How much emotional woman and man are?

After reading two essays” Heart to Heart: Sex Differences in Emotion” by Deborah Blum and “Emotional Intelligence” by Daniel Goleman, we can see that both essay consider the same problem: gender differences in using emotion but with their own words. Each author explains this idea in your own way. It can be proved how both authors begin their essays.

Blum does it with the describing the meaning of the heart, shows us how it important for our life, and even writes about its structure: “atria, ventricles, and valves packed in cardiac muscle, pumping some nine thousand liters of blood a day, in and out, thump and thump, pacing the biological rhythms of our days.” She also reminds us that there are so many “heartbreaking songs, heartfelt, follow your heart.” I think she writes about these things in order to show us that “the brain is all cold logic and the heart all warm feelings.” In addition to that we are able to meet this in her work and in Daniel Goldman’s essay.

In order to prove it, let’s take a look at some points of different authors. Drawing on disciplines including evolutionary science, anthropology, animal behavior, psychology, neurology Deborah Blum explores matters ranging from the link between immunology and sex to male, female, gossip styles. The results are intriguing, startling, and often very amusing. She writes: “…women seek commitment and men flee; women talk about their
feelings, men change to subject to basketball scores; women share their emotions with friends, men regard that as an act of indecent exposure.” This author wants and tries to find the answers in the past, in our evolution, across culture and history. She often compares the animals, such as rats, chimpanzees, monkeys to human females and males. She says that “women are more sensitive to touch than men” and proves it here writing:

“Touch now appears to be one of those factors that the genes rely on to guide proper development. In some animals – rats, for instance – if the mother isn’t there to cuddle and lick, the babies simply don’t make the hormonal chemistry necessary to grow.” She also confirms that women have verbal advantage over men; women’s ears are more sensitive that men’s; the female sense of smell and the hearing are more acute than the male’s. Of course, all this show us the emotional differences between men and women. The first proof of women’s advantage over men’s is that “emotional strengths...help make women physically healthier than men.” “The women have learned to use their emotional and verbal skills as effective weapons”. It displays in their conversations with their daughters better than with their son’s. Blum writes: “the mothers tend to talk to girls more about emotions and to make up stories for their daughters that deal with resolving emotional conflict. They encourage daughters more...to talk about their feelings.” We can see the different picture with sons: “The one emotion that mothers do routinely discuss with their son’s is anger.”

We can compare this proof to another essay. Daniel Goleman also writes that “parents, in general, discuss emotions...more with their daughters than their sons”. The second essay is a little different because the author explores the marriage of couples, the gender
differences. Daniel Goleman begins his essay in different way. He gives us an example of one couple and says that woman “seeks to engage” but man “withdraws”. The husbands often don’t understand what the wives want from them. One quote says: “I want to do with things with her, and all she wants to do is talk.” It says that men and women want and expect very different things out of marriage I guess. There are many things to compare both essays. For example, there is the ability of women to read the _expression on the face. Both authors write about that. Coleman says: “Women… are more sensitive to sad expressions of emotions on a man’s face that are men in detecting sadness from a woman’s face.” And Blum also writes: “Women also easily read sadness in a person’s face, whether male or female.” “Men, on the other hand, more accurately read unhappiness in another man’s face rather than in women’s faces.”

We can agree or disagree with both suspensions of these authors. Actually, they are both right in their ways. Women are more sensitive than men, more emotional. I agree that it came from the past. At my point, there are more similarities in these essays than differences. Blum explores the nature of the women’s advantage but the second author the meaning of the marriage for male and female, thus both authors use the same evidences such the ability to read faces, the roles and behaviors of male and female in the game and so on. I hope my examples have proved this.