

Connotation, Expression and Breakthrough of Women's Power

Hanyin Deng

Guangdong Experimental High School, Guangzhou, Guangdong, China
niunian@ldy.edu.rs

Abstract:

With the development and progress of the times, women's abilities and strength have been further affirmed. Women's thinking and development are also improving. However, there are still some obstacles that prevent them from moving forward. This issue has received a lot of attention. This article mainly focuses on the connotation, and expression of women's power, then discovers how to solve the difficulties they faced. This article finds that women's power took a long time to develop, and women suffered from stereotypes and discrimination while working. These kinds of obstacles mean women do not have equal chances as men. Based on these, this article finds that improving female status and breaking and turning stereotypes into benefits and policy supports are conducive to helping women. It is necessary to provide equal chances to women as men while working. Plus, women can use their advantages, such as empathy and emotional intelligence, to make a career. Last, governments ought to support women with some policies, for instance, resting holidays to relax or do other things. All these methods enable women to greatly show themselves and completely use their capabilities.

Keywords: Women's power; stereotypes; difficulties

1. Introduction

Nowadays, the social status between women and men is becoming more and more equal apparently during the development of society. This seems to break the prejudice that men ought to be responsible for work, and women should focus on housework and have equal rights as men. For instance, women can wear whatever they like, and they no longer suffer from social constraints. With the voice of the increasing number of women, the balance between males and females becomes more and more equal. They make those men and even society realize that women can use their power to be equal to men, also women can assume responsibilities that are similar to men. Instead, women cannot truly be as equal as men in reality. Even though most people's mainstream thinking has shifted to equality, there is still a subconscious telling women to behave according to certain social rules. When something bad happens to women, rightly or wrongly, people tend to place certain blame on women. In specific fields, such as math, and high technology, people believe that women cannot make a career. Consequently, it is significant for women to realize that their power can be prodigious to change the world before using the power. This article will discuss the embodiment of women's power and the current situation and dilemmas they face. Plus, this passage is going to talk about how to change social

stereotypes in appropriate ways.

2. The Connotation of Women's Power

2.1 The Expression of Female Power

Female power is a kind of capacity and potency that includes ability, wisdom, bravery, and so on in various fields. This not only includes individual attributes, for example, self-efficacy and self-fulfillment but also plays a significant role in promoting society, and the ability to influence collectivity. Female empowerment highlights the crucial effects caused by women to shape the world and embody their values.

Furthermore, females can show themselves and make achievements in various domains. They can become leaders in certain vital activities and take part in making decisions. Plus, they achieve financial independence through their hard work and use their limited power to help that poor girl to live better. There are also a variety of things that enable people to recognize the importance and power of females. However, female power aims to help themselves and tries its best to change and positively affect the world in conclusion.

2.2 Development of Female Power

In ancient society, women had the lowest status among different societies. In ancient society, women were not

considered to have the capability to manage the country as men, because the empires were filled with power and conquer [1]. Consequently, the only thing they were capable of do is to take care of the family, such as cooking, washing clothes, and looking after young children. In other words, females lived depending on their husbands, because they did not have the opportunity to earn money and live by themselves [1]. During the long history, millions of women suffered from unequal treatment. Only several women were remembered by society, and even the contributions were usually misattributed to men instead of successful women. In the historical trend, women were under the influence of men, they never can make achievements as men because of deficient capabilities. But women did not succumb to the current situation, more and more women wanted to do something to prove themselves. Some started to set up businesses or learn some knowledge to enrich their horizons. In the recent hundreds of years, with the development of society, the social and economic position of women has been improved as the nation grows powerful [2]. When the environment of society becomes better and better, which means countries become strong, and people do not need to worry about food or clothes anymore, people can receive extra support from governments. Educational advancement has been a critical factor in the gradual improvement of the status of women in recent decades [2]. In modern China, female education has been promoted. China had opened the gate to other countries during the period, and this provided a valuable chance for young female students to connect to advanced knowledge.

Western modern education plays an important role in influencing modern female education [3]. Young females decided to study to save the country under the influence of the idea that men and women are equal. When they saw those Western ladies were able to prove themselves through hard work, Chinese women wanted to make a change. The number of female students and female education levels have increased at that period [3]. In addition, the government and policies also helped women to study without doubt [3]. Women began to think about personal values, and how to make contributions to society. Then with the development of society and education, women started to play an important role in work. Some women set up businesses; some became significant national leaders; some worked as doctors to save endangered patients. Each social role has both females and males, and women are gradually showing their values in society.

3. The Dilemma of Female Power

3.1 Balance between Professional and Person-

al Life

Time is limited, which means people cannot concentrate on two things entirely. It is hard for women to look after family and work hard in the meantime. A long time of hard work does harm to people's bodies, especially for women. This means most women sometimes stay in a worse situation in certain weeks, which probably decreases the efficiency of working. Moreover, women act as the role that takes care of the whole family. Women need to manage their time well to finish both things. If they are worried about family when they are working, they probably make more careless mistakes. Slowing down career progression, deterioration in health, and reduction in job performance are some of the awful effects [4]. Therefore, people ought to accept or reject between work and individual lives, which men do not need to decide. If women cannot coordinate two things well, work and family barriers will occur in their lives to prevent them go further.

3.2 Harm Caused by Stereotypes

Stereotypes limit women's areas to show their values. Women's professional developments are limited, because stereotypes probably reinforce women are not suitable to work in certain areas, such as mathematics, high technology, or science. This may greatly decrease women's confidence to work harder to make success in these fields. In the science field, there is an underrepresentation of women, which means few women choose science as their career. Women have different levels of interpretation, assimilation, or reproduction, so there is a small number of women who choose to work as scientists [5]. Women have a lower level of understanding of science than men because men are good at logical things. Instead, women can analyze emotional features better. Each gender has specific advantages. When girls enter high-technology fields, predecessors may believe they lack of ability to finish complex tasks as men. In this case, fewer and fewer people would like to recruit women, which provides a huge barrier for those clever and proficient women to express themselves. Plus, career persistence is quite unachievable [5]. Few women can endure the hard study of science. More importantly, women have lower physics self-efficacy controlling for grades even in courses in which they have better performance than men [6]. Women's motivational beliefs in certain mathematical courses may decrease as lessons go on though they get a high score [6]. Because women may trust and allude they are not as wise as men to do an excellent job in these courses. Though they can do well, with the insinuation, that women cannot play at a real level. Sometimes, women have the power to complete similar even better than men, but with deny themselves, they have difficulty performing well.

Secondly, family factors may influence women's thoughts of future careers [5]. Parents always do want their daughters to work tiredly, so they suggest to choose relaxed work. Women may feel less confident because they are told they are not clever enough to work in science if their parents want to persuade them. Parents believe simple works without complex thinking are more suitable for young women. This can also negatively influence women to choose and develop their careers.

3.3 Workplace Harassment and Discrimination

Though women get the opportunity to work, they still face serious problems. Sexual harassment quite negatively influences women a lot. A type of sexual harassment is unwanted sexual attention, including expressions of sexual interest that are unwelcomed, or unpleasant. What's worse, sexual harassment may lead to terrible effects on women [7]. This interruption can lead to severe psychological questions, because women may feel anxious and afraid after suffering harassment from their leaders, partners, and so on. As a result, serious psychological problems may lead to physical problems as well. Their career progression is hindered. This kind of slander may create misunderstanding among women and a loss of confidence. Work discrimination is another main cause that impedes women to make progress. Both males and females agree that successful leaders have characteristics commonly associated with men, such as leadership ability, competitiveness, self-confidence, objectivity, aggressiveness, ambition, and desire for responsibility [8]. Only males or people with male personalities can do well in management or work in significant roles in the business. Even though women can control a company, they do have the ability to show. If women make some mistakes when they manage something, their vaults may belong to their gender, because women are emotional and careless in social discrimination. The challenges women face due to gender stereotypes can be destructive [8].

4. Concrete Action for Female Power

4.1 Improve Female Status

It is necessary to make women and men have equal chances in career development. People should ensure women have access to the same career advancement opportunities as men. In this case, women can have a chance to express their opinions and show their abilities. More importantly, this greatly avoids missing outstanding women because of limited probability. In addition, people should increase the representation of women in decision-making positions to make decisions more comprehensive. Different genders

can think of questions in various spheres. Also, it is useful and meaningful to spread the harm of harassment and tell everyone that this is not women's vaults. Women can still be confident and have a promising future.

4.2 Break and Turn Stereotype into Benefits

Stereotype causes barriers for women to enter certain businesses, and limit their chance to get an opportunity to work in a significant position. In this particular situation, women have no choice but to explore new and unknown fields [9]. It is possible to manage bigger companies and have higher revenue [9]. Because that emergent area probably has high risks people willing to take part in them. Discrimination and unfair treatment between women and men motivate women to be successful to prove themselves. Women leaders can use a different way from men to manage and coordinate the business well. Most claims propose women cannot control a company because they lack male characteristics, such as assertiveness and ambition. Nevertheless, this is not the only way to have successful management. Women can combine their personalities, for instance, empathy, collaboration, and emotional intelligence, to make contributions to the company [10]. They can use their efforts to show the world that they are capable of working as same as men.

4.3 Policy Supports

If women can work without any doubts, it is necessary to set up some policies to solve questions about daily problems. Most women are responsible for taking care of the whole family, especially young children. Therefore, it is practical to provide solutions to maintain the balance between work and life. In this case, they can both work efficiently and look after family well. First of all, the business can provide some specific holidays to allow women to take care of their children. During that period, women can not only take a rest from hard work but also have enough time to spend with their children. Secondly, women should have flexible working schedules, because sometimes emergence may happen. They can decide the time to start work by themselves. Under this circumstance, when women look after sick children late in the night, they can still have enough resting time to make sure they are energetic the next day while working. That is because the main goal is to complete work. No matter what time of day you come to work, if women finish it, it is acceptable. Last but not least, social sources are beneficial to help women. They can use public sources to help take care of children. For example, they can send children to kindergarten when they are busy.

5. Conclusion

This article mainly focuses on connotation, expression, and how to solve the difficulties of women's power. The article maintains that though women's power has developed in certain aspects, those barriers still prevent them from making achievements. Social stereotypes and discrimination limit women's opportunities to be equal to men. It is necessary to break this inequality. Once women's status has improved, they can have the same chances to work or attend as men. In addition, women can use abilities they are good at to turn weaknesses into benefits. Last but not least, social supports and government policies, are beneficial to make backups for women.

References

- [1] Zapotoczny W S. The status of women in the ancient world. Walter S. Zapotoczny Jr, 2020
- [2] Tang C, Au W T, Chung Y P, et al. Breaking the patriarchal paradigm: Chinese women in Hong Kong. *Women in Asia*. Routledge, 2020: 188-207.
- [3] Zou H, Ming C. Female education and female subjective consciousness awakening in modern China. *Journal of Anhui University of Technology (Social Sciences Edition)*, 2020, 37(1): 59-61, 67.
- [4] Obimpeh M O. Assessing the effect of work-life balance on career female professionals: The case of female university administrators in Ghana. *Global Journal of Human Resource Management*, 2021, 9(3): 1-11.
- [5] Avolio B, Chávez J, Vílchez-Román C. Factors that contribute to the underrepresentation of women in science careers worldwide: A literature review. *Social Psychology of Education*, 2020, 23(3): 773-794.
- [6] Cwik S, Singh C. Damage caused by societal stereotypes: Women have lower physics self-efficacy controlling for grade even in courses in which they outnumber men. *Physical Review Physics Education Research*, 2021, 17(2): 020138.
- [7] Cortina L M, Areguin M A. Putting people down and pushing them out: Sexual harassment in the workplace. *Annual Review of Organizational Psychology and Organizational Behavior*, 2021, 8(1): 285-309.
- [8] Tabassum N, Nayak B S. Gender stereotypes and their impact on women's career progressions from a managerial perspective. *IIM Kozhikode Society & Management Review*, 2021, 10(2): 192-208.
- [9] Adom K, Anambane G. Understanding the role of culture and gender stereotypes in women entrepreneurship through the lens of the stereotype threat theory. *Journal of Entrepreneurship in Emerging Economies*, 2020, 12(1): 100-124.
- [10] Chikwe C F, Eneh N E, Akpuokwe C U. Navigating the double bind: Strategies for women leaders in overcoming stereotypes and leadership biases. *GSC Advanced Research and Reviews*, 2024, 18(3): 159-172.