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Why Men Fight?

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"I'm a fighting man, a fighting man with generations of fighting men before me in family. That's all we do: We fight." Tyson

This indicates a constant struggle of men from the day one of their life to till death. It is a reality that men have to fight all the battles ongoing inside the and the wars of this world also.

There could be multiple factors behind these wars or battles to initiate but the only solution that left behind is to fight, to fight for survival, to fight for resurrection and sometimes for the glory of family and a nation.

The term, "Why Men Fight?" involve both the things: their natural ability to fight and the factors correspond to that. There are multiple reasons

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behind it like psychological factors including emotional suppression, less empathy and variant stress response. Another important thing is biological factors for example hormones, thicker stronger bones and skin and powerful muscles. Societal Norms and historical background like protection of honour, desire of brutal reputation, being bread winner of family, nationalism and identity and territory desire, recent feminist movements added to fear of masculinity by putting challenges to existing social injustice, redefining gender roles and exerted threat to patriarchy. So, men fight for multiple inner and outer reasons and ultimate goal is to survive and exalt the name of ^{their} nations.

At first, the reason behind the battles of men is psychological factors. The more prominent is emotional suppression. It is a bitter reality of our society that men are discouraged if they show any kind of ^{weak} emotions like they can cry in front of family members or friends. They ^{are} constantly gathering up

their emotions so all this at one day result into severe aggression and conflicts even in minor things. Then comes comparatively less empathic nature of men as compared to women. The men are mostly become antisocial and antagonistic due to less compassionate feelings. Klein and Hodges (2001) found women performed significantly better than men on a measure of empathy.

At last comes stress response, women's stress response is characterized by tend and be friend processes, while men's is characterized by "fight-or-flight".

This hypothesis is supported by neuroendocrine and behavioral evidence. One more thing is that men may externalize their stress more by engaging in acts of aggression or unhealthy coping behaviors like use of drugs sometimes. Thus, psychological factors including being less expressive, less empathic and ~~to~~ less prone to friendliness in case of any stressed situation are reasons for men to fight.

Secondly, biological factors are playing key role in fights

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initiated by Men. At first, hormones are major reason of aggression. Testosterone is male sex hormone that plays important role in the body. It activates the subcortical areas of the brain to produce aggression.

It is an interesting fact that winning a fight can increase testosterone levels while losing can suppress it. Then comes thicker and stronger bones. These help

men to perform toughest physical works as well as involve in physical fights as well. They are less prone to bone fracture as compared to women.

Then comes insensitive skin, usually men have thick skin so they can tolerate toughest weather conditions. This is a reason that make labourers to fight

the battle of bread and butter for their families in bad weather conditions as well. Strong muscles are

the leading cause that made men to fight for the glory of their nations in playgrounds. They make

the men more good athletes and sportsmen, giving them another reason to

fight ^{for} something bigger and exalt ^{the name of} their nations. According to a survey, 77% more men play in team sport than women play and there is a 22% gap between girls and boys. In conclusion, biological factors like hormones and strong physical structure provide more favourable reasons to men for fighting.

Thirdly, societal norms and historical perspectives are essential causes of fights. First and foremost factor is protection of honour. The men have to fight in order to secure their honour of their family.

If we look into the history Trojan war is the best example in this prospect. It was fought between the Greeks and Trojans in ancient Greece and one of the main reasons for the war was the abduction of Helen, the wife of Greek king Menelaus, by the Trojan prince Paris. Another example is war of the Sicilian vespers, it was fought between the French and Aragonese in the 13th century and one of the causes of the war was the rape of Sicilian noble woman by a French soldier.

Then comes, man's desire for brutal reputation. History witnessed that to suppress others, Mongols fought for brutal reputation. They often ended up slaughtering nearly everyone around them. As Men are bread winners of their families as per current societal norms, so they have to fight consistently at each front. It makes them busy either in brain game if they are doing any white-collar job or push them in physical work and if they are working as daily-wage labourers. Then comes nationalism and identity motivating men to fight. It is a common norm since historical days that only strong warriors are matchless power of a nation. So, men have to fight to take revenge of any injustice or to earn of reputation. For example, to take revenge of the assassination of Austrian Archduke Franz Ferdinand on 28 June 1914 resulted into chain of events leading to WWI. Similarly, U.S invaded Afghanistan in response to 9/11 attacks. The main reason behind was revenge and self-defense.

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Finally comes territory desire, to expand the lands and become more powerful has always been the dream of men. So, they fought war for it also. For example, Hitler wanted Germans to live in Poland and considered Polish people as inferior one.

This was the leading cause of start of WWII. So, social norms and historical perspective including defend reputation, desire for brutal and powerful reputation, earning of livelihood, patriotism and desire to annex more area, always paved path for men to be strong fighters.