

Essay

FEMININITY IS NOT WEAKNESS AND
MASCULINITY IS NOT STRENGTH

OUTLINE

1- INTRODUCTION

1.1 - Hook Statement

1.2 - General Statements

1.3 - Thesis Statement: Femininity is not weakness and masculinity is not strength, both are social constructs and must be redefined for a more just and balanced society.

2- Gender identities formed by culture not capabilities.

3- Feminine Potential as a catalyst of strength

3.1 - Women challenging Traditional Professional Boundaries.

3.1.1 - Women in Politics

For instance: Mohandas Fatima Jinnah, Benazir Bhutto and Maryam Nawaz have broken traditional barriers by leading parties and representing women at national level.

EXCELLENT

3.1.2 From Margins to the Bench: Women in Judiciary
For instance: Figures like Justice Ayesha Malik, Justice Nasira Javed Iqbal, Justice Tahira Safdar and Justice Majida Rizvi showed that competence and leadership transcend gender.

3.1.3 Trailblazers in uniform: Women in armed forces
For instance: Maryam Mughtal, Nigae Johal and Flight Lieutenant Ayesha Farooq breaking the stereotype that only a male can defend its nation.

3.1.4 Breaking Bureaucratic Barriers: Women in Civil Service
For instance: ASP Shesha Bano Naqvi, SSP Anoush Masood and Maleeha Iqbal have broken the barriers that by proving that women can lead, command and represent the nation with equal excellence.

3.1.5 Women in Entrepreneurship: Redefining business leadership
For instance: Jehan Ara, Roshan Zafar, Saira Qasim and Saba Gul broke stereotypes in business.

3.1.6 Women champions breaking Gender Barriers -
Athletes like Sara Mir, Shahida Abbasi and Hajira Khan have broken stereotypes by excelling in sports.

EXCELLENT

4- Masculinity ~~does not~~ define strength.

4.1. How masculinity is defined by society and what traits are associated with it:

4.2. True strength goes beyond masculinity.

4.2.1. Strength is not physical alone.

For instance: Dr Abdul Qadir Khan, Abdul Sattar Edhi, Qasim-e-Azam and Malala Yousafzai proved that strength is not physical alone rather it is person's wisdom and character.

4.2.2. Emotional resilience matters more

Men often suppress their emotions to appear "masculine" but they risk their mental health

According to last survey of WHO 2019, in Pakistan 8.9 suicide occurred per 100,000 people (male 13.3% and female 4.3%).

4.2.3. Violence or aggression is not masculinity

Violence is often mistaken as masculinity and women are paying cost of this misunderstanding. Over 2200 domestic violence cases were reported in first half of 2025.

4.2.4 Strength is shown through service and sacrifice, not physical dominance.

Pak army, medics and disaster relief workers risk their lives to save others. ~~this shows that real strength is service and sacrifice.~~

5- WAY FORWARDS TO BREAK SUCH STEREOTYPES THAT FEMININITY IS WEAKNESS AND MASCULINITY IS Strength.

5-1- By providing education and awareness

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S.2. Redefine strength through Media

S.3. By ensuring equal opportunities for all

S.4. By promoting inspiring role models

S.5. By promoting inclusive community discussions

6 CONCLUSION

Thesis restated -

diversify expression plz