

Men Are From Mars and Women Are From Venus

Hina Iqbal

Department of Psychology, Islamia College Peshawar

Toheed Begum

Shaheed Banazir Bhutto Women University, Peshawar

Shahid Jan Kakakhel

Assistant Professor, Management Sciences, Abdul Wali Khan University

Abstract

The underlying theme of this review article is derived from the John Gray's book Men are from Mars and Women are from Venus which was termed by CNN "a highest ranked non-fiction work of the 1990. The central argument of this review article is that the psychological differences between the genders the central cause of the relationship problems between men and women which is termed as eponymous metaphor. Eponymous metaphor means that men and women are from distinct planets i.e. from Mars and women from Venus respectively. And each of them is acclimated to its own planet's society and customs, but not to those of the other. The review article asserts that each gender can be understood in terms of distinct ways they respond to stress and stressful situations.

Keywords: Communication, Gender differences, societal role

Essentialism is a belief that things have a set of characteristics which make them what they are, and that the task of science and philosophy is their discovery and expression; for any specific entity there is a set of attributes which are necessary to its identification and function.(Cartwright,1968). The concept is also traceable in the work of Plato (Plato's Parmenides). In biology and other natural sciences, essentialism provided the basis for and rationale of taxonomy at least until the time of Charles Darwin though the precise role and importance of essentialism in biology is still a matter of debate (Ereshefsky, 2007). Similarly in gender studies claims about essentialism and gender roles often go hand in hand, with one justifying the other. California Law School defines gender roles as behaviors that are prescribed based on what biological sex and essentialism as the claim that behavioral attributes can be attributed to the same biological process that creates your biological sex.

Essentialism was particularly important to the development of the scientific theories that lead to r and the construction of different categories for different races. It was scientific essentialism that led to the development of modern notions of race due to the persistent desire for a protean theory that could explain all forms of life on earth that would explain the essence of the life force. In short, essentialism is a descriptive

claim about how all women – regardless of culture – will have similar behavioral attributes, and gender roles are prescriptive claims about how women should act. Dr. Gray (1992) uses the metaphor of men and women that both have different gender and coming from the different planets. Both were far separated from each other, they were feeling boredom in their axis, all of sudden they come closer to each other. They had a good and pleasant relationship. Initially they respected each other; they accepted each other, just because they had lived an isolated life for a long time. After meeting both decided to come on the earth in the conception of that would live a prosperous life. As they reached, according to Johan Gray, he used the term “Amnesia started” they forgot each and every thing. According to author he enlightened the concept of gender difference. This concept prevails in our society but this difference not only based on social perspective, this is based on the biological perspective which both the gender carries. Dr. Gray neglected one aspect that we have never born with social rules. The way both have been groomed matters a lot. Our grooming and our parental reaction to their children develops such different kind of personalities

Differing Characteristics between Men & Women:

1. Speaking Different Languages: Communication is the process of interaction sharing of information between the individual in the same way our communication is affected by our affect or mood liability. Author described the communication process in a very effective manner but one thing that is being neglected is mood our most of communication is rendered by our affective liability. Its then related that women much take the effects of mood swings and affects their communication while men can control their communication by controlling the mood. Our communication is largely based on our mood. Men are assertive than male. The leading point which mark both of the genders belongs to different planets is communication that actually is a mark difference between their communications. A man actually does not understand the needs of women. On the contrary side women are dominant by their need of love and belongingness. Venus is overwhelm by these thoughts so when she is un able to get it from the Mars so she finds different ways to indulge herself into different activities like outing, using self-help book to prevent herself from being negative.

- a. The languages that men and women use have the same words but different and often confusing meanings. Women speak in metaphors and generalizations. If men speak at all, it is very literal and they interpret women in the same literal way. A man talks only to convey information. A woman talks for many more reasons and complain that men don't talk. Women should support men in their caves by going off and doing something with their friends. Men should explain why they're not talking.

- b. Another main difference is solution oriented approach of men and women towards problem. Men are usually more solution oriented and more realistic towards life problem and they believe on their internal capacity to solve the problem, while women are more sympathetic when she caught up in any problem she needs more belonging from Mars, and this is the time when Mars does not understand her and it's the time for clashes and making place fighting arena.
- c. Men and women are from different planets. They have different style of thinking and behaving. And we do not understand these differences. We mistakenly assume that the way we think our partner must think in the same. There should be no discrimination between the two. As it has mentioned earlier that childhood grooming makes us to behave differently and then our life experiences. In my point of view our society's major focus is on men as societal perspective. We assign different responsibilities to woman from their childhood and on the contrary male feel free at the most extent of their life. So they take time to develop their abilities and potential but once they develop they become sustainable upon their abilities. Our stereotyping regarding gender makes our inclination firm. Keeping in mind that women also believe on abilities as it prove by the choices of profession, women make home arrangements but on the request of man.
- d. Men have to love their abilities and capabilities they have. They hate when they are scorned or ignored. While women are in a condition that the next person identified their feelings and understand their feelings. They also feel hate when ignored by some other person. Men do not prefer feelings they are not very much concerned about the feelings so it is the cause of impassionate feelings. Women are not concern about abilities so it produces dispassionate behavior.
- e. Men feels proud to exercise their abilities and are more solution oriented as mention above, while women are more help seeking taking multiple suggestion from other side. Women are more toward succorance when she caught up in any difficult situation. On the contrary side men feel that his effort would go undermine when he gets unsolicited advises or suggestion from others. Men desires are that their efforts and in return generated solution will be appreciated, and women desire is that their altruistic and caring nature will be appreciated.
- f. **Men Go to their Caves and Woman Talk:** In any circumstance men generally face hard situation, they can

become non communicative so in this way they can get out the best solution. On the opposite side woman become more communicative when caught up in a difficult situation. When they talk more they think that other can work out how best to help them. Men are in a state they demonstrate their abilities but they do not like the interference of others and solve the problem by their own. While women like express their feelings but without interference. When a man come out of cave and do start communication it is the indication that he want to get out the point and if they feel conversation has leading toward some fruitful result they prefers to listen. Women talking for their personal enjoyment and she likes to listen unconditionally.

As a human being we do believe on ups and down of human nature. Men do go into the cave whenever they confronted with problem but some time as human we need other for consolation on problem apart from it we have see it in the perspective of gender difference I can prove it with example like when there is any problem regarding home setting both men and women come out of their shell and take their appropriate role and sole problem when they talked. What my perspective say about John point when man face problem within their premises so he do not talk about the prevailing issue.

2. How to Motivate the Opposite Sex:

In this chapter author focuses more on the needs of the two opposite gender. Men's more concerned is to give care to his partner rather than sacrificing the personal needs. While woman believe on to be care by her partner rather than scarification of her personal needs. It does on the base when both the gender thinks that put up in a relationship equally. When one person gains from the loss of other relationship become disturbed. This has to be worked when other partner feels their effort toward relationship is not being successful. In a relationship men feel that his attention is enough, while woman feel that her need should be carefully attended. So man has desire to accomplish the need of woman and woman is to fulfill the desire of man. Both must keep in view the respect and acceptance of each other.

- a. **Men Are Like Rubber Bands:** Men has fluctuating mood and like rubber band when they feel their self-sufficiency is threatened. At that time they become more unapproachable and demanding not to talk. They are more in a cave and do not allow themselves not to express their feelings and if their partner understand them they can easily regain position and come to the routine pattern. It can be hard for women to handle the ups and down of the bolt. When men is in the stuck phase he asked

woman not to show more concern with him or take it personally he will return back to life within the specific time. But impassionate is the nature of woman and they resisted and try to drag man from his cave by giving premature criticism and behave overtly.

As it stated above mood effect communication, but in the same way mood effect men and women general life. The point which author described that when a man is stagnant in certain point of life he likes not to be disturbed by someone else. But in my view this is neither rule of thumb law nor hard and fast, sometime male also want reassurance when problem is surrounded with two persons or problem is related with home environment.

- b. **Women Are Like Waves:** Time to time women sink into the depression when they feel that its time for expression of emotion from other side. It is the time when they feel negative about self and also about the things and activities in which she is involve in prior time. When she is unable to get real things to worry she finds some little issue to worry.

They left up their normal nature and insisted on the expression of emotion and to be cared by opposite gender and if she is allow expressing their resentment and negative feeling she returns to their normal and feeling pleasant. Woman is slowly go into the depression and take time to come out but is difficult for man to handle it. Men need is to be free from time to time and woman need is to be heard time to time.

My opinion is women feel depression not only unfulfilling of needs but also on the other side when the next person is unable to understand the intention of women by which she is giving her care to other so that is time when she becomes upset. Author described the social role of gender but one thing that he did not mention over here is the biological capacity of women to adjust into her environment.

Suggestions

Discovering out Different Emotional Needs: As Men and Women are from different planets so definitely they have different needs. Woman need is care, to concern, understanding, respect and devotion. While men needs are trust, acceptance, encouraging his bravery and give more importance to his abilities. When the needs are different so they behave differently in same situation. On the basis of needs there is vast difference in expectation of both.

Obviously needs are different, but according to my point men also has need for love and being care by someone not only when he caught up into difficult situation but also in a daily routine. God has given us all those needs which is the part of human personality but its our culture and

social perspective which is cause of increase and decrease our needs. One thing that I want to mention over here is to expression of needs. The best thing is how we express our needs in social circumstances. Another important point is human socialization we cannot forget our socialization this is also very important source for developing different needs. It's a process by which our society put us into the social world by assigning different roles to us.

How to Avoid Arguments: There is difference between the communications of the gender. Communication should be based on trust and respect. But verbal abuse can make the dialogue worsened. As it is mentioned in above chapter (chapter#3) that when man faces problem he goes into the cave and cannot pay attention to the woman and this inattentiveness leads a woman to the frustration and this is the cause of destructive communication. Man is frustrated on mistake and they consider apology as the guilt and woman consider the apology as the expression of compassion. When there is argument man uses harsh words and behaves aggressively. While woman become the opponent party. Man think that he would become winner but it has hollow victory because the other party does not change her view but just to buried her ideology under the rock. Men just tend to behave stop talking to woman and woman just behave to forgotten the disengagement.

Scoring Points with Opposite Sex: Men usually feel appreciated and encouraged if his efforts are considered to be good. Women feel loved according to what they receive. According to women love is related with the attending needs of others and giving concern to others. And she also believes that love person should have never asked for needs. Women should give unconditionally and altruistically seeks different ways to help others. Men stop doing when they think that have done enough for women. While women suspended giving when feeling displeased with their partners of doing nothing.

Men value consequences. While woman feel good and happy when her partner does a little things for her.

How to communicate difficult feelings: Anger and disappointment need to be expressed in a loving way. Love letters are a good way to release negative emotions in a more loving way.

Author says that men and women are from different planet but according to my idea that men and women are from same planet. Communication is an element of everyday life and conflict and difficult that arises from the communication is difficult to avoid. Conflict occurs when two peoples sharing different sorts of belief about the specific issue, so in my opinion this is the main cause of being in argument. There is no question of being right and wrong in belief but it is the past general experiences that both the individual hold. Author John Gray didn't mention the past experience

of men and women which is the basic cause of generating argument. He just mentioned that it is only the gender differences which cause argumentation.

How to Ask for Support and Get It: According to author Men dislike criticism or giving him excessive instruction, but the idea is that men and women have different communication style. In my opinion author did not mention the stages of communication which might be helpful for both individual, the first main idea is the ability think before speak which has its generalizability and implement on both gender. According to Wood (2011) human are the product of society and gender base society. Author just taking the side of men and advices only to women but it should be keeping in mind that as human we believe on reciprocal relationship. If women needs help ultimately a man also in need of help. Men should also come out of the ideal self and be in real self. Author insufficiently focused on the ideal self of men but until man is in his ideal self-women is unable to get help properly. Secondly women can also think and solve her problem and if she needed reassurance it is the requirement of a social relationship.

Keeping the Magic of Love Alive: In this Chapter author uses realistic approach and he tells the different way to pent up the emotions and this is the right way to come closer to each other. If both the partner would become sensitive and stop talking to each other so resentment increases. He also introduced the way like writing a love letter to your partner and response love letter; it is psychotherapeutically an effective technique for maintenance of the feelings and bounce back to the relationship. Here in this chapter author gave advice to both the gender. Author has used the metaphor like “seasons of love” which is depicting the ups and down of relationship. And hope for better relationship in future.

Conclusion

The book portrayed the relationship difference in a very competent way and its writing skill delivered the idea in a very easy manners. He talked about the better relationship, which is based on the acceptance of differences. From the beginning we consider that men and women are different with their role and responsibility, but today’s culture focuses on no more being. He talked about the problem solving ability of man. He kept the societal point of view while discussing the role and needs of gender. He pointed out the concept of communication in a very expert manner, and he also discussed the intimacy level. Being critique I like the way he started the introduction of book he also mentioned his story in book and passed down his experiences regarding his first marriage failure. Men are from mars and Women are from Venus open the secret that number of couple have taken the benefit from this book to

manage their relationship in a very effective way. (Gray,1992; 3). However, the basic concept which he denied in this book is the concept of nature vs nurture. He only focused on the nature. He discussed nature but did not talk about the biological difference that they carry. The biggest drawback of this book is that he has taken the concept from DEBORAH TANNEN'S book (you just don't understand me). According to Crawford and Mareek (1989) explained John's concept regarding women as "problem farm". He didn't talk about the socialization of both sexes. We in society are indulged into sex segregated plays or activities (Maltz and Borker, 1982). Always female are ask to surrender with their spouse (Crawford, 2001).

References

- Cartwright, R. L. (1968). Some remarks on essentialism. *The Journal of Philosophy* 65 (20): 615–626.
- Crawford, M. & Mareek, J. (1989). Psychology reconstructs the female, *Psychology of Women Quarterly*,13, 147-66.
- Crawford, M. & Mareek, J. (2001). Mars and Venus Collide: Understanding Ideologies of Gender Differences', In M. Crawford (chair) Domestic Tranquility? The Destructive Production of Quisience in Heterosexual Relationships. Symposium Presented at the Annual Meeting of American Psychological Association, San Francisco.
- Ereshefsky, M.(2007).Philosophy of Biological Classification. In Keith Roberts. *Handbook of Plant Science*. Wiley. pp. 8–10.
- Maltz, D.N.,& Broker, R.A.(1982). A Cultural Approach to Male-Female Miscommunication', In J. Gumperz (ed.) *Language and Social Identity*, pp. 195-217. Cambridge: Cambridge University Press.
- Plato's Parmenides. *Stanford Encyclopedia of Philosophy*. [Stanford University](http://plato.stanford.edu/). 2007–2011. Retrieved 29 April 2013
- Tannen. (1990) *You Just Don't Understand*. New York; Ballantine.
- United Nations(1991) *The World's Women 1970-1990: Trends and Statistics*. New York: United Nation Publications.
- Gray, J. (1992) *Men are from Mars, Women are from Venus*. New York: Harper Collins.
- <http://fap.sagepub.com/cgi/content/abstract/14/63>. Retrieved on 12-08-2013.
- <http://www.sagepub.com/?journal&permission.nav>. Retrieved on 12-08-2013.