

# BEHAVIORAL PSYCHOLOGY OF MEN AND WOMEN

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## Abstract

Psychological differences between men and women include the fact that women are more attentive to the people around them than men, women use more gestures and facial expressions during conversations, and women perform several tasks at the same time.

**Keywords:** Women's psychology, men's psychology, family quarrels, problems, women are more emotional, men are more rational.

## Introduction

Psychological differences between men and women have long been the focus of attention of mankind. There are many differences in their behavior, way of thinking, attitude to emotions and methods of solving problems.

Women perceive family worries and various difficulties in the situation much more painfully than men. S. Nolen-Khonsi (1990) noted that when women are nervous, they think about why they are nervous, this "thinking about it" reaction hurts women more. Men, on the contrary, do the opposite, that is, they get carried away by physical activity and drive all sorts of thoughts out of their minds.

As I.B. Groshev (1996) noted, women and men perceive quarrels in the family and at home differently. Women are more resilient, patient and try to put an end to the quarrel. Men, on the other hand, shout and demonstrate their superiority.

Nikolskaya (2001) noted that when observing the behavior of girls and boys in grades 1-5, during a quarrel, boys are twice as likely to hit and fight than girls, and 1.5 times more likely to tease someone. These facts show that men are more prone to quarrels and fights. Women (girls) are more likely to hug, caress, stroke, and cry. During a quarrel, women remember their husbands' previous mistakes and offenses. Men think about the reason for the quarrel. A woman relies on the opinion of another person to stop the quarrel. Therefore, women are more likely to seek help from other people, psychologists, doctors, and psychotherapists to talk to them. They say that women are given to imagination, and men have a different worldview.

If a person has problems, he finds a solution to the situation by telling someone about his troubles in order to feel relieved. Women, on the other hand, think of many problems at once, spend a few minutes on them, and then move on to other problems. When women talk about their daily problems, this problem seems important to men, and men act as if they know them and start giving their advice. According to A. Mortuori, 1989, when it comes to achieving the set goal, men feel the world around them seriously and confidently. The psychology of men is

adapted in such a way that they consider themselves winners or losers among those around them. Men think that staying on top is about surviving, but this does not correspond to the psychology of women.

Psychologist McClelland (1975) stated that the difference between men and women is that women pay more attention to the people around them than men. Men act without paying attention to the people around them in pursuit of their goals. This leads to the idea that men are more curious than women, and in this regard, D.V. Kolesova and N.B. Selverova made some wonderful comments about women in their (1978) book "Women can be smarter and wiser than men."

Women want their partners to be smarter than them. If a man has achieved an achievement or a goal, they will not be happy about his achievements. Women, on the other hand, are sincerely happy not only for their own achievements, but also when their loved ones achieve them. The results show that women give in to men for the sake of priority. Because men have clear evidence of a situation, condition, and event. Women, on the other hand, can get into different situations by focusing on various external factors when analyzing the situation. Sometimes they solve their problems in consultation with their husbands, and sometimes they can solve them themselves.

I.A. Duberstein and E.E. Lanchevsky (1980) noted that most men who buy things in the market tend to ignore the little things, they try to get the thing quickly. Women, on the other hand, attach importance to the little things and often return things, which is why women understand fashion better than men, which is why it is difficult to serve women.

Sh. Berry said that women are more kind and compassionate than men, and help people from the environment more often. Crowley (1986) noted that men, not women, help people more often. This process has been confirmed in the experiments conducted by psychologists.

According to the results of a study conducted by V.V. Abramenko (1980), among children aged 5-7, girls are punished less often than boys. Girls of this age often think only of themselves, while boys often think of their friends and others. However, as a result of studies conducted in this regard, we can see the opposite. That is, boys often think of themselves, while girls are more likely to blame their peers. A. Igli notes that people help each other in a depressed situation. When men ask for help, they feel brave, strong, and help people even when it is dangerous and even in situations that harm their health. Women often focus on their personal lives when helping others.

Women are often less afraid than men to take care of their sick husband.

Women tend to express their feelings more openly. They prefer to express their feelings through words during a conversation. Men, on the other hand, often suppress their feelings and try to express them through practical actions.

In a state of stress, women tend to communicate more, ask for help. Men, on the other hand, may isolate themselves or try to solve the problem on their own.

A man takes risks, makes mistakes, discovers things, achieves things. A woman's task is to preserve these achievements and evolutionary successes. Therefore, women are considered to be more hesitant and passive. Men cannot do several things at once, as women do. Estrogen, a

female hormone, creates the opportunity for the formation of many connections between the cerebral hemispheres. There is a part between the cerebral hemispheres (right and left brain) that ensures their functioning as a single organ.

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A man's brain is only capable of managing one activity. His brain is adapted to learning and memorizing things that are close to him or his main profession. A man does not even think that he can rock a cradle while watching TV or reading a book, brew tea from boiling water while walking through the kitchen, or wash his socks or underwear while taking a bath. A man reading a newspaper or watching football cannot hear his wife's impressions of yesterday's party. During a conversation, women use gestures and facial expressions more. They strive to understand rather than listen to the interlocutor. They like to express their desires through hints. Men, on the other hand, "go straight to the point."

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A man's brain is able to re-analyze all the information at the end of the day, retaining only the necessary and forgetting the rest. A woman cannot do this. In order to stop worrying about her problems... she needs to tell someone about them. That is why a woman needs to say 30 thousand words a day, while a man needs 4 thousand. If a woman wants to talk as much as possible in order to "overcome herself", then a man just needs peace. This law often leads to misunderstandings and quarrels - it is a shame. Worse, the time when a woman's need to talk is at its peak is at night.

According to experts, a woman's brain is designed to solve family problems rather than solve public problems. "80 percent of a woman's mind is focused on personal relationships with others. If a man thinks about work at home, a woman thinks more about her personal life at work. All her intelligence is focused on building her personal life. She doesn't have enough energy for other things," experts believe.

## Conclusion

The behavioral psychology of men and women may be similar, but differences in biological, cultural, and psychological aspects affect their worldviews and relationships in life.

Understanding these differences plays an important role in establishing better and more effective communication between individuals. Mutual respect and understanding between women and men helps to create appropriate approaches to different situations, taking into account differences in behavior.

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