

Scientific  
Journal of  
**Applied  
Social and  
Clinical  
Science**

**THE FIGHT FOR  
FEMALE EQUALITY  
AND VALUATION AND  
MALE EMOTIONAL  
CARE TO OBTAIN AN  
EQUALITARY SOCIETY**

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**Abstract:** The fight for gender equality and female valorization are extremely relevant topics on the global stage. This expanded summary, through a bibliographic analysis, aims to demonstrate the importance of this struggle, the advances already achieved, as well as demonstrating the vision that women themselves have in relation to their rights. To this end, data was collected via a search form on Google Forms, in order to develop a quantitative analysis with the aim of interacting with female society in the city of Ponta Grossa. In a world in constant evolution, the search for a fair and balanced society implies considering and confronting historically rooted inequalities between men and women towards a society that promotes respect, equity and the appreciation of women. **Keywords:** fundamental rights, men, equality, women and power

## INTRODUCTION

The pursuit of gender equality and recognition of the value of women are global issues of great importance. To build a fair and equitable society, it is essential to analyze and address the profound inequalities between men and women. This article examines the importance of this struggle, highlights the progress made and identifies the challenges towards a society that promotes respect, equality and the appreciation of women. The Brazilian Federal Constitution of 1988 is the pillar of the country's legal system, defining the nation's fundamental principles and values. Fundamental rights are crucial to guaranteeing human dignity, protecting citizens against the power of the State. In the Constitution, these rights are present in articles 5 to 17, covering topics such as individual and collective rights, social rights, nationality rights and political rights. They are considered non-transferable, non-negotiable and do not expire over time.

The Federal Constitution of Brazil

establishes equality as one of the fundamental objectives of the Republic. Gender equality is highlighted as a right constitutionally protected, which prohibits pay discrimination between men and women. Gender equality is considered a commitment present throughout the Constitution, guaranteeing that men and women have the same rights and duties. This constitutional principle reinforces the need to eliminate prejudices and discriminatory practices that affect gender equality. One of the great female victories in the fight for their rights was that workers now have the right to 120 days of maternity leave, previously only 90 days. Knowing that all contact between the child and the mother is extremely important, it is still necessary to better reevaluate the days on which maternity leave is granted.

This way, this summary aims to demonstrate the advances in fundamental and social rights for women, demonstrate the importance of this fight, the advances already achieved and the challenges that still persist. First of all, there is the concept that gender is a cultural construction; femininity and masculinity are cultural constructions that can vary in time and space, as stated in the Magazine: ``*Estudos Feministas*`` V. 21. The present research has its historical landmark from International Women's Day, March 8th, made official by the United Nations in 1970s. This date brings the historic struggle of women to have their conditions equal to those of men. The milestone is the result of women's struggles through strikes, demonstrations, committees, etc.

In 1910, Clara Zetkin, a German Marxist feminist, proposed the creation of a special day to promote women's right to vote, influencing women from other countries such as the United States and the United Kingdom. On March 8, 1970, women took to the streets demanding equal rights, the right to vote, better working conditions and an end to discrimination.

Over the decades, International Women's Day has become a time for reflection and the fight against gender inequality around the world. However, valuing and respecting women both professionally and morally is still a topic to be addressed. The research will also address men's emotional care, in order to achieve a society free from sentimental ignorance. Affective responsibility, little discussed and practiced in everyday life, will be emphasized in the work, which seeks to present not only female achievements, but also the impact of these changes on men.

## METHOD

Through a bibliographical analysis, we sought to demonstrate the importance of the fight for equal rights between men and women, the advances already achieved, as well as demonstrating the vision that women themselves have in relation to their rights. To this end, data was collected via a search form on Google Forms, in order to develop a quantitative analysis with the aim of interacting with female society in the city of Ponta Grossa.

The survey received responses from 25 women aged between 18 and 50. According to the survey link: [https://docs.google.com/forms/d/e/1FAIpQLScOmnCnSXY3\\_oGSO75myhoqgr6ycIv\\_qoxmwAgIv-1ng/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScOmnCnSXY3_oGSO75myhoqgr6ycIv_qoxmwAgIv-1ng/viewform?usp=pp_url)

## RESULTS

"It is through work that women have been reducing the distance that separated them from men; only work can guarantee them concrete independence." — Simone de Beauvoir. In this research, the question was "Why are women more often victims of domestic violence and sexual abuse?" and among the answers we find:

1- "Actually, it's not said much, because we have the phrase "because men don't

cry".

2- Women have this freedom and credibility when talking about abuse, and most of the time they are not condemned. However, the man also suffers abuse and when he opens up about the subject, he becomes a laughing stock and called weak. So it cannot be said with certainty that abuse mostly happens to women, because there are men who suffer abuse and do not seek justice for fear of prejudice."

3- "Structured machismo. Because society pretends that it "doesn't see" the signs of verbal or physical aggression since male development" among other responses.

Another question asked was the following "Feel free to say something to us women and how you currently see yourself. Are your rights being guaranteed and protected?" with such responses:

1- "Our society is not bad, but it needs to improve much more. Most workplaces are already taking measures to make women feel included and respected. There is a lack of education and respect for who we are; There is a quote from a very wise man who says:

2- "Respect women. They are half the human population, and mothers of the other half!" Maybe those of us who think about being mothers (and it's okay not to want to be) if we have or already have sons, teach them that women are as capable and important as men, and that there is no one without the other. It will be much easier if we try to work together rather than against each other."

3- "The role of women has always been fundamental in society. Currently speaking in the professional sphere,

women have increasingly gained their deserved space in society and at work. We are still in our infancy, but little by little women have conquered their space. There is a lack of pay equity, but in companies the preference for hiring women is very high. I would say that many rights are sometimes not protected. Sometimes, because of the machismo that still plagues society.”

4- “I believe that the female community is fragile and fragmented. I don’t feel safe professionally, I’m a medical student and there is a division in my subgroup of the class between men and women. Men don’t talk to me, they’re not cordial (nor do they say hello), they’re arrogant, they avoid discussions about content. In other words, they appear to feel intimidated and want to feel intellectually superior. But saying that would be an exaggeration.” These were some of the responses received, where it is clear that some responses come from a sexist view of a large part of society. And with such information, the question remains to be debated, whether men suffer from patriarchy? Doubts about this burden on men arise with some of the responses given by women, which have evolved in their emotional and professional sphere?

## **DISCUSSION**

Patriarchy is a social structure that grants power and domination to men, resulting in a culture that encourages women to be submissive and dedicated to domestic tasks, while men are responsible for supporting the family. However, one of the privileges that patriarchy frustrates is the validation of male feelings. From childhood, boys are taught to repress their emotions and express only those considered socially acceptable,

such as anger and aggression, while sadness, fear and vulnerability are suppressed. This lack of emotional validation affects men’s interpersonal relationships, making it difficult to form deep, intimate emotional connections with others. This constant cycle of stress and personal demands has a negative impact on men’s physical and mental health. Recognizing this lack of care for men’s feelings is fundamental to building a fairer and healthier society for all genders, even when there is no plausible reason to belittle, disrespect or abuse women.

## **CONCLUSION**

Since March 8, 1910, women’s rights have changed a lot, they have been able to exercise their right to vote, their bodily freedom and their space in the professional sphere and occupy leadership positions in various fields, including science, politics, business and culture. We understand that it was not 100% effective, we were able to analyze this with the research carried out, where women reported that they feel insecure in their jobs and others did not report the same complaint, as this comes along with educating men. Today we women are a strong and mentally evolved community, which is capable of validating male feelings and helping to break with this patriarchy and stereotype created for both men and women.

Nothing is more important than social care for human beings and respect for each other, validating and giving meaning to their feelings. No woman must be afraid to go out on the street or wear such clothes and no man needs to be insecure about crying or being afraid of something. The greatest wealth and meaning of a nation are education among itself. March 8th not only brings a historic struggle, but also a fight for respect and education regarding gender differences. There are still challenges to be overcome to achieve

a more fair and equal society. Emotional care and mutual respect are essential aspects to promote equal opportunities for all. With such information, this work only seeks to show and emphasize the caution that is necessary with any human being. “Feminism, by definition, is the belief that both men and women must have equal rights and opportunities. It is the political, economic and social theory of gender equality.” —Emma Watson

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