. Societal restrictions come from stereotypes that portray women as weak, subordinate or submissive. This indirectly condones abusive behavior as a means of enforcing these roles. The United Nations Population Fund (UNPF) in 2023 reports that girls in developing countries facing restrictions are more vulnerable to practices like female genital mutilation and are at higher risks of experiencing domestic violence and discrimination. Hence, girls are more prone to gender based violence due to societal restrictions.

In addition to this, societal restrictions on girls cause hamper their ^{professional} ~~economic~~ growth and economic independence. Societal norms prioritize boys' education over girls' education. Girls are encouraged to drop out of school early to help with household chores or marry young. This limits their access to higher education and skill development, which are crucial for professional growth. Societal stereotypes view careers in STEM (Science, Technology, Engineering and Mathematics) or leadership positions unsuitable for women. Also, traditional expectations make women prioritize family and caregiving

Day: _____

9

Date: _____

responsibilities over their career. This makes girls economically dependent on their males. Societal restrictions can limit girls' access to networking opportunities, professional organizations, and mentors, which are crucial for career advancement and economic independence. The World Economic Forum's Global Gender Gap Report highlights the gender pay gap and the underrepresentation of women in leadership roles as a consequence of restricted career opportunities for girls. Thus, societal restrictions on girls make them economically dependent and their professional growth stunted.

Similarly, societal restrictions result in healthcare disparities in many parts of the world, such as access to healthcare services, family planning and maternal care. These disparities can be attributed to many factors, including socioeconomic status, access to quality health care, implicit bias, and systemic racism within the healthcare system. Cultural norms in many areas prevent women from attending male doctors, and the unavailability of female doctors cause women suffer various health problems related to female only. Child marriages cause adolescent pregnancies which have bitter outcomes. UN agencies estimates that globally a woman dies every 2 minutes due to complication during pregnancy and childbirth. In many rural areas of Pakistan there are few medical clinics

Day: _____

(10)

Date: _____

less qualified doctors. In these areas women are unaware of contraception because discussion on reproductive health and the use of contraception is taboo for young unmarried girls. The United States has one of the highest maternal mortality rates among developed countries, and there are significant racial disparities in maternal mortality. Black women are three to four times more likely to die from pregnancy-related causes than white women. Hence, women face healthcare disparities due to societal restrictions and cultural norms.

The societal pressure on boys to excel academically and pursue competitive careers can result in academic stress and burn out. In patriarchal society, being the primary breadwinners, boys are taught from childhood to study hard and choose a competitive career. Boys cannot choose their careers of choice. They unwillingly work hard to achieve the targets. This leads to stress and anxiety, affecting their physical and mental health and wellbeing. Eventually they cannot withstand the pressure and attempt suicides. A study published in the Journal of Adolescence found that boys facing high academic pressure experience elevated stress levels, impacting their overall well-being and academic performance. This report shows how societal pressure on boys to excel academically negatively impacts boys' health.

and well-being.

Likewise, the societal demands on boys to conform to traditional gender roles contribute to gender inequality and stereotypes. Certain characteristics such as toughness, strength, dominance and emotional restraints are attributed to boys perpetuating gender inequality. Boys are often taught to suppress emotions and not show vulnerability, leading to higher rates of mental health issues, such as anxiety and depression. The masculinity that stereotypes that link masculinity with dominance and aggression can encourage boys to resort to violence as a way to assert themselves. This violence is usually against women. Traditional gender roles may pressure boys into pursuing careers perceived as masculine, such as engineering and business, while discouraging them from entering fields like nursing, teaching, or caregiving. This perpetuates gender segregation in workforce. Also, the traditional gender roles attributed to boys reinforce stereotypes that women are less capable of leadership or decision-making, perpetuating gender disparities in various fields. The International Labour Organisation highlights that gender stereotypes affect both girls and boys, reinforcing inequality in workforce. Thus, the traditional gender roles attributed to boys contribute to gender inequalities.

In the above paragraphs, the negative consequences of increased restrictions on girls and demands on boys by ~~have~~ society have been discussed. In order to mitigate the negative impacts of these restrictions and demands on both boys and girls, certain steps are needed to be taken in the right direction. The following paragraphs will discuss those steps needed to mitigate the negative impacts of society's restrictions on girls and demands on boys to give rise to a prosperous and equal society.

Laws promoting gender equality should be strengthened to ensure gender equality in a society. This will lead to fair treatment and equal opportunities for all genders. Laws against gender discrimination in workplaces, education and public services should be implemented in true sense. Right to education is a basic human need. All states should provide free basic education to their citizens regardless of gender. Women should be given their due right in inheritance by reforming and implementing inheritance laws. Equal pay laws should be strictly implemented and enforced to close the gender pay gap. There should be merit based hiring and promotions in jobs regardless of gender. Laws against sexual harassment and

Day: _____

(13)

Date: _____

and gender-based violence should be made more effective through establishment of gender-based violence courts and helpline.

Perpetrators are needed to be prosecuted. Parental leave policies should be made more effective to support both mothers and fathers. Several acts and laws have been introduced and implemented by various states to ensure gender equality including Prevention of women violence 2008, women protection law and Protection of woman against Harassment act 2010 by Pakistan.

Therefore, to ensure gender equality in society the laws need to be strengthen and implemented.

In addition to this, there is a dire need to engage communities and religious institutions to challenge harmful practices and dogmas against role of women to ensure their fair and equal treatment.

This will lead to decrease gender discrimination against women. Communities workshops and seminars should be conducted to educate people about the important of gender equality. Success stories of women who have overcome barriers and contributed positively to their communities should be shared.

Local language and culturally relevant materials should be used for better communication at such campaigns. Similarly, collaboration with religious institutions are needed to challenge harmful practices against women and to show the true status

of women in a society based on faith. Religious leaders should be encouraged to use their platforms to speak against harmful practices and promote the equitable treatment. This is because most of these practices and dogmas against women are due to misinterpretation of the religion. They should be provided with training and resources to support their advocacy efforts. Thus, harmful practices and dogmas against sole of women can be challenged if communities and religions are engaged effectively.

Similarly, sustainable Development Goal 05 needs to be implemented in true letter and spirit to address concerns can related to restrictions and demands. SDG 05 aims to achieve gender equality and empower all women and girls. It focuses on all forms of discrimination against women and girls, eliminating violence, ensuring equal participation and providing universal access to reproductive health.

To implement SDGs, developed states are required to provide financial resources necessary for its implementation.

Also, capacity-building and technology, data and institutions are required for the implementation of SDGs. At national level, states should allocate separate budget for the true implementation of SDGs to ensure gender equality. Policies should be framed to

ensure budget allocation and its right distribution for implementation of SDG 5.

Hence, the true implementation of SDG 5 is necessary for achieving gender equality in a society.

Work life balance and flexibility in work place should be encouraged to ~~offer~~ alleviate pressure on boys to constantly excel in their careers.

This is necessary for the mental health and well being of boys. The stereotypes that success comes from relentless work and sacrifice should be

broken down. There should be equal duty hours for all. Paid leaves should be given to the workers. Girls and boys should be assigned equal work for equal pay so that the burden is divided among them. This will enhance the productivity. Flexible work manage-

ment will help boys manage their personal and professional responsibilities better, reducing stress and anxiety, leading to happiness. This also leads to higher job satisfaction for boys. Therefore, it can be said that work life balance

and flexibility in work place can alleviate pressure on boys to constantly excel in their careers.

Last but not the least, boys should be encouraged to explore a diverse range of interests and career paths.

without conforming to rigid gender stereotypes. This will result in their better performance and reduce mental stress and anxiety. Parents should let their children choose their career for themselves regardless of any stereotypes or trend. Every boy has unique passions, talents and interests. Encouraging exploration will help them to discover what truly excites and fulfills them, leading to a more satisfying and purposeful life. They develop a wide range of skills. Also, this breaks the gender stereotypes and promotes gender equality and inclusivity in all fields of work and study. When boys are allowed to pursue their interests, they feel more likely to feel passionate and motivated about their pursuits resulting in meaningful contributions in their chosen fields. Thus, boys should be encouraged to choose their careers for better performance and personal growth of them.

To conclude, it can be stated that there are numerous restrictions faced by girls and various demands faced by boys in the society which are not good for both boys and girls. This causes various disparities between boys and girls. There is a dire need to mitigate the negative impacts of such restrictions and demands, and give rise to a just and equal society. This will require certain measures to be taken.

Day: _____

(19)

Date: _____

Strengthening laws promoting gender equality and effective implementation of sustainable development goal 5 can be proved helpful in this regard. Also, communities and institutions engagement to challenge harmful cultural practices against women is equally important. These measures will address those restrictions and demands, and society will become a just and equal society.