



Are females better than males?

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Abstract

During the green revolution, males being physically stronger went to the fields and were involved in physical/manual labor and become bread earners of the family. Women had a supporting role. Today, the game has changed. The so-called “weaker sex” is going strong. They have proven to be better in most fronts of life and despite being labeled as the weaker sex, God has given them a genetic make-up which helps them tackle crises better and survive in this world longer as compared to the male counterparts.

Introduction

There are genetic and biological differences in both sexes which make them dress, behave, and respond to different situations differently. Males have an X and a Y chromosome, whereas females have two X chromosomes. This absence of Y chromosome and an additional X chromosome makes the two sexes look different. Males have a sex hormone named as testosterone which makes them aggressive and risk-takers. Females, on the other hand, have a sex hormone named estrogen which is a “protective” hormone. These different sex hormones make males and females behave differently in different circumstances.

Discussion

In the olden days, everyone desired a male child. There were grand celebrations by the family members where a male child was born. He was fed better and looked after better as compared to the female child in the same house. The logic behind this was that he was physically stronger compared to the female counterpart and was likely to take over the responsibilities of working in the fields, growing crops, and ultimately becoming the bread earner of the family. More the number of male youngsters in a family, better were they considered as a family financially as they had more hands for physical work and could procure more and lead a better quality of life. In those times, most of the people were dependent on agriculture to earn their

living and the males led the show as they were considered to be physically strong.

Women of the family had a supporting role carrying food to the fields, helping in keeping the birds away from the crop and harvest.

Today, the game has changed. The so-called “weaker sex” is going strong although they still remain the “fairer sex.” Daughters have been proven to be better as compared to sons as far as looking after their elderly parents are concerned. Female child is more expressive and not only loves her parents but also expresses that love well. Love when not expressed is no love at all. Humans like to be loved and appreciated by their near and dear ones. There is an Irish saying “A son is a son till he gets his wife but a daughter is a daughter throughout her life.”

The relationship between a father and a daughter is special and unique. A father holds his daughter’s hand for a while and, in turn, she holds his heart forever. Behind every great daughter is a truly amazing dad. It is a treat to bring up daughters and only a father who has a daughter will understand what a man who does not have a daughter is missing in life. No one in this world can love a girl more than her father. A father may turn a stony face to his son, but he is a high-class hostage of a daughter and his toughness easily melts when he is with her.

A mother’s love for her child is unconditional and mother-son bond is equally unique as is the father-daughter relationship. Andrea Dworkin summed it all up when she said, “For a mother

the project of raising a boy is the most fulfilling project, she can hope for. She can watch him, as a child, play the games she was not allowed to play; she can invest in him her ideas, aspirations, ambitions, and values – or whatever she has left of them; she can watch her son, who came from her flesh and whose life was sustained by her work and devotion, embody her in the world". The love between a mother and son is the purest love. It is understanding of any situation and forgiving of any mistake.

A woman is special and unique with some special characteristics. She is both soft and powerful, practical, and spiritual. She feels deeply and loves fiercely, laughs amply, and cries abundantly. She is versatile and can keep many balls in the air. She can make sandwiches, do laundry, drink tea, and fix up an appointment with the dentist all together. Somehow she is an expert in managing so many things at a time. She is an amazing cook and feeds children and elders; she decorates her house beautifully and spreads love and warmth and makes a house a home. She helps the kids with their homework and projects. She attends parent-teacher meetings and has an amazing memory to remember and wish all the near and dear ones on their birthdays and anniversaries.

She makes good office staff. Some companies prefer to have female staff because they find them more sincere and focused in their work. Nursing profession which is demanding and one of the oldest professions has predominantly females, maybe because females are more empathetic, perceptive, and warmhearted. Just go through the board results these days and see for yourself, the pass percentage and the number of female toppers which are on a constant rise. Right from the glamour world, fashion industry, hospitality and travel industry, medical services, banking, IT, law to chief executive officer, chief financial officer, and chief operating officer of large companies to space organizations, pilots, and fighter pilots, they are making their presence felt everywhere.

They just need education, grooming, and right opportunities to make it big. It has been seen that women survive crises better and live longer as compared to men. Women are the life-expectancy champions: They can expect to live longer than men almost anywhere in the world today.^[1] The survival advantage of women which becomes more evident under conditions of crisis is fundamentally biologically. A well-known story concerns the Donner party, a group of settlers that lost twice as many men as women when stranded for 6 months in the extreme winter in the Sierra Nevada mountains.^[2] Some studies provide evidence that women appear to survive cardiovascular diseases, cancers, and disabilities longer than men.^[3]

Sex hormones seem to play a key role^[4] in giving survival benefit to women. Estrogens have anti-inflammatory and vasoprotective effects,^[5] whereas testosterone increases the mortality risk for certain diseases.^[6] While estrogen enhances immune defense mechanisms, testosterone and progesterone may have immunosuppressive effects^[7] and may act as antioxidants. Testosterone alters social behavior, thereby increasing exposure to infection.^[8] These findings inferred that low male immune competence contributes to sex differences

in mortality.^[9] Moreover, risk-taking behavior in men in the form of tobacco and alcohol consumption in greater quantities, speed driving, and eating less salubriously than women do result in increased risks of cardiovascular diseases, lung cancer, liver cirrhosis, and accident deaths.

Conclusion

Females have lower mortality than males across all ages. Sex difference in survival can be partly attributed to the fact that females have two X chromosomes while males have only one. Gender is associated with behavior, lifestyle, and life experience differences. Testosterone causes aggressive behavior which is associated with risk-taking, toy preferences, and verbosity.^[10] Gender affects a wide range of physiological function. Family caregiving is a term used for unpaid care provided by family members or friends to chronically ill or functionally impaired persons^[11] and majority of family caregiving is carried out by women.^[12] Women are better at multitasking than men. The hunter-gatherer hypothesis supports this theory^[13] which proposes that the division of work led to differences in task performance through natural selection. The role of males was to hunt for food and gradually they excelled at an action system tailored toward spatial proficiency and fast perception-action coupling, whereas the role of women was to raise the offspring, prepare food, and engage in more general "housekeeping" activities, and they have achieved excellence in an action system which enables them to manage these concurrent demands. Males are known for more suppression of emotional displays than females.

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