

Frailty is no more the name of Woman

Outline:

- 1 Introduction
- 2 Flashback on the Relation of Frailty with Woman
- 3 Struggle Behind the Term: Frailty is no more the Name of Woman

3.1 Feminist Movements in the West; First, Second and third Wave of feminism

3.2 United Nation Conferences on Women empowerment: Mexico city (1975), Copenhagen (1980), Nairobi (1985), and Beijing (1995).

3.3 Feminist Movements in Pakistan for legal reforms and economic empowerment

- 4 How Women Today are no frail Busting the Myth

4.1 Women's Role in Politics

(i) Fatima Jinnah's front line

participation in the Freedom Movement

4.2 Women as Administrators

(i) Headstrong women Successfully working in Non-Traditional fields

(a) Benazir Bhutto and Jacinda Ardern, Role Models

4.3 Women proving their mettle in Literature

(i) Women using the Power of words to make a Name

(a) Hellen Keller; An Author known Globally for her writing and Lectures

4.4 Women in the World of Science

(i) Women proving themselves in the field of Research and Inventions

(a) Marie Curie; the only person to have won a noble prize in Two Different fields

4.5 Women in Sports

(i) Women : going beyond the Ordinary and Testing their limits in the field

(a) Hajra Khan, the captain of Pakistan football team

4.6 Women as Armed Personnel

(i) Women breaking Misconceptions about their being delicate beings

(a) Lieutenant (Lt). General Nigar Jolter, Tangha-e-Imtaiz (TI)

5. What are some challenges to Women's Empowerment in the Developing world?

5.1 Lack of Education and awareness in the masses

5.2 Patriarchal mindset dominate

5.3 Workplace Stereotypes affecting their career advancement

5.4 Limited job opportunities all over the world

5.5 Limited Political participation

5.6 Gender base violence effects lives of women

6. How could the Myth of the Frailty of Women Be Countered?

6.1 Education and awareness to breakdown the barriers

6.2 Breaking gender Stereotypes for equal opportunities

6.3 Supporting women empowerment by patriarchal mindsets to fear free

6.4 Implementation of law and policies for women rights

6.5 Political participation should be meaningful

7. Critical Analysis

8. Conclusion

Essay

"Frailty, no more the name of women." This powerful assertion challenges the age-old perception of women as the weaker sex - a notion rooted in centuries of patriarchy and cultural stereotypes. History has often portrayed women as fragile beings confined to domestic boundaries, dependent on men for protection and survival. Yet, the modern era has witnessed a remarkable transformation. Women today are breaking barriers, defying odds, and proving that strength, intellect and resilience know no gender. From leading nations and commanding armies to excelling in science, education and entrepreneurship, women have rede-

defined the meaning of power and endurance. Their struggles for equality, justice and recognition have forged a path toward empowerment and social change. The twenty-first century woman stands as a symbol of courage and capability, challenging traditional hierarchies and reshaping the world's moral and intellectual landscape. The evolution from perceived fragility to undeniable strength reflects not only women's journey but humanity's progress toward fairness and equality. Thus, the phrase "Frailty, no more the name of women" encapsulates a global truth—that women are no longer defined by weakness but by wisdom, perseverance, and the unyielding spirit to rise beyond limitations.

The association of frailty with women has deep historical and cultural roots. For

Date: ___/___/2025

M T W T F S

centuries, patriarchal societies have portrayed women as physically weak, emotionally unstable, and intellectually inferior to men. Religious texts, literary works, and social customs reinforced this notion, confining women to domestic roles and denying them equal opportunities. The famous line from Shakespeare's Hamlet, "Frailty, thy name is woman," epitomized this belief, shaping gender stereotypes for generations. Women were expected to embody gentleness, obedience and dependence, while strength and leadership were reserved for men. The protection not only restricted women's potential but also justified their exclusion from public, political and intellectual life. However history reveals that this image of fragility was a social construct rather than a reality. Women's endurance in facing oppression, their

role in wars, revolutions, and social movements, and their unwavering spirit prove that "frailty" was never truly the essence of womanhood.

The journey towards redefining "frailty" as no longer the name of women has been marked by persistent struggles and global feminist movements.

The first wave feminism in the west during the 19th century and early 20th centuries focus on women's suffrage, legal rights and property ownership, challenging the notion of female dependency. The Second wave, emerging in the 1960s and 70s, expanded the struggle to workplace equality, reproductive rights, and liberation from patriarchal norms. The Third Wave of the 1980s to 90s embraced diversity, intersectionality and empowerment through self-expression. Global efforts including UN Conference on women - from Mexico

city 1975, to Beijing (1995) - further advanced the agenda of gender equality and women empowerment. In Pakistan, feminist Movement led by pioneers like Fatima Jinnah, Benazir Bhutto, and modern groups such as Aurat March have carried forward the struggle against gender-based oppression, proving that women's strength, not frailty, defines their true identity.

Therefore, today's women are not frail because in modern era they all are know how to get their rights and how to get independent without any man. There are some points elaborated that shows how women are ^{not} frail, as follows;

"There is no limit to what we, as women, can accomplish." - Michelle Obama. Women today have shatt

ered the myth of frailty by standing resiliently at the forefront of politics, leadership, and social change. In the freedom struggle of the Subcontinent, Fatima Jinnah emerged as a beacon of strength, courage and determination. Defying societal constraints, she fearlessly supported her brother, Quaid-e-Azam Muhammad Ali Jinnah, mobilized women across India and became the voice of empowerment in the patriarchal society. Her political activism inspired generation of women to take part in nation-building. Today women lead nations, advocate policies, and redefine power, proving that weakness was never their destiny.

Women not only empower themselves in politics but also empower in Administration. Women has excelled as administrators, policy-makers, and leaderships, proving their

competence in fields once dominated by men. Benazir Bhutto, Pakistan's first female Prime Minister, shattered stereotypes by leading a muslims-majority nation with courage and vision symbolizing empowerment and political grace. Similarly, Jacinda Ardern, former Prime Minister of New Zealand earned global admiration for her empathetic yet decisive leadership during crises like the Christchurch attack and the COVID-19 pandemic. These women embody determination and compassion, proving that leadership and resolve—not frailty—define modern womanhood.

Similarly, a truth vividly reflected in the literary world women have proven their intellectual strength and creative power. Through the written and spoken word, they have challenged stereotypes and re-

Date: ___/___/2025

shaped narratives. Helen Keller, despite being deaf and blind, became a globally acclaimed author and lecturer, inspiring millions with her books works like "The Story of My Life". Her eloquence and courage demonstrated that physical limitations could have never confine the power of the human spirit. Today, women writers and thinkers across the globe continue this legacy, using literature as a weapon to assert strength, wisdom, and resilience.

"Fairly no more the name of women" - a phrase perfectly echoed in the world of science and innovation. Women have shattered the myth of weakness by excelling in research, discovery, and invention.

Marie Curie, a towering figure in scientific history, became the person ever to win two Nobel Prizes - in physics.

Date: ___/___/2025

M T W T F S

ics and chemistry - for her groundbreaking work on radioactivity. Her achievements not only revolutionized science but also challenged gender barriers in academia. Following her legacy, countless women scientists today lead research in medicine, technology, and space exploration, proving that intellectual brilliance and perseverance - not frailty - are the true essence of women.

Despite, a truth powerfully reflected in the world of sports where women continue to challenge limits and redefine strength. No longer confined by stereotypes, they compete, lead, and inspire with unwavering determination. Majra Khan, captain of Pakistan's women's football team, stand as a shining example of resilience and leadership. Her journey from a dreamer to an international athlete symbolizes courage

Date: ___/___/20

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against all odds. By representing Pakistan on global platforms, she has proven that women possess not just physical strength but also mental endurance. Today, female athletes worldwide embody empowerment, proving strength - not frailty - defines women's spirit.

In addition, women empower in the field of Armed personnel. Once considered too delicate for combat or command, women today stand shoulder to shoulder with men in defending their nations. Lieutenant General Nigar Khan Johar, the first female three-star general in the Pakistan Army and recipient of Tamgha-e-Imtiaz (Military), exemplifies this transformation. Her rise to such a prestigious rank reflects discipline, courage and leadership beyond gendered expectations. Women like her prove that

Date: 1 / 2025

M T W T F S

valor, intellect, and dedication - not frailty - define true strength.

In Uniform, they serve as symbol of empowerment and national pride across the world.

However, there are some challenges that face by the women to get ^{more} empower in the world. They all are discussed below:

One of the major challenges to women's empowerment in the developing world is the lack of education and awareness among the masses. Illiteracy limits women's ability to access economic opportunities, participate in politics, and make informed life choices. According to a UNESCO (2023) report, over 60% of out of school girls in low-income countries never enter secondary education, perpetuating gender inequality across generation. Cultural norms

and poverty further discourage girls' schooling, reinforcing dependence and disempowerment. Without education, awareness about legal rights, health and employment remains minimal. Thus, investing in girls' education is not only vital for women's empowerment but also for sustainable national development.

Similarly, a significant barrier to women's empowerment in developing world is the deeply entrenched of patriarchal mindset that limits women's roles and opportunities. In many societies, traditional norms dictate male dominance and female submission, restricting women's access to education, employment, and decision making. According to a World Bank (2023) study, Patriarchal attitudes remain a key obstacle to gender equ-

ality, as women are often perceived as dependents rather than contributors to economic and social progress. Such mindsets perpetuate discrimination, gender-based violence, and exclusion from leadership roles. Overcoming these barriers requires cultural transformation through inclusion from leadership roles, education, awareness, and policy reforms that promote equal participation and dignity for women.

Besides workplace

Stereotypes remain a persistent challenge to women's empowerment in the developing world limiting their career growth and leadership opportunities. Women are often viewed as less capable of heading high-pressure or technical roles, leading to bias in hiring and promotion. According to a

UNDP (2022) report, gender stereotypes continue to shape workplace dynamics, resulting in unequal pay and underrepresentation in decision-making. Breaking barriers requires inclusive policies, mentorship, and cultural change to ensure women can thrive professionally without prejudice.

On the other side, limited job opportunities pose a major challenge to women's empowerment in the developing world, restricting their economic independence and social mobility. Many women face barriers such as gender bias, lack of skills training, and inadequate childcare support. According to an ILO (2023) report women's global labor force participation remains nearly 25% lower than men's, reflecting deep

Date: ___/___/2025

M T W T F S

Structural inequalities. This lack of access to employment prevents women from realizing their potential, reinforcing poverty and dependence in many developing societies.

In addition Gender-based violence remains a major challenge to women empowerment in the developing world. It limits women's ability to participate fully in education, employment, and decision-making. Fear of violence often forces women to remain silent, accept inequality, or withdraw from public life. This undermines their confidence, health and economic independence. Cultural norms and weak legal protections further worsen the issue. According to UN Women (2021), One in three women worldwide experiences physical or sexual violence, most often by an

'intimate partners.

After some challenges there are need to counter the myth of frailty and that can be possible with some strong and longterm solution to make women more empower in the world, are as follows,

Firstly, the myth of women's frailty can be effectively countered through education and awareness, which are powerful tools for breaking down long-standing gender barriers. By promoting gender-sensitive curricula and encouraging female participation in all fields, societies can challenge stereotypes that portray women as weak or incapable. Awareness campaigns also help reshape public attitude highlighting women's strength and achievement but also transform social norms, paving

the way for gender equality and lasting societal change.

Secondly, breaking gender stereotypes is a key challenge to women empowerment in the developing world, as traditional often limit women's access to equal opportunities. Deep-rooted beliefs that women belong only in domestic spaces restrict their participation in education, leadership, and the workforce. According to UNDP (2022), gender stereotypes continue to hinder progress by reinforcing discrimination and limiting women's potential in various sectors of society, including politics and business. In short, breaking gender stereotypes can help in women to more empowered in the world.

Thirdly, a major challenge to women empowerment in

in the developing world is the patriarchal mindset, which often prevents women from living and expressing themselves without fear. In many cultures, men hold dominant roles, discouraging women from pursuing education, careers, or leadership. For instance, in Pakistan, women in conservative areas face restrictions and even threats for seeking independence. Overcoming this requires shifting social attitudes, involving men as allies, and promoting policies that protect women's rights and ensure their freedom from fear and oppression.

Moreover, the myth of women's frailty can be countered through the effective implementation of laws and policies that promote gender equality. Legal frameworks must not only exist but be actively enforced to ensure women have equal access to education, employment, and leadership. Such implementation challenges harmful stereotypes and empowers

women to thrive. AS UN women (2021) highlights, strong policy enforcement is vital to dismate gender bias and achieve lasting empowerment.

Lastly, the myth of women's frailty can be effectively challenged through meaningful political participation. When women hold leadership roles, they demonstrate strength, intelligence and capabilities, breaking gender stereotypes. Ensuring equal political representation empowers women and transforms public perception. According to United Nation Women (2021), inclusive political systems are essential to achieving gender equality and dismantling long-standing myths about women's limitations.

"We cannot all succeed when half of us are held back"

Malala Yousafzai

In a strong analysis of the situation, it can be claimed that women undoubtedly are holders of strong

Date: ___/___/20

MTWTFSS

Strong personalities, both physically and mentally. Therefore, they can achieve greatness if given the opportunity and can ever snatch chances. Societal hurdles stand in their way. One stroke at a time, women have swum across the globe of difficulties over the years and they have made progress in several areas of life. Although the way ahead of them is not any easier even now, the path discovered by the brave women today will indeed assist the new generation in future.

To be concluded, there is no doubt, today's women are no more frail than past. Women have been regarded as weak for most recorded history, with several mention in literature and art. Misconceptions about their bodily and mental strength and persistence are unfamiliar to none. In Modern time, women are no more frail because they achieved their dreams job in sports, administration, Science and politician as well. "Empowering women is not just the right thing to do - it's the smart thing to do." — (Barack Obama) —