

Frailty, thy name is woman

## Outline:

### (1) Introduction:

#### Thesis Statement:

Woman was never been frail, but the one side of the coin prestened. the judgement of womans frailty, for being biologically, politically and religiously attenuated. As a matter of fact, she has achieved milestones in the field of sports, <sup>and</sup> administration along with proving her strength in religious scriptures, humanity and physical power. If considerable measures are taken then it ~~would~~ <sup>will</sup> not be wrong to say that fortitude is moniker of woman.

### (2) Origin of the Statement

### (3) Why women <sup>is</sup> are considered frail

#### 3.1 Religious reasons

##### 3.1.1 Catholic church blames

3.1.2 Woman "a weaker vessel" in Bible

3.1.3 Sita represented as weak in Ramayan

### 3.2 Biological reasons

3.2.1 Man more muscular than woman

3.2.2 Women more prone to autoimmune diseases.

### 3.3 Political reasons

3.3.1 2.6% of Women representation in worldwide parliament

3.3.2 less representation of women in global politics

## 4. Woman is no longer frail:

### 4.1 Achievement in sports

4.1.1 Serena Williams: the Queen of Tennis

4.1.2 Samina Baig: first Pakistani woman to climb Mount Everest

4.1.3 Mithali Raji: highest  
run scores in women's  
cricket history

4.2 Physically strong women

4.2.1 More potential to  
bear pain in women

4.2.2 low death ratio

4.2.3 more capacity to  
work

4.2.4 The Bear: William Faulkner

4.3 Islam represents women's  
strength

4.3.1 Hazrat Ais's courage  
in Paroh's house

4.3.2 Khadija bint e Khuwailid  
a muslim entrepreneur

4.3.3 Hazrat Khawla: first  
woman warrior

4.3.4 Patience and sacrifice  
of Hazrat Hajra

4.4 Women as successful  
administrators

4.4.1 Benazir Bhutto: first  
women PM of a muslim  
country

4.4.2 Indira Gandhi as

only woman PM of India  
4.4.3 Aung San Suu Kyi  
a noble prize laureate  
and liberal voice of Myanmar

#### 4.5 Women as mothers of humanity

- 4.5.1 Dr. Ruth Pfau's contribution against leprosy in Pakistan
- 4.5.2 Mother Teresa's unmatched philanthropy
- 4.5.3 Marie Curie's miracle of cancer treatment
- 4.5.4 Rosa Parks' Montgomery Bus Boycott and civil rights movement

#### 5. Remedies to end woman's frailty

- 5.1 More exposure to education
- 5.2 Maximizing political representation
- 5.3 Gender discrimination should be alleviated

#### 6. Conclusion:

## Frailty, -thy name is woman

Despite being half of the global population, proving themselves in every sector of life and beautifying the world with their everlasting magic, they are still seen through Shakespeare's lens of "Frailty, thy name is woman". Though, this genderistic perspective of Shakespeare's "Hamlet" belongs to ~~16<sup>th</sup>~~<sup>Sixteenth</sup> century yet, it is deeply ingrained in stereotypical society. However, woman is successful in her roles which society slots her. She as a mother, daughter, sister, and wife has always given emotional and physical strength to her fellow beings. In fact, she is the one, who makes man strong. Woman was never been frail, but the one side of the coin presented the judgment of woman's frailty for being biologically, politically and religiously attenuated. As a matter of fact, she has achieved

milestones in the fields of sports, <sup>and</sup> administration along with proving her strength in religious scriptures, humanity and physical power. If considerable measures are taken then it will not be wrong to say that fortitude is moniker of woman.

In old times, woman was considered to be born to serve her male counterparts. For this reason, she herself limited her abilities to home making, which build this societal notion of woman's weakness. Shakespeare was also the representator of that old time and had similar belief regarding woman. That's why, his masterpiece "Hamlet" is male centered and his protagonist Hamlet always seem to be exploiting woman. Hamlet in his first soliloquy says that "Frailty, thy name is woman". Hamlet said so because of his own psychological instability and the limbo of "to be or not to be". His mother Gertrude married his uncle, soon after the murder of

his father by that uncle. This brings hate in his heart for woman. But this statement does not only belong to Hamlet. It was the true depiction of sixteenth century's society. While contradicting to Hamlet, Mao Zedong asserts pure depiction of woman that "Women hold up half the sky".

There are certain reasons that shape such kind of stereotypes in society. First of those is woman's depiction in different religions. Roman Catholic church blames Eve for her frailty and considers her the gate way of sin into the world. Bertrand Russell in his "Unpopular Essays" writes that old insane theory of suffering emphasises on the suffering of woman because Eve is cursed for sin and frailty. Similarly in Bible, woman is termed as a "weaker vessel", and the men are asked to honour her because of her weakness. Though this honour is not

the symbol of affection but pity. In a same way, Ramayan, the holy book of Hindu religion represents Sita as weaker and born to suffer. She is unable to protect herself and always need his husband to protect her and bring her grace back. This narration <sup>about</sup> of Sita shaped Indian society and practices like "Sati" emerged, which clearly presented that woman without her man, is not rightful to life.

Another reason that contributes in this cause, is biological ground. Men typically have higher levels of testosterone which plays a significant role in muscle development and strength. In comparison woman's hormone Estrogen is less potent. Also on average, men have a lower percentage of body fat and a higher percentage of lean muscle mass compared to women. Alongwith this, social and cultural norms encourage



men to engage in activities that promote muscle growth. Moreover, women are more prone to autoimmune diseases. It is due to complex interplay of hormonal, genetic and environmental factors. These factors make women more weaker than men, resultantly tagging woman as feeble.

Undoubtedly, political neglect <sup>once</sup> also plays vital role in causing fragility in women.

According to latest Interparliamentary Union report, global average of women in national parliament is 26%, which is far less than men's representation. The report further says that it will take 80 years to reach gender parity in Parliament. Women are weak due to their men centered political and legislative system of global administration. Women can only understand women's needs and problems. So, when there are less women in politics, it represents a very low number of female's

interests. Hence, woman more weaker than any creature due to scarcity of interest representation.

Prior part of essay highlight the rationales behind woman's <sup>ed</sup> frailty. The later portion will discuss how woman is not weak but stronger in all mediums of life.

First, woman has achieved massive titles in sports. In this case American tennis star Serena Williams owes the fame and success. She holds ~~the~~ thirty nine major titles, twenty three in single, and fourteen in women's double and two in mixed double. She is considered the greatest of women's tennis players of all time. Clare Balding, a BBC presenter rightly says that "women's sport helps break down a lot of barriers for women in other areas, whether in religion or politics." Another famous athlete <sup>Sarina</sup> ~~Sarina~~ Baig achieved the title of the youngest

muslim woman to climb Mount Everest at the age of twenty one. She is also the first Pakistani woman and first muslim to climb all seven summits. When it comes to sports Mithali Raj of India is on the top of list. She is the first Indian and fifth cricketer overall to score over 1000 world cups runs. She holds the record for playing most consecutive women's one day internationals for a team. As a woman knows to turn into a diamond from glass, Mithali belongs to the society where women were buried alongside the dead bodies of their husbands. She rose as an inspiration for all and a monument of boldness and courage.

Secondly, women have more power to bear physical pain. She goes through the labour pain for multiple times but bears all with patience. In many years women are victims of domestic violence but they endure the suffering. They

serve twenty four hours job to ease their family's life and never take off from that job even in illness. An American author R. L. Stin writes that "Pain shapes a woman into warrior". Further women have low risk of severe diseases, as cardiovascular disease so, they have lower mortality rate than men. The American Heart Association, in its Heart Diseases and Stroke statistics, says that, before menopause, women typically have a lower risk of heart disease compared to men of the same age. In this regard, literature also supports women's strength. William Faulkner's "The Bear" rightly fits in this ground. In the novel a young woman Molly, who is determined to prove herself as equal to men, goes through herculean tasks of physical challenges, harsh weather, and dangerous wildlife encounters. At the end she vows the flag of her success.

Third, some Islamic representation of women's strength - Islam as a religion gave women strength and also advocates their power. Before Islam, Arabs used to bury their daughters alive. Prophet Muhammad called daughters as a guard for father, against hell. Heavens are considered under the feet of mothers and pious wives are superior than "Hours" of Paradise. Similarly, sisters are entitled the right in property distribution. There are many courageous women in Islamic history whose sole denies frailty of women. For instance, Hazrat Asiyah the wife of cruel Pharaoh was so brave that she did not accept his false deity and worshipped <sup>true</sup> God. Also, she raised Moses and supported him against Pharaoh. Khadija bint al-Khwaitat, the first wife of prophet Muhammad PBUH, was also the courage and supporting figure behind the prophet. She at

that time used to do business and help poors. Hazrat Khawla's bravery and courage also touches the strength of women. She fought many wars side by side her brother Dirar R.A. She led group of women against enemy's army in wars. Patience is the main strength of a person and the patience of Hazrat Hajra R.A is unmatched. She was deserted with her baby, running out of food and water then running down several times, in search of water and never gave up hope and courage. These were the women who are the ambassadors of women's firmness and solidarity.

~~Last but not the least~~

Fourth, women's role as successful administrators of state, counter hamlets exist point of view. Former head of UN Women Michelle Bachelet says that "For me, a better democracy is a democracy is a

"democracy where women don't only have the right to vote and elect but to be elected." Pakistan also witnessed many strong ladies. One of them is, Benazir Bhutto. She was the first woman Prime minister of any muslim country. She faced the assassination of his father and murders of his two brothers but remained firm in her mission. She brought the revival of democracy in the country after long period of dictatorships. Another lady that broke the chain of conservatism in her region was, Indira Gandhi, the only woman Prime minister of India. She is considered as strongest Prime minister of India. During her period, India made massive technological, industrial and economic development. Similarly Burma (Myanmar) is also blessed with a revolutionary lady leader Aung San San

Kyi. She did a non violent  
struggle for democracy and  
human rights. She is called  
famous prisoner of Burma, who  
has been under house arrest  
several times. She has also won  
Noble prize of peace. Therefore  
women are more powerful  
in decision making, leadership  
and carrying pressure.



Last but not the least women are more stronger than man in aspects of emotional power. They are rewarded with golden hearts which feels everyone's pain. Therefore, women have contributed a lot in the field of humanity. One of these Ladies also angels was Doctor Ruth Pfo who emigrated from <sup>Germany</sup> Germany in 1961 and devoted more than fifty five years of her life, fighting leprosy. She travelled from corner to corner of the country, with assistance from international donor agencies. She built a complete ~~leprosy~~ leprosy hospital in Karachi. Humanity

is incomplete without the contributions of Mother Teresa. She was an Albanian-Indian Catholic nun who moved to Ireland and then India at the age of eighteen. She is best known for the establishment of "Missionaries of Charity" in 1950. She contributed all her life to the poor, blind, aged, and disabled people in the list of humanitarian work. Madam Marie Curie cannot be forgotten. She discovered polonium and radium and championed the use of radioisotopes in medicine and found the way to cure the incurable cancer. She also won Noble Prize for that. Rosa Parks "the mother of civil rights movement" struggled for equal equality and initiated "Montgomery Bus Boycott" by refusing to give up her bus seat to a white man in Montgomery. She as a lady pushed America to achieve

Civil rights. All  
real examples  
Statement that  
is women.

These women are  
that deny the  
frailty they name

Former section of the essay threw light on the arguments that women are as powerful as men and as strong as iron. The later part will highlight the formulas to alleviate frailty of women in some regions.

To eliminate weakness in women, certain steps are needed to be taken. Because the weakness ~~is~~ is not natural or personality trait, but it is socially constructed. For this, it is necessary to provide quality education to girls. By getting equal education young girls will be confident enough.

to compete boys in this  
patriarchal society. Moreover, the  
maximum number of women  
are brought into politics,  
they will make laws beneficial  
for women and which will  
secure women rights in best  
way. Aung San Suu Kyi said  
that "I think more women  
should be involved in politics  
for the good of the human  
race". Women's representation  
in politics will not only save  
their interest but the interests  
of all humankind. Because  
as a family makers, they better  
know the needs of every person  
in family. In a same way,  
as state <sup>holder</sup> ~~maker~~ <sup>role</sup> they can be  
beneficial for everyone. Also  
discrimination against women should  
be eliminated and society should  
be made violence free. This  
reduction or elimination of  
gender gap will bring collective  
prosperity, and such fragile  
notions regarding women would

be removed.

To conclude, woman is the mother of all strength. From her womb, these athletes, strongman, and people like Shakespeare are born. It is she who bears pain to bring life of this world. Women is not strong only for her physical power of pain bearing, but she has a great stamina of leading world to the right path as an administrator or philanthropist. She rescues the moping world, with her courage, strength, zeal, and wisdom. Women's weakness is socially constructed as her roles. Society needs to build new mindset for the women of world, they are equally rightful to get education, political representation, and freedom, because women makes society, and women gives birth to the progress.

of the nation. As Malala  
Yusufzai said that "there are  
two powers in the world  
one is sword and the other  
is the pen. There is a third  
power stronger than both,  
that of women."

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