

ESSAY

FRAILTY THY NAME IS WOMAN

A) INTRODUCTION

B) THE MYTH OF FRAILTY

a) Biological Reasons

Lesser muscular strength compared to men, women reproductive system & hormonal fluctuations considered as weakness.

b) Social Reasons

People holding medieval thinking push women to subservient roles.

c) Political Reasons

Only a small percent of women 5-7% were Queens through the history.

C) STEREOTYPE VS. REALITY

a) Women Resilience in Politics

Fatma Jinnah, Benazir Bhutto, Angela Merkel

b) Women as administrators

c) Women role in field of literature

d) Women as scientists

e) Women in field of sports

f) Women as skilful Mountaineers

g) Women in Armed personnel

D) IMPACT OF STEREOTYPE

- a) Discrimination and oppression of women
- b) Limiting women potential & opportunities
- c) Reinforcing harmful gender roles and expectations.

E) HOW COULD THE MYTH OF FRAILTY OF WOMEN BE COUNTERED?

- a) To provide education and awareness to the people
- b) To break silence when witnessing any biased attitude
- c) To encourage Men's Role in supporting women around them
- d) Create inclusive and equitable environment that allow women to thrive and reach their full potential.

F) CONCLUSION

Essay

In a world where strength is often measured by physical prowess, Shakespeare's infamous phrase 'Frailty thy name is woman' echoes a timeless stereotype that has haunted women for centuries. However, this phrase is gross misrepresentation of women's capabilities and strengths. Women have consistently demonstrated remarkable resilience, adaptability and determination throughout the history. They as mothers, sister and wives are the builders and breakers of the society. No nation has touched the height of success without active participation of women. In 21st century, many a women have proved their might by showing their excellent abilities in different fields of life. Now women are actively participating in the field of business, medical, engineering, science and lab, and even in politics. Angela Merkel, the German chancellor is one of strongest women in the world, ruling thousand of intelligent and powerful men. (So, it is impractical to consider those men as weak).^{*} So, the statement 'frailty, thy name is woman' is devoid of logic. Instead women are pure depiction of what Mao Zedong has said "Women hold up half the sky".

In Shakespeare's time, people believed women were weak and inferior to men. Women were expected to stay at homes and take care of their families, while men worked out and held power. This idea of women being weak came out from ancient texts and religious beliefs. For example, Aristotle thought women were imperfect men, and Bible blamed Eve for original sin. These ideas made women dependent on men and limited their opportunities. Hamlet's statement 'Frailty thy name is woman' reflects these sexist attitude of Shakespeare's time.

Furthermore, if we delve into the myth of frailty, we found its roots in biological assumptions about women bodies. For centuries, women's reproductive system and hormonal fluctuations were seen as evidence for their physical and emotional weakness. Menstruation, pregnancy and childbirth were viewed as limitations to woman's capabilities, rather than natural processes. Furthermore women has lesser muscle strength than men. That is other cause to consider them weak. However, these beliefs totally astonished and fail to explain how a female body endures the painful process of childbirth that even a strong man can't bear. So, women are rendered weak, just because they look weak.

Women's value has been under recognised for too long.

cher. Actor & women's rights activist.

Another reason women are considered lesser beings than men are their social norms and expectations. Women were traditionally expected to prioritize domestic duties, while pursued public & professional lives. This division of labor reinforced the idea that women were suited for nurturing and support, but not for leadership and challenge. As a result, women's capabilities and ambitions were often underestimated and undervalued, reinforcing the myth of frailty.

The third reason why women are rendered weak is their lesser representation in politics. Throughout history, women's exclusion from political and economic decision making process has been justified by their supposed weakness and emotional instability.

At present, there is only 24.5 per cent representation of women in parliament throughout the world. While in history it, only 5-7% women were made Queens. So, this justified the thought that women are weak, because they ^{are less} political presences.

Despite the persistence of the myth of female frailty, and what, and whatever the biological, social and political reasons are imposed to prove women weak, reality tells a starkly different story. Women throughout history have defied stereotypes, demonstrating remarkable strength, resilience, and determination. From Queens and warriors to scientists and activists, women have consistently challenged and overcome the limitations imposed on them. An excellent example we can see in our Islamic history, where Hazrat Khadija R.A was famous business woman at that time. It she proved herself in the renowned businessmen of Arab. Another example can be seen a warrior Sahabiya, Nubayba bint-e-Kaab, who actively participated during wars along with men. Another example could be seen in Pakistan movement, where women worked side by side with their male counterparts to help the then Muslims on their way towards separate homeland. Thus women, shattered the gender based discrimination, and proved ^{their} true potential and to the world.

Some important examples of women participation in politics could be seen as Fatima Jinnah, who worked side by side with her Brother Mohammad Ali Jinnah; Benazir Bhutto, the 1st female Prime

minister and Angela Merkel, Chancellor of Germany. These women have demonstrated exceptional leadership and vision. These examples show that women can and do make a difference in politics, and their participation is necessary for creating a more just and equitable world.

Similar to politics, women proved themselves, to be effective administrators throughout the history. In Islamic history, women like Fatima Al-Fihri founded the university of Al Quaraouiyine in Morocco, one of oldest university. Similarly Queen Arwa of Yemen ruled with wisdom & justice, establishing mosques, schools and trade routes. In Pakistan, Fehmida Mirza became 1st female speaker of National Assembly in 2008, leading legislative body with skill & dedication. Other examples might be seen as Dr. Shamshad Akhtar, former governor of state bank and Jehan Ara, President of Pakistan Software House Association. These examples showcase women's ability to effectively administer and leads in these sectors,

In addition to administrative role, women also proved themselves in field of literature. For example Fatima Bhutto, author of 'Songs of Blood & Sword', and Kamila Shamsi, author of 'Home Fire' have granted international acclaim for writing. Another famous

and respected author, Bano Qudsia, who wrote "Raja Gidh", has proven herself in field of literature. Similarly, writers alike, J.K. Rowling, author of Harry Potter Series and Toni Morrison, author of 'Pride & Prejudice' have inspired millions with their words. These examples demonstrate the power of women's voice in literature.

Not only women made name in literature, but also have they earned accolades in the world of science. Science would never be at this climax without contribution of women. Marie Curie, the 1st woman to win noble prize, had remarkable work on radioactivity. Similarly Rosalind Franklin, worked in discovering the structure of DNA. Today's women like, Dr Mae Jemison, a NASA astronaut, continue to inspire future generations of women.

Just like women have proven themselves in science, they have made tremendous strides in sports. The Pakistan's women's hockey team and Pakistan's Women's Football's Team have challenged traditional gender norms and inspired young girls to take up sports. Serena Williams and Maria Sharapova, are other women inspiring the generations to compete in field of sports, proving that sports are have not remained a

a men only ground, but women can equally participate in it.

Apart from this, people generally think that mountaineering is a male passion.

^{But} Women of this age have bursted this concept, in depth. Samina Baig, who broadly broke the stereotype by climbing the Mount Everest in 2013, and Naila Kiani who climbed Seven Summits have inspired new generation of female climbers. So by reaching these heights, women have shown that they are not as much frail as they considered.

Last but not least, women have worked to the top of armed forces. As seen in the example of Lieutenant (LT.) General Nigar Johar, who has been posted as Pakistan's 1st Female Lt. General.

She proved that no matter, how hard the field is, women can handle it with great courage and grace. Thus women proved themselves that they can be dedicated and capable member of armed forces.

"There is no limit to what we, as women, can accomplish".

Michelle Obama

Even though women have effectively proven themselves in every field of life, yet the impacts of stereotype still exists. There are cultures, and areas, where women still facing gender discrimination and oppression from culture and religion. These women are still unable to showcase their potential to serve society. They are devoid of opportunities to prove themselves. They are still reinforced to harmful gender roles and societal expectations. All this must be countered to give women equal freedom as men.

The 1st and foremost cause to above behaviours is lack of authentic knowledge, and awareness. By providing quality education we can empower individuals to think critically and challenge societal norms. By educating, both men and women, where men learn how to respect women, and women learn what are their rights, a cultural shift can be created.

Secondly people must break silence over witnessing the biased attitude. By sharing our own experiences and listening to others, we can create a collective voice that demands change. We must encourage open dialogue to promote awareness and understanding.

Thirdly, Men ^{should} can play a vital role in empowering the women around them. Their support is crucial in creating a more equitable society. Whether at home, or work place or any social circle, men can play significant impact by promoting gender equality and respect women's autonomy.

Lastly, By creating an inclusive and equitable environment, and by fostering a culture of respect, empathy and open communication, we can build a space where women can empowered to success.

In nutshell, although women have faced a strong stereotype through-out the history, but their efforts to humanity can not be denied. They are still breaking the challenges, by making remarkable success in every field of life, proving them a strong member of society, both physically and emotionally. The real strenght women hold are their power to build or break a whole generation. Male, no matter how strong they might look, had lack this power. A strong woman, will raise a strong generation. This is what our society need to understand and help women to grow in such positive and respectful environment so she could show her potential with fear. In the last a quote will sumit

The strength of woman as a whole.

"The hands that rock the cradle,
is the hand that rules the world"