

"FRILITY: THY NAME IS WOMAN"

Outline:

1- Introduction:

The frail gender, as women are called often, has achieved significant accomplishments in several fields of life, like administration, sports and science. However, societal shackles still stand in the way of women's empowerment, but they can be warded off effectively with men's support and awareness on the importance of education.

2- Origin of the statement "Frility: Thy name is woman!"

3- A Woman - A Frail Gender.

3.1 - Biological reasons.

3.1.1 - Lesser muscular strength compared to men.

3.2 - Societal reasons

3.2.1 - Patriarchal society.

3.3 - Political reasons.

3.3.1 - 24.5% of women representation in parliament and 8% in national assembly.

4- Busting the myth - Women today are not frail:

4.1 - Women's Role in politics

4.1.1 - Example of Fatima Jinnah along with

4.1.2 - Example of Benazir Bhutto

4.1.3 - Example of Maryam Nawaz Sharif.

4.2. Women as Administrators

4.2.1 - Examples of Ms. Arifa Sabir, Dr. Hajra Zahoor, and Sany Malik.

4.3. Women proving themselves in the world of science and literature.

4.3.1 - examples of Helen Keller and Marie Curie.

4.4. Women as skillful mountaineers.

4.5. Women in Sports.

4.5.1 - examples of Farah Shoaib Malik, and many others.

4.6. Women as Armed personals.

4.6.1 - Lt. General Nigar Johar - Pakistan's first Lieutenant General.

5. Hurdles in Women's empowerment: ~~is~~

5.1 - Lack of awareness and education.

5.2 - Male dominant society -

5.3 - Biased gender roles

5.4. Prevalence of stereotypes at workplaces.

6. Measures to counter ^{the} hurdles in Women empowerment:

6.1 - To provide awareness and education

6.2 - To encourage men's role in supporting women around them

6.3 - To help marginalized women become financially independent.

6.4 - To break silence when witnessing any biased or sexist attitude.

7. Conclusion.

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"Frailty is defined as being fragile, fable and having moral weakness" (Oxford dictionary). Undoubtedly, life owes its color to the existence of women. As mothers, sisters, daughters and wives, they are the builders of and breakers of the society, and if it not for them, life will cease to exist. Still, words like "frailty", "weakness" and "delicate" have stuck with the women for centuries - as alluded in the Hamlet's soliloquy - owing to their lesser bodily strength and the prevalence of patriarchy in society, particularly in underdeveloped nations. Nevertheless, considering the achievements of women in the current century shatters the notion above. Women have provided their mettle in politics, administration, literature, forces, and sports. Still, a lack of education, backward mindset of people, and unconscious gender biases, stand in the way of women's empowerment. Strategies like raising awareness for women's rights, encouraging men's uplifting role and marginalizing women to become financially independent should be implemented to help the women in their empowerment.

Back when women held the traditional roles of homemakers and child bearers, they were considered creatures born for "little house" because of their soft nature. Shakespeare was also a playwright of that time and held similar beliefs, evident from his writings. In his play "Hamlet", the main character Hamlet calls out his mother to be weak because she had married her husband's brother just after

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a month ^{after} of his demise. This is ^{from} where the statement "frailty, thy name is woman" originates, generalizing that all women are frail.

~~After getting~~ Considering the above statement, women are judged for biological, social and political reasons. The biggest reason is that the women are judged for have been built differently, possibly weaker than men as they have much lesser muscular strength than men. Nevertheless, the proponents of this belief fail to explain how a woman's body endures the painful process of childbirth - So women are rendered weak, just because they were weak, as made by God but the body structure does not make them weak in all fields of life for sure - In fact, men are created by God to perform duties which suit them and women to perform that they find suitable. Thus "frailty" cannot be attached to a specific gender rather it varies with the personality and nature of the person.

Another reason women are considered lesser beings than men is that of social nature. The societies humans have developed over the centuries is predominantly patriarchal. Men hold prominent roles of breadwinning, and women are mere subjects of their honor. Thus, they are pushed to play a subservient role in the family life. as evident from a common Pakistani housewife's routine: cooking, doing laundry and bringing up children. Thus,

women in Pakistani households and other developing nations don't usually get the opportunity to play a productive role in society, leading to the development of a common perception of them as being of low stature.

women's value has been under-recognized for far too long-

ones, Actor and Women's rights Activist

Another reason women are considered "frail" beings than men is the lack of political presence of women. In most developing countries, women are not given enough representation in parliament, and because of this, their issues are not vocalized as much as needed; it also undermines the problems women face around the globe. According to a report, there is only 24.5% representation of women in parliaments around the world; with only 8% serving as national leaders. It indicates the lack of women's presence in the most crucial policy-making sphere of the world. Thus, women are considered less important than men because they lack political presence.

Despite the differential attitude of the developing nations towards the women, they have risen in several fields and have become more potent.

Especially in the 21st century, women have started getting into more decisive and political roles. A pretty helpful example would be seen in Pakistan movement, where women worked side by side

with their male counterparts to help the then Muslims on their way towards a separate homeland. For instance, Fatima Jinnah is a notable name for women's front-line leadership in guiding Muslims back in the mid-20th century. She worked side by side with her brother, Muhammad Ali Jinnah and proved that women have never stood behind on the matters of national importance. Another example is of Mrs. Benazir Bhutto, the first female Prime Minister in the Muslim world. Her rise in the political arena and her struggle for democracy shows that she had exceptional capabilities in facing difficult times. She not only rebuilt her father's political party but also became an independent figure in the politics of the country. ~~She~~ Likewise, Mayam Nawaz Sharif currently serving as first female Chief Minister of Punjab province in Pakistan is a prominent example of women in politics. Thus, women have undoubtedly have the capabilities to lead from the front independently, and they have started doing so in the political arena.

Similar to politics, women have also taken up the decisive - "administrative" roles worldwide. Their solid political growth has earned them a place in the mainstream leadership of even some developing countries like Pakistan. Examples of women role models in the administrative troika are Aifa Sabooha who was the first Deputy Commissioner, Dr. Najra Zahoor who has also qualified ^{as} Civil Service Officer in PAFS and Bassy Sher Malik.

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Jacinda Arden, New Zealand's Prime Minister hailed for being the head of the government who has given birth during her office tenure. Similarly, Hasena Sheikh, former Prime Minister of Bangladesh, a politician and a leader is also a depiction of how women can also lead a nation. Such women have definitely raised the bars of leadership roles. The role of Mother Teresa in the service of people is also a source of inspiration for all women. Their personalities give the message that no one can stop the woman from doing anything if she is determined to do so.

In addition to administrative roles, women have also proved their mettle in literature - They have earned a reputable place in the literary world. by using their power of words and expressions to spread meaningful messages. for instance, Helen Keller, who was blind from a young age, learned to communicate through her words and is known globally for her books and lectures. She has travelled around the globe to spread the wisdom, her disability taught her and is quite well known for the saying, "the seeing see little". Thus even being differently abled than normal human beings, the depth of Keller's works has reiterated that women are second to none.

Not only have the women made a name in literature, but also have they earned accolades in the world of science. The ever-growing arena of science and technology would not progress at the current pace had it not been for women's input and efforts. A shining example of such a woman's

Marie Curie, the scientist who discovered the elements of Radium and Polonium while working with her husband, Pierre Curie. She is only the person to have won a Nobel Prize in two fields. In addition, her constant hard work and service for the cause of humanity are what helped man develop critical cancer treatment regimens today. Thus women have also emerged as strong scientists.

The apparently "frail" gender has not limited itself to working within boundaries; instead, women have broken misconceptions about them and shattered the barriers to becoming the greatest mountaineers the world has ever seen. They have undergone rigorous training and exercise in the field of mountain climbing considered appropriate only for men to show how they are equally capable of achieving great things. For instance, Pakistani mountaineer, Samina Baig has proven that women are not to be considered weak. By climbing the highest peak, Mount Everest. Walking in her footsteps, many young women have begun to pursue this career. So, by reaching new heights, women have shown that they are not as weak creatures as is commonly perceived.

Besides rocky and snowy terrains, women have also made it into esteemed sports arena worldwide. They have gone beyond the ordinary and tested their limits in the fields that were earlier considered men's fields. For example, Sania Mirza - Indian tennis player, Serena Williams and Maria Sharapova are world wide

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are world-renowned tennis champions who have won many sports accolades. These medals, trophies and recognition awards are not merely praised for these ~~two~~ athletes but an honour for all the women today. Sports have not remained a men-only ground, and females have also proved themselves in this area.

Last but not the least, women have worked to the top of the armed forces hierarchy. They have broken the misconceptions about their being delicate beings and have done so gracefully, as seen in the example of Lieutenant General Nigar Johar, Tamghae Intiaz (TI) - Pakistan's first female Lt. General - She has proved that no matter how hard the field is, whether at home or outside, women can handle it with great courage and grace. Moreover, such women have definitely opened new doorways for their fellow females by enduring pain and taking first steps. Thus, even the armed forces have found women equally strong as men; as also said by Michelle Obama;

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