

The Relationship between Females and Males

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Abstract: The relationship between males and females is a complex and dynamic interaction shaped by biological, psychological and social factors.

In today's fast-paced world, the relationship between males and females is a hot topic in discussion. Members of both genders are trying to build healthy relationship with their partners, however, they are facing the number of problems at the same time.

Key points: successful relationship, coping with stress, problems in many families, different worlds of both males and females, living stereotypes.

Introduction.

First of all, some families still believe some stereotypes which contribute to breaking the relationships between couples. In the past, men were seen as providers and women as caregivers. In the past centuries, females' main responsibilities were doing house chores, bringing up their children and taking care of their family, spending the whole day on households and limiting personal development of them. However, in today's modern society, there are a wide range of opportunities available for women to create career path and it is seen that many females are reaching their own personal development day by day. Also, authorities has opened many doors to support women's rights, creating a number of job opportunities in many fields, including marketing, business area and so on. But, some families are not still open these developments and restrict females with only house chores. As a result, the problem of gender inequality has arisen among families, leading males and females to misunderstand each other. I do concur with this opinion that "couples who support each other's careers and personal interests tend to have longer, healthier relationships." (American Psychological Association, 2019) As most women in many parts of the Earth have a strong desire to develop their career path with personal interests, they have the rights to develop themselves. If men understand these women's demand and support them, women will help them and appreciate their personality. In addition, experts say that "both men and women contribute to household duties, childcare and financial stability in modern families" (Pew Research Center, 2015) and this situation, in turn, contribute to strength the bonds between couples in some respects, because they spend time together by doing something at the same time. In other words, the more both genders support each other, the more they are likely to achieve the healthy and long relationships through their lives.

Research and methods.

Secondly, the world of men and women differs from each other. Although everyone agree that men and women are different, how different is still undefined for most people. Understanding of these differences helps to reduce tension between two opposite genders. The main problems among

families stem from this opinion: men mistakenly expect women to think, communicate and react the way men do; women mistakenly expect me to feel, communicate and respond the way women do. To be precise, each gender has unique and unrepeatable features which are not common in another sex. These days many member of both genders do not understand these characters and many problems are happening due to these misunderstandings.

If we look at the mindset of men, a man's sense of self is defined through his ability to achieve results. For them, everything in their life is a reflection of these values. Even their dress is designed to show their skills and competence. For example, police officers, soldiers, businessmen, scientists, cab drivers, technicians, and chefs all wear uniforms at least hats to reflect their competence and power. They do not have any interests in reading magazines, like Psychology today, self or people as like women do like reading something new. Also, we can see their desire to show their interests and hobbies. Almost all men are concerned about outdoor activities, such as hunting, fishing, and racing cars. They are interested in the news, weather, and sports and could not care less about romance novels and self-help books. Always they share interests in "objects" and "things" rather than people and feelings. Even today on Earth, while women fantasize about romance, men fantasize about powerful cars, faster computers, gadgets, and new powerful technology. Men are preoccupied with the "things" than can help them express power by creating results and achieving their goals. On top of this, achieving goals is important to males because it is a way him to prove his competence and thus feel good about himself. And for him to feel good about himself he must achieve these goals by himself. Someone can not achieve them for him. Men pride themselves in doing things all by themselves. Women also want their partners to change their characters and behaviours and nurture as like bring up their children. As a consequence, conflicts start to happen between them.

When it comes to the characters of females, they have different values. They value love, communication, beauty, and relationships. They spend a lot of time supporting, helping, and nurturing one another. Their sense of self is defined through their feelings and the quality of their relationships. They experience fulfillment through sharing and relating. Everything on women reflects these values. Rather than building high-rise buildings, females are more concerned about with living together in harmony, community, and loving cooperation. Relationships are more important than work and technology. In most ways their world is the opposite of males. They do not wear uniforms like men. On the contrary, they enjoy wearing a different outfit every day according to how they are feeling. ("Men are from Mars, Women are from Venus", John Gray)

I think understanding these characters is essential for both men and women and they should value each other's world, realizing the difference of two opposite sexes.

Result and discussion.

Thirdly, even dealing with stress in the character of male and female is different from each other. Today every people, even young people experience stress every day since life has become a full of problems. Both genders react differently this issue and they come across another misunderstanding in their family.

Take men as a example, they never talk about what is bothering him. Instead they become quiet and go their caves to think about their problems and find a solution to their problem. At that time, they are powerless to give their partner the quality attention and this is hard for women to be accepting of them at these times because they do not know how stressed they are. Women generally do not understand how men cope with stress. They expect men to open up and talk about all their problems the way they do, but men do in the opposite way. If females make men feel free and give time for thinking deeply about their and problems and solutions, the tension between them will lbe lower and over time, men continue to love their partner.

Also, females react stress in a different way from men's one. When they are stressed, she instinctively feels a need to talk about her feelings and all the possible problems that are associated with her feelings. At theset times, they find relief through talking in great detail about their various

problems and if they feel they are being heard, her stress disappears. Instead of this, almost men tend to offer solution for women's problems, however, active listening and support are enough for them. (Men are from Mars, Women are from Venus", John Gray)

Understanding these differences of communication style among them is helpful to build and strength healthy and strong relationship

Last, but not least, another problem is mostly related to women. In other words, they are afraid of receiving. They think themselves they are not worthy of love and as a result, too much giving is tiring. In some cases, they sacrifice their whole life for their family. It is unfair situation for them to spend the whole life for family, not for personal development. If women consider themselves as unworthy of receiving love, so do men. When they are ready to learn how to receive and spend some time for their personal development, men start to learn to give something special for females. (Men are from Mars, Women are from Venus", John Gray)

Conclusion.

Taking into account of these considerations, building a health and long relationship is a milestone for both genders. it is a kind of art and the most important life skill that requires mastering it from males amd females. Giving chances for women to create their career path, understanding each other's behaviour, coping with stress and communication style play an important role in maintaining successful relationships.

References:

1. Pew Research center (2015)
2. Research from American psychological Association(APA, 2019)
3. The book called " Men are from Mars, Women are from Venus" written by John Gray. EPub Edition AUGUST 2013 ISBN: 1793363.