

The differences between a man and a woman



Over hundreds of centuries we have contemplated the differences between a man and woman, in the end they both turn into different categories yet are still the same flesh and blood. After all these years it has come down to stereotypes for men and woman. In society today, there is what they call a stereotypical man and a stereotypical woman. When asking a man his thoughts on a Woman and being that men only see what they want to see, he would confess that they are made for men and to raise children at home.. However, when asking a woman her thoughts about Men, and being that most women see things in a perspective point of view, she would say that our society has taught us that a “ real” man is strong, courageous, knowledgeable, disciplined, competitive, in control, and unemotional.

Stereotypically, men are dependent on woman for satisfying relationships, for producing children, and of course for the routine home and health maintenance like housekeeping and cooking. Women turn to men when we they need things done. Men are known as the “ mister fix-it” and to provide for the household.

While stating the different expectations from both a woman and mans point of view they are all around different. Experts have discovered that there are actually differences in the way a woman and mans brain are structured and in the way they react to events. Women communicate more effectively than men. Woman focus on how to create a solution that works, talking through issues, and by using non-verbal cues such as tones, and emotions. Men tend to be more task-oriented, less talkative, and more isolated. Men tend to have a more difficult time understanding emotions that are not verbalized. Men also tend to process better in the left hemisphere of their brain while a

woman tends to process equally between the two hemispheres. The difference between the two explains why men are generally stronger with left-brain activities and when approaching problem-solving from a task-oriented situation while the woman solves problems more creatively and become more aware of feelings when communicating.

There is a specific area of the brain called the inferior-parietal lobule and it is significantly larger in men. This section of the brain is thought to control their mental mathematical abilities. With this being said men tend to succeed more often in a mathematical tasks than women do. The larger right side in women allows them to focus more on sensory. In a stressful situations a women will approach a situation with a “tend and befriending” strategy while a man will have a “fight or flight” mentality. The reason for these different reactions between the two is rooted in hormones.

During stress a hormone oxytocin is released in everyone. Estrogen enhances oxytocin causing a calming and nurturing feeling whereas testosterone which only men produce, raises during stress and reduces the effects of the oxytocin. Typically men have brains that are 11-12% bigger than a womens. Although the size difference has nothing to do with intelligence, it explains the difference in physical size between a man and woman.

Men and women also perceive pain differently. When injured a woman requires more morphine than a man would to reach the same level of pain reduction. Women are more likely to vocalize their pain.

There are numerous disorders that bother men and women are susceptible to but both in different ways. Men tend to have dyslexia or language problems and women are more susceptible to having mood disorders such as depression and anxiety. More men than women are left-handed and men are also more likely to be diagnosed with autism, ADHD, and Tourettes Syndrome.