

# A Study Of Psychological, Physical, And Mental Equality Between Men And Women In Islam

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## **Abstract:**

According to sharia, men are superior to women. This supremacy of men is for the benefit of women, and there is no loss for her in it. As there is leader in every system, same is here, leader is very necessary and important for family system. The Religion Islam do not consider the equality of men and women on physical and natural basis and handover certain matters. if to establish this type of equality it will be contradictory to the laws of nature and the result will come Conspiracy and anarchism into the circle of social and cultural. Before taking into consideration the similarities between male and female in the light of Islam it is essential to explain the opinion of experts of psychological behavior. The first opinion is that there is a huge difference in thinking and understanding between men and women on negative disagreement. Those who are in favor of this opinion are given the name of (gender start) in modern science. The 2nd opinion, is there any reality in similarities and motives between male and female? If it is so, what is the nature of that? Psychologist are agreeing on a point that this is not easy to answer the questions between mental, practical and physical abilities of male and female.

In the view of some investigators, it is observed that woman have more mental ability as compared to men.

**Keywords:** Muslim communities, mental equality, supremacy, physical behavior

## **Introduction:**

Before clarifying the common denominator between men and women in the light of Islamic teachings, it is necessary to shed light on the views of leading experts in the study of psychological attitudes. This is a question that people of all ages are interested in answering, not just thinkers. Ordinary people also show interest in this subject. In this regard, some have increased the sensitivity of the subject.

## **The two-dimensional Concept of Equality between Men and Women**

These questions can be divided into two different dimensions. In the world of psychology today it is still accepted as a strong and effective concept

and numerous researches are taking place on it. It is well known that men are generally accepted by society as the ruler of purposeful self-love. On the other hand, there is no general concept about women. They are considered as persons who have got the responsibility of managing household-oriented works.

The second struggle begins here. When the possibility of the first struggle is recognized to be wrong, then according to the scientific method, an attempt can be made to find out research priority criteria whether there is a difference between a man and a woman. If there is any truth in the discussion of common and different provisions, then what is their nature.

Psychologists have agreed that the questions regarding the mental and practical abilities of men and women are not easy to be answered accurately. After the investigation of many decades, all the observations have strengthened this thought and it has been narrated that the differences of ideological and practical attitudes of men and women and their comparisons are tough asks by all means. JS Hyde has found that it is important for researchers to describe the different occasions in a way that they could be easily used for observation and are understandable as well.

Adopting philosophical language and style in this matter can lead to debate. Based on this principle, our research shows that the scales that have been set so far for measuring mental abilities and practical attitudes are the same for men and women. The gender comparisons have been able to identify with the facts that there is very little difference between men and women in terms of mental ability. According to Hyde this difference is also different in studying the attitude. According to Hyde, there are some experts of attitudes learning who think that there exists a huge difference between men and women instead of little ones. A group of psychologists disagrees with the notion that there is a huge difference in the mental abilities of men and women and boys and girls. This difference not only impacts daily life works but also has effects on the variety of physical attributes. As per the Islamic Sharia, both men and women are equal for attaining superiority. Allah Says "People we have given birth to you from a man and woman. Undoubtedly from all of you the worth of respect and close to Allah is the person who is pious and God-fearing".

### **Differences in Physical Abilities**

According to psychologists, men and women differ in physical abilities, there are some subtle differences between men and women, but they differ significantly as well in certain aspects.

Other physical differences have also been observed in boys and girls. This is why there are great male cricketers in the world on the one hand and women with excellent skills in embroidery on the other hand. Boys are more likely to have color blindness than girls.

One of the reasons why women are so conscious of their clothes and make-up colors is because women have a very strong sense of smell and taste. They are more concerned with choosing the scent of their perfume, which is probably a good thing. Many researchers have observed that men are more likely to have a minimal brain dysfunction than women, so boys are more likely to be mentally retarded than girls with a mental retardation rate. It has also been observed that girls get to puberty about two years earlier than boys.

This is called the beginning of menarche. Researchers have also pointed out that in addition to these very visible and obvious physical differences between men and women, there are some less visible ones. There are also differences. These include the physical decline of men and women. "

Man has been made by Islam to fulfill the needs of the family monetarily. That doesn't mean that man is superior it means that man has got an extra responsibility. A man is physically stronger than a woman and he can do difficult work.

### **Differences in the sexual orientation of men and women**

In the United States, two people, William Howell Masters and Virginia E. Johnson have done researches on various aspects of gender studies.

According to research conducted by the two of them,

Both men and women go through four stages in their physical reactions. That is

- (1) Stimulation: At this stage, the sexual awakening of the individual begins.
- (2) Consistent: At this stage, the interpreter increases a lot.

(3) Limitation: In the third stage, a person experiences a strong feeling of liberation.

(4) Getting Back Power: During this last stage, the body returns to its normal state. Apart from that, including symptoms, there is also blood pressure and the heart rate is relatively slow.

There is also a significant difference in reaction between men and women. That is to say, women are naturally quick-witted.

Together they have the potential to exceed the limits for most of the time that is not found in men. Goes considering the facts found in this regard, it can be said that at least, in this case, women are stronger than men.

### **Differences in the mental development of men and women**

After the 1950s, the feminist humanitarian movement in the West emerged and it was led by feminist psychologists. It had claimed that there are differences in the mental development of men and women in some respects. For example, reading women are better than men in certain matters and they can use so many words. Women in such matters proved to be better than men, in which the perception of the details, the sharpness of the hands, and the right moves are needed. "

Men are better in matters than women by all means in which there exists the usage of numerical values. But these are considered to be minute differences that are only used for the sake of arguments. Apart from these certain types of minute differences, there is no such major difference in the mental abilities of men and women. But it can be seen that in today's world there exists some sections of the societies that rate women less wise than men. These assumptions are made on the wrong basis. There are some basic traits of intelligence that are believed to be absent in women. One of them is creativity and the other one is acquisition movement. Islam has given importance to the religious and social rights of women. But to bring stability in the family system man has been made the administrator of

the house. Man has been given the responsibility to earn bread and butter for his family. This division of responsibilities is in the favor of a woman because in that way she will not have to pay attention to the outside works. She will have more focus on the household responsibilities.

### **Comparison of Men and Women in Motivation**

It can also be seen that there is a general tendency for psychologists that they relate gaining success with the persuasion of motivation. In this regard, a theory is put forward that in many people the level of motivation is more while in some people this seems to be quite less. That is why it is believed that it is more prevalent among successful people. It is also believed that not only at individual levels but also groups of people and nations are also having more or less motivation at the same. Thus the world is divided into various sections depending upon the excess and deficiency of motivation. Successful people are believed to be having more motivation and they are having control of almost every single moment of their lives.

There are other views that women lack motivation due to their hectic household work. If they have gone out of their houses they would have had more opportunities. Men are always paid less for their jobs and they are not given a high-level task by any means in that way they cannot even imagine competing men in this world. Apart from that, there is a phenomenon called the fear of success which is a social-economic role based on particular thinking that takes place due to certain circumstances. From that research it can be seen that the reactions of humans including men and women are always there so to get success we should think beyond the differences of genders. This narrative couldn't last long and many researchers have come into negative the whole point of view of every psychologist and all of the psychologists who were in favor of this thinking were in a shock.

According to Islamic Sharia, a man has been given superiority over women. This superiority of men is good for women. In this way, a woman is saved from many losses. As a house needs to be governed by its head similarly the internal household works also need a leader. Apart from that in religious aspects, man has also been given the role of a leader.

### **Psychological Differences of Men and Women**

A man and a woman can be differentiated based on psychological factors some psychological issues can take place and their considered to be a negative point in the personality of men as well as in women psychologists or use divided into four major groups

#### **Neurosis**

It is minute psychological issues are dealt with through special mechanisms. In neurosis, a person lives a normal life but some certain minute issues tend to take place in his or her personality that is meant to be dealt with proper care

#### **Psychosis**

In this matter, a person loses the sense of reality. He or she tends to make his or her self-made word and get indulge in that forever

#### **Personality Disorder**

Psychological disorders are character traits that are hidden and invisible. Some similarities can be found in different diseases. There are no such solutions. There are personality issues that can cause great frustration for everyone who suffers from them. These people are sleep-deprived and their mental stress becomes apparent. Such people are normal in appearance but in reality, they have various problems in which it seems that the world is their enemy and no one.

#### **Mental Retardation**

Mental retardation is also called mental inability and it can occur in the mother's womb before the birth of the child. Regardless of the nature of the mental illness, it does not matter the sex of the patient. Both men and women can suffer from any mental illness. There is no evidence to suggest significant differences in female and male psychiatric functions. The IQ level of a mentally retarded person or a child is always zero.

Islam does not believe in inequality between men and women and according to Islam men and women should be considered equal in physical and natural terms but based on this equality both should not be given the same responsibilities. Both are meant to be given different responsibilities to fulfill. If an effort is made to assign them the same responsibilities, then it will give back consequences in the form of sedition and loss.

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